

April, 2024

Seaside Older Adult Center



# SEASIDE NEWS

320 BEACH 94TH STREET, ROCKAWAY BEACH, NY 11693 PHONE: (347) 926-4119

Jurate Jones, Program Manager

*A message from Jurate*

*In the flowers popping up,*

*in the trees budding out*

*I hope you see something to*

*smile about everywhere you*

*look this Spring!*



*Happy Birthday to:*

**Barbara D**

**Ada R**

**Alice M**

**Rita F**

**Russell**

**Jackie M**

**Melvina G**

**Janet K**

**MarieGold R**

**Claudette S**

**Robert**

**Grazyna G**

**Olney F**

**Mark Ga**

**Margaret B**

**Edward B**

**Krystyna D**

**Audrey M**

**Anthony M**

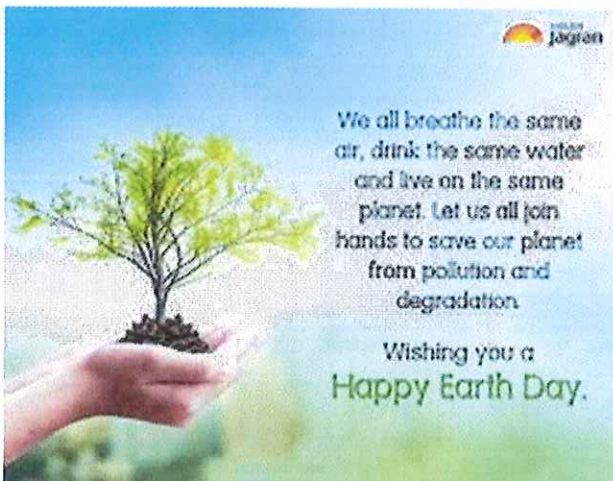
**Montaz N**

**Ada Rivera**

**Linda M**

**Minerva R**

**James G**



*Funded by the NYC Aging*



# Seaside ANNOUNCEMENTS, April 2024

Greetings! Spring is here at last! We are all ready for some milder fresh air, sunshine walks around the neighborhood, new flowers. It's a great time to bring new life or cultivate our lives. Seaside Older Adult Center is open for breakfast, lunch, exercise, dominoes, bingo, pokeno, pool, parties, presentations, social interaction, trivia, trips, and shopping. Our friendly atmosphere is just what you need! Located in the heart of Rockaway Beach, and just minutes from the Boardwalk, Seaside OAC is your *home away from home*. Bring a friend and get a free lunch! Same day memberships available. Joining is free and takes less than 30 minutes. New members just need to bring ID to show they are 60+. Our center is Wheelchair Accessible. Languages spoken by staff include, English, Spanish, Bulgarian, Russian, Lithuanian, Ukrainian and Polish.

NYC Aging competition, **Talent is Timeless** is back for a second year! The search for a star is on! Seaside OAC did pretty well last year, with talented songstress **Jackie** making it to the third round. Please get involved and share your talent with a wider audience. On a date in May, we will have our Talent Show heat right here at Seaside. Please consider a performance of your choice and let Jurate or Briege know if you are interested in signing up.



On Thursdays after lunch, we will have Bingo with

**Barbara and Joyce** —we thank them both most



sincerely as well as James and Elizabeth who also pitch in. We may be able to add a second weekly game of Bingo but we would need volunteer callers who can commit to a certain day. If you are willing to call Bingo, please let Jurate know! It is hoped we can have a roster of callers!

Psst! Read more about the always-smiling Ms. Joyce on **page 7**.

**Pokeno** will take place on Wednesday April 17th after lunch.



**\*\*Attention\*\*** On April, 8th and 19th, Luis Rimpell will be checking blood pressure from 10am-12pm. Get your blood pressure checked as part of a Healthy You in 2024!



