



Our Voices

CATHOLIC CHARITIES BAYSIDE ELDER ADULT CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144



SEPTEMBER



Did you know September is the only month with the same number of letters in its name as the number of the month (9)?

The most common birthday in America is September 9th, and the second most common is September 19th.





9/11 Memorial Service
Monday, September 11, 2023
Start Time – 9:30am

9:30 a.m. A Moment of Silence

9:35 a.m. Pledge of Allegiance: Susan Hall

9:40 a.m. Introduction: Doris Polansky

9:40 a.m. Messages from Elected Officials

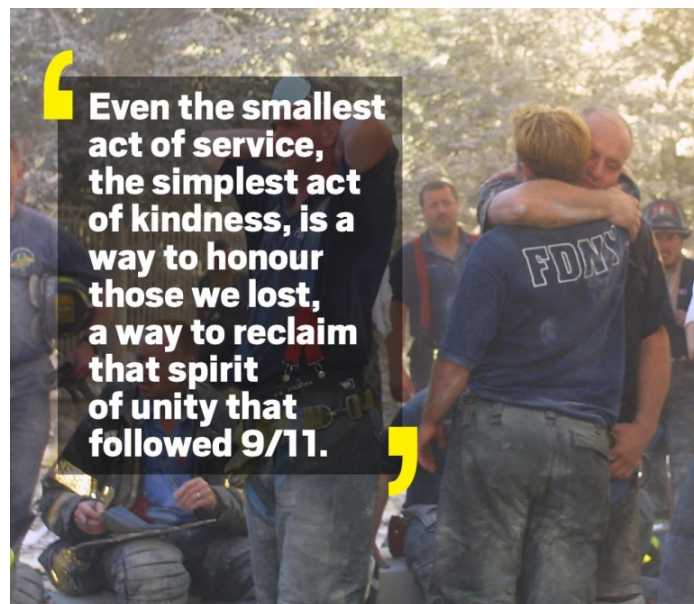
9:50 a.m. The Planting of Twenty-Two sets of Mums and American Flags around the Bayside Senior Center by our members, neighbors and our elected officials

10:00 a.m. Closing and Special Thanks



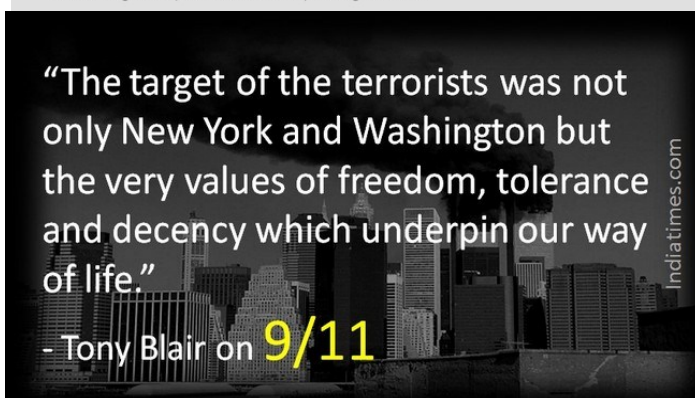
"If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate."

Sandy Dahl
Wife of Flight 93 pilot Jason Dahl speaking in 2002.



"Even the smallest act of service, the simplest act of kindness, is a way to honour those we lost, a way to reclaim that spirit of unity that followed 9/11."

President Obama
Radio address in 2011.



"The target of the terrorists was not only New York and Washington but the very values of freedom, tolerance and decency which underpin our way of life."

- Tony Blair on **9/11**

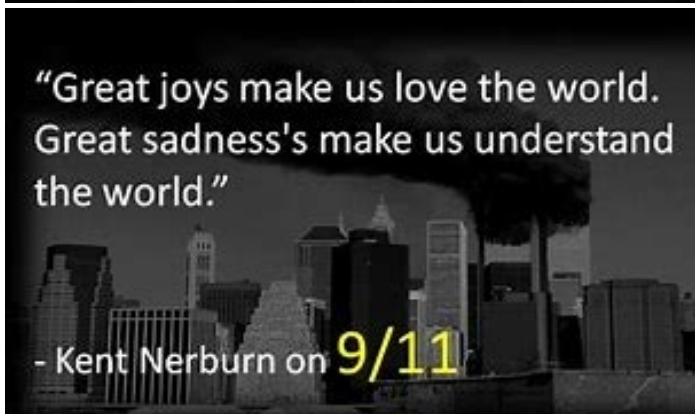
Indiatimes.com



"What separates us from the animals, what separates us from the chaos, is our ability to mourn people we've never met."

