



# Senior Voices

## HOWARD BEACH OLDER ADULT CENTER

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES  
JANUARY 2024

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

PHONE # (718) 738-8100



Funded by the NYC Aging

Message from Debra Hoffer, Acting Manager:



Dear Members,

Happy New Year! A new year always brings new possibilities and opportunities. As such I will work with our members and my team to think of more exciting events we can host to knock your socks off.

Last year we had carnivals, talent shows, senior proms and amazing holiday parties with the support of local businesses and many volunteers. So wait and see what surprises we have for you in 2024.

I also wish to welcome our new team member Vadym. Welcome to the Howard Beach family!

The only downside to the month of January is that it brings the possibility of snow storms. When in doubt you can check our answer machine if there is ever a time we may need to close due to inclement weather and we will also send out a Blooming Health alert, so please tell the office if you are not already receiving either a text or voicemail message from me.

I pray we all have a happy and healthy New year filled with fun, love, laughter and the joy of discovering new ideas and passions.

Editor's correction

**I wish to thank William Aiello for his recommendation to include Italian Heritage month in our previously newsletter**

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

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

# January Word Search

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

Wool  
Storm  
Sled  
Jack Frost  
Heater  
Freezing  
coat  
Below Zero

Wood Stove  
Snowstorm  
Ski  
Jacket  
Heat  
Fireplace  
Chill  
Arctic

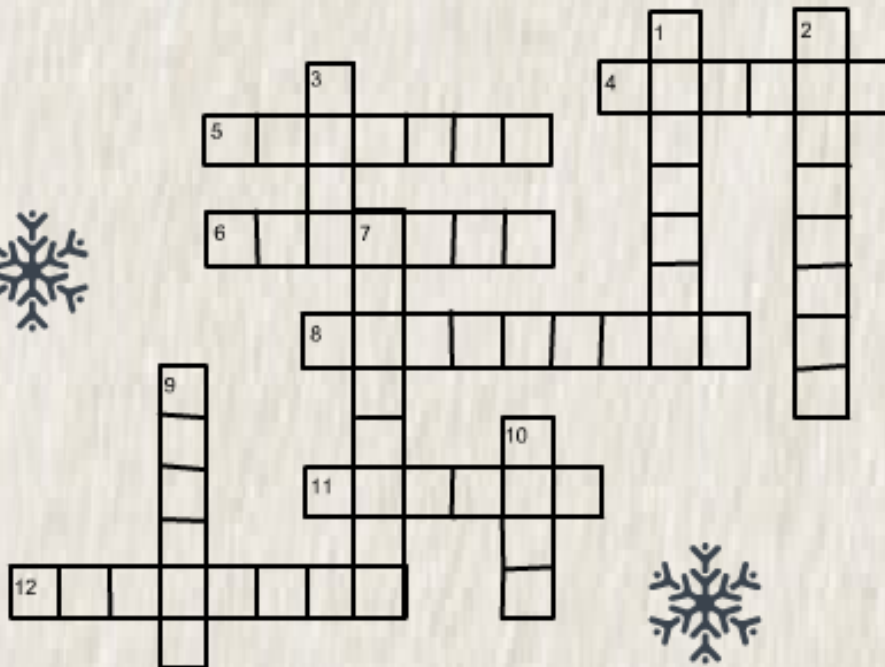
Wintertime  
Snowflake  
Scarf  
Icy  
Frost  
Fire  
Blizzard

Windy  
Snowboard  
Polar  
Ice Skates  
Frosty  
 earmuffs  
Blanket

Wind  
Snow  
Mittens  
Ice  
Frostbite  
Comforter  
Black Ice

Thermal  
Slippery  
Melt  
Hot Chocolate  
Freezing Rain  
cold  
Bitter Cold

# Winter Crossword Puzzle



## Down:

1. A large piece of woolen or similar material used as a covering on a bed or elsewhere for warmth.
2. The twelfth month of the year in the northern hemisphere usually considered the first month of winter.
3. Burning
7. A severe snowstorm with high winds.
9. Shake slightly and uncontrollably as a result of being cold.
10. Make or become liquefied by heat.

