

# Narrows OAC Newsletter March 2024



## March Fun Facts

**This March is Observed as:** Women's History Month, Easter, National Nutrition Month, National Kidney Month, St. Patrick's Day.

**Birthstone:** Aquamarine

**Fruits and Veggies of the Month:** Mandarins, Onions, Spinach, Garlic, Limes

**Flower:** Daffodil

**Astrological Sign:** Pisces and Aries

**CCNS**

**Narrows Senior Center**  
933 54th Street  
Brooklyn, NY 11219  
Tel: 718.232.3211  
Fax: 718.232.0512



## Women's History Month



For the month of March, there are a handful of important acknowledgments such as Kidney Health Month, Women's History Month, and St. Patrick's Day. Your kidneys are very important to your health as they help with filtering out waste from your body and to circulate healthy blood cells. Keep them healthy and if needed, check with your doctor for any kidney health concerns. Staying hydrated is key to healthier organ function. We are now slowly leaving winter and going into spring. The sun will begin to set at 6:00pm. But do not rush to put away your winter coats, as we will still continue to get some cold days well into April. March is the month to slowly transition from winter to spring. Check the weather forecast every day to see how cold or warm it is and dress accordingly to the weather. During the warm days, you can go out and enjoy the outdoor activities you like and take in that vitamin D.

Enjoy March everyone!

## Staff Members

**Tselita McBride**  
Program Manager

**Tommy Lee**  
Case Manager

**Meng Zhou**  
Administrative Assistant

**Madeline Sbrano**  
Driver

**Samuel Robertson**  
Driver

**Gek Poh Lim**  
Kitchen Aide

**Tomasz Kucharczyk**  
Maintenance

# CELEBRATING March

## SOCIAL WORK MONTH

**THANK YOU SOCIAL WORKERS** for being the wings to the most vulnerable people in our society. The guidance you provide empowers people to stand strongly independent, brave, while confidently tackling the unimaginable, knowing that someone is by your side. Thank you for being the cushion and the catapult.

### March Women's History Month

March is Women's History Month. It is time to celebrate the struggles and achievement of women. No matter if famous, women, are all part of the importance of women hood and what they go through. They are our mothers, grandmothers, sisters, aunts, friends, cousins, wives and life.

### National Nutrition Month

March is nutrition month. Let's use this month to make an awareness of choosing healthy nutritional foods that are good for our bodies. There is a saying, an apple a day keeps the doctor away but also lemon helps kill bacteria and toxins in your body. Raw and semi cooked vegetables help with digestion. Instead of eating white bread, choose whole wheat bread, which contain fibers to ease digestion. Last but not least drink lots of water.

### National Kidney Month

March is National Kidney Month. Every single day, Kidneys filter 200 liters of blood helping to regulate blood pressure and red blood cell production. But they are also an easy target for disease; 1/3 of Americans are at risk for kidney disease due to illnesses such as diabetes, high blood pressure or a family history of kidney health issues. There are more than 30 million Americans who already have kidney disease, and most are unaware. Too often symptoms do not appear until the disease has advanced. All people are encouraged to do Kidney screenings especially people with diabetes, high blood pressure, or if there is a history of family members having kidney health issues. The body is strong just as it is fragile. It is up to us to maintain healthy habits and preventative measurements.

