

CELEBRATING  
**125**  
YEARS



# Riverway Experience February 2024

## RIVERWAY OLDER ADULT CENTER

230 Riverdale Avenue, Brooklyn, NY, 11212

Phone #: (718) 942-5345

### A MESSAGE FROM LETICIA

**FEBRUARY**

#### Holidays This Month

February 10 — Chinese New Year  
February 14— Valentines Day  
February 19— Presidents Day



## *Valentine's Day*

I am aware that since the end of last year leading into this year many are sick with respiratory infections, colds and flu so we want to encourage our membership to wear more masks for protection. Please stay home if you are sick to hinder the spreading of germs, because some individuals have stronger immune systems than others.

On a more pleasant note, we are grateful for our new members that have joined CCNS/Riverway OAC. We invite you to come out to our special breakfast to welcome new members on February 27@9:30AM. Please see Leticia if you are interested. We are preparing for 40 individuals. You will get a chance to meet the Advisory Board at that event.

We welcome ideas and any suggestions to help our center grow. We are the best kept secret in the heart of Brownsville but the secret is now out....

Come and join in on the fun, we can show you better than we can tell you. On Mondays lunch is free and we have Fifty Cent Fridays. As the weather gets warmer, I am sure more members will return to the center. We miss you and there is nothing you can do about it. Come to the center where love is generated everyday not just on February 14. My door is always open, just come!!!!!!!

***Remember Great Things are happening at Riverway!!!!***





## HOW TO KEEP A HEALTHY HEART

Heart disease is the leading cause of death for both men and women in the United States.



### ARE YOU AT RISK FOR HEART DISEASE?

Anyone can get heart disease, but you're at higher risk if you:

- Have high cholesterol, high blood pressure, or diabetes
- Smoke
- Are overweight or have obesity
- Don't get enough physical activity
- Don't eat a healthy diet

Your age and family history also affect your risk for heart disease. Your risk is higher if:

- You're a woman over age 55
- You're a man over age 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65

But the good news is there's a lot you can do to prevent heart disease. You can:

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation

Manage stress



[This Photo](#) by Unknown

## What Is Heart Disease?



When people talk about heart disease, they're usually talking about coronary heart disease (CHD). It's also sometimes called coronary artery disease (CAD). This is the most common type of heart disease.

When someone has CHD, the coronary arteries, or the tubes that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque, build up inside the arteries.

Experts aren't sure what causes plaque to build up. They think it may happen when your arteries get damaged by:

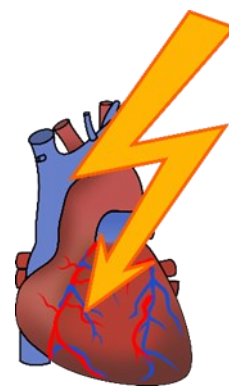
- Too much fat and cholesterol in the blood
- High blood pressure
- Smoking
- 

Too much sugar in the blood because of diabetes or other health problems  
When plaque blocks an artery, it's hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

## Signs of a Heart Attack

A heart attack happens when blood flow to the heart is suddenly blocked. Part of the heart may die if the person doesn't get help quickly. Some common signs of a heart attack include:

- Pain or discomfort in the center or left side of the chest — or a feeling of pressure, squeezing, or fullness
- Pain or discomfort in the upper body — like the arms, back, shoulders, neck, jaw, or upper stomach (above the belly button)
- Shortness of breath or trouble breathing (while resting or being active)



- Feeling sick to your stomach or throwing up
  - Stomach ache or feeling like you have heartburn
  - Feeling dizzy, light-headed, or unusually tired
- Breaking out in a cold sweat

Not everyone who has a heart attack will have all the signs.

**Don't ignore changes in how you feel.**

Signs of a heart attack often come on suddenly. But sometimes, it takes hours, days, or even weeks before a heart attack happens.

Talk to your doctor if you feel unusually tired for several days, or if you have pain or trouble breathing.

If you've had a heart attack in the past, it's important to know that symptoms of a new heart attack might be different from your last one.

**Call 911 right away if you or someone else has signs of a heart attack.**

Don't ignore any signs or feel embarrassed to call for help. Acting fast can save a life — so call 911 even if you're not sure it's a heart attack.



## **STEPS TO LOWER YOUR RISK OF HEART DISEASE**

**Control your cholesterol and blood pressure.** It's important to get your cholesterol checked at least every 5 years.

**Get your blood pressure checked.** Get your blood pressure checked regularly. High blood pressure has no signs or symptoms.

**Know your family's health history.** Your family history affects your risk for heart disease. Share the information with your doctor or nurse.

**Ask your doctor about taking aspirin every day.** If you're age 50 to 59, taking aspirin every day can lower your risk of heart attack and stroke — but doctors don't recommend it for everyone.

