

December 2023



Our Voices



CATHOLIC CHARITIES
BAYSIDE OLDER ADULT
CENTER

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

Phone #: (718) 225 - 1144



DATA

DRIVEN

page

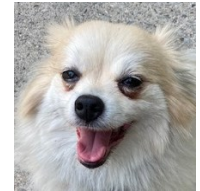


**BLOOMING
HEALTH**

**Bayside Senior Center
Older Adults Survey**



**Do you feel Bayside
community is safer than
it was three years ago?**



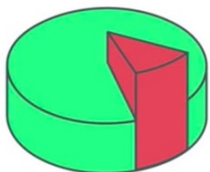
52% - Yes

48% - No



Descriptive Statistics for our Sample Data			
Age	Gender		
40	M		
45	F		
50	M		
55	F		
60	M		
65	F		
70	M		
75	F		
80	M		
85	F		
90	M		
95	F		
100	M		
Mean	65.0	Frequency M	5
Median	65.0	Frequency F	5
Mode	65.0	Frequency M	5
Standard deviation	12.0	Frequency F	5
Range	60		

**What do you think is the
biggest challenging life
transition?**



Marriage and Parenting -18%



Retirement and Empty Nesting - 32%



Issues of Aging and Health -23%



Financial Gain or Loss -11%

Death of Loved one (s) - 16%





SELF CARE CHECKLIST

20 MENTAL HEALTH TIPS



- ☐ Practice meditation & breathing exercises
- ☐ Explore counseling options (including virtual)
- ☐ Take time to disconnect from social media
- ☐ Color, draw, or play with art
- ☐ Go for a walk
- ☐ Get in a quick workout or take time to stretch
- ☐ Go outside and get some sunshine
- ☐ Take a bath – with candles and bath bombs
- ☐ Practice saying NO to things you don't want or want to do
- ☐ Unfollow negative accounts and outlets
- ☐ Read self-help & self-care blogs or articles
- ☐ Make a list of goals, dreams, or ideals
- ☐ Make a healthy meal from scratch
- ☐ Journal or write
- ☐ Declutter or clean up a space



- ☐ Call or text a friend or family member to say hi
- ☐ Ask people for help when you need to
- ☐ Practice expressing how you're feeling, without shame or guilt
- ☐ Drink more water!
- ☐ Surround yourself with positive people, places, and things that help you feel good about being YOU





It is with great sadness that Catholic Charities Bayside Older Adult Center will be saying goodbye to Ms. Xia Shen on November 22, 2023. Ms. Shen has been the case manager for the center for the past fifteen months. It is not an easy task dealing with different personalities and skill sets within our clients and staff but with the many challenges, Ms. Shen led with respect, openness and selflessness. I want to thank her for all her work in our community. We wish her only the best in all her future endeavors. Her enthusiasm, positive approach and her understanding of teamwork will be missed. I know Ms. Shen will do well in the next chapter of her career.

福

Good Luck

GOOD LUCK

Wishing you
success in
every
way.



Artist : facebook pauline mumford art Music : www.bensound.com

thank
you



Dear Lovely Seniors,

November 22nd is my last day at Catholic Charities Bayside Older Adult center. I am grateful for the opportunity to work in this type of environment for the past fifteen months. It is time for me to get more experience with other demographics and grow as a social worker. I would like to take this opportunity to thank all my colleagues and all the older adults in the community. I 've truly enjoyed my time at Bayside serving the members. Our older adult adults are so amazing. I really love to sit in the front and watch you dance. I will miss those amazing paintings; the ping pong matches and pool table games. The smiling faces during the amazing, creative holiday activities that we shared together. I will always remember these warm and lovely moments. I wish everyone good health and much happiness.



