



# Senior Voices

## HOWARD BEACH OLDER ADULT CENTER

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES  
SEPTEMBER 2023

155-55 CROSS BAY BLVD., HOWARD BEACH, NY 11414

PHONE # (718) 738-8100

**Congratulations to Nestor for winning the Talent is Timeless second round and for bringing home the gold for the Howard Beach Older Adult center. Good luck on the next round. Our other contestants, Matilde and Karen were amazing as well!!! You are all winners :)**



Funded by the NYC Aging

## **Message from Debra Hoffer, Acting Manager:**

**Dear Members,**

**September is Fall Prevention month, so please attend our special lecture on 9/25 so you avoid becoming a victim of falls. September is also Senior Center month, so we can all celebrate with some new and exciting activities coming to the program. For those who are into health and wellness we have a new Line Dancing and Tai Chi class on Monday and Tuesday afternoons. I am also excited to announce the new Billiard class instruction class with Michael on Tuesday afternoons and finally we have a new crochet class starting on Thursday, September 28th. Please check out the September calendar for more details. We also have registered nursing interns coming to provide even more health related activities to help you live your best life.**

**You asked for it and we have it. Our new Ping Pong table is here. It can be open & available any afternoon in the Art room upon request. Along with any of our games**

**Since we want to keep on improving our services, please complete the yearly satisfaction survey. If you have not received one, please come to the office and we would be pleased to give you one. For those of your who have completed the survey and returned it, I wish to thank you for your feedback.**

**We ask that all members please do not save seats. If you have to leave for a moment to take a brief class or restroom break that is fine, but again there is no saving of seats. We want all people to feel welcome & you might make a new best friend. Also, please do not leave your seat when possible when lunch is being served. This will make it easier for our volunteers to serve you.**

**This September 11th we will be honoring the 22nd year of remembrance. Therefore, we will be having a group moment of silence to reflect on all the lives lost including civilians and first responders.**

Name: \_\_\_\_\_ Date: \_\_\_\_\_



# Labor Day Celebration

## Word Search

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



BARBECUE  
HOLIDAY  
JOB  
LABOR  
MOQUE  
MONDAY  
MOVEMENT  
ORGANIZE

PARADE  
PARTY  
PICNIC  
PULLMAN  
RALLY  
RIGHTS  
SECURITY  
SEPTEMBER

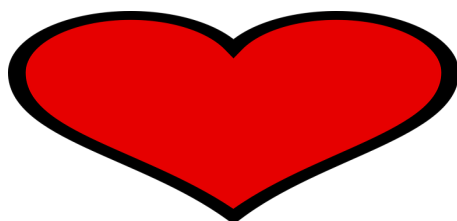
STRIKE  
TRADE  
TRAFFIC  
TRIP  
UNION  
VACATION  
WAGES  
WEEKEND

The text "Thank You Volunteers" is written in a blue, cursive, handwritten style. A small red heart is positioned above the word "You".

**As you know we have daily volunteers who we celebrated on 8/29 and we are so grateful for their help every day. I also want to take time to thank the members who are not regular volunteers, but they take time for a small kindness that may go unnoticed.**

**Thank you Helen and Rosa for your donations to the Advisory Council fundraising efforts. Thank you, Natasha for the way you clean the tables and arrange the chairs when we have exercise activities.**

**I have no doubt there are countless others, so if I am forgetting anyone, please feel free to let me know, so I can recognize you in October. The Howard Beach Older Adult Center has the best people in NYC !!!**





# **FACTS ABOUT LABOR DAY**

**1. The first celebrated US Labor Day was on Tuesday, September 5, 1882 in New York City, planned by the Central Labor Union.**

**10,000 workers marched from City Hall all the way to 42nd Street and then met with their families in Wendel's Elm Park for a picnic, concert, and speeches.**

**2. Canada is said to have originated the idea of hosting a day honoring the labor movement. In 1872, they held a "Nine-Hour Movement" to show support for striking workers.**

