



The Riverway Experience

RIVERWAY OLDER ADULT CENTER

230 Riverdale Avenue, Brooklyn, NY, 11212

Phone #: (718) 942-5345



This Month
NOVEMBER 7—ELECTION DAY
NOVEMBER 11—VETERAN'S DAY
NOVEMBER 23—THANKSGIVING



A MESSAGE FROM LETICIA

Greetings Riverway Family,

Giving Thanks is the motto for this month. We are giving thanks for wonderful members, great dedicated staff and a beautiful modern center in Brownsville. We are grateful for your commitment for this year and continued support. The fall season leads into our holiday traditions and special moments. Thanksgiving is not just saying you are thankful but is also your actions of appreciation. The act of giving and appreciation should be all year round not just for the upcoming holidays. You can always find ways to give back as well such as volunteering, helping or calling the sick /shut-in, and being a good neighbor.

Whether it is encouraging others, doing something nice for yourself or just reflecting on the positive aspects of your life, giving thanks is a rewarding practice. We want to challenge all of you to look at your life prior to coming to Riverway OAC and look at it now. I am sure you can find some way how Riverway OAC has impacted your life or even your health. As you think about how Riverway has changed you I want you to share that experience with another senior and invite them to join our membership. We want to help all the seniors in need of our assistance but we need your help to reach out. Enjoy your Thanksgiving and reach out to your natural family and Riverway family. We want blessings and prosperity for all!

Great Things are happening at Riverway!!!!!!

Funded by the NYC Aging



WHAT ARE YOU

== Thankful ==

FOR?

GRATEFUL for the
Blessings of Bling!
THANKFUL for all the
Sparkle, Shine
Friendship and Fun
this year has brought us!

Happy Thanksgiving
to you are yours!



Turkey Thanksgiving Jokes

- What's blue and covered in feathers? A turkey holding its breath.
- How does a turkey travel? By gravy train.
- What did the leftover turkey say? "Make me a sandwich!"
- What's the difference between a turkey and a chicken? Chickens celebrate Thanksgiving.
- Fruit comes from a fruit tree, so where does turkey come from? A poul-tree.
- Why do turkeys hate the kitchen on Thanksgiving? It smells fowl.
- What do you call gossiping with a turkey at the table? A side dish.
- Who didn't have any friends at Friendsgiving? The turkey!
- What do you get when you cross a turkey with a ghost? A poultrygeist!
- What does the turkey think about holidays? They're about family time, after that, it's all gravy.

NOVEMBER IS DIABETES AWARENESS MONTH

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

The good news?

People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

EATING HEALTHY

EAT MORE fiber by eating more whole-grain foods. Whole grains can be found in:

- **Breakfast cereals made with 100% whole grains**
- **Oatmeal**
- **Whole grain rice**
- **Whole-wheat bread, bagels, pita bread, and tortillas**

Eat a variety of fruits and vegetables every day. Choose fresh, frozen, canned, or dried fruit and 100% fruit juices most of the time. Eat plenty of veggies like these:

- **Dark green veggies (e.g., broccoli, spinach, brussels sprouts)**
- **Orange veggies (e.g., carrots, sweet potatoes, pumpkin, winter squash)**
- **Beans and peas (e.g., black beans, garbanzo beans, kidney beans, pinto beans, split peas, lentils)**

EAT LESS of foods that are high in sugar, such as:

- Fruit-flavored drinks
- Sodas
- Tea or coffee sweetened with sugar
- Use less salt in cooking and at the table

Eat fewer foods that are high in salt, such as:

- Canned and package soups
- Canned vegetables
- Pickles
- Processed meats



PHYSICAL ACTIVITY

Walking vigorously, hiking, climbing stairs, swimming, aerobics, dancing, bicycling, skating, skiing, tennis, basketball, volleyball, or other sports are just some examples of physical activity that will work your large muscles, increase your heart rate, and make you breathe harder – important goals for fitness.

In addition, strength training exercises with hand weights, elastic bands, or weight machines can help you build muscle. Stretching helps to make you flexible and prevent soreness after other types of exercise.

Do physical activities you really like. The more fun you have, the more likely you will do it each day. It can be helpful to exercise with a family member or friend.

NOVEMBER | NATIONAL ALZHEIMER'S AWARENESS MONTH

November is National Alzheimer's Disease Awareness Month and we would like to share some tips if you or a loved one is suffering from Dementia or Alzheimer's.

In the United States alone, there are nearly 15 million Alzheimer's and dementia caregivers. During National Alzheimer's Disease Awareness & Family Caregivers Month, we honor the people who serve as care partners and caregivers by providing tips for those looking to support these families living with the disease.

Whether you are seeking to support a person with Alzheimer's or the person that cares for him or her, you will find helpful ways to lend a hand – in ways both big and small.



