

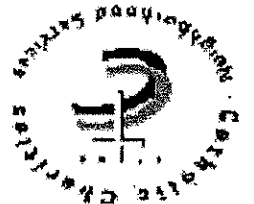


CATHOLIC CHARITIES NEIGHBORHOOD SERVICES JUNE 2023

HILCREST OLDER ADULT CENTER

Senior Voices

Changing Lives...
Building Communities™



VISIT THE NEW CCNS HILLCREST
OLDER ADULT CENTER

- New Case Manager
- More parties!!
- More menu choices
- More educational classes
- More healthy living programs
- More rooms and activities

**Come on down
Make some new friends
at our new Hillcrest site**

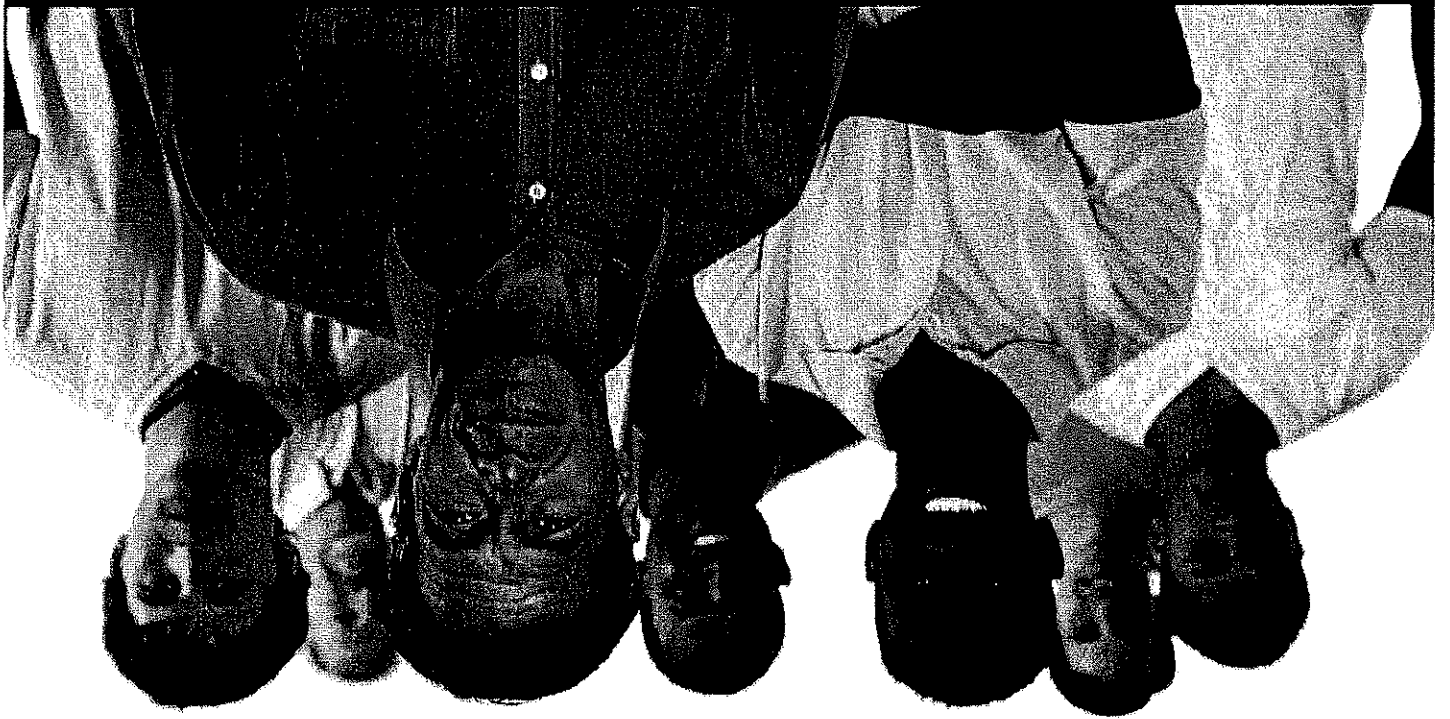
**Check out our new look!!
You don't want to miss out!!!**

New address: 91-34 182 Place, Jamaica

Funded by the NYC Aging

**Join
the
Fun**

June is Men's Health Month



On average, men live about 5 years less than their female counterparts. Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide. 1 in 2 men will develop cancer in their lifetime. Men make $\frac{1}{2}$ as many physician visits for prevention as women.

