

NEW AGE OLDER ADULT CENTER PRESENTS ... DECEMBER 2023

THE SENIOR SCOOP

54 MACDONOUGH ST. BROOKLYN, NY 11216 PHONE# (929) 397-2628

HOURS OF OPERATION: MONDAY - FRIDAY 8 A.M. - 4 P.M.

2024



May all that is beautiful, meaningful and brings you joy be yours this holiday season and throughout the coming year!

From the staff at New Age OAC

IMPORTANT DATES

Always check activities calendar for other activities/events

- December 7th **Oak Street Health Presentation @ 12:45PM**
- December 18th **Arts & Crafts w/ Iesha: Ornament Making @ 10:30AM**
- December 22nd **Christmas Party @ 12PM**
- December 26th **Sharing Reflections Program w/ Brooklyn Library @ 11AM**
- December 26th **Christmas Giveaway Game @ 12:30PM**
- December 29th **New Year's Eve Party & December Birthday Celebrations @ 12PM**

Center Closed Date/s:

- December 25th **Christmas Day**

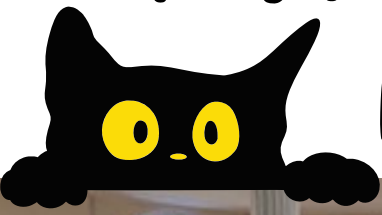
Upcoming Holiday/s:

- December 8th **Immaculate Conception Day**
- December 12th **Feast Day of Our Lady Guadalupe**
- December 18th to 26th **Hanukkah**
- December 21st to January 1st **Yule**
- December 25th **Christmas Day**
- December 26th to January 1st **Kwanzaa**
- December 31st **New Year's Eve**



HALLOWEEN PARTY

with Senior Whole Health by
Molina Healthcare



FUNDED BY NYC AGING



HAPPY BIRTHDAY DECEMBER!

This Month We Celebrate...

Sharon Joseph...	December 4th
Beverly Forde...	December 5th
Barbara Thomas ...	December 6th
Jannie Hudson...	December 7th
Bettie Kinsey...	December 8th
Lucia Cabellero...	December 13th
Charolette Canady...	December 21st
Christia Penny...	December 25th
Wanda Vazquez...	December 28th
Shirley Burnett...	December 28th

If you have a birthday in December, please
stop by the office and let us know

Continuing Classes/Activities:

**Chair Exercise w/ Tommy the
Experience**

**Every Monday &
Wednesday @ 1 p.m.**



Zumba

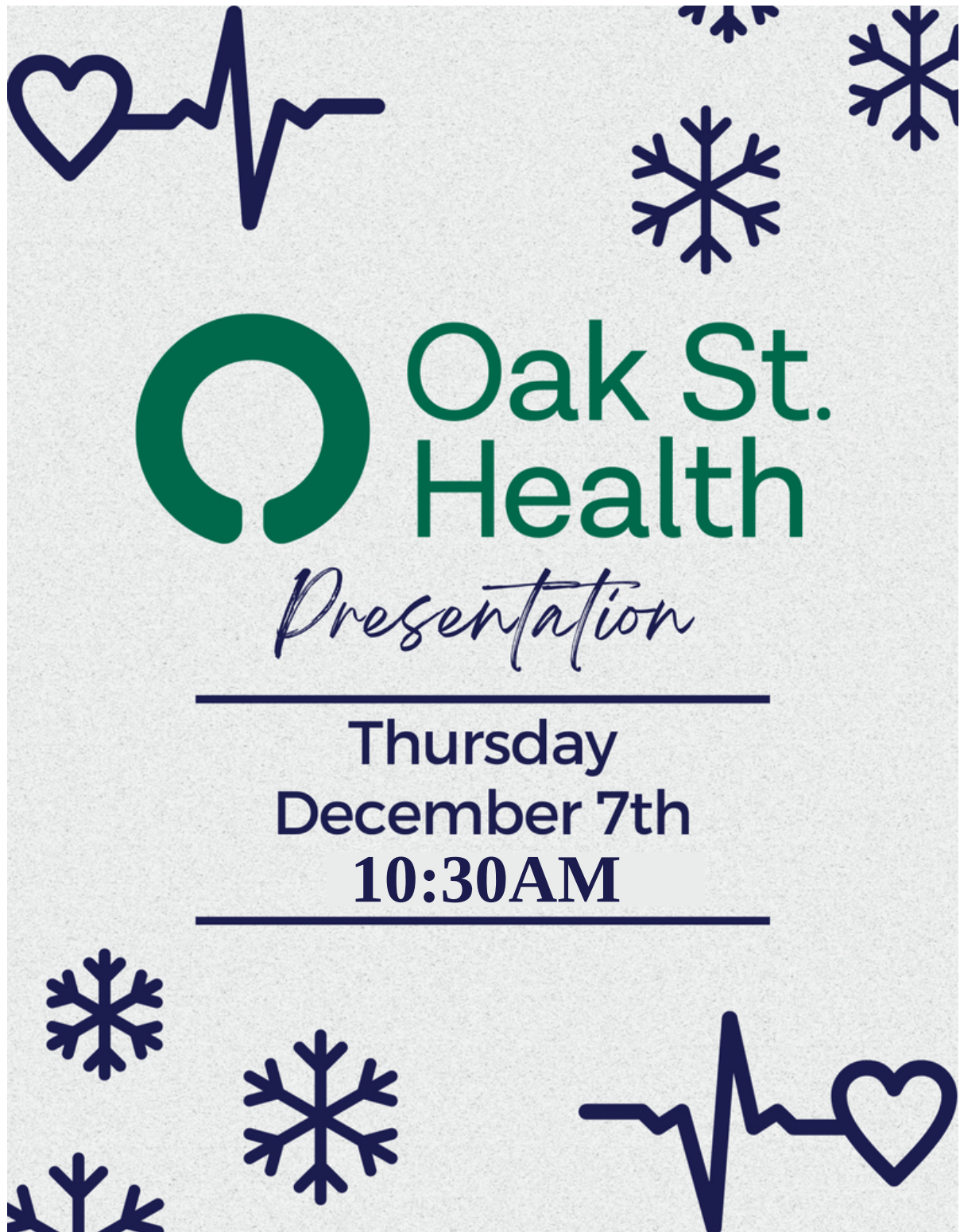
Every Thursday @ 11 a.m.