**Eat healthy.** Eating healthy can help lower your risk of heart disease. A heart-healthy diet includes foods that are low in saturated fat, added sugars, and sodium (salt).

Heart-healthy items include high-fiber foods (whole grains, fruits, and vegetables) and certain fats (like the fats in olive oil and fish).

**Drink alcohol only in moderation.** Drinking too much alcohol can increase your risk of heart disease. So if you choose to drink alcohol, drink only in moderation. That means 1 drink or less in a day for women and 2 drinks or less in a day for men.

**Get active.** Getting regular physical activity can help prevent heart disease. Adults need at least 150 minutes of moderate-intensity aerobic activity each week. This includes anything that gets your heart beating faster — like walking, dancing, and biking.

**Stay at a healthy weight.** People who are overweight or have obesity are at an increased risk for heart disease, high blood pressure, and type 2 diabetes.

**Quit smoking and stay away from secondhand smoke.** Quitting smoking helps lower your risk of heart disease and heart attack. Call 1-800-QUIT-NOW (1-800-784-8669) for free support and to set up your plan for quitting. Avoiding secondhand smoke is important, too — so keep your home smoke-free.

**Manage stress.** Managing stress can help prevent serious health problems like heart disease, depression, and high blood pressure. Deep breathing and meditation are good ways to relax and manage stress.

**Submitted By : Madhavi Menon Strohl**



## Whole grains:

### Hearty options for a healthy heart



[This Photo](#) by Unknown Author

You've probably heard that whole grains are good for you, but do you know why?

They are unrefined grains. This means that their bran and germ remain intact, and they are not stripped of all their nutrients.

Whole grains are good sources of cholesterol-reducing fiber as well as selenium, potassium, and magnesium.

Whole grains provide a variety of heart healthy nutrients and are naturally low in fat.

#### Types of grains

Grains are the seeds of grasses cultivated for food. They come in many shapes and sizes.

**Refined grains.** Refined grains are milled, a process that strips out both the bran and germ to give them a finer texture and longer shelf life. The **refining process also removes many nutrients, including fiber.** Refined grains include white flour, white rice, white bread and degermed cornflower. Many breads, cereals, crackers, desserts and pastries are made with refined grains, too. **These processed foods will not keep your blood sugar levels steady,** which is why you will be hungry again soon after consumption. **Enriched grains.** Enriched means that some or many of the nutrients that are lost during processing **are added back in later.** Most refined grains are enriched, and many enriched grains are also fortified, **Fortified** means nutrients don't occur naturally in the food are **added with other vitamins and minerals, such as folic acid and iron.** Enriched grains lack fiber and are not the best choice because **many important vitamins and nutrients are lost during processing.**



## Choosing whole grains

Barley  
Brown rice  
Buckwheat  
Bulgur (cracked wheat)  
Millet  
Oatmeal  
Popcorn  
Whole-wheat bread, pasta or crackers  
Wild rice

It's not always easy to tell if a product has whole grains. If you're not sure something has whole grains, check the product label or the Nutrition Facts panel. Look for the word **whole** on the package, and make sure whole grains appear among the first items in the ingredient list.

If you're like most people, you're not getting enough whole grains in your diet. Try to choose whole grains for at least half of all the grains you eat.

### How to enjoy more whole grains in your diet

Try these tips to add more whole grains to your meals and snacks:

Enjoy breakfasts that include whole-grain cereals, such as bran flakes, shredded wheat or oatmeal.

Substitute whole-wheat toast or whole-grain bagels for plain. Substitute low-fat bran muffins for pastries.

Make sandwiches using whole-grain breads or rolls. Swap out white-flour tortillas with whole-wheat versions.

Replace white rice with kasha, brown rice, wild rice or bulgur.

Add wild rice or barley in soups, stews, casseroles and salads.

Add whole grains, such as cooked brown rice or whole-grain bread crumbs, to ground meat or poultry for extra body.

Use rolled oats or crushed bran cereal in recipes instead of dry bread crumbs.

Eating a variety of whole grains not only ensures that you get more heart health-promoting nutrients but also helps make your meals and snacks more interesting.

ENJOY AND STAY HEART STRONG!  
Madhavi Menon Strohl

## WHOLE GRAINS



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# Tribute to BLACK HISTORY MONTH



