



THE WOOD

Catholic Charities Neighborhood Services

GLENWOOD SENIOR CENTER

5701 AVENUE H, BROOKLYN, NY 11234 Ph (718) 241-7711 / Fx (929) 292-0323

AUGUST 2023

Dear senior members,

As August sets in, it reminds us that summer is ending. But we still have time to explore and enjoy its beautiful sun-shining days and nature as a result of life itself. As Sathya Sai Baba says in a quote, "Life is a song, sing it. Life is a game, play it. Life is a challenge, meet it. Life is a dream, realize it. Life is a sacrifice, offer it. Life is love, enjoy it."

May the month of August be your meaningful month!

Nadine Aspilaire, Program Manager



Source: <https://www.pinterest.com/>

AUGUST AWARENESS MONTH

Children's Eye Health and Safety Month

Gastroparesis Awareness Month

National Breastfeeding Month

National Immunization Awareness Month

Psoriasis Awareness Month

World Breastfeeding Week (Aug. 1-7)

National Health Center Week (Aug. 4-10)



<https://www.pinterest.com/pin/14144186322070746/>

Remember To Get Vaccinated To Protect Your Health

Why are vaccines important?

Vaccines are important because they protect people against many diseases. These diseases can be very serious. So getting immunity from a vaccine is safer than getting immunity by being sick with the disease. And for a few vaccines, getting vaccinated can actually give you a better immune response than getting the disease would.

But vaccines don't just protect you. They also protect the people around you through community immunity (Madhavi Menon Strohl).

Older adults need to get vaccines (shots) to prevent serious medical illnesses. Here are some of the reasons below they are asking people who are 50 and older to be vaccinated. Get vaccines to prevent shingles. Shingles cause a painful rash that can last for months. If you're age 65 or older: Get vaccines to prevent pneumococcal disease. Pneumococcal disease can include pneumonia, meningitis, and blood infections.

It's also important for all adults to:

Get a flu vaccine every year. The seasonal flu vaccine is the best way to protect yourself and others from the flu.

Get the Tdap vaccine to protect yourself from 3 diseases: tetanus, diphtheria, and whooping cough (pertussis). Everyone needs to get the Tdap vaccine once.

After you get a Tdap vaccine, get a Td or Tdap booster every 10 years to protect you from tetanus and diphtheria.

Get a COVID-19 vaccine to protect yourself and others from COVID-19. Ask your doctor, nurse, or pharmacist about other vaccines you may need to stay healthy.

Health Benefits Of Being Vaccinated

Why do I need to get vaccines?

Vaccines help protect you from diseases that can be serious — and sometimes deadly. Many of these diseases are common, but vaccines can prevent them.

Even if you've always gotten your vaccines on schedule, you still need to get some vaccines as an older adult. That's because:

Older adults are more likely to get certain diseases

Older adults are at higher risk for serious complications from diseases. The protection from some vaccines can wear off over time.

Getting vaccinated also protects other people. When you get vaccines, you don't just protect yourself — you also protect others. This is especially important if you spend time around anyone with a long-term health problem or a weakened immune system (the system in the body that fights infections).

Protect yourself and the people around you by staying up to date on your vaccines. Other Vaccines

Do I need any other vaccines to help me stay healthy?

You may need other vaccines if you:

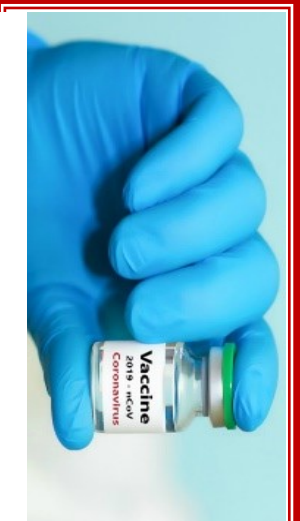
Have a long-term health condition like diabetes or heart, lung, or liver disease

Didn't get all your vaccines when you were a child

Have a health condition that makes it harder for your body to fight off infections — like HIV or problems with your spleen



Vaccines help protect you from diseases that can be serious — and sometimes deadly. Many of these diseases are common, but vaccines can prevent them.