**Computer Class
Every Tuesday @ 11 a.m.**

Upcoming Classes & Presentations:

(FYI: ALWAYS CHECK ACTIVITY CALENDAR FOR PRESENTATIONS THAT DOES NOT HAVE A FLYER)



Upcoming Classes & Presentations:

(FYI: ALWAYS CHECK ACTIVITY CALENDAR FOR PRESENTATIONS THAT DOES NOT HAVE A FLYER)



Arts & Craft: Ornament Making

DECEMBER 18TH
10:30AM TO 11:30AM



FUNDED BY NYC AGING

Upcoming Classes & Presentations:

(FYI: ALWAYS CHECK ACTIVITY CALENDAR FOR PRESENTATIONS THAT DOES NOT HAVE A FLYER)

Tuesday, December 26th at 11 a.m.

Sharing Reflections

FREE Monthly Library Program for Libraries, Nursing Homes, Senior Centers, and Rehabilitation Facilities. Sharing Reflections program engages the older adult in thinking about life experiences in a cheerful and edifying way. The idea is to provide opportunities for all in a program relevant to reminiscing some of the many things in life that have influenced who they have become today. This program is offered in English, Spanish, Russian, Chinese, and Polish.

Let's come together as a group to enjoy remembering what we have triumphed over. It's a great opportunity to travel back in time, talk about journey and destination, meet new people, hear about their experiences, and connect with community members.

Laughter and fun are integral ingredients of our program.



Now available via Zoom or Teleconference. Let us know your preference.

For more information, please email jvigo@bklynlibrary.org.

For other programs, please visit: www.bklynlib.org/olderadults.

Services for Older Adults is partially funded by Coordinated Outreach Library Services aid from the New York State Education Department, administered by the State Library's Division of Library Development. This program is sponsored by Brooklyn Public Library's Department of Outreach Services.



FRIDAYS



11AM - 12PM

FUNDED BY NYC AGING



GET IN THE HOLIDAY SPIRIT WITH CHRISTMAS MOVIES!

DECEMBER 1ST: MY CHRISTMAS INN *STARRING*
TIA MOWRY-HARDRICT 12:45PM TO 2:00PM

DECEMBER 15TH: ALL SAINTS CHRISTMAS
STARRING LEDISI 12:45PM TO 2:00PM

DECEMBER 21ST: A CHRISTMAS BLESSING
STARRING BERN NADETTE STANIS 10:30AM TO 12:00PM

DECEMBER 28TH: A CHRISTMAS CRUISE *STARRING*
VIVICA A. FOX 10:30AM TO 12:00PM

FUNDED BY NYC AGING



Christmas Party

You're invited for some holiday cheer to
celebrate this special time of year!

Friday, December 22
12 pm - 2 pm

New Age Older Adult Center
54 MacDonough Street
Brooklyn, NY 11216

FUNDED BY NYC AGING

A festive poster for a New Year's Eve Party. The background is dark blue with a gold border. Gold confetti and streamers are scattered around. Gold balloons are visible in the corners. The text is in white and gold.