Xia



Bayside Older Adult Center Menu for December 2023

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Salmon with Cilantro Citrus Sauce Cous Cous Whole Wheat Bread Sautéed Green Beans w/ Onions Pear; 1% Low Fat Milk
4 Chicken Parmesan Pasta (1/2 cup) Whole Wheat Bread Vegetable Mix (non-starchy) Apple 1% Low Fat Milk	5 BBQ Tofu Fingers Whole Wheat Bread Home Fries Italian Blend Vegetables Orange 1% Low Fat Milk	6 Baked Pork Whole Wheat Bread Apple Sweet Potatoes Sautéed Spinach Banana 1% Low Fat Milk	7 Basic Shepherd's Pie Whole Wheat Bread Homemade Mashed Potatoes Vegetable Mix (non-starchy) Apple 1% Low Fat Milk	8 Tuna Fish Salad Plain Pita Whole Wheat Bread Cole Slaw Garden Salad Pear 1% Low Fat Milk
11 Sesame Orange Chicken Rice Pilaf Whole Wheat Bread Oriental Blend Vegetables Apple 1% Low Fat Milk	12 Tofu Parmigiana Whole Wheat Bread Garden Salad Orange 1% Low Fat Milk	13 Baked Pork Chops Whole Wheat Bread Homemade Mashed Potatoes Roasted Zucchini Banana 1% Low Fat Milk	14 Homemade Hamburger Whole Wheat Bread Baked Red Potato Wedges Lettuce and Tomato Apple 1% Low Fat Milk	15 Baked Fish with Garlic Parmesan Crust Whole Wheat Bread Yellow Rice Sautéed Green Beans with Onions Apple; 1% Low Fat Milk
18 Chicken Marsala Whole Wheat Bread Roasted Potatoes Sautéed Spinach Apple; 1% Low Fat Milk	19 Mushroom Dan Dan Whole Wheat Noodles Whole Wheat Bread Garden Salad; Streamed Kale Orange; 1% Low Fat Milk	20 Pernil (Roasted Pork Shoulder) Whole Wheat Bread Yellow Rice Steamed Carrots Banana; 1% Low Fat Milk	21 Italian Meatballs with Beef and Turkey; Spaghetti (1/2 cup) Whole Wheat Bread Vegetable Mix (non-starchy) Apple; 1% Low Fat Milk	22 Citrus Sesame Crusted Salmon Whole Wheat Bread Corn Niblets Steamed Broccoli Pear; 1% Low Fat Milk
25 Center Closed Christmas Day	26 Vegetables Lo Mien Spaghetti (1/2 cup) Whole Wheat Bread Sautéed Spinach Orange; 1% Low Fat Milk	27 Sweet and Sour Pork Chop Brown Rice (1/2 cup) Whole Wheat Bread Roasted Broccoli Banana; 1% Low Fat Milk	28 Beef Stew Egg Noodles Whole Wheat Bread Vegetable Mix (non-starchy) Apple; 1% Low Fat Milk	29 Baked Fish with Cream Sauce Whole Wheat Bread Garden Salad Garlic Mashed Potatoes Pear; 1% Low Fat Milk

ANTI ANXIETY SOUP FOR ANXIOUS TIMES

These are stressful times and so much is beyond our control. Taking one week at a time helps. Plan for the week and don't look any further. Its all going to change anyway. Concentrate on keeping your mind and body active, and healthy. And have a project such as making some delicious comfort food. Soups always fit the bill. They are comforting and restorative and the aromas of a simmering soup will keep your anxieties and worries in check, at least for a little while.

Ingredients

- 1 onion
- 4 carrots
- 4 celery stalks
- 1 large zucchini
- ¼ small cabbage
- 1 (28 oz. / 800 gram) can diced tomatoes
- 1 (15 oz. / 425 gram) can chickpeas
- 10 cups water or broth
- Optional: 4 chicken wings (or 1 full leg)
- Salt and pepper to taste.
- 2 cups pasta (any shape and optional)



1. Chop the veggies into bite-size pieces. Put all ingredients except the pasta into a pot. Cover and bring to a boil. Reduce to a simmer and cook for one hour.
2. Remove the chicken.
3. Return the soup to a rolling boil and add the pasta. Wait for the soup to return to a boil once the pasta has been added. Then simmer another 20-30 minutes until pasta is cooked.
4. Remove the chicken bones and skin. Shred the meat and return to the soup.