**3. There is disagreement about who actually proposed Labor Day as a holiday. Some say it was Peter J. McGuire, who was the cofounder of the American Federation of Labor. Others believe that it was Matthew Maguire, a machinist.**

**4. Oregon was the first state to celebrate Labor Day as a legal holiday in 1887.**

**5. The decision to make Labor Day the first Monday of September was approved on June 28, 1894.**

**6. Labor Day started as a part of the labor union movement, to recognize the contributions of men and women in the US workforce, but modernly is seen as a chance to celebrate the last weekend of summer.**

**7. Americans worked 12-hour days seven days a week during the 19th century!**

**8. The Adamson Act was passed on September 3, 1916 to establish an eight-hour work day.**

**9. Historians say the expression "no white after Labor Day" comes from when the upper class would return from their summer vacations and stow away their lightweight, white summer clothes as they returned back to school and work.**

**10. There is still a Labor Day parade in New York City, which takes place throughout the 20 blocks north of the 1882 labor march.**



**YOU ARE OFFICIALLY INVITED TO THE  
CATHOLIC CHARITIES HOWARD BEACH  
SENIOR PROM**



**DATE: FRIDAY, SEPTEMBER 22, 2023**

**TIME: 1PM-3PM**

**BE PREPARED FOR GREAT MUSIC, FOOD AND  
FUN AND OF COURSE WE WILL BE SELECTING  
OUR KING AND QUEEN OF THE PROM!!!**

**PHOTO BOTH WILL ALSO BE ON-SITE**

**FUNDED BY NYC AGING**

# SEPTEMBER IS SENIOR CENTER MONTH



COME VISIT YOUR LOCAL SENIOR  
CENTER TO MEET NEW FRIENDS,  
LEARN NEW SKILLS, AND LIVE  
YOUR BEST LIFE

FUNDED BY NYC AGING



# The 3 habits that can help boost your happiness as you age

BY [MARGIE ZABLE FISHER](#)



TV and movies have long portrayed older characters as grumpy and unhappy. But the reality is often very different.

“Everybody still dreads aging, and they are always surprised to learn that older people are the happiest people,” says [Katharine Esty](#), Ph.D.,

Experts say there are three key ways that older adults can [cultivate happiness](#):

## 1. Choosing and fostering only “good relationships”

The results of the longest study of human life point to the top factor that leads to happiness as we age: good relationships, says Dr. Robert Waldinger, director of the [Harvard Study of Adult Development](#) at Massachusetts General Hospital and coauthor of [The Good Life](#), which explores the findings from the 85-year study. And friendships are more important than family relationships for older adults, according to [research](#) from William Chopik, assistant professor of psychology at Michigan State University.

### So what kind of friendships should we look for?

First, think about how you feel when you’re with your friends. Do they energize you or drain you? Are you excited to spend time with them, or dreading it? Consider spending more or all your time with those people who make you feel good.

Also, “it’s best to have a bouquet of friends,” “Some older, some [younger](#), some the same age. There’s pleasure in sharing memories and music you liked with people your own age, but there’s also joy in learning and experiences with older and younger friends.”

Other considerations: Good relationships have mutuality, or a give and take, says Waldinger, as well as authenticity. “You don’t want to be in a situation where you have to hide major aspects of who you are.”



## The 3 habits that can help boost your happiness as you age (cont.)

How many friends do you need? Some experts say five close friends is optimal, but that can be difficult as we get older. Other experts suggest that we all need three different types of friends to really thrive:

- [Neighbors](#) and others who provide practical help when we need it—driving us to the airport or picking up groceries when we're sick, for example
- Confidants whom we can talk honestly with about our feelings and explore what's really going on
- Friends who are fun to be with and whom we can do things with

### 2. Ask for help

We've all heard the adage, "It's better to give than to receive." With friendships, both giving and receiving are important.

The best relationships are two-way—where we give and receive help.

Yet even in our personal relationships, giving help is often easier than accepting help.