NEW YEAR'S EVE PARTY

2024

29 DEC
12 PM

SNACKS AND REFRESHMENTS

54 MACDONOUGH ST
BROOKLYN, NY 11216

FUNDED BY NYC AGING



NATIONAL INFLUENZA WEEK IS DECEMBER 4TH TO 8TH

AS WINTER APPROACHES, IT IS IMPORTANT TO BE AWARE OF FLU SEASON. FLU VIRUSES TYPICALLY SPREAD IN FALL AND WINTER, WITH ACTIVITY PEAKING BETWEEN DECEMBER AND FEBRUARY. NATIONAL INFLUENZA VACCINATION WEEK - DECEMBER 4-8, 2023 - IS A GREAT OPPORTUNITY TO ENCOURAGE ALL TO GET THEIR FLU VACCINE.

THE FLU CAN CAUSE MILD TO SEVERE ILLNESS BUT CAN ALSO CAUSE COMPLICATIONS, SOME OF WHICH CAN BE LIFE-THREATENING. GETTING THE FLU VACCINE IS THE MOST IMPORTANT STEP TO PROTECT AGAINST THE FLU,

SOURCE: WICWORKS.FNS.USDA.GOV

WHAT'S THE DIFFERENCE BETWEEN THE FLU AND COVID-19?

INFLUENZA (FLU) AND COVID-19 ARE BOTH CONTAGIOUS RESPIRATORY ILLNESSES, BUT THEY ARE CAUSED BY DIFFERENT VIRUSES. COVID-19 IS CAUSED BY INFECTION WITH A CORONAVIRUS (SARS-COV-2) FIRST IDENTIFIED IN 2019. FLU IS CAUSED BY INFECTION WITH A FLU VIRUS (INFLUENZA VIRUSES).

YOU CANNOT TELL THE DIFFERENCE BETWEEN FLU AND COVID-19 BY THE SYMPTOMS ALONE BECAUSE THEY HAVE SOME OF THE SAME SIGNS AND SYMPTOMS. SPECIFIC TESTING IS NEEDED TO TELL WHAT THE ILLNESS IS AND TO CONFIRM A DIAGNOSIS. HAVING A MEDICAL PROFESSIONAL ADMINISTER A SPECIFIC TEST THAT DETECTS BOTH FLU AND COVID-19 ALLOWS YOU TO GET DIAGNOSED AND TREATED FOR THE SPECIFIC VIRUS YOU HAVE MORE QUICKLY. GETTING TREATED EARLY FOR COVID-19 AND FLU CAN REDUCE YOUR RISK OF GETTING VERY SICK. TESTING CAN ALSO REVEAL IF SOMEONE HAS BOTH FLU AND COVID-19 AT THE SAME TIME, ALTHOUGH THIS IS UNCOMMON. PEOPLE WITH FLU AND COVID-19 AT THE SAME TIME CAN HAVE MORE SEVERE DISEASE THAN PEOPLE WITH EITHER FLU OR COVID-19 ALONE. ADDITIONALLY, SOME PEOPLE WITH COVID-19 MAY ALSO BE AFFECTED BY POST-COVID CONDITIONS (ALSO KNOWN AS LONG COVID).

WE ARE LEARNING MORE EVERYDAY ABOUT COVID-19 AND THE VIRUS THAT CAUSES IT. THIS COMPARES COVID-19 AND FLU, GIVEN THE BEST AVAILABLE INFORMATION TO DATE.

WHAT'S THE DIFFERENCE BETWEEN THE COLD AND THE FLU?

INFLUENZA (FLU) AND THE COMMON COLD ARE BOTH CONTAGIOUS RESPIRATORY ILLNESSES, BUT THEY ARE CAUSED BY DIFFERENT VIRUSES. FLU IS CAUSED BY INFLUENZA VIRUSES ONLY, WHEREAS THE COMMON COLD CAN BE CAUSED BY A NUMBER OF DIFFERENT VIRUSES, INCLUDING RHINOVIRUSES, PARAINFLUENZA, AND SEASONAL CORONAVIRUSES. SEASONAL CORONAVIRUSES SHOULD NOT BE CONFUSED WITH SARS-COV-2, THE VIRUS THAT CAUSES COVID-19. BECAUSE FLU AND THE COMMON COLD HAVE SIMILAR SYMPTOMS, IT CAN BE DIFFICULT TO TELL THE DIFFERENCE BETWEEN THEM BASED ON SYMPTOMS ALONE. IN GENERAL, FLU IS WORSE THAN THE COMMON COLD, AND SYMPTOMS ARE TYPICALLY MORE INTENSE AND BEGIN MORE ABRUPTLY.



NATIONAL INFLUENZA WEEK IS DECEMBER 4TH TO 8TH (CONT.)