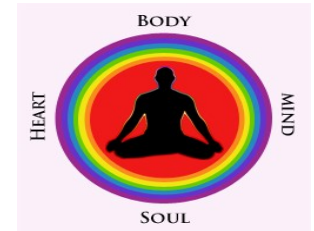
## Across:

4. A covering for the hand-worn for protection against cold or dirt and typically having separate parts for each finger and the thumb.
5. A vertical channel or pipe which conducts smoke and combustion gases up from a fire or furnace and typically through the roof of a building.
6. A large floating mass of ice detached from a glacier or ice sheet and carried out to sea.
8. (of an animal or plant) spend the winter in a dormant state.
11. An outer garment extending either to the waist or the hips typically having sleeves and a fastening down the front.
12. Wood that is burnt as fuel.



[www.MyPartyGames.com](http://www.MyPartyGames.com)

# Healthy Smoothies



SEVERAL STUDIES HAVE BEEN DONE TO FIGURE OUT WHY IT IS THAT A COUNTRY THAT HAS THE 2<sup>ND</sup> HIGHEST POPULATION IN THE WORLD HAS THE LOWEST NUMBER OF CANCERS PERCENTAGE-WISE. THE ANSWER THAT KEEPS COMING UP? TURMERIC.

**Turmeric** has long been used in Chinese and Indian medicines as a powerful anti-inflammatory. With its high levels of manganese and iron it also promotes strong, healthy bones and muscle.

**TURMERIC HAS THE ACTIVE COMPOUND CALLED CURCUMIN THAT HAS MANY SCIENTIFICALLY PROVEN HEALTH BENEFITS TOWARDS PREVENTION OF HEART DISEASE, ALZHEIMERS AND CANCERS.**

**AS A POTENT ANTI-INFLAMMATORY AND ANTIOXIDANT IT MAY HELP IN IMPROVING THE SYMPTOMS OF DEPRESSION AND ARTHRITIS, AS WELL.**

**IT IS CONSIDERED A WORLD-WIDE SUPER FOOD. ADD IT TO YOUR SOUPS AND STEWS, AND MIX IT INTO YOUR SMOOTHIE, TO BOOST THE HEALTH PROPERTIES IN YOUR MEALS.**

**THE GOAL IS TO MAINTAIN HEALTH AND WELLBEING THROUGHOUT THE HOLIDAY SEASON. SO, WHAT BETTER WAY THAN TO DRINK UP, WITH DELICIOUS AND HEALTHFUL SMOOTHIES.**

The following smoothie has all these wonderful benefits and is yummy and refreshing as well.

So, drink up and stay strong and healthy, throughout the Holidays!!

# Turmeric Orange-Pineapple Smoothie

## Ingredients

- 1.5 oz spinach
- 1 cup fresh pineapple
- **1-2 oranges (peeled)**
- 1/2-inch ginger
- 1/2 tsp turmeric
- **1-2 cups coconut water**
- 1/2 cup ice cubes

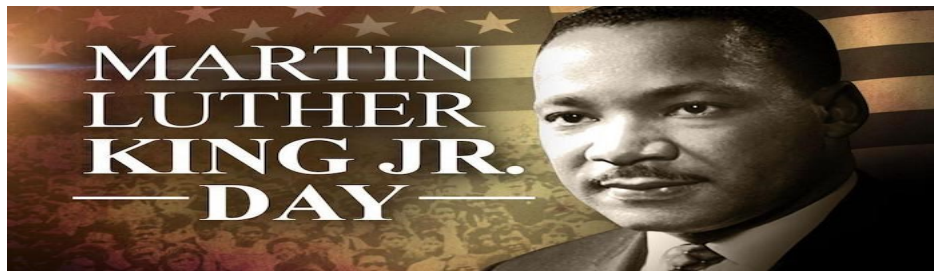
## Method:

**Combine all ingredients in a blender.**

**Whizz until smooth.**



**Enjoy!**



On January 15, 2024 we celebrate and honor the great Martin Luther King Jr. This holiday serves as a time for reflection, community service, and the celebration of Dr. King's contributions.