WAYS TO CUT DOWN ON SODIUM AND IMPROVE YOUR HEART HEALTH

Salt is a rich source of sodium and our body needs it to function normally. But too much sodium is not good for us as it can raise blood pressure, and high blood pressure is a risk factor for heart disease and stroke. Therefore, the less we use, the better it is. According to the National kidney foundation, here are the recommendations for the way to reduce our salt intake.

1. Use fresh, rather than packaged, meats. Fresh cuts of beef, chicken, or pork contain natural sodium, but the content is still much less than the hidden extra sodium added during processing in products like bacon or ham. If a food item keeps well in the fridge for days or weeks, that's a tip-off that the sodium content is too high.
2. Choose fresh fruit and vegetables, as well, since they are very low in sodium. Canned and frozen fruits are also low in sodium.
3. When buying frozen vegetables, choose those that are labeled "fresh frozen" and do not contain added seasoning or sauces.

4. Begin reading food labels as a matter of course. Sodium content is always listed on the label. Sometimes the high sugar content in a product like apple pie can mask the high sodium content so it's important to check every label for sodium content.

5. Compare various brands of the same food item until you find the one that has the lowest sodium content, since this will vary from brand to brand.

6. Select spices or seasonings that do not list sodium on their labels, i.e. choose garlic powder over garlic salt.

7. Before dining out, do your research. Visit the restaurant's website which should list the sodium content of various dishes served there. Alternatively, when you're at the restaurant and ready to order, you can request that the dish be served without salt.

8. Beware of products that don't taste especially salty but still have high sodium content, such as cottage cheese.

9. If you have elevated blood pressure, dietary sodium restriction can not only lower your blood pressure but can enhance

your response to blood pressure medications.

10. Salt preference is an acquired taste that can be unlearned. It takes about 6-8 weeks to get used to eating food with much lower quantities of salt, but once it's done, it's actually difficult to eat foods like potato chips because they taste way too salty.



Salt is a rich source of sodium and our body needs it to function normally. But too much sodium is not good for us as it can raise blood pressure, and high blood pressure is a risk factor for heart disease and stroke.



Use more herbs and spices they boost flavor with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends instead of salt or salty seasonings like soy sauce, spice blends, or soup mixes. Start by cutting salt in half and work your way toward healthy substitutes

Sources: <https://www.kidney.org/newsletter/top-10-tips-reducing-salt-your-diet>
<https://www.nhlbi.nih.gov/news/2023/halt-salt-5-ways-cut-down-sodium-and-improve-your-heart-health#:~:text=Choose%20fresh%20foods%20over%20salty,and%20canned%20soups%20or%20broths.> / https://www.google.com/search?sca_esv=556076959&rlz=1C1GCEB_enUS912US913&q=easy+way+to+cut+the+salt+in+your+diet&tbm=isch&source=lnms&sa=X&ved=2ahUKEwjV07GF09WAAxXsjYkEHb8cBQ8QopQJegQICxAB&biw=1920&bih=963&dpr=1#imgsrc=1021s5YOeBx57M

What is it about the month of August?

August is widely considered the end of summer in this part of the hemisphere. It's that time when most people try to do last-minute activities, like a stroll in the park a barbecue, trips to the beach, and lots more.

How about school...in some states, school begins in August, while in some other states, preparation is being made for school which is in September.

But, is that all about August? No...for it also was an eventful month in the USA for the civil rights movement.

On August 28, 1963, the late Martin Luther King, JR. gave his famous speech, 'I Have a Dream' to 250,000 people on the steps of the Lincoln Memorial in Washington D.C, and our former president, Barack Obama was born in August.