### 3. Take on responsibility

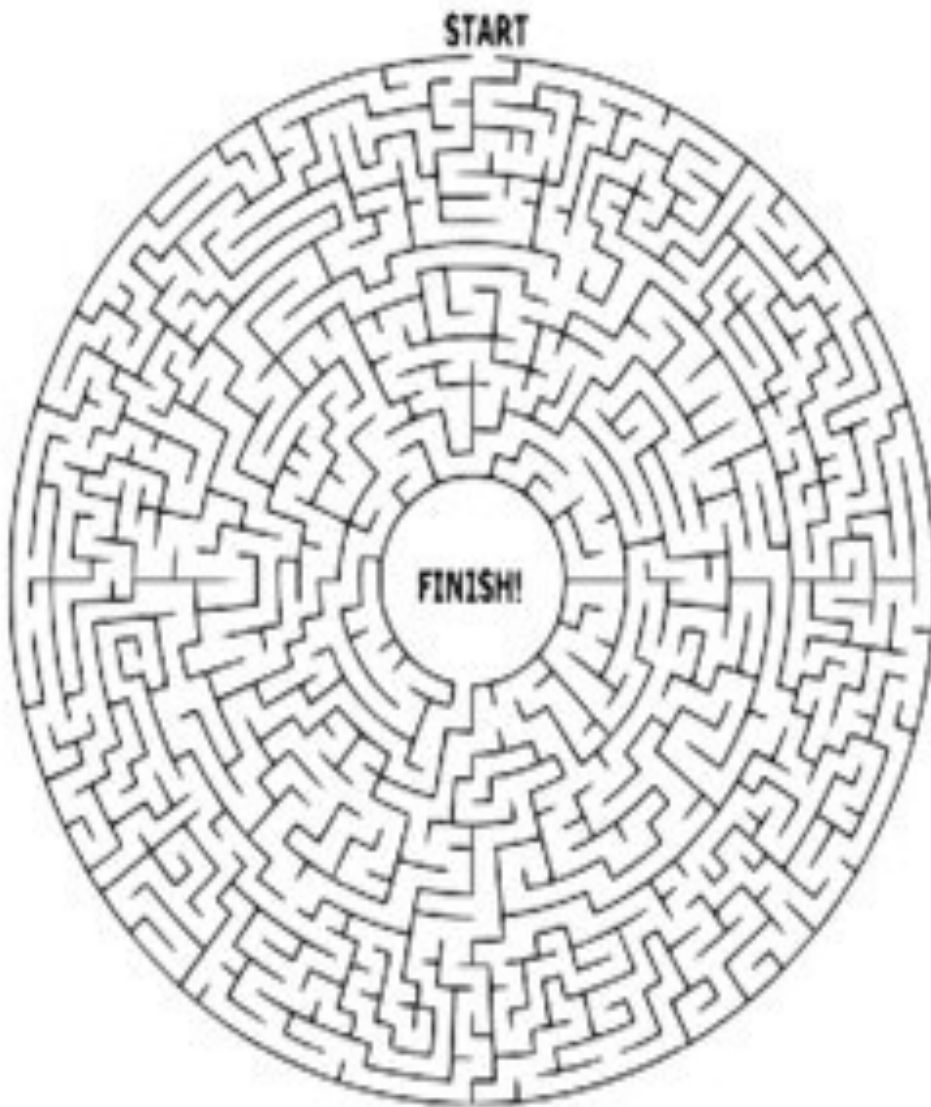
I miss driving my kids to doctors' appointments, making dinner for the whole family every night, and doing the laundry daily, said no parent, ever.

One of the perks of growing older is fewer personal responsibilities, and, ultimately, fewer or no work duties.

But there's a fine line between too much responsibility and too little. One [study](#) of elderly nursing home residents showed that "more choices, more decision-making possibilities, and more responsibility raise the level of happiness in older people," . The key, she says, is to only take on responsibilities that you enjoy and to say no to other requests.

The truth about happiness as we age: Nobody is happy all the time... "The key is to build a foundation of well-being. "That way you're more likely to be happy."

## Labor Day Maze



Labor Day



# Virtual Events at the Howard Beach OAC!!!

For members who are unable to come to the center, you can still enjoy events and attend activities from the comfort of your own home. See below for upcoming virtual events you can join through your computer, iPad or tablet.