CATHOLIC CHARITIES ACTIVITIES CALENDAR December 2023

December 2023

1

Monday	Tuesday	Wednesday	Thursday	Friday
4 Painting Group 9am-3:00pm Belly Dance w/ Amira 10:00am – 11:00am Computer Basics (10:00am) Zumba Dance w/ Amira 11:00am – 12:00pm Bingo 12:30 – 1:30pm Line Dance w/ Rose (1:45-3:30pm)	5 Painting Group 9am-3:00pm Line Dance w/ Jennifer 9:00 – 10:00am Yoga w/ Sharon 10 – 11:00am Bingo 12:30 – 1:30pm Low Impact Aerobics w/ Ira 1:30 – 2:30pm Karaoke (10:30am-3:30pm)	6 Painting Group 9am-3:00pm Low Impact Aerobics w/ Ira 9:30 – 10:30am Computer Basics (10:00am) “Medicare Presentation” Ann Sadorfsky 11:00am Live DJ & Social Dancing DJ Justin Lewis (1-3pm)	7 Painting Group 9am – 3pm Sing Melody 9:30 – 11:15am Wing Chun w/ David 10:00-11:00am Falls Prevention w/ Elizabeth 10:00am Line Dance w/ Harrison 1:00 – 3:00pm	1 Painting Group 9am-3:00pm Ballroom Dance w/ Jennifer 9:00 – 10:00am Age- Tastic 10:00 – 11:00am Live DJ & Social Dancing (1:00 – 3:00pm)
11 Painting Group 9am – 3pm Belly Dancing w/ Amira 10:00am-11:00am Computer Basics (10:00am) Zumba Dance w/ Amira 11:00am – 12:00pm Bingo 12:30 – 1:30pm Line Dance w/ Rose (1:45-3:30pm)	12 Painting Group 9am – 3pm Line Dance w/ Jennifer 9:00 – 10:00am Yoga w/ Sharon 10 – 11:00am Bingo 12:30-1:30pm Low Impact Aerobics w/ Ira 1:30 – 2:30pm Karaoke (10:30am-3:30pm)	13 Painting Group 9am-3:00pm Low Impact Aerobics w/ Ira 9:30 – 10:30am Computer Basics (10:00am) Latin Dance (1:00-2:00pm) Yukari Matsuda	14 Painting Group 9am-3:00pm Sing Melody 9:30-11:15am Wing Chun w/ David 10:00-11:00am Falls Prevention w/ Elizabeth 10:00am Line Dance w/ Harrison 1:00 – 3:00pm	15 Painting Group 9am-3:00pm Ballroom Dance w/ Jennifer 9:00 – 10:00am Age- Tastic 10:00 – 11:00am Live DJ & Social Dancing (1:00 – 3:00pm)
18 Painting Group 9am-3:00pm Belly Dancing (10:00am) Amira Zumba Dance w/ Amira 11:00am – 12:00pm Performance Belly & Zumba Computer Basics (10:00am) Bingo 12:30 – 1:30pm Line Dance w/ Rose (1:45-3:30pm)	19 Painting Group 9am-3:00pm Line Dance w/ Jennifer 9:00 – 10:00am Yoga w/ Sharon 10:00-11:00am Bingo 12:30-1:30pm Low Impact Aerobics (1:30pm) Ira Karaoke (10:30am-3:30pm)	20 Painting Group 9am-3:00pm Low Impact Aerobics w/ Ira 9:30 – 10:30am Live DJ & Social Dancing DJ Justin Lewis (1-3pm)	21 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 – 3:00pm	22 Painting Group 9am-3:00pm Ballroom Dance w/ Jennifer 9:00 – 10:00am Age- Tastic 10:00 – 11:00am Performance & Social Dance (12:30 – 3:30pm) Jennifer & Harrison
25 Center Closed “Christmas Day”	26 Painting Group 9am-3:00pm Line Dance w/ Jennifer 9:00am Yoga w/ Sharon 10:00-11:00am Bingo 12:30-1:30pm Low Impact Aerobics (1:30pm) Ira Karaoke (10:30am-3:30pm)	27 Painting Group 9am-3:00pm Low Impact Aerobics w/ Ira 9:30-10:30am Latin Dance (1:00-2:00pm) Yukari Matsuda	28 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 – 3:00pm	29 Painting Group 9am-3:00pm Ballroom Dance w/ Jennifer (9am) Age Tastic ! 10:00-11:00am Music Performance (11:00am) Iris Live DJ & Social Dancing

December

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

Advent
 Dreidel
 Feliz Navidad
 Holiday
 Latkes
 Nativity
 Sleigh

Chimney
 Eggnog
 Gingerbread House
 Holly
 Menorah
 North Pole
 Stocking

Christmas
 Elves
 Hanukkah
 Jolly
 Mistletoe
 Santa
 Wreath



Resources

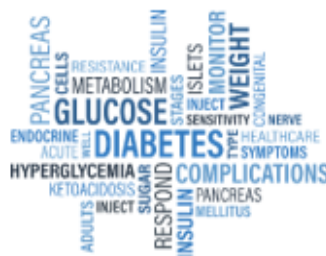


Diabetes diet: Create your healthy eating plan.