## Earth day word scramble

1. Lirap
2. Latpne.
3. Seeru
4. Ierennvontm
5. Crleyec
6. Retes
7. Novesver
8. Tpectro
9. ptocmos
10. Iamelct



# Spring Word Search



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

SPRING  
 MAY  
 GREEN  
 WARM  
 UMBRELLA



MARCH  
 FLOWERS  
 GRASS  
 SHOWERS  
 EASTER



APRIL  
 BASEBALL  
 SUNSHINE  
 RAIN  
 BIRDS



## MESSAGES for our MEMBERS

*Our condolences to James M. on the passing of his brother-in-law. May he rest in eternal peace.*



*We are praying for strength and a return to good health of body, and of mind for the following members:*

*Sola Eva Eddy Gazeta  
Robert Claudette Claudine  
Celestine Neville Sarah  
Frances Claire Shelia Xiomara  
Patricia Ada James*

~~~

*Please remember our dear member Ms. Sola in your prayers. Sola was badly injured in a car accident back in March. Fortunately she is improving slowly but surely.*

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### **Earth Day 2024**

***Take action to protect our planet.***

**Earth day is April 22nd:** Earth Day is an annual event on April 22 to demonstrate support for environmental protection. Earth Day was the brainchild of Senator Gaylord Nelson, who was inspired to create a grassroots movement after seeing the damage done by a massive oil spill in 1969. First held on April 22, 1970, Earth Day now includes a wide range of events coordinated globally by EarthDay.org including 1 billion people in more than 193 countries.



### **Happy Passover**

The feast of Passover begins on the evening of Monday, April 22 and ends on the evening of April 30, Passover is a festival of freedom. It commemorates the Israelites' Exodus from Egypt, and their transition from slavery to freedom. The main ritual of Passover is the seder — a festive meal that involves the re-telling of the Exodus through stories and song and the consumption of ritual foods, including matzah and maror (bitter herbs).

## APRIL is National Stress Awareness Month

We all face challenges that can be stressful, overwhelming, and cause us to react with strong emotions. Stress and anxiety can wreak havoc on our health and although stress can be unavoidable, we can take steps to manage it better and maintain a decent quality of life. Always remember the phrase, "this too shall pass." Learning healthy coping skills and getting the right care and support can help reduce stressful feelings and symptoms. The symptoms may be physical or emotional. Common reactions to a stressful event can include:

- Disbelief
- Feelings of fear, shock, anger, hopelessness, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty sleeping or nightmares, concentrating, and making decisions
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

It is natural to feel stress, anxiety, grief, and worry during traumatic events such as a death in the family, a pandemic, a natural disaster and more recently wars that tragically affect innocent civilians of all ages. Below are ways that you can help yourself, others, and your community manage stress.

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed but hearing about the traumatic event constantly can be upsetting. Consider limiting news to just a couple of times a day and disconnecting from phone, tv, and computer screens for a while.
- **Take care of yourself.** Eat healthy, exercise, get plenty of sleep, and give yourself a break if you feel stressed out.
- **Take care of your body.** Take deep breaths, stretch, meditate and practice mindfulness. Inhale and exhale in a quiet space. Try to eat healthy, well-balanced meals.
- **Exercise regularly.** Tai chi, light aerobic activity as well as chair exercise have positive benefits. Have a good evening routine. Sip a cup of herbal tea and try to rest. Getting a good night's sleep is very beneficial and sets you up well for coping with the day ahead.
- **Make time to unwind and connect with your friends.** Try to do some other activities you enjoy. Socializing at your local center is a great distraction and you can also do exercise and eat a healthy breakfast and lunch.

**Talk to others.** Talk with people you trust about your concerns and how you are feeling. Share your problems and how you are feeling and coping with a counselor, doctor, pastor or friend.

**\*\*IMPORTANT\*\*** Recognize when you need more help. If problems continue that worry you, talk to a professional such as a psychologist, social worker or counselor. A problem shared is a problem halved. Always know you are not alone. If you, or someone you know, needs services, or would like to learn more about NYC Aging's Geriatric Mental Health Initiative, please call Aging Connect at 212-AGING-NYC (212)-244-6469.

# SPECIAL EVENTS IN MARCH AT SEASIDE



Last day of York College OT Interns :(