# Daily Activity Calendar

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8am to 10:30am Coffee and Current Events	8am to 10:30am Coffee and Current Events	8am to 10:30am Coffee and Current Events	8am 10:30am Coffee and Current Events	8am to 10:30am Coffee and Current Events
8am — 9:30am Karaoke	8am — 9:30am Karaoke	8am — 9:30am Karaoke	8am — 9:30am Karaoke	8am — 9:30am Karaoke
9am to 11am Mah Jong / Ping Pong	9am to 11am Mah Jong / Ping Pong	9am to 11am Mah Jong / Ping Pong	9am to 11am Mah Jong/ Ping Pong	9am to 11am Mah Jong/ Ping Pong
10am to 11am Jewelry Making Class	10:30 11:15am Yoga Class with Victoria	10:30 to 11:15am Head to Toe Mindful Meditation & Yoga Class With Victoria	10:30 to 11:15am Yoga Class with Victoria	10:30am to 11:30am Music Entertainment
11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
<u><b>LUNCH</b></u> Congregate	<u><b>LUNCH</b></u> Congregate	<u><b>LUNCH</b></u> Congregate	<u><b>LUNCH</b></u> Congregate	<u><b>LUNCH</b></u> Congregate
1pm to 2pm Healthy Easy Cooking / Recipe Class	2:30pm — 4pm Karaoke	1PM to 2PM Virtual Concert in Motion	1PM to 2PM Painting Appreciation	1pm to 2pm Computer /Technology Class with Hau-Yu
2:30pm — 4pm Karaoke	1pm to 2:30pm Sewing Class	1:00PM– 2:00PM Plaster and Painting with Vito Badamo	2:30pm — 4pm Karaoke	1:15pm to 2pm Cognitive Exercise Challenge
	3PM to 3:45 PM Virtual Tai Chi	2:30pm — 4pm Karaoke		2:30pm — 4pm Karaoke

**Karaoke is per request. Please see staff to set up the equipment.**

**Sewing Class: Three sewing machines on site to share  
You are welcome to bring your own equipment.  
Fabric and sewing kits are on site**

**Please speak to staff before making a donation of  
household items or clothing as we have to follow safety**

**Please call (718) 232-3211 for updates or changes.**



# Narrows Older Adult Center Menu for March 2024

930 53<sup>rd</sup> Street Brooklyn, NY 11219 Tel: (718) 232-3211 Fax (718) 232-0512

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Menu Subject to Change sometimes</li> <li>All Meals Served with 8 oz., 1% Milk</li> <li>Hot beverages are offered throughout the day</li> <li>Sugar substitute is available</li> <li>Funded by NYC Aging</li> </ul> 				<b>1</b> Annes Lemon Garlic Sauce Baked Salmon Garden Salad Rice with Vegetables Whole Wheat Bread Pear
<b>4</b> Sesame Orange Chicken Steamed Broccoli Rice with Vegetables Whole Wheat Bread Apple	<b>5</b> Arroz con Gandules(Mexican Style Brown Rice with Pigeon Peas) Vegetable Mix Whole Wheat Bread Banana	<b>6</b> Italian Style Pork Loin Mushroom Gravy Homemade Mashed Potatoes Roasted Zucchini Whole Wheat Bread Orange	<b>7</b> Homemade Beef Hamburger Baked Red Potato Wedges Garden Salad Whole Wheat Hamburger Bun Apple	<b>8</b> Baked Fish with Garlic Parmesan Crust Sauteed Green Beans with Onions Brown Rice Whole Wheat Bread Pear
<b>11</b> Chicken Marsala Roasted Potatoes Sauteed Spinach Whole Wheat Bread Apple	<b>12</b> Zesty Chickpea Stew Garden Salad Quinoa Whole Wheat Bread Banana	<b>13</b> Chambre de Gandules (Dominican Stew with Pork, Vegetables and Brown Rice) Steamed Carrots Yellow Rice Whole Wheat Bread Orange	<b>14</b> Homemade Tomato Sauce Italian Meatballs with Beef and Turkey Vegetable Mix Spaghetti with Homemade Tomato Sauce Whole Wheat Bread Apple	<b>15</b> Citrus Sesame Crusted Salmon Corn Niblets Steamed Broccoli Whole Wheat Bread Pear
<b>18</b> Baked Chicken Thighs Sauteed String Beans Mashed Sweet Potatoes Whole Wheat Bread Apple	<b>19</b> Mediterranean Lentil Stew Steamed Kale Cous Cous Whole Wheat Bread Banana	<b>20</b> Sweet and Sour Pork Loin Roasted Broccoli Rice with Corn Whole Wheat Bread Orange	<b>21</b> Beef Stew Vegetable Mix Brown Gravy Egg Noodles Whole Wheat Bread Apple	<b>22</b> Baked Fish with Cream Sauce Garden Salad Garlic Mashed Potatoes Whole Wheat Bread Pear
<b>25</b> Chicken Parmesan Homemade Tomato Sauce Vegetable Mix Pasta Whole Wheat Bread Apple	<b>26</b> Vegetarian Three Bean Chili Sauteed Spinach Brown Rice Whole Wheat Bread Banana	<b>27</b> BBQ Pulled Pork Baked Sweet Potato Garden Salad Whole Wheat Bread Orange	<b>28</b> Beef Salisbury Steak Brown Gravy Garlic Mashed Potatoes Roasted Zucchini Whole Wheat Bread Apple	<b>29</b> Pineapple Glazed Salmon Cabbage, Carrot, and Kohlrabi Slaw Whole Wheat Bread Pear