Schedule a checkup today!

Do it for yourself and for those who count on you.

STAYING HEALTHY MONTHLY ACTIVITIES

Stay healthy: the physical edition

Make a positive change during this month, whether by

getting more exercise or treating yourself to a gadget-free day.



Stay healthy: the mind edition

Remember to exercise your mind in the same way that you

would your body. Take some time to look after your mental health; practice any technique that works for you from the countless ideas available online.

3. Inspire others to stay healthy

Don't enjoy the benefits of good health all on your own; share your tips with friends and family. Encourage others to stay healthy too.

5 SIMPLE WAYS TO STAY HEALTHY

Water fights off heart attacks

According to research, you can reduce the chances of heart attack by 40% if you drink at least five glasses of water a day.

Sitting and sleeping

They're great — in moderation — as too much of either can decrease life expectancy, says a study by the University of Sydney.

Laughter is the best medicine

It increases blood flow by 20%, which is good for the human heart.

Reading beats stress

Getting engrossed in reading can reduce cortisol and other unhealthy stress hormone levels by 68%.

Green for mental health

Spending time outdoors or in green spaces indoors can boost mental health, self-esteem, and reduce negative thoughts too.

Healthy Living

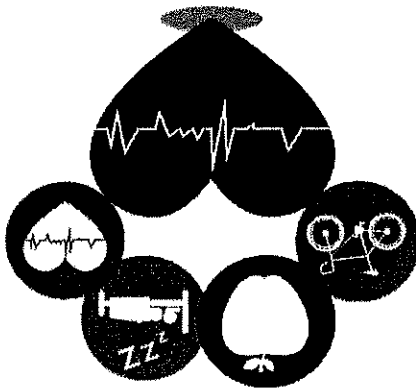
Aging & Health

Physical and social environments can affect health directly or through barriers or incentives that affect opportunities, decisions and health behavior. Maintaining healthy behaviors throughout life, particularly eating a balanced diet, engaging in regular physical activity and re-training from tobacco use, all contribute to reducing the risk of non-communicable diseases, improving physical and mental capacity and delaying care dependency.

Supportive physical and social environments also enable people to do what is important to them, despite losses in capacity. The availability of safe and accessible public buildings and transport, and places that are easy to walk around, are examples of supportive environments. In developing a public-health response to ageing, it is important not just to consider individual and environmental approaches but, also those that may reinforce recovery, adaptation and psychosocial growth.

Older people are often assumed to be frail or dependent and a burden to society. Public health professionals, and society, need to address these and other ageist attitudes, which can lead to discrimination, affect the way policies are developed and prevent opportunities older people may have to experience healthy aging. We are all in this together to make a better life for all, and it will impact our communities, our families and our future.

Stay Safe and Stay Well – Madhavi Menon Strohl



Special Events for June!!!

• Caribbean American Heritage celebration: 6/2 @1pm

• Line Dance w/Rose: Every Tuesday @ 1pm

• Philippines Independence Day 6/15 @ 1pm

• Father's day celebration: 6/16 @1pm

• LGBTQ+ celebration: 6/23 @ 1 pm

• A Visit from council woman Williams:

6/21@1pm

• Birthday Blast celebration: 6/30 @ 1pm

Dance club and More!!!



91-34 182nd Place 2nd Floor Jamaica.

Location: Hillcrest Older Adult Center

June 16th 2023 @1pm (wear blue)

Our father's day Celebration will be:

us as we celebrate the Dad's in our lives!!!