His March on Washington Speech, "I Have a Dream" continues to inspire all Americans both young and old. The greatness of this man in advancing the civil rights movement cannot be overstated.

I also wanted to take some time to highlight some lesser know facts about this historic figure.

### **1. King's Birth Name Was Michael, Not Martin**

King was [born](#) Michael King Jr. on January 15, 1929. In 1934, however, his father, a pastor at Atlanta's Ebenezer Baptist Church, traveled to Germany and became inspired by the Protestant Reformation leader [Martin Luther](#). As a result, King Sr. changed his own name as well as that of his five-year-old son.

### **2. King Entered College At the Age of 15**

King was such a gifted student that he skipped grades nine and 12 before enrolling in 1944 at Morehouse College, the alma mater of his father and maternal grandfather. Although he was the son, grandson and great-grandson of Baptist ministers, King did not intend to follow the family vocation until Morehouse president Benjamin E. Mays, a noted theologian, convinced him otherwise. King was ordained before graduating college with a degree in sociology.

### **3. King's Last Public Speech Foretold His Death**

King had come to Memphis in April 1968 to [support the strike](#) of the city's Black garbage workers, and in a speech on the night before his assassination, he told an audience at Mason Temple Church: "Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now ... I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the Promised Land. And I'm happy tonight. I'm not worried about anything. I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord."

# Hybrid Events at the Howard Beach OAC!!!

For members who 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.



If you are interested in joining this hybrid event, please contact the office, so we can count your attendance and so we may assist you to log on prior to the class. We kindly ask you keep you camera on for the entire class for safety reasons.

## Chair Yoga with Maggie on 1/11 @ 1:00 pm

**Topic: Hybrid Yoga**

**Time: Jan 11, 2024 01:00 PM Eastern  
Time (US and Canada)**

**Join Zoom Meeting**

**<https://zoom.us/j/91943381867?>**

**pwd=T1NLMklhakJzcXkwY3Z2V2JWNjgrUT09**

**Meeting ID: 919 4338 1867**

**Passcode: 789442**



# UGLY SWEATER HIGHLIGHTS!!!

I WISH TO THANK JOANN, DEBBIE HAMPSON AND HER TEAM FOR MAKING A VERY SPECIAL UGLY SWEATER PARTY FOR THE PETER STRIANO RESIDENTS AND HOWARD BEACH MEMBERS. ENJOY THESE PICTURES BELOW ...




## **Volunteer Profile:**

**Dear members,**

**Normally I would have selected one volunteer member to profile and highlight. Instead, for the month of January, I want to highlight all volunteers.**

**Our senior volunteers never cease to amaze me and my team. Our volunteers, work the welcome desk; assist with party planning and decorations; serve on your council; organize our rooms, collect donations to strengthen your advisory council funds and finally, they even teach new activities at the center. Truly we are blessed to have so many volunteers willing to donate their time to benefit the center. For all that you do and so much more I thank each and every one of you from the bottom of my heart.**

**I also ask that our members remember the contributions of our volunteers and please be kind and grateful for their contributions. Please take a moment to thank them.** 

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**I want to take a moment to thank Rosanna our amazing student intern and volunteer Dee for going out in the community & collecting many wonderful donations for our members!**



*We love our  
Volunteers*

# AGING UNBOUND



**From dancing to a new groove to inspiring the next generation and then celebrating the holidays with friends, Howard Beach members demonstrate the meaning of Aging Unbound!!!!**