↑ District Manager at New York State Senate, Lisa George stopped by the center to discuss community concerns ↑

↑ Always a pleasure to have the NYPD safety team at Seaside OAC ↑



↑ A very happy birthday to all our March Babies!  
L-R: Patricia, Charlesetta, Angela, Brenda, Amalia and Ambo!

↑ Just some of our iconic women of Seaside Hope you all had a Happy Women's History Month!

## IMPORTANT BENEFIT INFORMATION

It is important to be screened for important benefits/entitlements such as: SNAP, SCRIE, DRIE, STAR, ENHANCED STAR, SCHE, MEDICAID, MEDICARE SAVINGS PROGRAM, HEAP, AFFORDABLE CONNECTIVITY PROGRAM, ACCESS-A-RIDE and REDUCED FARE METROCARD.



Have you taken advantage of the federally-funded **Affordable Connectivity Program (ACP)**? If you meet the qualifications, you could save up to \$360 a year on your home broadband expenses (INTERNET). Good news! Many internet service providers have committed to being involved with the ACP. They include AT&T, Google Fiber, Optimum, Spectrum, T-Mobile and Verizon. Eligibility for this program is based on household income; If you participate in certain government assistance programs such as SNAP, Medicaid; or other programs.

If you or your child or dependent already receives a Lifeline benefit (cell phone).

**IMPORTANT:** If you already have internet or a bundled package such as cable, internet and telephone, contact your provider and ask if they are enrolled in the ACP.

**GET SCREENED BY YOUR CASE MANAGER.**

**TO APPLY:VISIT: [WWW.ACPBENEFIT.ORG](http://WWW.ACPBENEFIT.ORG). If you are over the income limit, you may still be eligible if you have Veteran status or you are/were married to a Veteran.**

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Welcome to our *Spotlight on Seaside Older Adults* section, celebrating all who attend our center.

*Spotlight on the always-smiling  
Ms. Joyce G*

**Occupation before retirement:** Manager at Key Food for 38 years

**Favorite color:** Green

**Zodiac sign:** Scorpio

**Favorite movie:** *Pretty Woman*

**Favorite book:** *The Adventures of Tom Sawyer* by Mark Twain

**Advice for the youth of today:** Always put God first in everything you do and respect your elders.

**Person(s) you most admire:** My whole family.

**Favorite quote you live by:** "I'm too blessed to be stressed."

**Hobbies:** Bingo, shopping, trips, crossword puzzles, fill-it-ins and word scrambles. Most importantly, I am a volunteer at St. Mary's and St. Gertrude's. I work at their pantry and I am a church usher.

**Favorite thing about Seaside OAC:** I love all the different types of people of all races, and I enjoy the comfortable vibe at the center. I love all the personalities and characters and I am grateful for the staff.

# SEASIDE OLDER ADULT CENTER

## A poem to celebrate Earth Day

E is for the Environment  
A is for Amazing Animals  
R is for Radiant Weather  
T is for Troubled Tornadoes  
H is for Horrific Hurricanes

D is for Dainty Flowers  
A is for Amazing Outdoor Adventures  
Y is for You Can Do Your Part To Save  
The Earth

**Have A Happy Earth Day**

by

**Emily Krauss**



## Answers to Briegle's Earth Day

### Word Scramble

1. April
2. Planet
3. Reuse
4. Environment
5. Trees
6. Recycle
7. Conserve
8. Protect
9. Compost
10. Climate

## SEASIDE STAFF

Ron Carson—Director of Field  
Operations

Jurate Jones — Program Manager

Briegle McGarrity — Case Manager

Andra Daniel — Administrative Assistant

Margarita Alvarez — Kitchen Aide

Andrei Simeonov — Custodian

Wallace Martin—Full time Driver

Allan Leffler — Per Diem Driver



## SEASIDE ADVISORY BOARD

Cyprian J. Grant - President Advisory Council

Sylvia Zephyr -Treasurer James Murray-Member

Russell Hawk - Secretary Barbara Daniels-Member

Dolores Koo - Member Jackie Ali-Member

Kimati Chadda—Member

Doris Knowles - Member

John Sperling - Member

Edward Johnson-Member

Katherine Brent - Member

Brenda Thomas - Member

Catholic Charities Neighborhood Services, Inc. **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.

CELEBRATING  
**125**  
YEARS



**Funded by The NYC Aging**

**NYC** Department for  
the Aging