## Tai Chi with Maggie 9/12/23 @ 1:15



Join Zoom Meeting

[https://zoom.us/j/92409637158?](https://zoom.us/j/92409637158?pwd=OXJPZUJUZEEd0hNUTRyU3kvbitrQT09)

[pwd=OXJPZUJUZEEd0hNUTRyU3kvbitrQT09](https://zoom.us/j/92409637158?pwd=OXJPZUJUZEEd0hNUTRyU3kvbitrQT09)

**Meeting ID: 924 0963 7158**

**Passcode: 690433**

**One tap mobile +16465588656**



# Special Events for September!!!



- **Bye, Bye Summer party with DJ Woody on Friday, September 1st @ 1pm (If you can, please wear your favorite white outfit)**
- **Tai Chi begins on Tuesday, September 5th @ 1:15 pm w/ Maggie**
- **Sip & Paint returns on Wednesday, September 6th @ 1:15 pm**
- **Karaoke officially returns on Wed. September 13th @ 1:pm**
- **DJ Joel on Friday, September 8th @ 1:00pm**
- **Nutrition lecture on Monday, September 11th at 10:30am**
- **Line Dancing w/Harrison begins on Mon. September 11th @ 2pm**
- **Poison Control lecture on Carbon Monoxide on Tuesday September 12th @ 10:30 am**
- **Sal the American Song man will entertain us on Friday, September 15th at 1pm**
- **CPR class on Monday, September 18th @ 10:30 am**
- **Welcome Fall Party w/DJ Scott on Wed. September 20 @ 1pm**
- **Enjoy Spain w/fun facts & special food on Tuesday, September, 21 @ 10:30 am**
- **Senior Prom on September 22nd @ 1:00pm w/Lou the DJ**
- **Fall prevention presentation from Jamaica Hospital on Monday, September 25th @ 10:30 am**
- **Picture frame decorating is rescheduled for Wednesday, September 27th @ 1:00pm**
- **DJ Lou returns for the September birthday party on Friday, September 29th @ 1:00 pm.**



# AGING UNBOUND



**From performing in talent shows, engaging in creative pursuits or just plain fun, our Catholic Charities Howard Beach members demonstrate the meaning of Aging Unbound!!!!**







## **September Volunteer Highlight: Robert “Bobby” Blanchard**

**Many of our members know, Bobby as the gentle and kind kitchen volunteer, but how many of you know that Bobby was a Marine who served in the Vietnam war? There he was also a cross country runner who tied a record on Paris Island. He was a sergeant and a baker who excelled in his organization skills and even more with looking after his fellow marines. We all thank you for your service!!!**

**After his tour was over, Bobby went to work for the Housing authority where he remained until his retirement at the age of 62. When Bobby retired he had a brief volunteer position at a Mental Health Hospital. Bobby also showcased his talents with singing and has even performed on television twice. All this highlights an exciting life, but the most inspiring aspects of Bobby’s life occurred after he moved into his apartment at the Peter Striano residence. After living in the residence for a short time, Bobby suffered a massive stroke & he was in a coma for a month. When he awoke from his coma he was unable to speak or walk, but through his grit and determination was able to once again walk & talk.**

**Bobby began his journey through recovery, by providing himself with speech and physical therapy along with the emotional support of our own Case Manager, Lisa. However, this alone did not satisfy Bobby. In his own words he wanted to “give back and pay it forward”, so he wanted to volunteer his service once more by helping in the Howard Beach Older Adult Center. Bobby himself insisted we put in his health struggles to act as an inspiration to others. Bobby expressed that you just can’t “take” but have to contribute which he does each day at the center and for that each member and I know all the staff greatly appreciate all his good work and I am honored to highlight Bobby as the volunteer of the month**



# Carnival Fun!!!



**The Catholic Charities Howard Beach Older Adult Center invites you to enjoy these wonderful programs....**

**1. Creative writing workshop with Matilde each Wednesday at 1:00pm. Learn new skills to unlock your creative passions.**