10 Ways to Help a Family Living with Alzheimer's

1. Educate yourself about Alzheimer's disease. Learn about its effects and how to respond.
2. Stay in touch. A card, a call or a visit means a lot and shows you care.
3. Be patient. Adjusting to an Alzheimer's diagnosis is an ongoing process and each person reacts differently.
4. Offer a shoulder to lean on. The disease can create stress for the entire family. Simply offering your support and friendship is helpful.
5. Engage the person with dementia in conversation. It's important to involve the person in conversation even when his or her ability to participate becomes more limited.
6. Offer to help the family with its to-do list. Prepare a meal, run an errand or provide a ride.
7. Engage family members in activities. Invite them to take a walk or participate in other activities.
8. Offer family members a reprieve. Spend time with the person living with dementia so family members can go out alone or visit with friends.
9. Be flexible. Don't get frustrated if your offer for support is not accepted immediately. The family may need time to assess its needs.
10. Support the Alzheimer's cause.

A pink awareness ribbon, commonly used for breast cancer awareness, is shown against a white background. The ribbon is tied in a loop, with the ends trailing off to the right.





10 Warning Signs of Alzheimer's Disease

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work, or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

<https://www.alz.org/>

HEALTHY AND DELICIOUS CARROT SOUP

Makes: 8 servings, about 1 cup each

Nutrition Profile: [Diabetes appropriate](#) | [Low calorie](#) | [Low carbohydrate](#) | [Low cholesterol](#) | [Low saturated fat](#) | [Healthy weight](#) | [Heart healthy](#) | [High fiber](#) |

Ingredients

- 1 tablespoon butter
 - 1 tablespoon extra-virgin olive oil
 - 1 medium onion, chopped
 - 1 stalk celery, chopped
 - 2 cloves garlic, chopped
 - 1 teaspoon chopped fresh thyme or parsley
 - 5 cups chopped carrots
 - 2 cups water
 - 4 cups reduced-sodium [chicken broth](#), or vegetable broth
 - 1/2 cup half-and-half (optional)
 - 1/2 teaspoon salt
- Freshly ground pepper to taste



Preparation

1. [Heat butter](#) and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.
2. Stir in carrots. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 25 minutes.
3. Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.

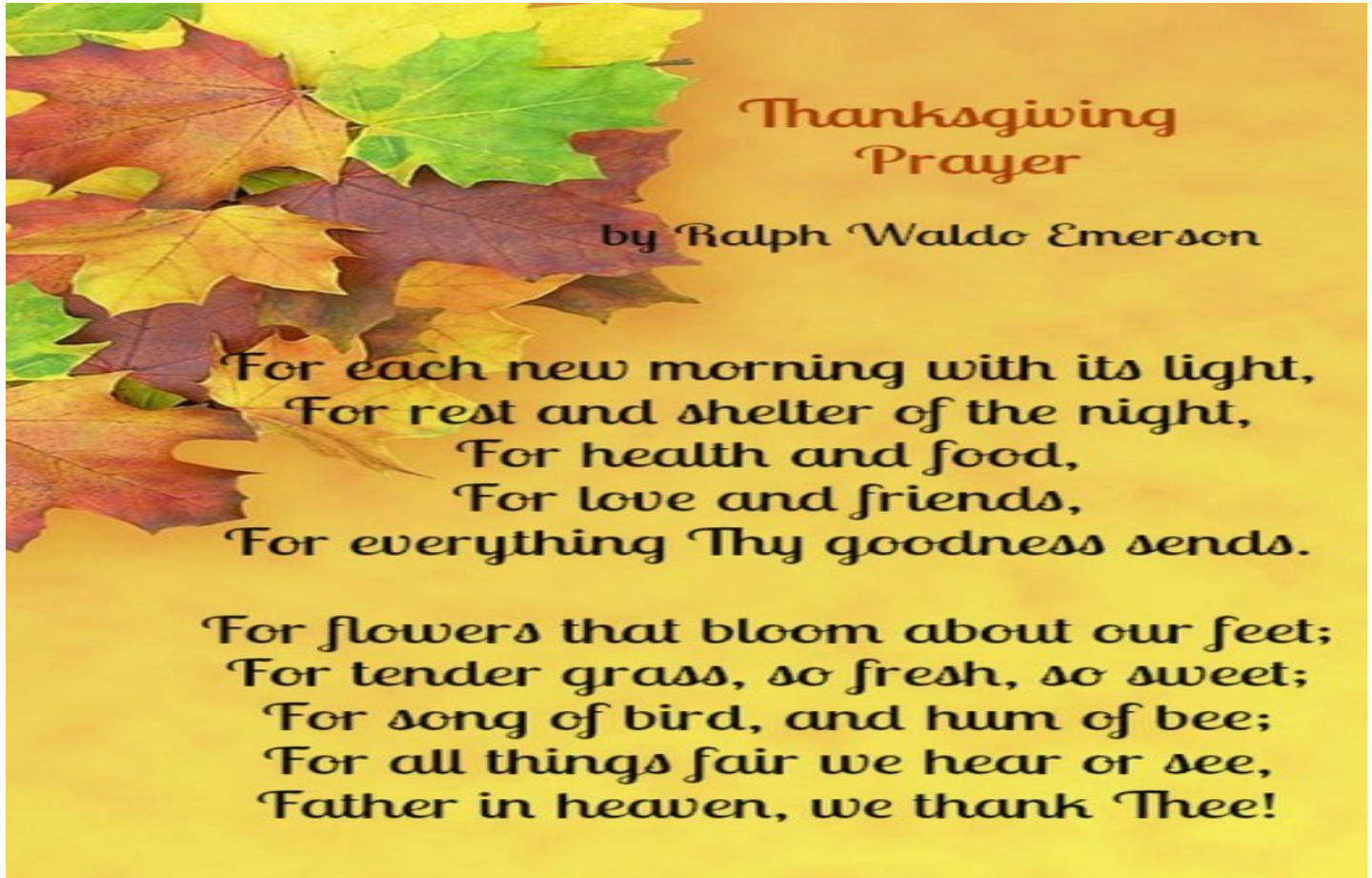
Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 4 days or freeze for up to 3 months.
- Note:** Chicken-flavored broth, a vegetarian broth despite its name, is preferable to vegetable broth in some recipes for its hearty, rich flavor. Sometimes called “no-chicken” broth, it can be found with the soups in the natural-foods section of most supermarkets.