# March 2024 Presentations

Monday 3/11/2024 10am — Dairy & Alternatives (English)

Please note these presentation dates are subject to changes.

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## Entertainment Events

Friday 3/15/2024 10am — 11:30am

Celebrating St. Patrick's Day With DJ Joel Pawiak

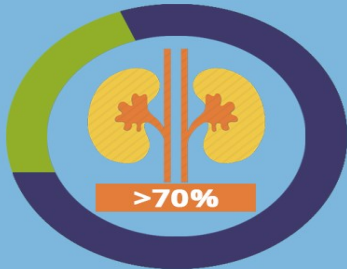
Please Note They Are Subject To Changes At Any Time



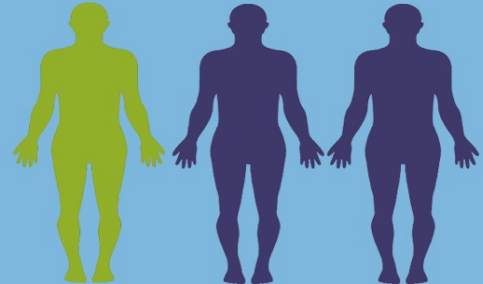
# National Kidney Month



## FACTS

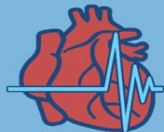


Over 70% of kidney failure cases caused by *diabetes and/or high blood pressure* could have been prevented or delayed.



1 in 3 american adults is at high risk for developing kidney disease.

## 6 Problems Kidney Disease Causes



Cardiovascular Disease



Weak Bones



High Blood Pressure



Kidney Failure



Heart Attack



Stroke

## 6 Ways Kidneys Keep Your Healthy



Regular Fluid Levels



Activate Vitamin D For Healthy Bones



Filter Waste From The Blood



Direct Production Of Red Blood Cells



Regulate Blood Pressure



Blood Minerals In Balance



WELLNESS FOR LIFE  
HEALTHCARE REDEFINED



AMELIA EARHART

# Women's HISTORY MONTH

*Stand for something or you will fall for anything. Today's mighty oak is yesterday's nut that held its ground.*  
- Rosa Parks



HELEN KELLER

*I had rather make history than write it.*  
- Susan B. Anthony



SUSAN B. ANTHONY

*No one can make you feel inferior without your consent.*  
-Eleanor Roosevelt



ROSA PARKS

*Alone we can do so little, together we can do so much.*  
- Helen Keller



ELEANOR ROOSEVELT

*Don't follow the path. Go where there is no path and begin the trail.*  
- Ruby Bridges



SALLY RIDE

*But what do dreams know of boundaries?*  
- Amelia Earhart

*I had reasoned this out in my mind; there was one of two things I had a right to, liberty or death; if I could not have one, I would have the other.*  
- Harriet Tubman