Bok Yeo, Phyllis, Elva, Aida, John, Ann, Karen,  
Ethel, Paul, Edith, Victor, Luz, Maria, Nena,  
Delia, Louis, Marguerite, Frances, Nancy,  
Salvatore, Josephine, Marie, William, Anna,  
Thomas, Harry, Sheila, Joseph, Rosa, Juanita,  
Annetta, Doris, Luis, Cristobal, Joann,  
Elizabeth, Timothy, Cesar and Porzia



**Special Presentation!!!**

**Diana Ross Performance**

**Friday, January 12th, @**

**1pm**




**Don't miss this one time  
only event!**

# **Special Events for January!!!**

- ◆ **Friday, January 5th @1pm Sal the Song Man**
- ◆ **Monday, January 8th @ 10 am Sip & Paint w/Katherine**
- ◆ **Monday, January 8th @ 1pm, Spanish Class w/Nellie**
- ◆ **Thursday, January 11th & 18th @ 1:30 pm Book Club w/Pat**
- ◆ **Friday, January 12th @ 1pm, Howie the Jokeman & Diana Ross Performance**
- ◆ **Wednesday, January 17th @ 1:15 pm the last Tai Chi for Arthritis class with Madhavi. Thank you, Madhavi!!!**
- ◆ **Friday, January 19th @ 1pm DJ Ray & Birthday party**
- ◆ **Monday, January 22nd @ 10:30 Menu meeting**
- ◆ **Monday, January 22nd @ 1:30 Spanish class w/Nellie**
- ◆ **Tuesday, January 23rd @ 1pm Maggie returns to Tai Chi class**
- ◆ **Friday, January 26th @ 1pm DJ Lou**
- ◆ **Monday, January 29th @ 10:45 Lecture on Medicare Benefits Concierge Service**