Please join



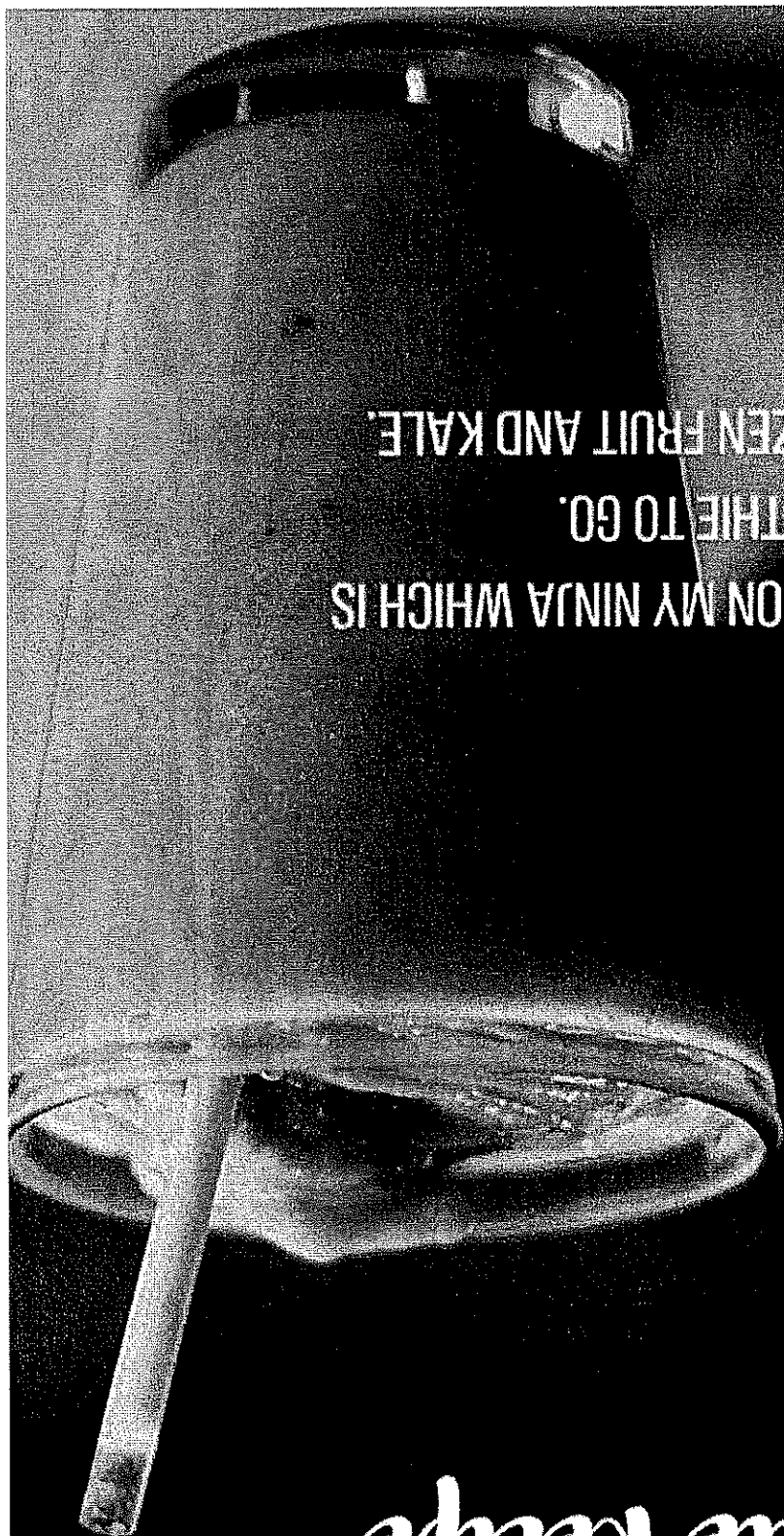
Easy Summer Fruit Smoothie Recipe

INGREDIENTS:

1/2 CUP ALMOND MILK
3 LARGE KALE LEAVES
3 ICE CUBES
1/2 OF A BANANA
6 BLUEBERRIES
2 LARGE STRAWBERRIES
3-4 MANGO CHUNKS
3-4 RASPBERRIES

DIRECTIONS:

1. I USE THE SMALLEST CUP ON MY NINJA WHICH IS DESIGNED TO MAKE A SMOOTHIE TO GO.
2. FILL YOUR CUP WITH FROZEN FRUIT AND KALE.
3. ADD ALMOND MILK.
4. TOP WITH ICE CUBES.
5. BLEND!