RUBY BRIDGES

*All adventures, especially into new territory, are scary.*  
- Sally Ride



HARRIET TUBMAN

# March Madness

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

basketball

Referee

Court

Heat

Pistons

Knicks

Clippers

Mavericks

Spurs

Bulls

Lakers

Magic

Shack

Michael Jordan

Net

Celtics

Center

Walk

Dunk

Players

Team

Good Luck

Guard

Hangtime

Rebound

Turnover

Traveling

Steal

three pointer

Pass

Free throw

Foulshot

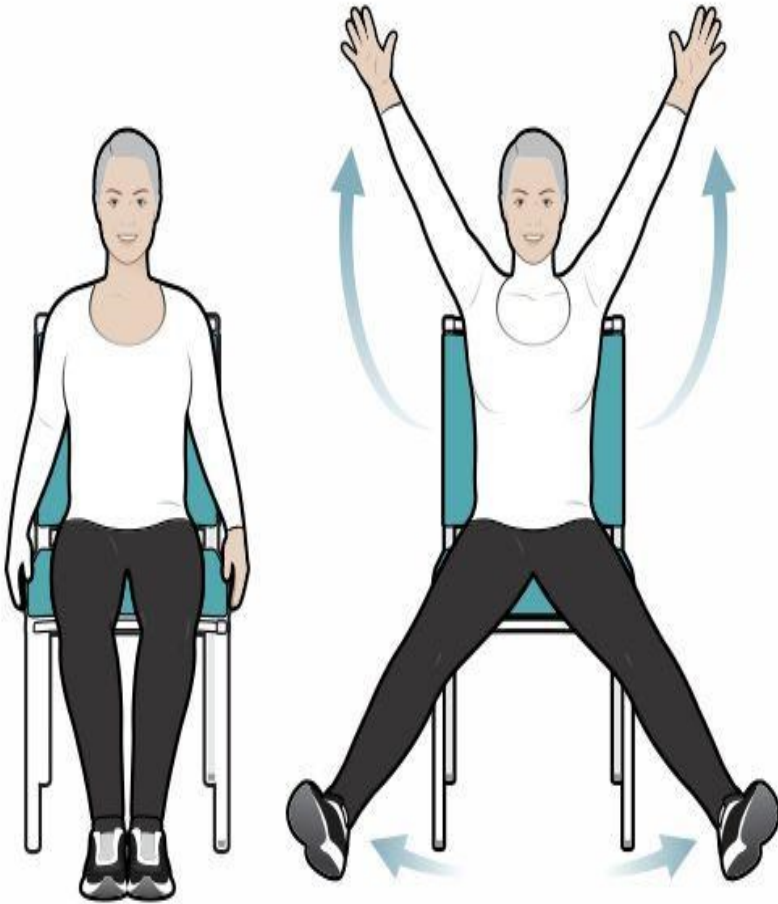
Bankshot

Drills

Hoop

Dribble





# St. Patrick's Day Facts

As long as you celebrate safely, St. Patrick's Day can be fun for all.  
Here are a few facts about the Irish holiday:

- St. Patrick's Day celebrates the traditional religious feast day of St. Patrick, the patron saint of Ireland.
- The first St. Patrick's Day parade took place not in Ireland, but the United States on March 17, 1737, in Boston.
- More than 100 St. Patrick's Day parades are held across the United States. New York City and Boston host the largest.
- There are roughly 35 million U.S. residents with Irish ancestry, more than seven times the population of Ireland itself.
- There are approximately 144,588 current U.S. residents who were born in Ireland\*\*.
- You may hear some phrases in Gaelic/Irish on St. Patrick's Day. The most common: Erin go braugh = Ireland forever; slainte = good health/cheers.



# ST. PATRICK'S DAY WORD SEARCH



LEPRECHAUN

LUCKY

POT OF GOLD

IRISH

RAINBOW

GREEN

SHAMROCK

CLOVER

GOLD

MARCH

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



# IRISH SODA BREAD

## SECRETS

### INGREDIENT TIPS

#### Flour

Be sure to use unbleached flour that is not pre-sifted.