COLDS ARE USUALLY Milder than flu. People with colds are more likely to have a runny or stuffy nose than people who have flu. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have serious associated complications.

WHO SHOULD AND WHO SHOULD NOT GET THE FLU VACCINE?

PEOPLE WHO CAN GET IT:

- THERE ARE STANDARD-DOSE INACTIVATED FLU VACCINES THAT ARE APPROVED FOR PEOPLE AS YOUNG AS 6 MONTHS OF AGE.
- SOME VACCINES ARE ONLY APPROVED FOR ADULTS. FOR EXAMPLE, THE RECOMBINANT FLU VACCINE IS APPROVED FOR PEOPLE AGED 18 YEARS AND OLDER, AND THE ADJUVANTED AND HIGH-DOSE INACTIVATED VACCINES ARE APPROVED FOR PEOPLE 65 YEARS AND OLDER.
- PREGNANT PEOPLE AND PEOPLE WITH CERTAIN CHRONIC HEALTH CONDITIONS SHOULD GET A FLU SHOT.
- PEOPLE WITH EGG ALLERGY MAY GET ANY VACCINE (EGG-BASED OR NON-EGG-BASED) THAT IS OTHERWISE APPROPRIATE FOR THEIR AGE AND HEALTH STATUS. BEGINNING WITH THE 2023-2024 SEASON, ADDITIONAL SAFETY MEASURES ARE NO LONGER RECOMMENDED FOR FLU VACCINATION OF PEOPLE WITH AN EGG ALLERGY BEYOND THOSE RECOMMENDED FOR RECEIPT OF ANY VACCINE, REGARDLESS OF THE SEVERITY OF PREVIOUS REACTION TO EGG.

PEOPLE WHO CANNOT GET IT:

- CHILDREN YOUNGER THAN 6 MONTHS OF AGE ARE TOO YOUNG TO GET A FLU SHOT.
- PEOPLE WITH SEVERE, LIFE-THREATENING ALLERGIES TO ANY INGREDIENT IN A VACCINE, INCLUDING FLU VACCINE (OTHER THAN EGG PROTEINS), SHOULD NOT GET THAT VACCINE. THIS MIGHT INCLUDE GELATIN, ANTIBIOTICS, OR OTHER INGREDIENTS.
- PEOPLE WHO HAVE HAD A SEVERE ALLERGIC REACTION TO A DOSE OF INFLUENZA VACCINE SHOULD NOT GET THAT FLU VACCINE AGAIN AND MIGHT NOT BE ABLE TO RECEIVE OTHER INFLUENZA VACCINES. IF YOU HAVE HAD A SEVERE ALLERGIC REACTION TO AN INFLUENZA VACCINE IN THE PAST, IT IS IMPORTANT TO TALK WITH YOUR HEALTH CARE PROVIDER TO HELP DETERMINE WHETHER VACCINATION IS APPROPRIATE FOR YOU.

PEOPLE WHO SHOULD TALK WITH THEIR HEALTH PROVIDER BEFORE GETTING A FLU SHOT:

- IF YOU EVER HAD GUILLAIN-BARRÉ SYNDROME (A SEVERE PARALYZING ILLNESS, ALSO CALLED GBS), TALK TO YOUR DOCTOR ABOUT YOUR GBS HISTORY. SOME PEOPLE WITH A HISTORY OF GBS SHOULD NOT GET A FLU VACCINE.
- IF YOU HAD A SEVERE ALLERGIC REACTION TO A PREVIOUS DOSE OF ANY OTHER FLU VACCINE, TALK TO YOUR HEALTH CARE PROVIDER.
- IF YOU ARE FEELING SICK, TALK TO YOUR DOCTOR ABOUT YOUR SYMPTOMS.



NATIONAL INFLUENZA WEEK IS DECEMBER 4TH TO 8TH (CONT.)

HEALTHY HABITS TO PROTECT AGAINST THE FLU

THE SINGLE BEST WAY TO REDUCE THE RISK OF SEASONAL FLU AND ITS POTENTIALLY SERIOUS COMPLICATIONS IS TO GET VACCINATED EACH YEAR, BUT GOOD HEALTH HABITS LIKE AVOIDING PEOPLE WHO ARE SICK, COVERING YOUR COUGH AND WASHING YOUR HANDS OFTEN CAN HELP STOP THE SPREAD OF GERMS AND PREVENT RESPIRATORY ILLNESSES LIKE FLU. THERE ALSO ARE FLU ANTIVIRAL DRUGS THAT CAN BE USED TO TREAT AND PREVENT FLU. THE TIPS AND RESOURCES BELOW WILL HELP YOU LEARN ABOUT ACTIONS YOU CAN TAKE TO PROTECT YOURSELF AND OTHERS FROM FLU AND HELP STOP THE SPREAD OF GERMS.