A diabetes diet is a healthy-eating plan that helps control blood sugar.

[By Mayo Clinic Staff](#)

A diabetes diet simply means eating the healthiest foods in moderate amounts and sticking to regular mealtimes. It's a healthy-eating plan that's naturally rich in nutrients and low in fat and calories. Key elements are fruits, vegetables, and whole grains. In fact, this type of diet is the best eating plan for most everyone.



Why do you need to develop a healthy-eating plan?

The plan helps you **control your blood sugar, also called blood glucose, manage your weight and control heart disease risk factors**. These factors include high blood pressure and high blood fats.

When you eat extra calories and carbohydrates, your blood sugar levels rise. If blood sugar isn't controlled, it can lead to serious problems. These problems include a **high blood sugar level, called hyperglycemia**. If this high level lasts for a long time, it may lead to **long-term complications, such as nerve, kidney, and heart damage**.

What does a diet for people with diabetes involve?

A diet for people living with diabetes is based on eating healthy meals at regular times. Eating meals at regular times helps to better use insulin that the body makes or gets through medicine.

Recommended foods.

Make your calories count with nutritious foods. Choose healthy carbohydrates, fiber-rich foods, fish, and "good" fats.

Healthy carbohydrates

During digestion, sugars and starches break down into **blood glucose**. Sugars also are known as simple carbohydrates, and starches also are known as complex carbohydrates. **Focus on healthy carbohydrates**, such as:

- Fruits.
- Vegetables.
- Whole grains.
- Legumes, such as beans and peas.
- Low-fat dairy products, such as milk and cheese.

Avoid less healthy carbohydrates, such as **foods or drinks with added fats, sugars, and sodium.**



Fiber-rich foods

Dietary fiber includes all parts of plant foods that your body can't digest or absorb.

Fiber moderates how your body digests food and helps control blood sugar levels.

Foods high in fiber include:

- Vegetables.
- Fruits.
- Nuts.
- Legumes, such as beans and peas.
- Whole grains.

Heart-healthy fish

Eat heart-healthy fish at least twice a week. Fish such as salmon, mackerel, tuna and sardines are rich in omega-3 fatty acids. These omega-3s may prevent heart disease.



Avoid fried fish and fish with high levels of mercury.

'Good' fats

Foods containing monounsaturated and polyunsaturated fats can help lower your cholesterol levels. These include:

- Avocados.
- Nuts.
- Canola, olive and peanut oils.

But don't overdo it, as all fats are high in calories.



Foods to avoid.

Diabetes raises your risk of heart disease and stroke by raising the rate at which you develop **clogged and hardened arteries**. Foods containing the following can work against your goal of a heart-healthy diet.

- **Trans fats.** Avoid trans fats found in processed snacks, baked goods, shortening and stick margarines.
- **Cholesterol.** Cholesterol sources include high-fat dairy products and high-fat animal proteins, egg yolks, liver, and other organ meats. Aim for no more than 200 milligrams (mg) of cholesterol a day.
- **Sodium.** Aim for no more than 2,300 mg of sodium a day. Your health care provider may suggest you aim for a smaller amount if you have high blood pressure.

Putting it all together: Creating a plan

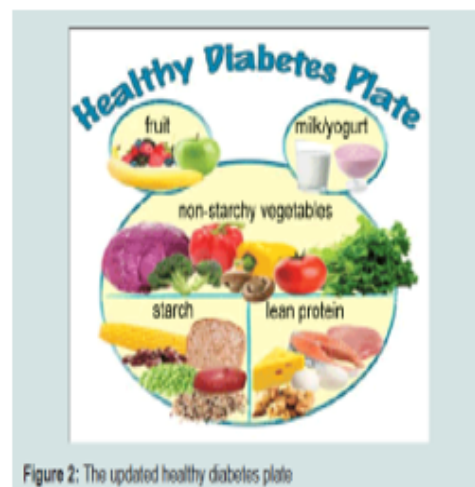
The plate method

The American Diabetes Association offers a simple method of meal planning. It focuses on eating more vegetables. Follow these steps when preparing your plate:

- Fill half of your plate with non-starchy vegetables, such as spinach, carrots, and tomatoes.
- Fill a quarter of your plate with a lean protein, such as tuna, lean pork, or chicken.
- Fill the last quarter with a carbohydrate, such as brown rice or a starchy vegetable, such as green peas.
- Include "good" fats such as nuts or avocados in small amounts.
- Add a serving of fruit or dairy and a drink of water or unsweetened tea or coffee.