Per serving: 77 calories; 3 g fat (1 g sat, 2 g mono); 4 mg cholesterol; 10 g carbohydrates; 0 g added sugars; 3 g protein; 3 g fiber; 484 mg sodium; 397 mg potassium.



As we enter the holiday season that we tend to share with our loved ones, let's remember what we are most thankful for. Everyday you should be happy for the things you have and the people you love. Remember it is not happy people who are thankful, it is thankful people who are happy. Please enjoy this Thanksgiving prayer below:

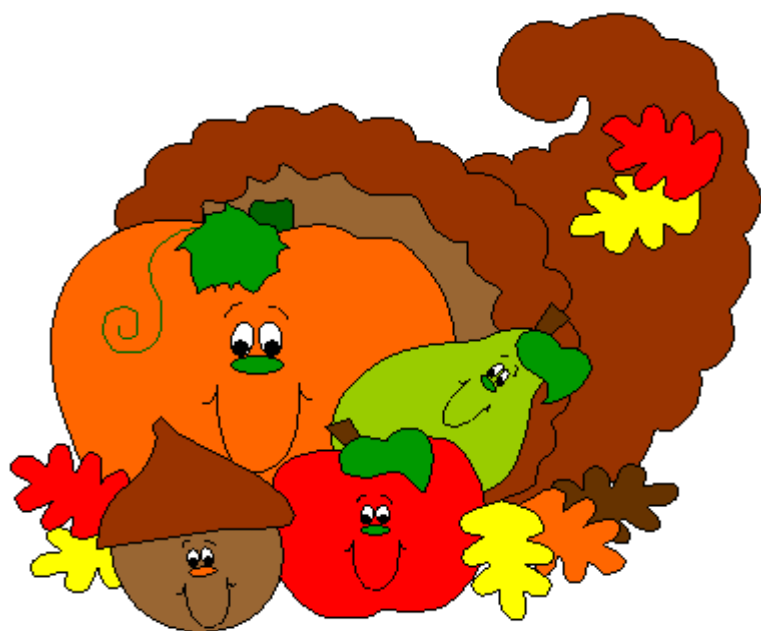


Thanksgiving Word Search

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

COOK
CORN
DINNER
FALL
FAMILY
FEAST
FOOD
GRAVY
HARVEST

MAIZE
PILGRIMS
PUMPKIN
RELATIVES
SETTLERS
SQUASH
STUFFING
THANKS
TURKEY



UPCOMING *Events*

November 8th — People's Choice Presentation @11AM

November 15-Oak Street Health @11AM

November 16th — Birthday Party /Pot Luck Luncheon@12:00PM

November 17– Russo on The Bay Thanksgiving Lunch @12PM



Please see Dorothy with what you are bringing for Potluck Lunch Luncheon on November 16, 2023.

RIVERWAY SENIOR CENTER

230 Riverdale Ave
Phone: (718) 942-5345

Open Monday—Friday 8:30am—
4:30pm

SENIOR CENTER STAFF

Ron Carson—**Project Director**

Leticia Knowles—**Program**

Director

Dorothy Craig—**Case Manager**

Yolanda San Juan—**Administrative**
Assistant

Pek Yeoh—**Program Aide/**
Chinese Translator

Jamella Thomas—**Kitchen Aide**

Harri Ramnanan— **Driver**

Darryl Brown—**Driver/Kitchen**
Aide

Robert Walker —**Maintenance**

2023-2024

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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.

**Happy Birthday to all
November Members!! And we
would like to wish Ms. Leticia
Knowles a wonderful birthday
on 11/22!!!**