- **AVOID CLOSE CONTACT:** AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK. WHEN YOU ARE SICK, KEEP YOUR DISTANCE FROM OTHERS TO PROTECT THEM FROM GETTING SICK TOO.
- **STAY HOME WHEN YOU ARE SICK:** IF POSSIBLE, STAY HOME FROM WORK, SCHOOL, AND ERRANDS WHEN YOU ARE SICK. THIS WILL HELP PREVENT SPREADING YOUR ILLNESS TO OTHERS.
- **COVER YOUR MOUTH AND NOSE:** COVER YOUR MOUTH AND NOSE WITH A TISSUE WHEN COUGHING OR SNEEZING. IT MAY PREVENT THOSE AROUND YOU FROM GETTING SICK. FLU VIRUSES SPREAD MAINLY BY DROPLETS MADE WHEN PEOPLE WITH FLU COUGH, SNEEZE OR TALK.
- **CLEAN YOUR HANDS:** WASHING YOUR HANDS OFTEN WILL HELP PROTECT YOU FROM GERMS. IF SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND RUB.
- **AVOID TOUCHING YOUR EYES, NOSE OR MOUTH:** GERMS CAN BE SPREAD WHEN A PERSON TOUCHES SOMETHING THAT IS CONTAMINATED WITH GERMS AND THEN TOUCHES HIS OR HER EYES, NOSE, OR MOUTH.
- **PRACTICE OTHER GOOD HEALTH HABITS:** CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES AT HOME, WORK OR SCHOOL, ESPECIALLY WHEN SOMEONE IS ILL. GET PLENTY OF SLEEP, BE PHYSICALLY ACTIVE, MANAGE YOUR STRESS, DRINK PLENTY OF FLUIDS, AND EAT NUTRITIOUS FOOD.

SOURCE: WWW.CDC.GOV



I'M SO STRESSED OUT!

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietydisorders.

So, how do you know when to seek help?

Stress vs. Anxiety

Stress

- Generally is a response to an external cause, such as taking a big test or arguing with a friend..
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is internal, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress and if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.

Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at www.nimh.nih.gov/findhelp.

If you are in immediate distress or are thinking about hurting yourself, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.

More Resources

- NIMH: Anxiety Disorders (www.nimh.nih.gov/anxietydisorders)
- NIMH: Caring for Your Mental Health (www.nimh.nih.gov/mymentalhealth)
- NIMH: Child and Adolescent Mental Health (www.nimh.nih.gov/children)
- NIMH: Tips for Talking With a Health Care Provider About Your Mental Health (www.nimh.nih.gov/talkingtips)
- Centers for Disease Control and Prevention: Anxiety and Depression in Children (www.cdc.gov/childrensmentalhealth/depression.html)



National Institute
of Mental Health

NIH Publication No. 20-MH-8125

www.nimh.nih.gov

Follow NIMH on
Social Media @NIMHgov



Christmas Word Search

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

CAROLS
ELVES
LIGHTS
PRESENTS
SANTA

TREE
COOKIES
GINGERBREAD
MISTLETOE
REINDEER

SLEIGH
WINTER
DECEMBER
HOLLY
ORNAMENTS

RUDOLPH
STOCKINGS
WREATH





HAPPY NEW YEAR

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

CELEBRATE
GOALS
JANUARY
COUNTDOWN

CONFETTI
NOISEMAKER
PARTY
MIDNIGHT

RESOLUTION
CLOCK
CHEERS
SPARKLES





Resources

NEED HELP?
Catholic Charities
Call Center
718-722-6001



Monday - Friday, 9AM - 6PM

- Behavioral Health Services
- Care Coordination
- Early Childhood and Head Start Programs
- Emergency Food Pantry
- Family Stabilization Programs
- Housing Information
- Immigration Services
- Limited Financial Assistance
- Senior Services
- Information & Referrals to Other Services

A Catholic Charities Walk-In Center may also be located in your area.

Integrated Health & Wellness Services
Catholic Charities Brooklyn and Queens



Resources Cont.



Geriatric Mental Health Initiative **Program**

Providing awareness, screenings and referrals for seniors 55 and older in the area of brain function, depression, anxiety, alcohol and substance abuse.

FREE Services Provided

- Intervention
- Screening
- Assessment and Referral
- 6 weeks counseling

Contact or visit us at:

718-514-8035/929-409-5410

6823 Fifth Ave Brooklyn, NY 11220 2nd Fl.

Available Monday thru Friday

9 a.m. – 5 p.m.



Funded by the Office of Mental Health and Hygiene



Resources Cont.