**2. Arts and Crafts Group with Patty on the second and fourth Thursday of the month at 1pm.**



**3. Painting Workshops with Matilde (Pre-registration required) on Fridays at 10 am**



**4. Enjoy our trip to Spain see their culture with music and special snacks on 9/21 @ 10:30am**



**5. Check out new times for Yoga and new Tai Chi and Line Dancing classes (see activity calendar)**

**6. New crochet class w/Mary begins on Thursday, September 28th @ 10 am**



**7. New Billiard instruction with Michael on Tuesdays from 9/5/23 @ 1:00 pm**





Stella, Galo, Ralph, William, Linda, Michael,  
Frank, Eleanor, Ronnie, Marie, James, Ana,  
Mary, Rosaria, Patricia, Joyce, Jacob, Grace,  
Richard, Donna, Marion, Louis, Dorothy,  
Bette, Mary, Pearl, Socorro, Frances, Joanne,  
Tony, Luisa, Miriam, Laider, Sonia, Debra,  
Rosemarie, Maria, Nunzia (Nancy), Adelaide,  
John, Angel, Mary, Lydia, Diane, Daniel,

**HAPPY  
BIRTHDAY!**

# September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 BP screenings 9:30 Chair Exercise 10:00 Sign Language 10:00 painting 1:00 DJ Woody Bye Bye summer party
4 Center closed for Labor Day  <b>LABOR DAY</b> 	5 9:30 Chair Exercise 10:30 Mexican Bingo w/Debbie 1:00 pm Billiard classes w/Michael 1:15 Tai Chi w/Maggie	6 9:30 Belly 10:30 Zumba 11:30 Trivia 1:15 Sip & Paint	7 9:30 Chair exercise 10:30 Health Trivia 1:15 pm Yoga w/Maggie	8 9:30 Chair exercise 10:00 Sign Language 10:00 Painting w/Matilde 1:00 Joel the DJ & dance party
11 9:30 Chair Exercise 10:30 nutrition lecture 1:00 Health Talk and Bingo 2:00 Line Dancing w/Harrison Begins *CUNY Nurses will be on-site	12 10:00 Daytime talk w/staff 10:30 Poison control lecture 1:00 pm Billiard classes w/Michael 1:15 Tai Chi w/Maggie	13 10:00 True and False Game 10:30 Zumba 1:00 Writing Workshop w/Matilde 1:15 Karaoke w/staff	14 9:30 Chair aerobics 10:30 Health Trivia 1:00 pm Arts & Crafts w/Patty 1:15 pm Yoga w/Maggie 	15 9:30 Chair exercise 10:00 Sign Language 10:00 Painting w/Matilde 1:00 Sal the Song Man 
18 9:30 Chair Exercise 10:30 CPR class 1:00 Health Talk & Bingo 2:00 Line Dancing w/Harrison *CUNY Nurses	19 9:30 chair Exercise 10:30 Mexican Bingo w/Debbie 10:30 Lecture 1:00 pm Billiard classes w/Michael 1:15 Tai Chi w/Maggie	20 9:35 Belly Dance 10:30 Zumba 1:00 Writing w/Matilde 1:00 pm Welcome Fall party w/Scott the DJ	21 9:30 Chair aerobics 10:30 Visit Spain w/Debbie 1:15 pm Yoga 1:30 Book Club 1-3 Leisure Games	22 9:30 exercise 10:00 Sign Language 10:00 Painting class w/Matilde 1:00 DJ Lou & Senior Prom 
25 9:30 Chair Exercise 10:30 Fall Prevention 1:00 Health Talk & Bingo 2:00 Line Dancing w/Harrison	26 9:30 exercise 10:30 Poison control lecture 1:00 pm Billiard class 1:15 Tai Chi w/Maggie	27 9:30 exercise 10:30 Zumba 1:00 Writing class 1:00 Picture frame decorating	28 9:30 Chair Exercise 10:00 Crochet w/Mary 10:30 Health Trivia 1:00 pm Arts & Crafts 1:15 Yoga w/Maggie 1-3 Leisure Games	29 9:30 exercise 10:00 Sign Language 10:00 Painting class 1:00 DJ Lou Birthday