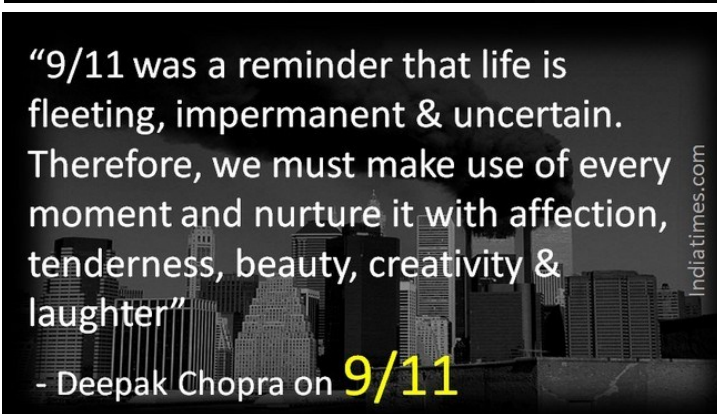
- David Levithan on **9/11**

Indiatimes.com



"Great joys make us love the world. Great sadness's make us understand the world."

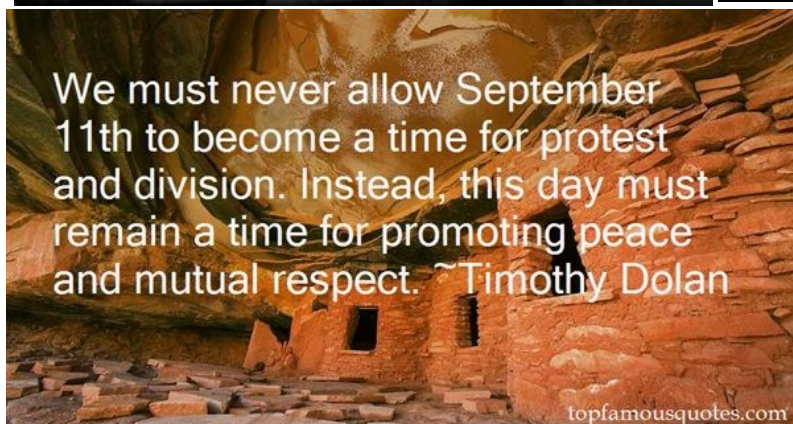
- Kent Nerburn on **9/11**



"9/11 was a reminder that life is fleeting, impermanent & uncertain. Therefore, we must make use of every moment and nurture it with affection, tenderness, beauty, creativity & laughter"

- Deepak Chopra on **9/11**

Indiatimes.com



We must never allow September 11th to become a time for protest and division. Instead, this day must remain a time for promoting peace and mutual respect. ~Timothy Dolan

topfamousquotes.com

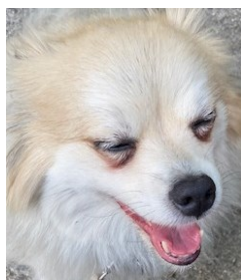


NEVER FORGET.
09.11.2001



BLOOMING
HEALTH

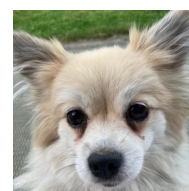
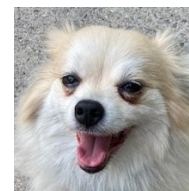
Bayside Senior Center
Older Adults Survey



If America were attacked again on the same scale as 9/11/2001, would we be able to unify nationally as well as we did twenty two years ago?

Yes - 44%

No - 56%



Existence of social media today has made political journalism better or worse.

Better - 35%

Worse - 64%

Should there be a minimum or maximum age to drive legally in New York City?