## Events at Riverway OAC to Celebrate Black History Month

February 22-Black History Celebration hosted by Oak Street Health @11:00AM

February 28-Black History Presentation -@1:00PM



# **February Happenings**

## **Center Closed February 19 for President's Day**

Feb.14-Valentine Gathering @1:30PM

Feb.15-Birthday Party @2:00PM

Feb.16-Valentine Special Bingo@1:30PM

Feb.21-CCNS-Family Care @11AM

Feb 22-Wills, Health Proxy & POA Presentation-Access Justice Brooklyn @10AM

Feb 22-Black History Celebration by Oak street Health @11AM

Feb 26-Oakstreet Health Presentation @11AM

Feb 27-Senior Welcome Breakfast@9:30AM

Feb28-Black History Presentation @1PM

Feb 29-Health First-Self Defense Class



# Paella

4 cups chicken broth  
1/4 teaspoon saffron threads  
Olive oil, for cooking  
1/2 pound andouille sausage, sliced into 1/2-inch pieces  
1 chicken breast, medium diced  
Kosher salt  
1/2 Spanish onion, small diced  
4 cloves garlic, minced  
1 teaspoon pimentón  
1 green bell pepper, small diced  
1 red bell pepper, small diced  
2 cups Bomba rice  
One 15-ounce can crushed tomatoes  
1/2 cup dry white wine  
1/2 cup fresh or frozen peas  
6 large shrimp (size U10), shells and tails on  
12 mussels, cleaned  
1/2 bunch fresh parsley, roughly chopped

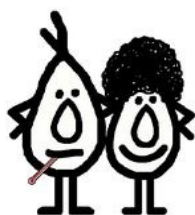


1. Heat chicken broth in a small pot.
  2. Add saffron to a small bowl and pour in about 3 tablespoons of the warm chicken broth. Allow to steep until ready to use.
  3. Heat a 16-inch paella pan over medium heat. Add olive oil to coat. Add andouille sausage and sear until golden brown on all sides, then remove from the pan and set aside. Add the chicken and sprinkle with salt. Sear on all sides until golden brown (chicken doesn't need to be cooked through; it will continue to cook later). Remove chicken and set aside. Add the onions to the pan and cook until translucent, about 4 minutes. Add the garlic and pimentón and cook until just translucent and soft, about 2 minutes. Add the bell peppers and sauté until they begin to soften, a few minutes. Add the saffron broth and stir to combine. Add the rice and stir to combine. Add the tomatoes and white wine, then bring to a boil. Add the remaining hot broth and bring to a simmer. Reduce heat to low and allow rice to cook and liquid to be absorbed, about 20 minutes.
  4. Stir in the peas, chicken and sausage. Sprinkle with salt. At this point it is important to stop stirring and allow the bottom to crisp up. That's the best part! Arrange the shrimp and mussels on top and cook; turn shrimp after 7 minutes. Continue to cook until shrimp have turned pink and mussels have opened, about 3 minutes more. Remove paella from the stove and garnish with parsley and lemon wedges. Serve out of the paella pan and share with friends!
- By Anne Burrell

## Poetry Corner

### Love Sick

dizzy and flushed  
the world spinning  
'round and 'round  
is it you my love  
or the flu



How do I love thee?  
Let me count the ways.

I love thee to the depth  
and breadth  
and height  
My soul can reach,  
when feeling out of sight,  
For the ends of Being and ideal Grace.  
I love thee to the level of everyday's  
Most quiet need,  
by sun and candlelight.  
I love thee freely,  
as men strive for Right,  
I love thee purely,  
as they turn from Praise.  
I love thee with the passion  
put to use In my old griefs,  
and with my childhood's faith.  
I love thee with a love I seemed to lose  
With my lost saints,  
—I love thee with the breath, Smiles, tears,  
of all my life!  
—and, if God choose,  
I shall but love thee better after death

~ Elizabeth Barrett Browning



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

# Valentines Day Word Search



LOVE  
ADMIRER  
VALENTINE  
FLOWERS  
CHOCOLATES

CARD  
LOVE  
LOVEBIRDS  
CANDY  
BOUQUET

DOVES  
POEM  
PRESENTS  
ROSES  
FEBRUARY



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

# February Word Search



VALENTINE

HEART MONTH

BLACK HISTORY

BIRD FEEDING MONTH

SUPER BOWL

CHINESE NEW YEAR

AMETHYST

AQUARIUS

LEAP YEAR

SWEETHEART

CHOCOLATE

GROUNDHOG DAY

FLOWERS

FOOTBALL

LINCOLN



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230 Riverdale Ave

Phone: (718) 942-5345

Open Monday—Friday 8:30am—

4:30pm

**OLDER ADULT CENTER STAFF**

Ron Carson – Dir. Of Field Operations

Leticia Knowles—Program Manager

Dorothy Craig—Case Manager

Yolanda San Juan—Admin. Assistant

Pek Yeoh— Program Aide

Harri Ramnanan– Driver

Darryl Brown—Driver/ Kitchen Aide

Jamella Thomas—Kitchen Aide

Robert Walker—Maintenance

**ADVISORY COUNCIL**

Mildred Jasper-President

Maxine Irby-Vice President

Elena Pascal-Secretary

Donna Abrams-Treasurer

**Friends of the Board**

Lorna Bynoe

Barbara Clark

Cecelia Foster

Mary Ligon

**BIRTHDAYS**



Happy February  
Birthday to Members!!  
all



*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.