## Howard Beach MENU September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
28	29  <b>Suggested contributions for lunch are \$2.00 . All donations are voluntary and confidential however, your contributions help to support the program and our budget, No one will be denied a lunch for failure to contribute</b>	30	31	1 <b>Lemon Pepper Fish Yellow Rice Zucchini w/Onions &amp; Peppers Grapes</b>
4 <b>Center is closed for Labor Day</b>	5 Oven Fried Chicken Wings  Potato Salad Sauteed String Beans * Canned Sliced Peaches *	6 BBQ Pulled Pork Baked Macaroni / Cheese Cornbread Collard Greens / Tomato * Cantaloupe	7 BBQ Chicken potato salad baked beans salad cornbread Pineapple	8 Baked Fish with Lemon Garlic Butter Sauce Perfect White Rice Sauteed Zucchini * Orange
11 Three Bean Chili with Cheddar Cheese Cornbread Creamed Spinach * Apple	12 Beef Meatballs in Tomato Sauce Spaghetti (1/2 cup) Normandy Blend * Grapes	13 Pork Spare Ribs Apple Sweet Potatoes Braised Collard Greens * Orange	14 Chicken Parmesan with Sauteed Onions w/Garlic Pasta Italian Cut Green Beans * Honeydew	15 Baked Salmon with Cilantro Citrus Sauce Cilantro Lime Rice Roasted Broccoli * Pineapple *
18 Ginger Sesame Vegan Meatballs Chinese Style Spaghetti Bok Choy w/Garlic * Grapes	19 Pernil (Roasted Pork Shoulder) Coconut Rice & Peas California Blend Veg. Mango *	20 Beef & Cheese Lasagna Sauteed Zucchini * Apple	21 Baked Asian Style Honey Chicken Perfect White Rice Steamed Broccoli * Orange	22 Parmesan Baked Fish Capri Blend Vegetables * Glazed Sweet Potatoes Watermelon
25 Black Bean and Sweet Potato Chili Perfect White Rice Capri Blend Vegetables Cantaloupe	26 Lemon Chicken Homemade Mashed Potatoes Sauteed Spinach * Honeydew	27 Bistec Encebollao (Puerto Rican Steak and Onions) Yellow Rice & Peas Baby Carrots and Parsley Pineapple *	28 Baked Breaded Pork Chops Apple Sweet Potatoes Braised Collard Greens * Applesauce *	29 Asian Style White Fish with Cilantro Perfect White Rice Bok Choy with Garlic * Grapes

155-55 Cross Bay Blvd.

PHONE: (718) 738-8100

Howard Beach, NY 11414

Open Monday–Friday 9 a.m.–4:00 p.m.

### SENIOR CENTER STAFF

Debra Hoffer Director of Field Operations

Vacant Program Manager

Lisa Case Manager

Maria Kitchen Aide

Kamani Administrative Assistant

Segundo Kitchen Aide

Vacant Custodian

### HOWARD BEACH ADVISORY COUNCIL

President: Joyce Taraby

Councilmembers:

Vice President: Grace Denza

Patty Dwyer

Treasurer: Pat McKeever

Helen Garafolo

Secretary: Lena Eng

Nieves Gonzalez

Florence Carbone

Carmen Martinez

Matty Cardova

Nellie Santiago

Linda Mastrangelo

Richard Tabakoff

Connie Pionegro

Lorraine Trotta

Yvonne Whittingham

**Have a wonderful Labor Day Holiday**

Funded by the NYC Aging

In the summer months the AC will be turned on at the center, so if you tend to be chilly, please bring a sweater so you will be more comfortable



Our Case Manager Lisa is available here at the center for your needs by appointment only. Stop in or call the office at 718-738-8100 to make an appointment.

Nuestro Administradora de Casos está disponible aquí en el centro para sus necesidades solo con cita previa. Llame a la oficina al 718-738-8100 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