Geriatric Mental Health Initiative Program



*Providing awareness, screenings and referrals for seniors
55 and older in the area of brain function, depression,
anxiety, alcohol and substance abuse.*

FREE Services Provided

Intervention

Screening

Assessment and Referral

6 weeks counseling

Contact or visit us at:

718-514-8035/929-409-5410

6823 Fifth Ave Brooklyn, NY 11220 2nd Fl.

**Available Monday thru Friday
9 a.m. – 5 p.m.**

Funded by the Office of Mental Health and Hygiene

WHAT IS JUNETEENTH?

On January 1, 1863 President Lincoln issued the Emancipation Proclamation. Sadly, it took more than two years for that news to reach enslaved African-Americans in Galveston, Texas. On June 19, 1865, we honor and celebrate the day that all Black Americans became free, and we continue to fight for racial equality for all Black Americans.



Interesting Facts about June

The month of June is fantastic! Some of the stats about this month include:

What Month is June? June is the 6th month of the year.

How Many Days are In June? There are 30 days in the month of June

June's Birthstone: Pearl

June Birth Flower: Rose and Honeyuckle

Astrology Zodiac Signs of June: Gemini and Cancer

Gemini - May 21st - June 21st

Cancer - June 22nd - July 22nd

Holidays

International Children's Day - June 1st

National Donut Day - June 3rd

Yo-Yo Day - June 6th

National Best Friends Day - June 8th

National Iced Tea Day - June 10th

Flag Day - June 14th

Sushi Day - June 18th

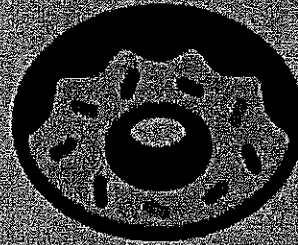
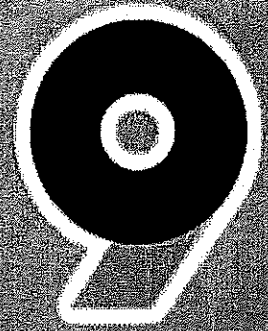
Juneeteenth - June 19th