Such is August! So get outside and enjoy the last weeks of this wonderful and unforgettable summer month or you may regret doing it as winter is not far away.



GAME CENTER TO IMPROVE YOUR MENTAL FITNESS



CAN YOU SPOT THE DIFFERENCE IN THE PICTURES

<https://www.grosalon.com/spot-the-difference-can-you-find-all-10-differences-only-15-can-spot-them-in-20-seconds-max/>

SOLVE THE SUDOKU GAME

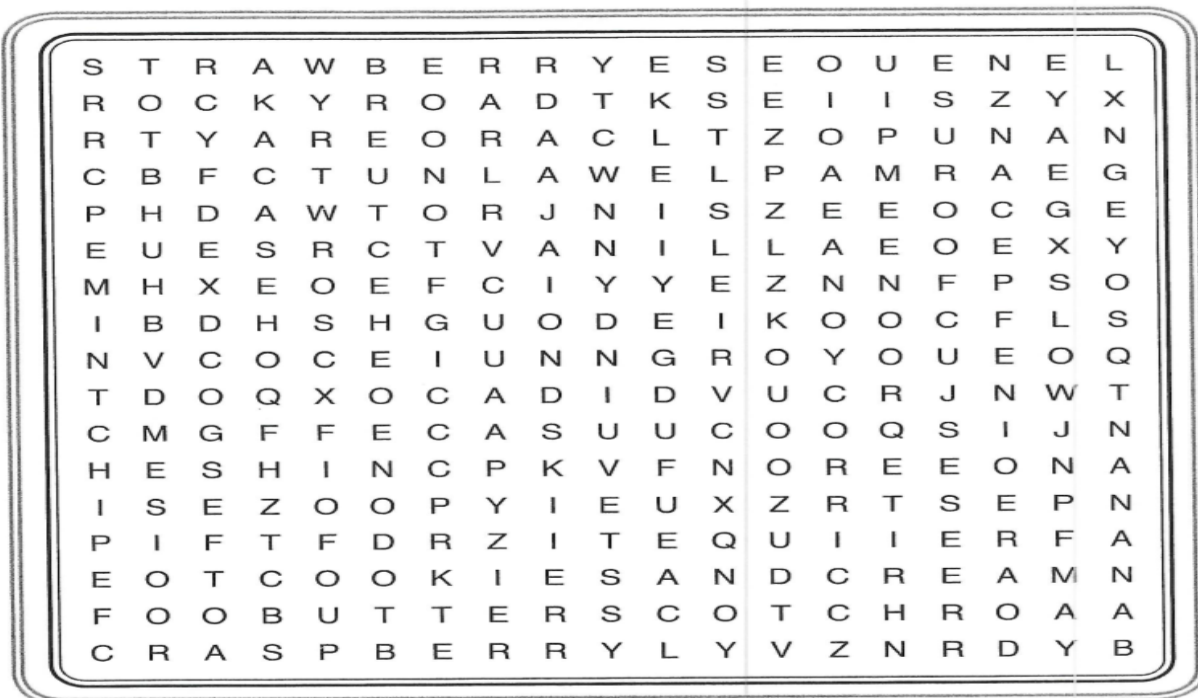
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Puzzle Number: 03011127835490 Copyright Binary Worlds SL

GAME CENTER TO IMPROVE YOUR MENTAL FITNESS

ICE CREAM FLAVORS

Puzzle # : 13



ROCKY ROAD CHEESECAKE COOKIE DOUGH MAPLE WALNUT
 STRAWBERRY COOKIES AND CREAM MOOSE TRACKS
 COTTON CANDY BUTTERSCOTCH VANILLA REESES
 MINT CHIP RASPBERRY COCONUT BANANA
 TOFFEE CHOCOLATE PECAN FUDGE