The Diabetic Diet is really a diet for all of us. With healthy choices, eating meals at regular times, portion control and daily exercise, **we can all stay strong and stay well.**

Madhavi Menon Strohl



**MADHAVI MENON STROHL
COMMUNITY WELLNESS SPECIALIST
FOR BROOKLYN AND QUEENS**



NEW!



WELCOME



NEW!



NEW!

NEW!



Susanna YimFan Ng
Ligaya O Guinto
Louise R Celentano
Sheila Gelman
Lucia I Tamarez
Bruce Rhines



NEW!

NEW!

NEW!

NEW!



NEW!



Rosina C Florez
Alonso P Melendez
Winnie Miu
Fung Yee Becky Lau
Kit Yee Colon Chan
Wing Kay Kwon
Lydia T Fajaroo
Marilyn Limbog Jara



NEW!



NEW!



Alicia E Veridiano
Parbati Gopal
Yolanda Y Hipol
Kenneth Fin
Alice F Fin
Gui Ying Zhang
Yu Chen Xiao
Kwok Kit Lei

DECEMBER





BAYSIDE OLDER ADULT CENTER

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Bayside, New York 11364

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



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

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Carmela Pozzi Rosa Farmer
Jane Chin Fraternidad Sevilca



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Kathy Lundgren Office Manager
Vacant 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

Transportation
Transportation
Kitchen Aide
Kitchen Aide
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.

Name: _____

December Word Search



DECEMBER
CHRISTMAS
WINTER
COLD
SOLSTICE

CELEBRATE
HANUKKAH
PEARL HARBOUR
GIFTS
HOLIDAYS

SANTA
SLEIGH
RELIGION
GREETINGS
PARTY





INQUIRING MINDS WANT TO KNOW



What did you learn in 2023?

Stacey Abrams - she learned to take care of herself as she now lives alone.

Ahuva Hindi - she is now able to do things by herself such as cook, shower, sit down and clean.

Iris Landsman - she is not afraid of the world.

Marcia Rosero - since life is short, she now lives being good to herself and to everyone else.

Maria Santos - she wants to live her life doing good deeds to everyone.



Louise Spinella - she is aware of the new scams.

Rosa Vega - she wants to be closer to people and more understanding of them, especially since everyone has problems.

Linda Wong - she learned line dancing to music.



In writing my articles, I continue to meet more people who I find sociable and caring.

Advisory Council VP, Susan Hall

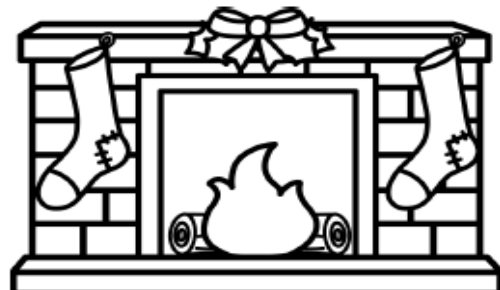
'Twas the Night!

Find each word in the search.

Words go ↑, →, and ↘.