**CATHOLIC
CHARITIES**
Brooklyn &
Queens
ESTABLISHED 1899

Opioid Prevention and Treatment (OPT) Into Recovery Program

**Opioid use disorder is a medical condition.
Catholic Charities can help.**

We offer:

- Medication Assisted Treatment including Suboxone and Vivitrol
- Individual and Group Counseling
- Peer Support
- And more

Call or Visit Us Today!



Flatbush Behavioral Health Clinic
1623 Flatbush Ave.
Brooklyn, NY 11210

We also have clinics conveniently located in Flatbush, Glendale, Rockaways, Jamaica and Corona. Visit our website for a full list of locations near you.



Monday – Friday: 9 AM – 5 PM



718-377-5755
(to schedule an appointment)



www.ccbq.org

**For more information about the OPT Program, call
Andrew Karim at 347-977-0020.**



Resources Cont.

COMMUNITY-BASED SERVICES AVAILABLE TO OLDER ADULTS: ZIP CODE 11216

MENTAL HEALTH CLINICS/HOSPITALS

*ADVANTAGE CARE PHYSICIANS - BEDFORD MEDICAL OFFICE • 233 NOSTRAND AVE., BROOKLYN, NY 11205
(718) 826-5900*

DOWNSTATE MENTAL HEALTH • 450 CLARKSON AVE, BROOKLYN, NY 11203 (718) 270-2003

*INTERFAITH MEDICAL CENTER • 1545 ATLANTIC AVE, BROOKLYN, NY 11213
(718) 613-4195*

MEDICAL CLINICS/HOSPITALS

24 HOUR URGENT CARE BEDSTUY • 391 EASTERN PKWY (347) 428-0686

BEDFORD-STUYVESANT FAMILY HEALTH CENTER MEDICAL • 1456 FULTON ST (718) 858-1571

CITYMD BED-STUY URGENT CARE - • 1243 FULTON ST (646) 647-1257

DENTIST

BED-STUY DENTAL ARTS DENTAL • 1154 FULTON ST (718) 622-8950

DR. CHARLES T. BEARD, DDS DENTAL • 1456 FULTON ST (718) 636-4500

DR. LUZMARINA COFFEY, DDS DENTAL • 1413 FULTON ST (718) 636-4500

REHABILITATION & THERAPY SERVICES

*BROOKLYN GARDENS NURSING AND REHABILITATION CENTER • 835 HERKIMER ST, BROOKLYN, NY 11233
(718) 221-2600*

*CROWN HEIGHTS CENTER FOR NURSING AND REHABILITATION • 810 ST MARKS AVE, BROOKLYN, NY 11213
(718) 467-7300*

*DOWNTOWN BROOKLYN NURSING AND REHABILITATION CENTER • 727 CLASSON AVE, BROOKLYN, NY 11238
(718) 636-1000*

*INTERFAITH MEDICAL CENTER (SUBSTANCE ABUSE) • 1545 ATLANTIC AVE, BROOKLYN, NY 11213
(718) 613-4195*

KINGS COUNTY HOSPITAL (SUBSTANCE ABUSE) • 400 WINTHROP ST, BROOKLYN, NY 11203 (718) 245-2310

PHOENIX HOUSE - BROOKLYN COMMUNITY RECOVERY CENTER • 20 NEW YORK AVE (347) 382-9995



Resources Cont.