National Pink Day - June 23rd

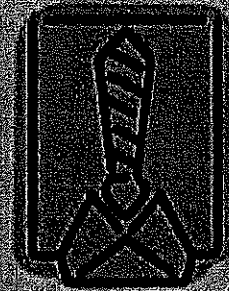
National Bingo Day - June 27th

Funded by the NYC Aging

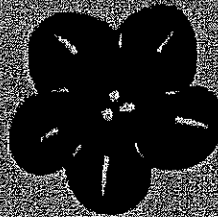
th Month
of The Year



National
Donut Day



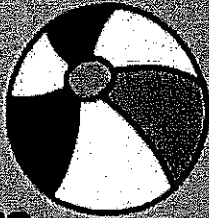
Father's
Day



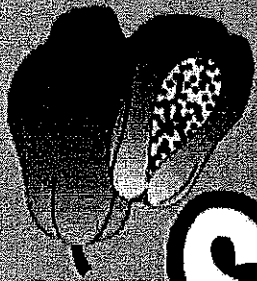
Goodbye
Spring



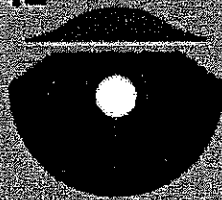
Pearl
Birthstone



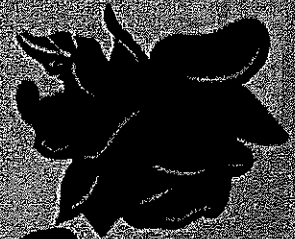
Hello
Summer



National
Papaya
Month



Rose



FUN FACTS

JUNE

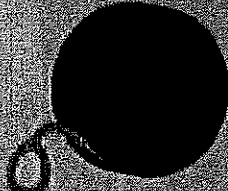
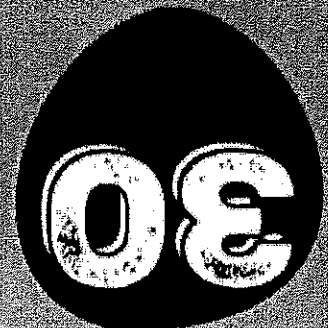
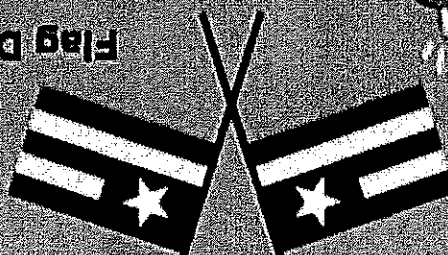


World Milk
Day



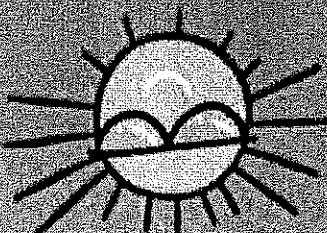
Most Popular
Wedding Month

Flag Day

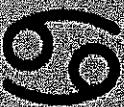


National
Yo-Yo Day

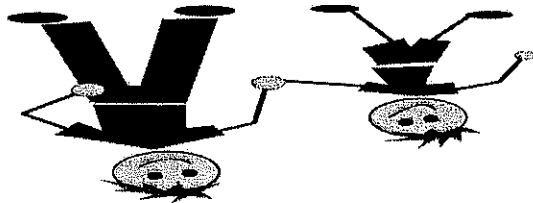
Longest Day of
The Year



Astrology Signs
Gemini
Cancer



FATHER'S DAY POEM



Since the day I was small
Till the day I became tall

Since I began understanding things
Till the day I got my own wings

Your love has never fallen short

You have been my only support

I want to hold you tight and hug you

I just want to say thank you.

—Unveil Talks by Sumiran Mishra and Saakshi Khattri



Funded by the NYC Aging

Funded by the NYC Aging

Marcia Walcott

Badwattie Sukhu

Pedro Guerrero - Gordillo

Norma Perez

Alfredo Montoya

Elke Maerz

Yvonne Jairam

Linda Issac

Haydee Hechanova

Liwayway Santos

Dario Rodriguez

Ana Gonzalaz

Lee B. Freeman

Paola Cerrato

Erlinda Carino

Jovita Asuero

Jerome Accardi





HAPPY MOTHERS DAY TO ALL MEMBERS AND STAFF!!