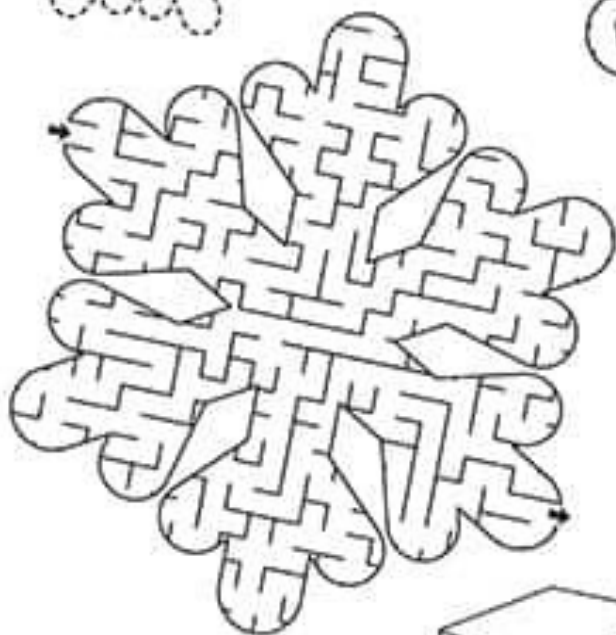
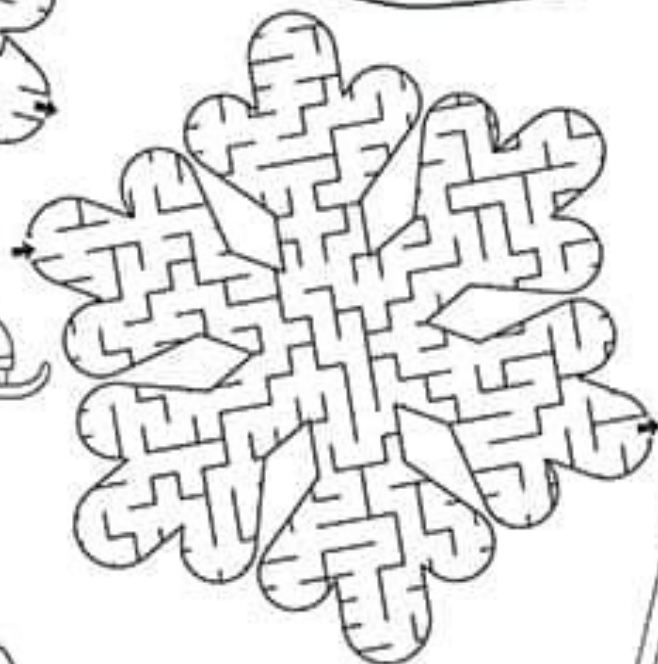
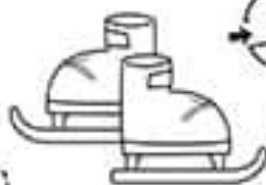
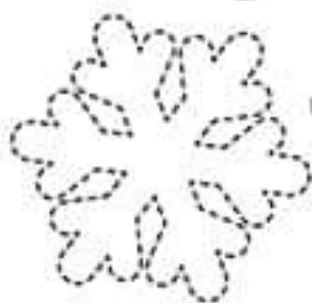
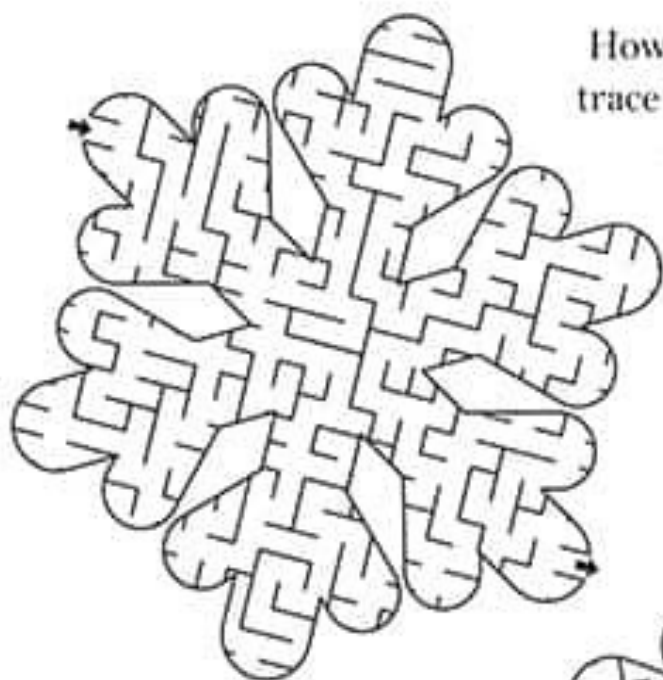
c	r	e	a	t	u	r	e	i	p
l	a	p	h	h	o	u	s	e	c
s	u	r	n	e	i	m	e	r	h
t	t	a	e	r	m	o	t	N	i
i	b	o	n	e	y	u	k	i	m
r	e	s	c	z	y	s	u	c	n
r	f	l	o	k	n	e	p	h	e
i	o	n	j	t	i	r	d	o	y
n	r	h	k	o	g	n	e	l	r
g	e	m	g	y	h	o	g	a	n
C	h	r	i	s	t	m	a	s	q

night	before
Christmas	house
creature	stirring
mouse	stockings
chimney	care
St. Nicholas	there



Snowflake Maze

How fast can you
trace and solve the
mazes?





Happy Recap!



NOVEMBER 2023