Source <https://letsdopuzzles.com/dl/ocean-animals-word-scramble>



OCEAN ANIMALS WORD SCRAMBLE



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UPCOMING EVENTS / ACTIVITIES / GUEST SPEAKERS

Poetry club — Claire | Vilma (center /Audio) /
Guided Meditation Daily (Audio) | Men's
Round Table Group Discussion— Lenox (Audio



General Membership Meeting - Advisory Meeting
(Center) - Current Event Group Discussion —Vilma /
Claire (center /Audio) - Loom Knitting with Sonia—
Creole Group Discussion (Mireille JN (center / Audio) -
Strength exercise—Tommy the experience (@ center) -
Cardio Fusion—Yoga—Island Rhythms -Yvette (@ Cen-
ter /) - Well Being with LMSW Courtlyn—Arts & Crafts
with Ms. Pumpkin and Ms. Otey— Blood pressure
screening & monitoring (Claire – Sonia_ Maureen - Ma-
vis) - Diabetic Care—VNS Health / Sugar intake in your
plate—CAB / Walk with ease (Madhavi M.) / karaoke /
Birthday celebration



CHECK THE MONTHLY CALENDAR FOR THE TIME AND DATE OF EACH ACTIVITY

GRAB YOUR PHONE,
IPAD, TABLET OR
PENCIL - LET'S GET
STARTED WITH THE
ACTIVITIES

DO YOU NEED ASSISTANCE WITH USING
THE FEATURES ON YOUR CELL PHONE,
IPAD, TABLET (WHATSAPP, ZOOM, CRE-
ATE EMAIL, FACE TIMING,)? GIVE US A
CALL 718-241-

MEN'S GROUP

Center Will Be Closed On Independence Day 7/4/23



Seniors wishing farewell to Ms. Tunis on her last day at the center

Staff Celebrating Their Birthday In July



July Birthday Celebrants 2023



BEST WISHES TO OUR AUGUST BIRTHDAY CELEBRANTS



Dorothy Rowe 8/1

Gehy Marlene 8/1

Antoinette Cellese 8/2

Yvonne Jackson 8/3

Mildred Johnson 8/7

Cynthia Tomlinson 8/8

Iris Hockaday 8/9

Barbara Wingate 8/10

Philomene Vincent 8/11

Barbara McDougald
8/12

Claristine Warner 8/12

Julia Pain 8/12

Hermine James 8/13

Zhanna Begun 8/14

Diana Dempster 8/14

Patricia Alladice 8/27

Martin Samuels 8/29

Yolande Jean Baptiste
8/24

Marilyn Pack 8/30

Jean Sandiford 8/30

Carol Smith 8/30

Virginia Heywood 8/25

**The Center Is COpened For Activities—Glenwood SC
is a free program to people ages 60+- No insurance**

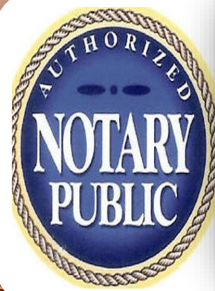


IN THE CASE MANAGER'S CORNER

CASE ASSISTANCE COMMUNITY INFORMATION BOARD

If you have difficulty getting around, being home isolated, not able to come to the center or for any other assistance, please call the center for assistance 718-241-7711

DO YOU NEED ASSISTANCE TO NOTARIZE YOUR DOCUMENT—PLEASE SEE OR CALL MR. LENOX HUTSON @ 718-251-5848



The Glenwood Older Adults Club Advisory Council Invites You To Their

Annual Holiday Luncheon

Buckley's Restaurant
2926 Ave S, (Corner of Nostrand Ave.)
Brooklyn, NY

Saturday, December 9th, 2023

12:00 – 1:00PM Cocktails served with Champagne Toast
1:00PM – 5:00PM Dinner & Dancing with unlimited Domestic Beer
Wine & Soda

Tickets \$140.00
(A Payment Plan Can Be Arranged)
Music by A Popular DJ



Aging Mastery Program

National Council on Aging in Collaboration
with Kingsborough Community College

✓ LIVE WELL ✓ DO WELL ✓ AGE WELL

Fall Term 2023
10 weeks on Tuesdays from October 17th - December 19th
3:30-5:00pm / Online with Zoom

What is Aging Mastery?