June 2023 Presentations and Classes - Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 Walk with Ease W/Clelia 11:00 How to Protect yourself and loved Ones from Elder Abuse. 12:00 Lunch 1:00 Zumba w/Amira 2:00 Movie: "A Day In A Life"	10:00 Total Fitness W/Gerard 11:00 Let's Play 12:00 Lunch 1:00 Line Dance w/Rose 1:00 Zumba w/Amira 2:00 Movie: "Kindness Matters"	10:30 Walk with Ease 11:00 Bingo 12:00 Lunch 1:00 Dance Club	10:00 Strength training W/Gerard 11:00 Elder Abuse Financial Scams 12:00 Lunch 1:00 Terpsichorean 1:00 Yoga w/Mimi	10:00 Crochet W/Eunice 10:30 Walk with Ease W/Clelia 11:00 Leisure Games 12:00 Lunch 1:00 Friday Social
5	6	7	8	9
10:30 Walk with Ease W/Clelia 11:00 Heart Health Workshop/Health & Wellness 12:00 Lunch 1:00 Sounds of Brazil w/Amira & Students 2:00 Movie: "Kindness Matters"	10:00 Total Fitness W/Gerard 10:30 Walk with Ease W/Clelia 11:00 Let's Play 12:00 Lunch 1:00 Line Dance w/Rose	10:30 Walk with Ease 11:00 Bingo 12:00 Lunch 1:00 Dance Club & General membership	10:00 Strength training W/Gerard 11:00 Let's Play 12:00 Lunch 1:00 Philippines Independence Day 1:00 Yoga w/Mimi	10:00 Crochet 10:30 Walk with Ease W/Clelia 11:00 Leisure Games 12:00 Lunch 1:00 Father's Day Celebration
12	13	14	15	16
Juneteenth Center Closed	10:00 Total Fitness/Gerard 11:00 sip and paint 12:00 Lunch 1:00 Line Dance w/Rose	11:00 Bingo 12:00 Lunch 1:00 Councilwoman Williams visiting 2:00 Dance Club	10:00 Strength training W/Gerard 11:00 Let's Play 12:00 Lunch 1:00 Terpsichorean Group 1:00 Yoga w/Mimi	10:00 Crochet w/Eunice 11:00 Leisure Games 11:00 General Member-ship Meeting 12:00 Lunch 1:00 LGBTQ pride celebration
19	20	21	22	23
10:00 Current Event 11:00 Nutrition presentation 12:00 Lunch 1:00 Zumba w/Amira 2:00 Movie: "The Wizard Of Oz"	10:00 Total Fitness W/Gerard 12:00 Lunch 11:00 Hawaiian Party W/Rose (Artire-Flower)	10:30 Walk w/Ease 11:00 Bingo 12:00 Lunch 1:00 Dance Club	10:00 Strength training W/Gerard 11:00 Let's Play 12:00 Lunch 1:00 Terpsichorean Group 1:00 Yoga w/Mimi	10:00 Crochet 11:00 Leisure Games 12:00 Lunch 1:00 Birthday's Celebration
26	27	28	29	30
SCHEDULE SUBJECT TO CHANGE				

MENU June 2023

Monday		5 Sesame Orange Chicken Rice Pilaf Whole Wheat Bread Oriental Blend Vegetables Apple 1% Low Fat Milk	12 Chicken Marsala Whole Wheat Bread Roasted Potatoes Sautéed Spinach Apple 1% Low Fat Milk	19 Baked Chicken Thighs Whole Wheat Bread Italian Cut Green Beans Mashed Sweet Potatoes Apple 1% Low Fat Milk	26 Chicken Parmesan Homemade Tomato Sauce (1 cup) Pasta (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Fruit Cocktail 1% Low Fat Milk
Tuesday	30	6 Italian Sausage Tomato Sauce (pre-prepared, 1/4 cup) Whole Wheat Bread Roasted Zucchini! Banana 1% Low Fat Milk	13 Pernil (Roasted Pork Shoulder) Whole Wheat Bread Roasted Potatoes Sautéed Spinach Apple 1% Low Fat Milk	20 Sweet and Sour Pork Chop White Rice (1/2 cup) Whole Wheat Bread Roasted Broccoli Banana 1% Low Fat Milk	27 BBQ Pulled Pork Whole Wheat Bread Baked Sweet Potato Garden Salad Applesauce 1% Low Fat Milk
Wednesday	31	7 Pear 1% Low Fat Milk Baked Vegetable Alfredo Pasta Whole Wheat Bread Garden Salad	14 Vegetable Lasagna Whole Wheat Bread Garden Salad Orange 1% Low Fat Milk	21 Spaghetti (1/2 cup) Whole Wheat Bread Sautéed Spinach Applesauce 1% Low Fat Milk Vegetable Lo Mein	28 Vegetable Egg Frittata Whole Wheat Bread Roasted Potatoes Sautéed Spinach Banana 1% Low Fat Milk
Thursday	1	8 Basic Shepherd's Pie Whole Wheat Bread Homemade Mashed Potatoes Vegetable Mix (non-starchy) Banana 1% Low Fat Milk	15 Italian Meatballs with Beef and Turkey Spaghetti (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Pear 1% Low Fat Milk	22 Beef Stew Egg Noodles Whole Wheat Bread Vegetable Mix (non-starchy) Pear 1% Low Fat Milk	29 Salisbury Steak Whole Wheat Bread Garlic Mashed Potatoes * Roasted Zucchini! Peach 1% Low Fat Milk
Friday	2	9 Baked Fish with Garlic Parmesan Crust Whole Wheat Bread Yellow Rice Sautéed Green Beans with Onions Kiwi 1% Low Fat Milk	16 Oven Fried Fish Whole Wheat Bread Corn Niblets Steamed Broccoli Kiwi 1% Low Fat Milk	23 Baked Fish with Cream Sauce Brown Rice (1/2 cup) Whole Wheat Bread Garden Salad Kiwi 1% Low Fat Milk	30 Lemon Pepper Fish Brown Rice (1/2 cup) Whole Wheat Bread Steamed Carrots Orange 1% Low Fat Milk