#### Baking Soda

Don't exceed the specified amount of baking soda, which turns bread green.



#### Buttermilk

Let the buttermilk thicken for about a week before using.

#### Butter

If included in the recipe, use "extra dry" butter without salt.



### BAKING TIPS



#### Aerate the flour

Fluff the dry ingredient mixture in the bowl by repeatedly lifting it up in the air with your hands and letting it fall back into the bowl.



#### Fold in the buttermilk

Work a spoon around the outside and underneath of the mixture until it's just moistened. Don't try to get it smooth.



#### Don't overwork the butter

Once mixed in, the butter should resemble peas but will not be consistent in texture.



#### Form the loaf

Turn out the dough gently to retain the air pockets. Be tender with it.



#### Bake

Turn the bread upside down for the last 10 minutes of baking for consistency. Tap the bottom and listen for a hollow sound.



#### Cool

Cool on a wire rack so the bottom doesn't get soggy. Drape a damp tea towel over it so the steam will soften the crust.

### The quicker the better

Don't overdo the process – it should only take a few minutes to prepare for baking.



# Easy Ways to ..... Enjoy Fresh Greens



## 1. Buy

- ❖ Choose greens with crisp, bright leaves with no yellow or brown spots.

## 2. Store

- ❖ Before storing:
  - **Lettuce and salad greens:** Wrap leaves in a dry paper towel.
  - **Bunched greens with stems (kale, collard greens):** Chop off ends of stems and wrap ends in a damp paper towel.
  - **Herbs:** Wrap entire bunch in a slightly damp paper towel.
- ❖ Keep all greens in the refrigerator, unwashed, in a sealed plastic bag.

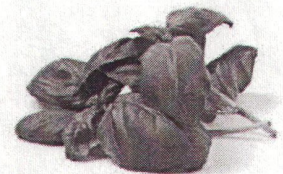


## 3. Wash

- ❖ Place greens in a bowl and cover with water.
- ❖ Shake greens under the water to loosen any dirt. Allow dirt to settle.
- ❖ Gently lift out greens and discard water. Repeat as needed.

## 4. Prepare

- ❖ Sauté onions and garlic in oil. Add leafy greens and cook until tender.
- ❖ Blend spinach or kale with frozen fruit to make a smoothie or with beans to make a delicious dip.
- ❖ Add chopped leafy greens to soups, stews and pasta sauces. Cook until tender.
- ❖ Add fruits, other vegetables, nuts or beans to raw chopped greens for a hearty salad.



For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at  
[facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for "farmers markets."  
For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).



*Just Say Yes* to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://www.myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).



Narrows Older Adult Center Would Like To Thank The  
Following Companies For Their Donations For Our Friday 2/16/2024  
Chinese New Year Party.

VNS Health – Photobooth Session/Tote Bags  
True Care – Egg Tarts



Let's Also Celebrate Paul & Nancy Gentile's 72<sup>nd</sup> Wedding Anniversary





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**We're on the  
web  
[www.ccbq.org](http://www.ccbq.org)**



## Social Work Corner

*Please schedule an appointment to get screened for benefits and entitlements.  
Please inquire about our transportation service and the required eligibility for application.*

*We have SNAP, HEAP and EPIC on site  
Information and referrals are available upon request*

*Apply for Internship, volunteer and community service.*

*We are currently accepting volunteers for workshops and provide full college credit towards internship hours  
Call today!!!*

Health managements starts from the inside out. Nutritional intake is the primary key to preventative medicine. What you eat on the inside is what you wear on the outside. Call the Narrows OAC and speak with staff on our Nutrition Information and scheduled presentation.



# Kind Reminder To Narrows Members

Please remember to make sure your information with the center's office such as address, phone number(s), emergency contacts, doctor contacts, and etc. are all up to date and notify the Case Manager or other office staff of any changes to update your records as this is important to allow us to be able to reach out to you or your contacts for very important reasons or if there is an emergency and ultimately it is all about ensuring your safety.



Thank You