Aging Mastery is a comprehensive and fun approach to living that celebrates the gift of longevity. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity.

What is the program?

A 10-class program based on the National Aging Mastery Program designed to offer participants 50+ years of age or older, the skills and tools needed to achieve measurable improvements in managing health, remaining economically secure, and contributing actively in society.

Learn about:

- Navigating Longer Lives
- Exercise & You
- Advance Care Planning
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Fall Prevention
- Community Engagement and more!

Free material kit has been funded by:

Brooklyn District 43 Council Member Justin Brannan, for residents 50+ years of age residing in: Bay Ridge, Dyker Heights, Bath Beach and Bensonhurst

Queens District 32 Council Member Joanne Ariola for residents 50+ residing in: Rockaway Park West, Broad Channel, Breezy Point, Howard Beach, Woodhaven, Lindenwood and Ozone Park

Participants must attend a minimum of 7 out of the 10 sessions in order to graduate.

*Students who do not reside in the funded council districts may audit classes free and have the opportunity to purchase a material kit for \$80.



CONTACT FOR MORE INFORMATION:

Call Susan Lavin 718-368-5079 Email: Susan.Lavin@kbcc.cuny.edu

Kingsborough Community College
2001 Oriental Blvd, Brooklyn NY 11235



ASSEMBLYWOMAN
MONIQUE CHANDLER-WATERMAN
and
ASSEMBLYWOMAN JAIME WILLIAMS

In Partnership with

CONGRESSMAN HAKEEM JEFFERIES
SENATOR ROXANNE PERSAUD & COUNCILWOMAN MERCEDES NARCISSE



HOLY FAMILY (Parking Lot)
9719 Flatlands Avenue

MUSIC | RESOURCES | ACTIVITIES | REFRESHMENTS



FOR MORE INFORMATION CONTACT 718-385-3336 or
AssemblyWomanChandlerWaterman@gmail.com

MAY YOUR AUGUST DAYS BE FILLED WITH ABUNDANCE & SUNSHINE



Sources: <https://www.pinterest.com/pin/351912464411642/> // <https://www.pinterest.com/pin/41517627804889644/>

GLENWOOD SENIOR CENTER STAFF

Ron Carson	Director Of Field Operations
Nadine Aspilaire	Program Manager
Vacant	Case Manager
Woodly Greene	Administrative Assistant
Gwen Moultrie	Head Cook
Daniela Recio	Assistant Cook
Andre Fils Fresnel	Maintenance Worker
Vacant	Kitchen Aid

GLENWOOD ADVISORY BOARD MEMBERS

Gardner Weekes	-----	President Advisory Council
Vilma Griffith	-----	VP Advisory Council
Carol Hackett	-----	Treasurer
Beverley Gaskin	-----	Recording Secretary
Mary Ison	-----	Sergeant at Arm
Colvin Eastmond	---	Corresponding Secretary

COMMITTEES: Sunshine - -Sonia Ryce
 Nutrition Chair person --- Sonia Ryce, Daisy Barrett, Beulah Reid
 Travel & Fundraising --- Gardner G Weekes
 Entertainment / music --- Claire Brisport / Gardner Weekes/
 Grievance --- Gardner G Weekes / Sonia Ryce
 Hostess ----

Thank you to: Mireille Jean Noel - Claire Brisport— Vilma Griffith - Therese Bien Aimee - Lenox Hutson — Gabriel Weekes—Beulah Reid—Daisy Barrett and to all the volunteers for their support of the center's activities.

Catholic Charities Neighborhood Services, Inc.

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 for a social order that promotes justice and embraces



Funded by the NYC Department for the Aging

NYC Department for the Aging