**January 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">1</p> <p>Center is closed for New Year's Day</p> 	<p>9:30 Exercise/Delia 2</p> <p>10:45 Lecture</p> <p>1 pm Billiard /Michael</p> <p>1:15 Tai Chi for Arthritis/Madhavi</p> <p>2:15 Games w/ Yvonne</p>	<p>9:30 Belly Dance 3 Elaine</p> <p>10:30 Zumba w/Elaine</p> <p>1:00 Writing w/Matilde</p> <p>1:15 Tai Chi for Arthritis/Madhavi</p> <p>2:00 pm Ugly Sweater party in the Gym</p>	<p>9:30 exercise/Delia 4</p> <p>10:--12 Crochet /Mary</p> <p>1:00 Rock painting w/ Margaret</p> <p>1:00 Yoga w/Maggie</p> <p>1:30 Book Club</p>	<p>9:30 Exercise/Delia 5</p> <p>10:00 Sign Language/ Judy</p> <p>10:00 painting/Matilde</p> <p>1:00 Sal the Song Man</p> 
<p>9:30 Exercise w/Delia 8</p> <p>10:30 Sip &amp; Paint</p> <p>10:30 Embroidery/TT</p> <p>12:00 Karaoke w/Howie</p> <p>1:00 Dancing /Harrison</p> <p>1:00 Spanish/Nellie</p>	<p>9:30 Exercise/Delia 9</p> <p>10:45 Lecture/</p> <p>1 pm Billiard /Michael</p> <p>1:15 Tai Chi for Arthritis/Madhavi</p> <p>2:15 Games w/Yvonne</p>	<p align="right">10</p> <p>10:30 Zumba/Elaine</p> <p>1pm Mediation/Marie</p> <p>1:15 Tai Chi/Madhavi</p> <p>2:15 Writing w/Matilde</p>	<p>9:30 exercise/Delia 11</p> <p>10:00 --12 Crochet Class w/Mary</p> <p>1:00 Arts &amp; Crafts/Patty</p> <p>1:00 Yoga /Maggie</p> <p>1:30 Book Club/Pat</p> <p>2:00 Games/Yvonne</p>	<p>9:30 Exercise/Delia 12</p> <p>10:00 Sign Language/</p> <p>10:00 Painting/Matilde</p> <p>1:00 Diana Ross &amp; Howie the Jokeman</p> 
<p>Center Closed for Martin Luther King, Jr. Day</p>  <p><i>Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.</i></p>	<p>9:30 Exercise/Delia 16</p> <p>1:00 pm Billiard classes w/Michael</p> <p>1:15 Tai Chi for Arthritis/Madhavi</p>	<p>9:30 Belly Dance 17 Elaine</p> <p>10:30 Zumba/Elaine</p> <p>1:15 Tai Chi/Madhavi</p> <p>2:15 Writing /Matilde</p>	<p>9:30 exercise/Delia 18</p> <p>10:--12 Crochet w/Mary</p> <p>1:00 Rock painting / Margaret</p> <p>1:00 Yoga /Maggie</p> <p>1:30 Book Club/Pat</p> <p>2:00 Games/Yvonne</p>	<p>9:30 Exercise/Delia 19</p> <p>10:00 Sign Language/ Judy</p> <p>10:00 Painting/Matilde</p> <p>1:00 DJ Ray &amp; Birthday party</p>
<p>9:30 Exercise /Delia 22</p> <p>10:30 Menu Meeting</p> <p>10:30 Embroidery/TT</p> <p>1:00 Dancing/Harrison</p> <p>1:50 Bingo/Delia</p> <p>1:30 Spanish w/Nellie</p>	<p>9:30 Exercise/Delia 23</p> <p>10:30 Lecture</p> <p>1:00 pm Billiard classes w/Michael</p> <p>1:00 Tai Chi/Maggie</p> <p>2:00 Games/Yvonne</p>	<p align="right">24</p> <p>10:30 Zumba w/Elaine</p> <p>1:00 Karaoke w/Howie</p> <p>1:00 Writing w/Matilde</p>	<p>9:30 exercise/Delia 25</p> <p>10:00 --12 Crochet Class w/Mary</p> <p>1:00 Arts &amp; Crafts w/ Patty</p> <p>1:00 Yoga w/Maggie</p> <p>2:00 Games/Yvonne</p>	<p>9:30 Exercise/Delia 26</p> <p>10:00 Sign Language/ Judy</p> <p>10:00 Painting/Matilde</p> <p>1:00 DJ Lou</p>
<p>9:30 Exercise/Delia 29</p> <p>10:30 Embroidery/TT</p> <p>10:45 Lecture/Medicare concierge service</p> <p>1:00 Dancing/Harrison</p> <p>1:50 Bingo/Delia</p>	<p>9:30 Exercise/Delia 30</p> <p>10:30 Lecture</p> <p>1:00 pm Billiard classes w/Michael</p> <p>1:00 Tai Chi / Maggie</p> <p>2:00 Games/Yvonne</p>	<p>9:30 Belly Dance 31 Elaine</p> <p>10:30 Zumba w/Elaine</p> <p>1:00 Karaoke/Howie</p> <p>2:00 Mexican Bingo</p>		

155-55 Cross Bay Blvd.  
Howard Beach, NY 11414

PHONE: (718) 738-8100

Open Monday–Friday 9 a.m.–4:00 p.m.

### SENIOR CENTER STAFF

**Debra Hoffer** Director of Field Operations  
**Lisa** Case Manager  
**Kamani** Administrative Assistant

**Vacant** Program Manager  
**Maria** Kitchen Aide  
**Segundo** Kitchen Aide  
**Vadym** Maintenance

### HOWARD BEACH ADVISORY COUNCIL

President: Joyce Taraby  
Vice President: Grace Denza  
Treasurer: Pat Mckeever  
Secretary: Lena Eng  
Florence Carbone  
Matty Cardova  
Linda Mastrangelo  
Connie Pionegro  
Yvonne Whittingham

Councilmembers:  
Patty Dwyer  
Helen Garafolo  
Nieves Gonzalez  
Carmen Martinez  
Nellie Santiago  
Richard Tabakoff  
Lorraine Trotta

**Happy New Year from your friends at the Howard Beach Older Adult Center.**

Funded by the NYC Aging

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