HEMOCARE SERVICES

ANCHOR HEALTH HOME CARE HOME CARE SERVICES • 958 NOSTRAND AVE., BROOKLYN, NY 11225
(718) 537-2000

BLUE RIDGE HOME CARE, INC. HOME CARE SERVICES • 1059 FULTON ST, BROOKLYN, NY 11238
(212) 470-1944

KINGSBRIDGE HOME HEALTHCARE • 569 GRAND AVE. BROOKLYN, NY 11238 (718) 495-6282

ALZHEIMER'S & DEMENTIA SERVICES

CARING KIND PROGRAM CENTER & CARE SERVICES • 360 LEXINGTON AVENUE, 3RD FLOOR
NEW YORK, NY 10017 (646) 744-2900

COBBLE HILL HEALTH CENTER PROGRAM CENTER • 380 HENRY STREET BROOKLYN, NY 11201
(718) 855-6789

CNR ALZHEIMER'S ADULT DAY PROGRAM CENTER & CARE SERVICES • 596 PROSPECT PL, BROOKLYN, NY
11238 (718) 362-1440

NEW YORK MEMORY CENTER PROGRAM CENTER • 199 14TH STREET BROOKLYN, NEW YORK 11215
718-499-7701

LEGAL SERVICES

AILEGAL LAW IMMIGRATION SERVICES • 1000 DEAN ST SUITE 101, BROOKLYN, NY 11238 (347) 535-5180

BEDFORD-STUYVESANT COMMUNITY LEGAL SERVICES LEGAL SERVICES • 1360 FULTON ST (718) 636-1155

BROOKLYN LEGAL SERVICES LEGAL ASSISTANCE • 105 COURT ST 4TH FLOOR, BROOKLYN, NY 11201
(718) 237-5500

BROOKLYN LEGAL SERVICES LEGAL ASSISTANCE • 900 FULTON ST, BROOKLYN, NY 11238 (718) 237-5500

BEREAVEMENT SERVICES

BCS COUNSELING GROUP • 7706 13TH AVENUE, SUITE #2 BROOKLYN NY 11228 (718) 313-4357

CROWN HEIGHTS COUNSELING CENTER • 1055 ST JOHNS PL, BROOKLYN, NY 11213 (718) 773-2080

MJHS HEALTH SYSTEM • 212-844-5754

OUT FROM UNDER • 101 STERLING PLACE BROOKLYN, NEW YORK 11217 (215) 240-7231



Resources Cont.

FINANCIAL & FOOD ASSISTANCE

AGAPE SOCIAL SERVICES BEULAH MINISTRY - FOOD DISTRIBUTION CENTER • 929 MARCY AVE

*CATHOLIC CHARITIES BROOKLYN AND QUEENS • 191 JORALEMON ST, BROOKLYN, NY 11201
(718) 722-6000*

EMMANUEL PENTECOSTAL CHURCH OF LOVE - FOOD DISTRIBUTION CENTER • 549 GATES AVE

MACEDONIA CHURCH OF CHRIST - FOOD DISTRIBUTION CENTER • 289 QUINCY ST

*SALVATION ARMY BEDFORD TEMPLE FOOD PANTRY & SOUP KITCHEN • 110 KOSCIUSZKO ST
(718) 622-9020*

*SILOAM PRESBYTERIAN CHURCH FOOD PANTRY - FOOD DISTRIBUTION CENTER • 260 JEFFERSON AVE
(718) 789-7050*

*STUYVESANT HEIGHTS CHRISTIAN CHURCH - FOOD DISTRIBUTION CENTER • 69 MACDONOUGH ST
(347) 663-4408*

FINANCIAL ASSISTANCE

BROOKLYN BUSINESS CENTER • 1360 FULTON ST (718) 636-6973

IMPACCT BROOKLYN • 1000 DEAN ST #420, BROOKLYN, NY 11238 (718) 522-2613

LIBERTY TAX • 485 NOSTRAND AVE. SUITE B (718) 619-4320

US SOCIAL SECURITY ADMINISTRATION • 1540 FULTON ST (800) 772-1213

Older Adult Center Staff

Ron Carson	Director of Field Operations
Jailene Mayers	Program Manager
Vacant	Case Manager
Lucille Knowles	Administrative Assistant
Leon Primo	Kitchen Aide
Pending	Kitchen Aide
Pending	Maintenance


New Age Advisory Counsel

Pending

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.

***FUNDED BY NYC
AGING***

December 2023 Presentations &Classes - Calendar // Diciembre2023 Presentaciones y Clases - Calendario				
Monday	Tuesday	Wednesday	Thursday	Friday
				1
If there is a change in activities you will be informed via Blooming Health				10:00 - 11:00 Coloring, Word Puzzles, etc. 11:00 - 12:00 Bingo 12:45 - 2:00 Featured Movie: My Christmas Inn
4	5	6	7	8
10:00 Scrabble. Dominoes, Cards etc. 10:30 - 11:30 Painting w/ Iesha 1:00 - 2:00 p.m. Chair Exercise with Tommy the Experience	10:00 - 10:45 Tea & Pastry Hour w/ Lucille 11:00 - 11:45 Basic Tech Class 1:00 - 2:00 Chair Yoga via Youtube	10:00 - 10:45 Word Puzzles, etc 11:00 - 12:00 Arts & Craft 1:00 - 2:00 Chair Exercise	10:30 - 12:00 Oak Street Health Presentation 1:00 - 2:00 Chair Exercise	10:00 - 11:00 Coloring, Word Puzzles, etc. 11:00 - 12:00 Bingo 12:45 - 1:00 Cognitive Exercises w/ Gabriella
11	12	13	14	15
10:00 Scrabble. Dominoes, Cards etc. 10:30 - 11:30 Painting w/ Iesha 1:00 - 2:00 p.m. Chair Exercise with Tommy the Experience 1:30 - 2:30 Bingo	10:00 - 10:45 Tea & Pastry Hour w/ Lucille 11:00 - 11:45 Basic Tech Class 1:00 - 2:00 Chair Yoga via Youtube	10:00 - 10:45 Leisure Activities 11:00 - 12:00 Arts & Craft 1:00 - 2:00 Chair Exercise	10:00 - 10:45 Leisure Activities 11:00 - 12:00 Christmas Jeopardy! 1:00 - 2:00 Chair Exercise	10:00 - 10:45 Leisure Activities 11:00 - 12:00 Bingo 12:45 - 2:00 Featured Movie: All Saints Christmas
18	19	20	21	22
10:00 Scrabble. Dominoes, Cards etc. 10:30 - 11:30 Ornament Making w/ Iesha 1:00 - 2:00 p.m. Chair Exercise with Tommy the Experience	10:00 - 11:00 Tea & Pastry Hour w/ Lucille 11:00 - 11:45 Basic Tech Class 1:00 - 2:00 Chair Yoga via Youtube	10:00 - 10:45 Leisure Activities 11:00 - 12:00 Arts & Craft 1:00 - 2:00 Chair Exercise	10:00 - 10:30 Karaoke 10:45 - 12:00 Featured Movie: A Christmas Blessing 1:00 - 2:00 Chair Exercise	10:00 - 10:45 Leisure Activities 11:00 - 12:00 Bingo 12:00 - 2:00 Christmas Party
25	26	27	28	29
Center is Closed 	10:00 - 10:45 Tea & Pastry Hour w/ Lucille 11:00 - 11:45 Sharing Reflections Program w/ Brooklyn Library. 12:45 - 1:45 Christmas Giveaway Game	10:00 - 10:45 Leisure Activities 11:00 - 12:00 Arts & Craft 1:00 - 2:00 Chair Exercise	10:00 - 10:30 Leisure Activities 10:45 - 12:00 Featured Movie: A Christmas Cruise 1:00 - 2:00 Chair Exercise	10:00 - 10:45 Leisure Activities 11:00 - 12:00 Bingo 12:00 - 2:00 NYE Party & December Birthday Celebrations
FUNDED BY NYC AGING				

LUNCH SERVED 12 p.m. - 1 p.m.		New Age Older Adult Center			All lunches include Low-fat 1% Milk and a slice of Whole Wheat Bread.
SUGGESTED CONTRIBUTION: \$1		LUNCH MENU			
SPECIAL MEALS: \$2		October 2023/Octubre 2023			
Monday	Tuesday	Wednesday	Thursday	Friday	
					1
				Blackened Catfish White Rice Capri Blend Vegetables Apple Juice Pear	
4	5	6	7	8	
Black Bean & Sweet Potato Chili California Blend Vegetables Apple Juice Grapes	Baked Salmon with Cilantro Citrus Sauce Corn on the Cob Steamed Kale Orange Juice Honeydew Melon	Beef Fajitas Brown Rice Whole Wheat Tortilla Garden Salad Cantaloupe Orange Pineapple Juice	(Catered) Basic Shepherd's Pie Vegetable Mix Apple	(Catered) Tuna Fish Salad Plain Pita Cole Slaw Garden Salad Pear	
11	12	13	14	15	
Apricot Glazed Pork Chops Baked Potato Baby Spinach Salad Honeydew Orange Juice ALT: Sweet and Sour Chicken Thighs	Caribbean BBQ Chicken White Rice Garden Salad Pineapple Juice Watermelon	Baked Flounder Mexican Corn Italian Blend Orange Juice Peaches	Pineapple Black Beans Garden Salad Roasted Vegetables Apple Juice Cantaloupe	Baked Salmon Broccoli and Red Peppers Succotash Pear Apple Juice	
18	19	20	21	22	
Baked Salmon Plantain California Blend Vegetable Apple Juice Cantaloupe	Caribbean BBQ Chicken Baked Macaroni & Cheese Steamed Kale Apple Juice Cantaloupe	Vegan Sloppy Joe Broccoli Orange Juice Banana	Holiday Lunch Cornish Hen String Beans Stuffing Sweet Potatoes Apple Pie w/ Vanilla Ice Cream	Blackened Catfish Seasoned Rice Italian Blend Vegetables Apple Juice Diced Pear	
25	26	27	28	29	
Center is Closed  MENU SUBJECT TO CHANGE WITHOUT NOTICE	(Catered) Sweet & Sour Pork Chop Brown Rice Roasted Broccoli Banana NO ALTERNATE	Black Bean Tacos w/ Pineapple Salsa Baby Spinach Apple Juice Cantaloupe	Caribbean BBQ Chicken White Rice Salad Pineapple Juice Watermelon	Teriyaki Glazed Flounder Capri Blend Vegetables Mexican Corn Apple Orange Juice	NO GRAB & GO. IF YOU DECIDE TO TAKE YOUR FOOD HOME, IT WILL BE AT YOUR OWN RISK.
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