Yes - 86%

No - 14%



How would you rate your health today? 5 point scale with 5=Very Good and 1=very bad

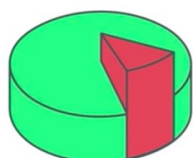
Very Good - 36%

4 = 35%

3 = 21%

2 = 4%

Very Bad 4%



In August, did you worry that your food would run out before you got money to buy more

Yes - 11%

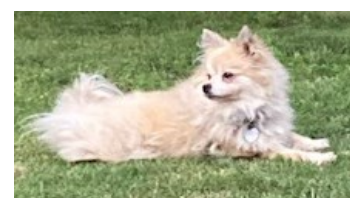
No - 88%

Age	Gender	Mean	Median	Standard deviation	Range	Frequency	Proportion
18	M	10.0	10.0	0.0	1	1	0.01
19	M	10.0	10.0	0.0	1	1	0.01
20	M	10.0	10.0	0.0	1	1	0.01
21	M	10.0	10.0	0.0	1	1	0.01
22	M	10.0	10.0	0.0	1	1	0.01
23	M	10.0	10.0	0.0	1	1	0.01
24	M	10.0	10.0	0.0	1	1	0.01
25	M	10.0	10.0	0.0	1	1	0.01
26	M	10.0	10.0	0.0	1	1	0.01
27	M	10.0	10.0	0.0	1	1	0.01
28	M	10.0	10.0	0.0	1	1	0.01
29	M	10.0	10.0	0.0	1	1	0.01
30	M	10.0	10.0	0.0	1	1	0.01
31	M	10.0	10.0	0.0	1	1	0.01
32	M	10.0	10.0	0.0	1	1	0.01
33	M	10.0	10.0	0.0	1	1	0.01
34	M	10.0	10.0	0.0	1	1	0.01
35	M	10.0	10.0	0.0	1	1	0.01
36	M	10.0	10.0	0.0	1	1	0.01
37	M	10.0	10.0	0.0	1	1	0.01
38	M	10.0	10.0	0.0	1	1	0.01
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44	M	10.0	10.0	0.0	1	1	0.01
45	M	10.0	10.0	0.0	1	1	0.01
46	M	10.0	10.0	0.0	1	1	0.01
47	M	10.0	10.0	0.0	1	1	0.01
48	M	10.0	10.0	0.0	1	1	0.01
49	M	10.0	10.0	0.0	1	1	0.01
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51	M	10.0	10.0	0.0	1	1	0.01
52	M	10.0	10.0	0.0	1	1	0.01
53	M	10.0	10.0	0.0	1	1	0.01
54	M	10.0	10.0	0.0	1	1	0.01
55	M	10.0	10.0	0.0	1	1	0.01
56	M	10.0	10.0	0.0	1	1	0.01
57	M	10.0	10.0	0.0	1	1	0.01
58	M	10.0	10.0	0.0	1	1	0.01
59	M	10.0	10.0	0.0	1	1	0.01
60	M	10.0	10.0	0.0	1	1	0.01
61	M	10.0	10.0	0.0	1	1	0.01
62	M	10.0	10.0	0.0	1	1	0.01
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68	M	10.0	10.0	0.0	1	1	0.01
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75	M	10.0	10.0	0.0	1	1	0.01
76	M	10.0	10.0	0.0	1	1	0.01
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78	M	10.0	10.0	0.0	1	1	0.01
79	M	10.0	10.0	0.0	1	1	0.01
80	M	10.0	10.0	0.0	1	1	0.01
81	M	10.0	10.0	0.0	1	1	0.01
82	M	10.0	10.0	0.0	1	1	0.01
83	M	10.0	10.0	0.0	1	1	0.01
84	M	10.0	10.0	0.0	1	1	0.01
85	M	10.0	10.0	0.0	1	1	0.01
86	M	10.0	10.0	0.0	1	1	0.01
87	M	10.0	10.0	0.0	1	1	0.01
88	M	10.0	10.0	0.0	1	1	0.01
89	M	10.0	10.0	0.0	1	1	0.01
90	M	10.0	10.0	0.0	1	1	0.01
91	M	10.0	10.0	0.0	1	1	0.01
92	M	10.0	10.0	0.0	1	1	0.01
93	M	10.0	10.0	0.0	1	1	0.01
94	M	10.0	10.0	0.0	1	1	0.01
95	M	10.0	10.0	0.0	1	1	0.01
96	M	10.0	10.0	0.0	1	1	0.01
97	M	10.0	10.0	0.0	1	1	0.01
98	M	10.0	10.0	0.0	1	1	0.01
99	M	10.0	10.0	0.0	1	1	0.01
100	M	10.0	10.0	0.0	1	1	0.01

Have you felt lonely or isolated in the Month of August?

Yes - 11%

No - 89%





Samina Khondaker is an incoming Junior at Stony Brook University majoring in Health Science on the pre-med track. She hopes to become a psychiatrist in the future as she is very interested in mental health. Additionally, she is very passionate about medicine and serving her community. Her hobbies include reading, baking, and running. During her free time she enjoys volunteering at hospitals and conducting research in psychology at her university.

Samina Khondaker (SYEP)

Arianna Hwang will be graduating this year at the Bronx High School of Science. At school, she joined various clubs including the Gardening and Science Olympiad, which are vastly different but involve teaching others subjects like plant maintenance and blood identification. She has volunteered at this center before and enjoyed watching the older adults interact with each other and dance. In the future she hopes to major in the medical field and continue to contribute to her community.



Arianna Hwang (SYEP)



Jesette Williams is an upcoming senior at Benjamin N Cardozo High School. This is her second year volunteering at this older adults center, in which she helped partner a program in her school, giving her peers a chance to be an active part of their community. As a part of the class of 2024, she aspires to work in the engineering field, hopefully majoring in Civil Engineering or Construction Management when she reaches college.

Jesette Williams (Volunteer)



Aromatherapy

noun | a-ro-ma-ther-a-py | \ə-ˌrō-mə-ˈther-ə-pē\

The use of natural oils that have a pleasant smell to make a person feel better especially by rubbing the essential oils into the skin.

History of Aromatherapy



Essential oils were used as far back as 3,000 BC by Egyptians for cosmetic purposes.



Dr. Jean Valnet used therapeutic-grade essential oils to successfully treat injured soldiers during World War II.



Since the 1980's essential oils have become a major part of the alternative and holistic health industry.

Popular Essential Oils



Lavender

Proven to improve the quality of your sleep by 20%.



Bergamont

Can significantly reduce blood pressure, easing stress.



Rosemary

Increases cerebral blood flow, which can help with fatigue.



Geranium

Can help remedy congested skin, eczema & dermatitis.

Incorporate Aromatherapy Into Your Day...



Massage

An aromatherapy massage can be a wonderful way to relieve stress and improve your immune system by releasing toxins from your body.

Facial

Treating yourself to a DIY facial before bed is a great way to calm yourself with the tranquility of soothing scents while also hydrating your skin.



Bath

A warm bath can do wonders for your body and mind on its own, but adding a few drops of an essential oil can increase the relaxation effects.

Oil Diffuser

Using an oil diffuser can spread the beautiful essential oil scents throughout your home.



Fall Word Search

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



CORN
 AUTUMN
 BONFIRE
 BOOTS
 OCTOBER
 RAKE

THANKSGIVING
 HARVEST
 LEAVES
 CARNIVAL
 APPLES
 APPLE CIDER

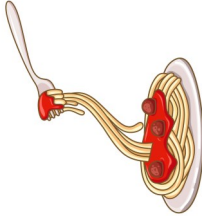
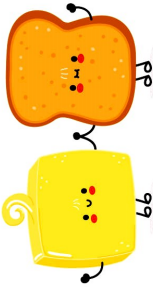


PUMPKIN
 FOOTBALL
 SWEATER
 NOVEMBER
 SEPTEMBER
 SUNFLOWER

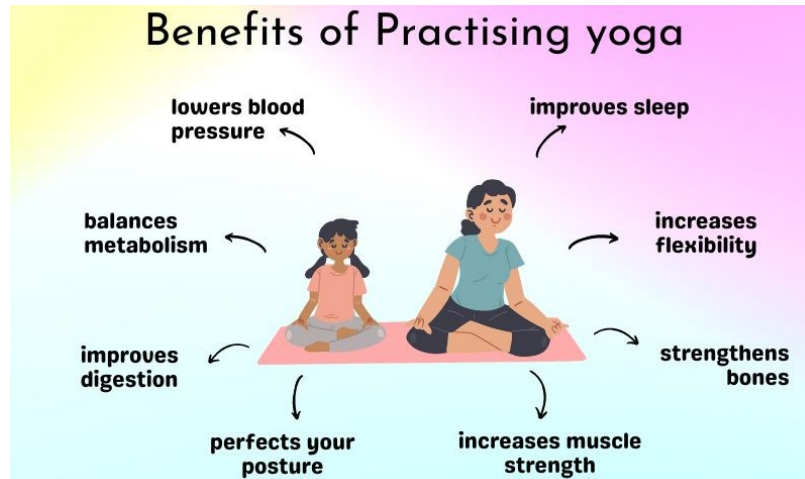




Bayside Older Adult Center Menu for September 2023

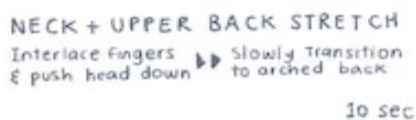
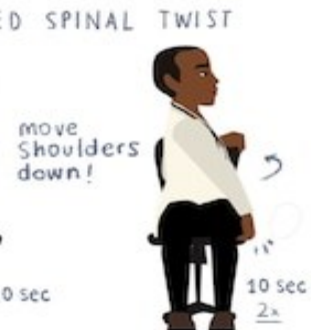
September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 4 Center Closed Labor Day	 5 Marmalade Glazed Baby Back Ribs Chinese Style Spaghetti Whole Wheat Bread Broccoli with Toasted Garlic Banana; 1% Low Fat Milk	 6 Zesty Chickpea Stew Quinoa and Wheat Berry Pilaf Whole Wheat Bread Garden Salad Orange; 1% Low Fat Milk	 7 Beef Stir Fry with Broccoli And Carrots Brown Rice (1/2 cup) Whole Wheat Bread Sautéed String Beans Apple; 1% Low Fat Milk	1 Whole Wheat Fish Tacos Whole Wheat Bread Whole Wheat Tortilla Cabbage and Kohlrabi Slaw Pear 1% Low Fat Milk
11 Chicken Parmesan Pasta (1/2 cup) Whole Wheat Bread Vegetable Mix (non-starchy) Apple 1% Low Fat Milk	12 Baked Pork Whole Wheat Bread Apple Sweet Potatoes Sautéed Spinach Banana; 1% Low Fat Milk	13 BBQ Tofu Fingers Whole Wheat Bread Home Fries Italian Blend Vegetables Orange; 1% Low Fat Milk	14 Basic Shepherd's Pie Whole Wheat Bread Homemade Mashed Potatoes Vegetable Mix (non-starchy) Apple; 1% Low Fat Milk	15 Tuna Fish Salad Plain Pita Whole Wheat Bread Cole Slaw Garden Salad Pear; 1% Low Fat Milk
18 Sesame Orange Chicken Rice Pilaf Whole Wheat Bread Oriental Blend Vegetables Apple 1% Low Fat Milk	19 Baked Pork Chops Whole Wheat Bread Homemade Mashed Potatoes Roasted Zucchini Banana 1% Low Fat Milk	20 Tofu Parmigiana Whole Wheat Bread Garden Salad Orange 1% Low Fat Milk	21 Homemade Hamburger Whole Wheat Bread Baked Red Potato Wedges Lettuce and Tomato Apple 1% Low Fat Milk	22 Baked Fish with Garlic Parmesan Crust Whole Wheat Bread Yellow Rice Sautéed Green Beans with Onions Apple; 1% Low Fat Milk
25 Chicken Marsala Whole Wheat Bread Roasted Potatoes Sautéed Spinach Apple; 1% Low Fat Milk	26 Pernil (Roasted Pork Shoulder) Whole Wheat Bread Yellow Rice Steamed Carrots Banana; 1% Low Fat Milk	27 Mushroom Dan Dan Whole Wheat Noodles Whole Wheat Bread Garden Salad; Steamed Kale Orange; 1% Low Fat Milk	28 Italian Meatballs with Beef and Turkey; Spaghetti (1/2 cup) Whole Wheat Bread Vegetable Mix (non-starchy) Apple; 1% Low Fat Milk	29 Citrus Sesame Crusted Salmon Whole Wheat Bread Corn Niblets Steamed Broccoli Pear; 1% Low Fat Milk



DESK YOGA

FOCUS: SHOULDERS, BACK & NECK





Resources



SENIOR CHAIR YOGA POSES

1. Ujjayi Breathing



2. Cat/Cow



3. Circles



4. Sun Salutation Arms



5. Sun Salutations with Twists



6. High Altar Side Leans



7. Eagle Arms



8. Assisted Neck Stretches



9. Ankle to Knee



10. Goddess with a Twist



11. Warrior 2



12. Forward Fold





RESOURCES



HOW TO MAKE HOMEMADE SCENTED CANDLES

with Jen Wang

Scented candles are really easy and cheap to make!
You can get all the materials online, or at your local craft store.
You can buy candle fragrances online in small or large batches.
(My personal favorites are based on conifers like pine and spruce!)

You will need:

heat-resistant
pouring pitcher
(I use a 4 lb. aluminum one)

soy wax flakes

old saucepan

Fragrance or
Essential oils



(I use 1 oz. bottle of
fragrance oils I buy from
CandleScience.com)

8 oz.
canning jar



cooking thermometer

candle
wick





① Melt 1 lb. of soy wax in the pitcher over a double boiler set up with the saucepan. Heat to 185°F

②



When the melted wax is at 185°F add 1 oz. of your fragrance of choice.

③



As the wax cools, place the wicks inside the 8 oz. jars, centering as best you can. Secure in place with pencils or chopsticks.

④



When the wax has cooled to 135°F, carefully pour into the prepared jars.

⑤



Let the jars cool overnight. Before lighting, trim the wicks to 1/4 inch.

⑥




Light and enjoy!



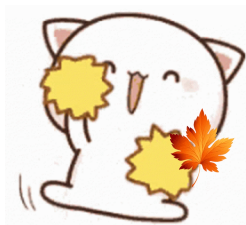
CATHOLIC CHARITIES ACTIVITIES CALENDAR September, 2023

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4 Labor Day Center Closed 	5 Painting Group 9am-3:00pm Line Dance w/ Jennifer 9:00 – 9:45am Yoga w/ Sharon 10 – 11:00am Bingo 12:30 – 1:30pm Low Impact Aerobics w/ Ira 1:30 – 2:15pm	6 Painting Group 9am-3:00pm Low Impact Aerobics w/ Ira 9:30 – 10:15am Karaoke 10:30am – 3:30pm Wu Dang Exercise Class 1:00 – 2:00pm	7 Painting Group 9am – 3pm Sing Melody 9:30 – 11:15am Wing Chun w/ David 10:00-11:00am Line Dance w/ Harrison 1:00 – 2:30pm	1 Painting Group 9am-3:00pm Ballroom Dance w/ Jennifer 9:00 – 9:45am Age-Tastic 10:00 - 11:00am Live DJ and Social Dancing DJ Rich Parasimo (1:00 - 3:00pm)
11 Painting Group 9am – 3pm Belly Dancing w/ Amira 10:00am-11:00am Zumba Dance w/ Amira 11:00am – 12:00pm Bingo 12:30 – 1:30pm	12 Painting Group 9am – 3pm Line Dance w/ Jennifer 9:00 – 9:45am Yoga w/ Sharon 10 - 11:00am Bingo 12:30-1:30pm Low Impact Aerobics w/ Ira 1:30 – 2:15pm	13 Painting Group 9am-3:00pm Low Impact Aerobics w/ Ira 9:30 – 10:15am Karaoke 10:30am-3:30pm Education Presentation "Senior Scams" (Ann Sadofsky) 11:00am Wu Dang Exercise Class 1:00 – 2:00pm	14 Painting Group 9am-3:00pm Sing Melody 9:30-11:15am Wing Chun w/ David 10:00-11:00am Line Dance w/ Harrison 1:00 - 2:30pm	15 Painting Group 9am-3:00pm Ballroom Dance w/ Jennifer 9:00 – 9:45am Age-Tastic 10:00 – 11:00am Live DJ and Social Dancing DJ Rich Parasimo (1:00 - 3:00pm)
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WELCOME



Gil Ho Pak
Danny D. Dong
Yu Rong Wang
Hassan Rashid
Haim M. Hazan
Apena Gbeworo
Chien-Hui Hsu Huang
Yu-Sheng Hsu
Alex Chin

Maria Man-Yi Chin-Cheung
Joan McCosker
Gloria Weber
Peter Ouyang
Konstantina (Dina) Haskaris
Stephen P. Klinger
Peixin (Peter) Xu
Mary E. Yee
Soo Hop Yee
Raymond M. Yee

Godfrey TC. Wong
Rosena Wong



Fall Leaf Maze!





BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320



Officers:

Doris Polansky...President
Susan Hall ... Vice President
Pat Walton Treasurer
Leo Palumbo ... Secretary

ADVISORY COUNCIL

Members:

Carmela Pozzi Rosa Farmer
Jane Chin Fraternidad Sevilca



Laura Moy



Kathy Lundgren



Pang F. Chu



Annmarie Payne



Vincent Yuk



John Tsang



Yung Ping Tam



Yolanda De Martinez



Elizabeth Mui



Henry Cadet



Xia Shen



BAYSIDE OLDER ADULT CENTER STAFF



Pang F. Chu Program Manager
Kathy Lundgren Office Manager
Xia Shen Case Manager
Yolanda De Martinez Custodian
Annmarie Payne Transportation Coordinator
Elizabeth Mui.....Recreational Coordinator

Henry Cadet
John Tsang
Laura Moy
Yung Ping Tam
Vincent Yuk

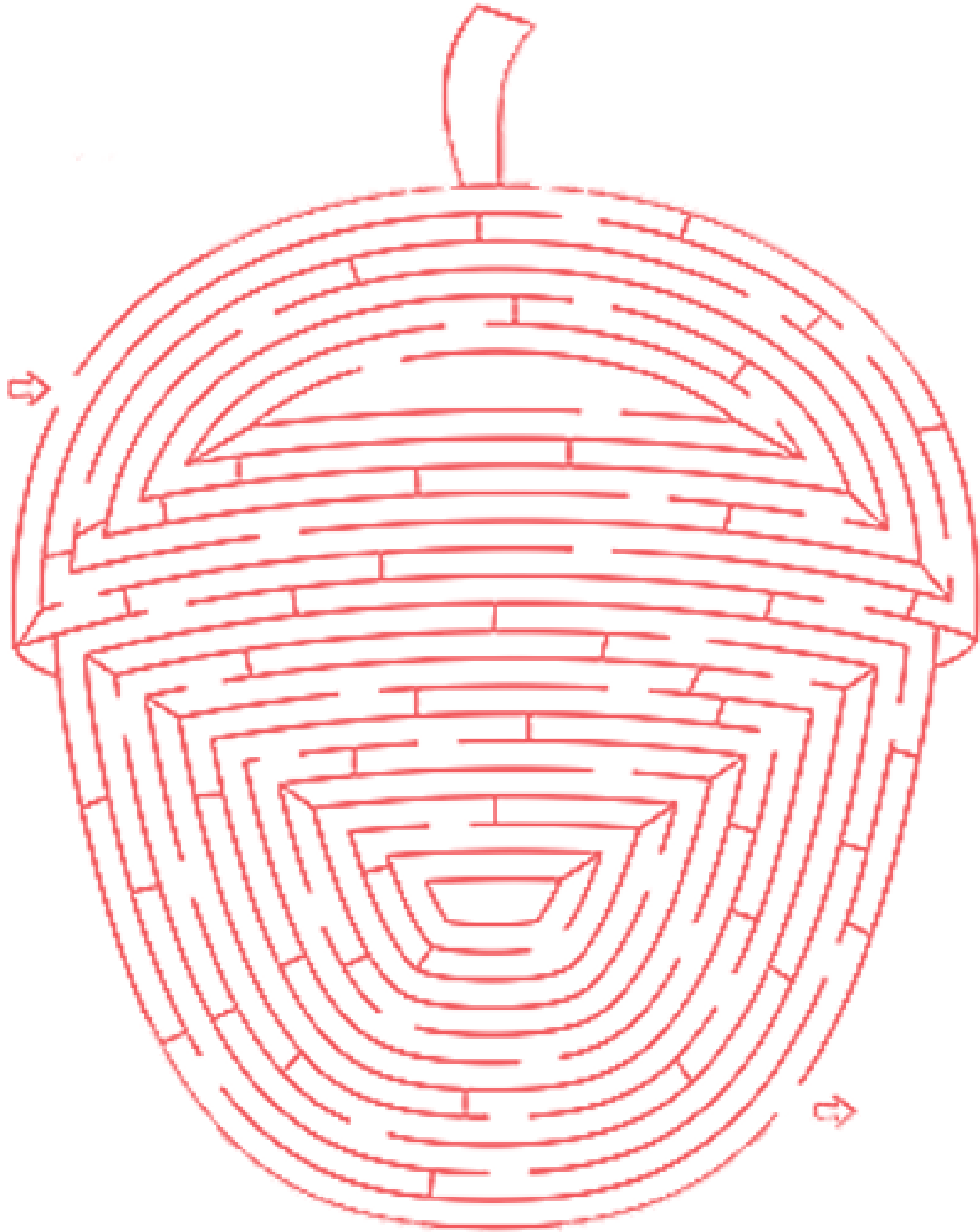
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Kitchen Aide

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 human development.

All Bayside Seniors have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.

Acorn Maze





INQUIRING MINDS WANT TO KNOW

What is your favorite hobby?

Julie Yeh - enjoys swimming, dancing and traveling. As a part time travel agent for seventeen years, she has now traveled to 42 states, gone from London to Rome several times and to China.

Louise Spinella - enjoys taking walks with her daughter in the park and in the shopping mall and spends time watching movies on Netflix and the Hallmark channels.

Joseph Peterson - spends time playing pool in order to keep busy and meet people.

May Ip - spends time playing games on her iPad such as Sudoku, Spider, Happy Color and Master and also reading books by Danielle Steel and Julianne Maclean.

Eloisa Garcia - enjoys hobbies that are healthy such as exercising - weight lifting, cycling and aerobics - reading and doing jig saw puzzles.

Siu Chan - her hobby, which is entertaining and healthy, is singing. It trains her coordination between her brain and eyes while enhancing her lung function.

Elizabeth Aquino - enjoys arts and crafts, sewing throw pillows, making flower arrangements and doing some painting.

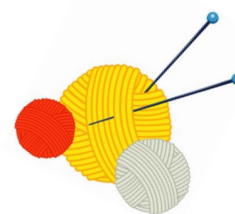


In addition to doing published crossword puzzles, my favorite hobbies involve using my T-Mobile phone to play word games such as Wordle, Crossword Jam and Crossword Quest and to use its camera to take pictures of the different colors and shapes in the sky and of the flowers in the Botanical Gardens.

Advisory Council VP, Susan Hall



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3	1		9	7		2		
		9	1	8	2			3
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Down:

1. an American holiday that celebrates the contributions and achievements of American workers
4. a symbol of plenty consisting of a goat's horn overflowing with flowers, fruit, and corn
5. the type of leaf shown on the Canadian flag
7. the process or period of gathering in crops
8. a genre of fiction
9. institutions that teach children curriculum and subjects like math and science
10. 9th month of the year

Across:

2. tools used to collect fallen leaves scattered along the ground
3. the sound dry leaves make when you step on them; also a name of a common candy in America
6. a season; commonly called fall
9. animals that live in the trees and collect acorns to store for the winter
11. red fruit that is used to make cider and ready to pick in early September
12. a pastry made with a dough crust and sometimes features a lattice pattern
13. an object made to resemble a human figure, set up to scare birds away from a field where crops are growing



Happy Recap!

AUGUST 2023