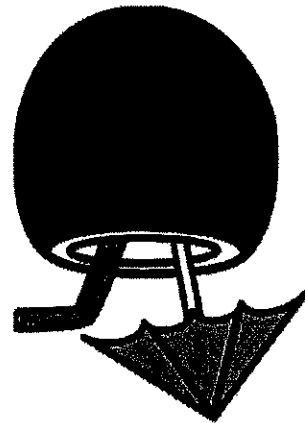
OUTSIDE
BEACH
SUNSCREEN

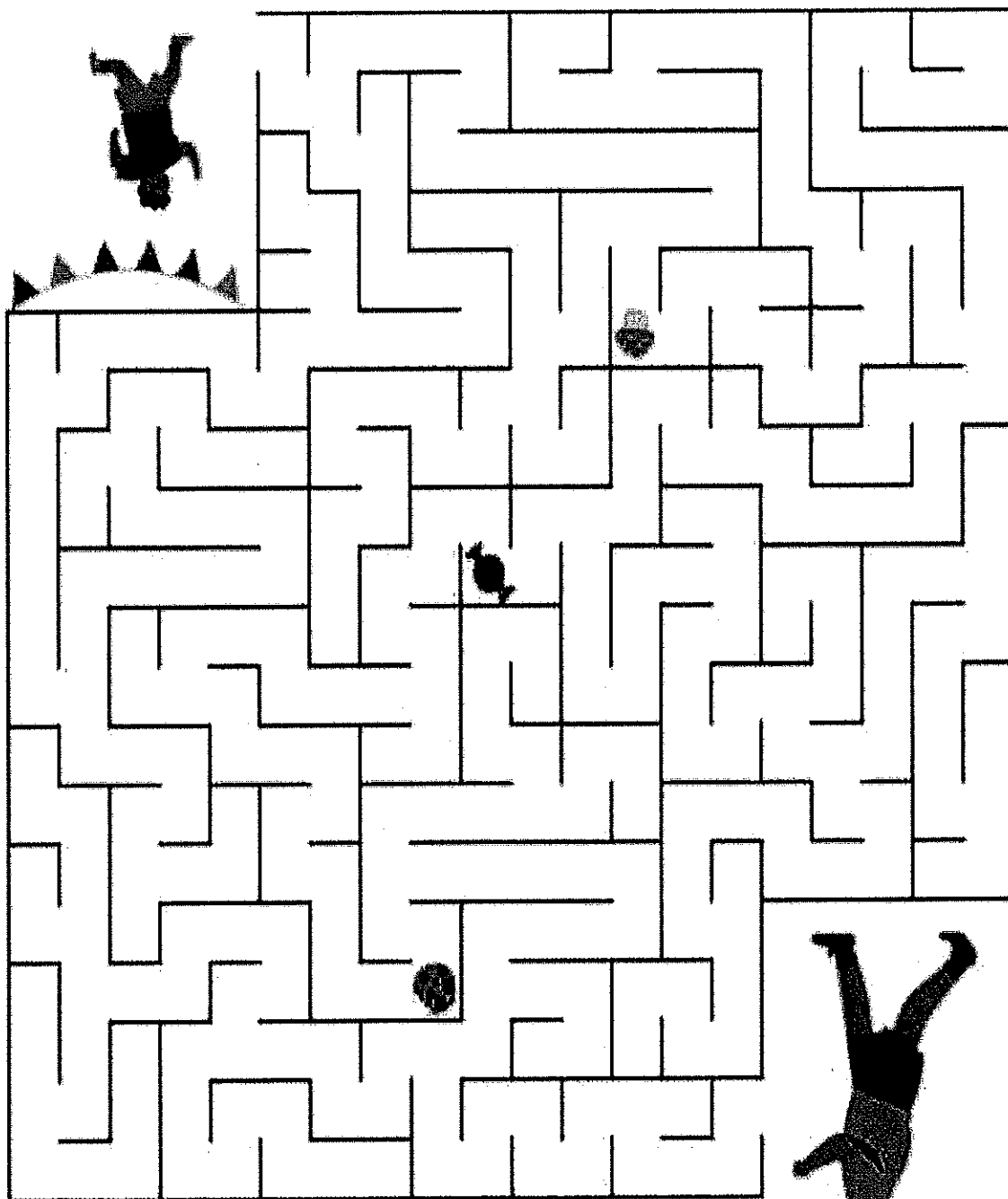
VACATION
SWIMMING
POOL

BARBEQUE
LEMONADE
HEAT

Q	F	I	G	U	R	P	O	O	L	E	R
S	S	H	E	A	T	R	B	U	H	R	S
U	L	D	F	G	A	N	K	Y	B	B	U
M	E	U	L	M	I	N	C	X	E	T	N
N	M	O	U	T	S	I	D	E	A	Y	S
E	O	A	G	D	K	J	R	W	C	U	C
R	N	U	G	C	X	G	T	Y	H	I	R
B	A	R	B	E	Q	U	E	D	F	G	E
T	D	B	C	X	G	T	Y	B	Z	A	E
Y	E	R	V	A	C	A	T	I	O	N	N
U	G	C	X	G	T	Y	B	Z	A	P	P
I	H	F	C	S	W	I	M	M	I	N	G

SUMMER WORD SEARCH





help dad find the way to his kid and
pick up snacks along the way



A FATHER'S DAY MAZE

91-34 182 PLACE

JAMAICA, NEW YORK 11423

PHONE: (718) 297-7171

Open Monday-Friday 9 a.m.-5:00 p.m.

SENIOR CENTER STAFF

Debra Fletter	Director of Field Operations	Clelia Ramos	Program Manager
Maria Rodriguez	Kitchen Aide	Comfort King	Case Manager
Vere Gurt	Custodian	Sam Williams	Kitchen Aide
Vacant	Administrative Assistant		

HILLCREST ADVISORY COUNCIL

President	Justin Lewis	Councilmembers:	Marilyn Bonta
Vice President	Rosalina Barao		Natalie Persad
Treasurer	Brunica Monderson		Marcia Walcott
Secretary	Vacant		Minerva Carillo
	Dorothy Wall		Kamawalle Sukhin
			Jasmin Aylla

On behalf of the staff at Hillcrest Senior Center we would like to wish all our Father's a Happy Father's Day!

Funded by the NYC Department for the Aging

Our social worker is available here at the center for your case management needs by appointment only. Stop in or call the office at 718-297-7171 to make an appointment.



Nuestro trabajador social está disponible aquí en el centro para sus necesidades solo con cita previa. Llame a la oficina al 718-297-7171 para hacer una cita.



Catholic Charities Mission Statement

Catholic Charities Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating