



SEASIDE NEWS

Catholic Charities Neighborhood Services

SEASIDE OLDER ADULT CENTER

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Jurate Jones, Program Manager

A message from Jurate

August , 2023

A NEW MONTH CAME YOUR WAY,
MAKE IT AN AMAZING ONE, IT
DOESN'T MATTER IF THE WEATHER
IS TOO HOT, OR YOUR MOOD IS NOT
ALWAYS GOOD, YOU JUST HAVE TO
BE HAPPY AND HEALTHY AND
ENJOY SUMMER!
I WISH YOU PLENTY OF HAPPINESS
THIS NEW MONTH.

I WILL SEE YOU ALL SOON!

*FUNDED BY
NYC Aging*



SEASIDE ANNOUNCEMENTS, AUGUST 2023

Greetings! We hope to see you all at **Seaside Older Adult Center (OAC)** throughout August for coffee, tea, breakfast, lunch, exercise classes, games, presentations and social interaction. Located in the heart of Rockaway Beach, and just minutes from the Boardwalk, Seaside OAC is your *home away from home*. Refer or bring a friend and get a free lunch! — Same day Memberships available. New people just need to bring ID to show you are 60+ and joining takes less than 30 minutes. It is free to join. Our center is Wheelchair Accessible. Languages spoken by staff include, English, Spanish, Russian and Polish.



SEASIDE OAC COOLING CENTER: As always in the event of a heat wave, Seaside OAC will be an official cooling center. When the temperatures soars you can count on Seaside to cool you down. Last week, we survived our first heat wave and had extended hours at Seaside to help you beat the heat. This season wear cool, light clothes, a sun hat, wear sunscreen and always have a bottle of water.

SEASIDE ACTIVITIES IN AUGUST

MAINTAIN YOUR HEALTH and FITNESS GOALS AT SEASIDE OAC:

In person Aerobics every Monday at 11am with Anna

In person Strength Exercise class with Tommy on Thursday at 11am

In person Tai Chi with Joe Rubino on Wednesday at 11am

Virtual exercise and workshops at select times throughout the month of August

****Fitness guru Gerard is on vacation in August, fear not, he will return to Seaside in September for more fitness and fun! ****

ARTS, CULTURE AND SPECIAL EVENTS AT SEASIDE

Wednesday, August 2 at 12:30pm — John Baxter sing-along — "Summertime and the living is easy!"

Wednesday, August 2 at 11:00am SUMMER MOVIE TRIVIA with Briege

Tuesday, August 8 at 12:30pm — Fun Bingo with a bonanza of prizes hosted by Taylor from Beacon. In honor of upcoming National Senior Day (AUGUST 21)!

Wednesday, August 9 at 10:15am Victoria Barber from Peninsula Library

Friday, August 11 at 12:30pm — Tina Turner Impersonator and Jokesercise.

Monday, August 21 at 12:30pm National Senior Day, join us for a special celebration

Bingo with Joyce and Barbara every Thursday in August at 1pm (Snack included)

Friday, August 25 at 12:30pm, August birthday party, special cake from Russo's, speeches and music.



I LOVE SUMMER



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

AUGUST
 CAMPING
 HOLIDAYS
 OUTDOOR
 SUNBATHE

BARBEQUE
 FUN
 JULY
 PARK
 SUNBLOCK

BEACH
 GARDEN
 JUNE
 SUN

AUGUST IS IMMUNIZATION (VACCINES) AWARENESS MONTH

What are vaccines? Vaccines are injections (shots), liquids, pills, or nasal sprays that you take to teach your body's **immune system** to recognize and defend against harmful germs. For example, there are vaccines to protect against:

1. **Viruses**, like the ones that cause the **flu** and **COVID-19**
2. **Bacteria**, including **tetanus**, **diphtheria**, and **pertussis**

Vaccines work in different ways, but they all spark an immune response. The immune response is the way your body defends itself against substances it sees as foreign or harmful. These substances include germs that can cause disease.

What happens in an immune response? There are different steps in the immune response:

When a germ invades, your body sees it as foreign

Your immune system helps your body fight off the germ

Your immune system also remembers the germ. It will attack the germ if it ever invades again. This "memory" protects you against the disease that the germ causes. This type of protection is called immunity.

What are immunizations and vaccinations?

Immunization is the process of becoming protected against a disease. But it can also mean the same thing as vaccination, which is getting a vaccine to become protected against a disease.

Why are vaccines important?

Vaccines are important because they protect you 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.

What is community immunity?

Community immunity, or herd immunity, is the idea that vaccines can help keep communities healthy. Normally, germs can travel quickly through a community and make a lot of people sick. If enough people get sick, it can lead to an outbreak. But when enough people are vaccinated against a certain disease, it's harder for that disease to spread to others. This type of protection means that the entire community is less likely to get the disease.

Community immunity is especially important for people who can't get certain vaccines. For example, they may not be able to get a vaccine because they have weakened immune systems. Others may be allergic to certain vaccine ingredients. And newborn babies are too young to get some vaccines. Community immunity can help to protect them all.

Are vaccines safe? Vaccines are safe. They must go through extensive safety testing and evaluation before they are approved in the United States.

BOTTOM LINE: Get vaccinated and keep yourself and your loved one safe and sound.

Stay Well!!! From MADHAVI MENON STROHL

SEASIDE MESSAGES



*We are so sad to announce the passing of our beloved member,
Ms. Shirley Clarke
May she rest in eternal peace.*



*Seaside sends our condolences to Lydia and Francisco Villanueva on the passing of their beloved son
U.S. Marine Veteran
Carlos Edgar Villanueva
May he rest in eternal peace and
Thank you for your service.*

Humane Being

Benevolent, sympathetic, kind
In humane these qualities find.
Hate, riots, killing disappear.
Peace and love finally here.
A beautiful world we will find
When humans keep humane in mind.
Ask before acting: Is this humane?

Amen (so it be)
Bert Robbins

Seaside hosted our first ever talent show as part of NY Aging's *Talent is Timeless*.

We showcased an impressive array of talent and we are so proud of you all. Journalist, writer and actor Dan Guarino judged the show, and, although it was "tough," he managed to select 3 winners to go through to the next round, hosted by NY Aging. John Baxter provided the back line and co-hosted, and DJ Russ helped with backing tracks!

First Place: Robert Kinloch, (solo singer)

"His Eye Is on the Sparrow"

Second Place: Jacqueline Ali (solo singer)

"I Believe"

Third Place: Seaside Salsa Dance Group

Dancing to **"Suavemente"**

Thank you to our competitors: Cookie, Carmen, Maria, Millie, Lydia, Francisco, Shakti, James, Julia, Roberta, Bert, Dorethea, Barbara, Jackie, Carmen, Melvina and AJ.

You are all winners!



↑ Thank you to our wonderful audience for your enthusiasm 5



Lovette

Joseph

Maria

Charles

Elizabeth

Henry

Hector

Hattie

Glaston

Allan

Kimati

Shuvash

Sonia

Patrick

Barbara

Steve

Frances

Anthony

Daphne

Bogdan

John

Leslie

Berton

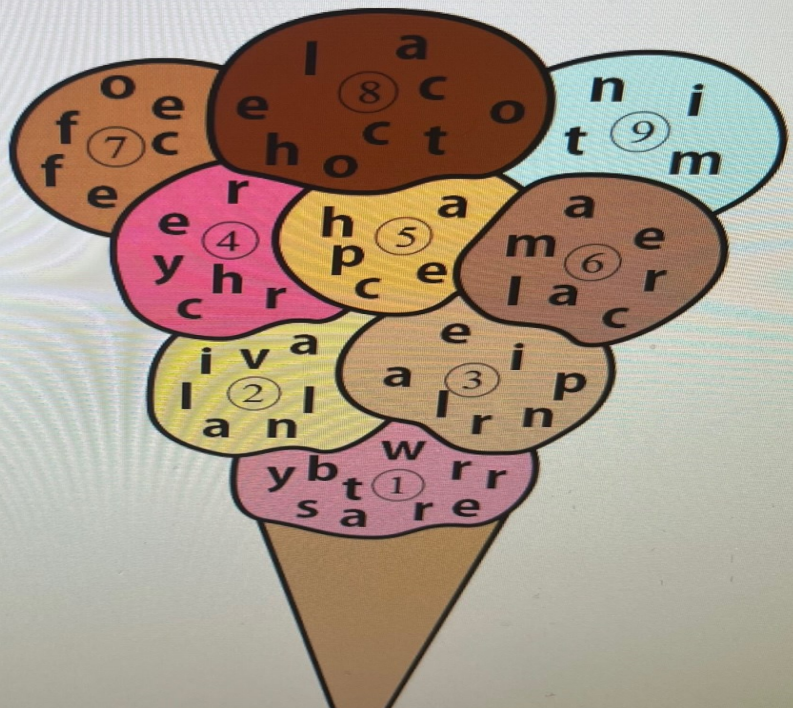
Patricia

Amoy

Friday, August 25 at 12:30pm, August birthday party, special cake from Russo's,

Andrew couldn't decide what flavor of ice cream he wanted most, so he just asked for a nine scoop cone. Unscramble the letters on each scoop to find out what flavors he enjoyed.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



Name: _____ Date: _____

Happy Birthday

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



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

BALLOONS

CANDY

FUN

MUSIC

BIRTHDAY

CARDS

GAMES

PRESENTS

CAKE

DECORATIONS

HAPPY

SONGS

CANDLES

FRIENDS

HATS

SURPRISE

FUN SEASIDE EVENTS IN JULY



↑ A very happy birthday to our July babies:
L-R: Jacqueline, Gemma and Denise!



↓ Terrific consultants Dev and Jeffrey for teaching another illuminating class on Aesthetic Realism.

↓ Gerard's last summer class. We hope you have a great vacation and see you in September!



↓ Big thanks to our talent show judge Dan Guarino and co-host John Baxter who gave their time so willingly, it was so much fun!



↑ Prudence Ojuronbe from Oak Street Health hosted a fun game of Pokeno!



BENEFIT INFORMATION

It is important to be screened for important benefits/entitlements such as: SNAP, SCRIE, DRIE, STAR, ENHANCED STAR, SCHE, MEDICAID, MEDICARE SAVINGS PROGRAM, HEAP, AFFORDABLE CONNECTIVITY PROGRAM, ACCESS-A-RIDE, REDUCED FARE METROCARD, THE LOW INCOME HOUSEHOLD WATER ASSISTANCE PROGRAM (LIHWAP) and REDUCED FARE FOR THE NYC FERRY.

Do you have a Reduced Fare MetroCard?

Reduced fares are available for riders who are **65** or older or riders who have **qualifying disabilities**. The reduced fare is \$1.35, or half of the base fare (\$2.75) for subways and local buses. Please note subway fares increases to 2.90 on 8/20. ***Reduced fares remain in place.***



You can submit an **application online**, by mail, or in person. Do not delay, ask your Case Manager for assistance. You will need a Passport size photograph, valid I.D. for proof of age. It is free to apply.

The application is quick and easy. The Reduced fare Metro card is important as it is an affordable way to travel. All qualifying individuals are strongly encouraged to apply.

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**AUGUST 21ST IS NATIONAL SENIOR CITIZENS DAY**  
Proclamation 5847 -- National Senior Citizens Day, 1988

**By the President of the United States of America**

### ***A Proclamation***

Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land.

With improved health care and more years of productivity, older citizens are reinforcing their historical roles as leaders and as links with our patrimony and sense of purpose as individuals and as a Nation. Many older people are embarking on second careers, giving younger Americans a fine example of responsibility, resourcefulness, competence, and determination. And more than 4.5 million senior citizens are serving as volunteers in various programs and projects that benefit every sector of society. Wherever the need exists, older people are making their presence felt -- for their own good and that of others.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older -- places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

The Congress, by House Joint Resolution 138, has designated August 21, 1988, as "National Senior Citizens Day" and authorized and requested the President to issue a proclamation in observance of this event.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim August 21, 1988, as National Senior Citizens Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities.

In Witness Whereof, I have hereunto set my hand this nineteenth day of August, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and thirteenth.

**Ronald Reagan**

# SEASIDE OLDER ADULT CENTER

## August

When my eyes are weeds,  
And my lips are petals, spinning  
Down the wind that has beginning  
Where the crumpled beeches start  
In a fringe of salty reeds;  
When my arms are elder-bushes,  
And the rangy lilac pushes  
Upward, upward through my heart;

Summer, do your worst!  
Light your tinsel moon, and call on  
Your performing stars to fall on  
Headlong through your paper sky;  
Nevermore shall I be cursed  
By a flushed and amorous slattern,  
With her dusty laces' pattern  
Trailing, as she straggles by.

*Dorothy Parker*

There are no major federal holidays celebrated during the month of August. However, **August 21st** is National Senior Citizens Day! Please wear your new baseball hat a dress in fun colors for a group photograph on Monday August 21. We will use photos for upcoming promotions.

CELEBRATING YOU!

### 0) Sonnet Of The Wise (Senior Citizens)

We extend our courtesy to those we call the wise  
Because we saw how much they had given  
Courtesies we never vied to memorize  
That came with a hug and a how to begin

Now the walk still sets the pace with a stride  
That's still assuring, and a voice still desired  
For the wise still has the best choice  
That is always sought and still admired

I'm also happy for the lesson  
To know the soul always does try to climb  
To see it's heart's hunger full of passion  
Since the dream and goal still creates the rhyme

Love, like wisdom is still perpetual  
Traits of a world still desirable

*Otradam Pelogo*

## SEASIDE STAFF

Ron Carson—Director of Field  
Operations  
Jurate Jones — Program Manager  
Briege McGarrity — Case Manager  
Andra Daniel — Administrative Assistant  
Margarita Alvarez — Assistant Cook  
Andrei Simeonov — Custodian  
Allan Leffler— Part-time Driver  
Summer Youth: Jeremiah, Janiyah,  
Steven and Cassiah



## SEASIDE ADVISORY BOARD

Cyprian J. Grant — President Advisory Council  
Sylvia Zephyr -Treasurer James Murray- Member  
Russell Hauk — Secretary  
Dolores Koo— Member  
Kimati Chadda — Member  
Doris Knowles —Member  
John Sperling— Member  
Edward Johnson—Member  
Katherine Brent—Member  
Brenda Thomas — Member  
Elisa Jimenez — Member

Catholic Charities Neighborhood Services, NC. **Catholic Charities Mission Statement :**  
Catholic charities of the Diocese of Brooklyn sees its mission as sharing in the promotion of  
unity among all persons by seeking to develop caring communities.