

# Narrows OAC Newsletter April 2024



Changing Lives...  
Building Communities™

## April Fun Facts

This April is Observed as: April's Fools Days, Parkinson's Awareness Month, National Poetry Month

Birthstone: Diamond

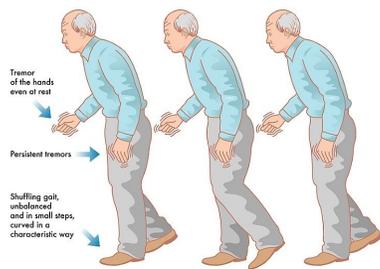
Fruits and Veggies of the Month: Strawberries, Cilantro, Mango, Avocado

Flower: Sweet pea

Astrological Sign: Aries and Taurus

CCNS

Narrows Senior Center  
933 54th Street  
Brooklyn, NY 11219  
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Spring is now officially here. The weather is getting warmer, but not scolding hot yet, so it is comfortable enough to enjoy going outdoors to enjoy the activities.

However, allergy season is here, so be mindful to check in with your doctors if you get allergies easily during the spring weather on steps on how to reduce the symptoms. You can wear a mask to reduce the allergy symptoms while outdoors, but REMEMBER, it is NOT REQUIRED and it is ONLY AN OPTIONAL CHOICE Depending On Each Individual's.

There are also safe and doctors approved anti histamines that can relieve symptoms of environment—pollen irritations.

This month is the time to celebrate Easter and April Fool's Day as well as it is a time to be aware of those who are suffering with Parkinson's Disease. If you or any loved ones you know suffer with this disease, check with your doctors as needed to help manage this as well as being able to live life independently as much as possible.

Happy Spring Everyone

## Staff Members

Tselita McBride  
Program Manager

Tommy Lee  
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Madeline Sbano  
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Gek Poh Lim  
Kitchen Aide

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Maintenance

# CELEBRATING APRIL

## April's Fools Day

April Fool's day is a day where people play pranks and tricks on people for the fun of it. However, when doing this, you must be do it in a way that will not hurt someone. Please use your best judgment or just say a simple joke that will not be offensive or just do not do it at all if you are not sure how.

There are too many theories as to where April's Fools day originated from. One theory has it that when France switched from Julian calendar to the Gregorian calendar, a lot of people did not catch up on the news and still celebrated the New Years on certain days they became very accustomed to and they became a target of jokes and pranks. There are also theories linked to April Fool's Day that there was a day mother nature suddenly changed the weather and another one is in the early days of Rome people dressed up in silly disguises at the end of March.

<http://www.history.com/this-day-in-history/april-fools-tradition-popularized>

## Parkinson's Disease Month

Parkinson's Disease is when there is a chemical malfunction in the brain. The nerve cells are often affected. Symptoms include muscle tremors, speech problems, rigidity and more. Michael J. Fox, a famous celebrity was diagnosed with this disease during the 1990s-2000s. Let's use this time to provide support to those that have this disease.

<http://www.webmd.com/parkinsons-disease/>

## Easter

Easter is the celebration of the resurrection of Jesus Christ who sacrificed his life for everybody's sins. According to Christian religion, when Jesus was getting ready to be buried after his passing, there was not enough time to prepare his body for a proper burial as according the Jewish religion, especially since that it happened to be on a Sabbath day, the proper preparation had to be waited until Sunday. One Sunday morning, Mary Magdalene and other women were getting ready to prepare Jesus' body for burial, the tomb that Jesus was supposed to be in was empty. Suddenly, there were two angels that appeared and told the women that Jesus was risen and long story short, Jesus supposedly appeared as a spirit to a lot of people in different forms, but eventually it was time for him to go to heaven. Since then, Easter is celebrated as Jesus coming back to life.

[http://www.christianbiblereference.org/story\\_Easter.htm](http://www.christianbiblereference.org/story_Easter.htm)

## 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
<b><u>LUNCH</u></b> Congregate	<b><u>LUNCH</u></b> Congregate	<b><u>LUNCH</u></b> Congregate	<b><u>LUNCH</u></b> Congregate	<b><u>LUNCH</u></b> 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.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Annes Lemon Garlic Sauce Baked Chicken Thighs California Blend Vegetables Garlic Mashed Potatoes Whole Wheat Bread Apple	<b>2</b> Mediterranean Lentil Stew Italian Blend Vegetables Cous Cous Whole Wheat Bread Banana	<b>3</b> Baked Pork Brown Gravy Steamed Carrots Rice with Corn Whole Wheat Bread Orange	<b>4</b> Beef Stew Brown Gravy Prince Edward Blend Vegetables Mashed Sweet Potatoes Whole Wheat Bread Apple	<b>5</b> Baked Fish Dill Lemon Sauce Garden Salad Yellow Rice Whole Wheat Bread Pear
<b>8</b> Classic Chicken Cacciatore Italian Blend Vegetables Homemade Tomato Sauce Penne Whole Wheat Bread Apple	<b>9</b> Vegetarian Three Bean Chili Prince Edward Blend Vegetables Brown Rice Whole Wheat Bread Banana	<b>10</b> BBQ Pulled Pork Baked Sweet Potato Garden Salad Whole Wheat Bread Orange	<b>11</b> Beef Salisbury Steak Mushroom Gravy California Blend Vegetables Garlic Mashed Potatoes Whole Wheat Bread Apple	<b>12</b> Baked Fish Oreganata Sautéed Green Beans with Onions White Rice Whole Wheat Bread Pear
<b>15</b> Baked Chicken Thighs Brown Gravy California Blend Vegetables Brown Rice Apple	<b>16</b> Orange and Soy Glazed Tofu Garden Salad Cous Cous Whole Wheat Bread Banana	<b>17</b> Italian Style Pork Loin Tomato Sauce Garlic Mashed Potatoes Italian Blend Vegetables Whole Wheat Bread Orange	<b>18</b> Spanish Style Beef Stew Prince Edward Blend Vegetables Yellow Rice Whole Wheat Bread Apple	<b>19</b> Annes Lemon Garlic Sauce Baked Salmon Steamed Green Beans with Onions Cous Cous Whole Wheat Bread Pear
<b>22</b> Chicken Piccata Garlic Mashed Potatoes Italian Blend Vegetables Whole Wheat Bread Apple	<b>23</b> Black Eyed Pea Masala Prince Edward Blend Vegetables Brown Rice with Black Beans Whole Wheat Bread Banana	<b>24</b> Baked Pork Ginger Sauce Baked Sweet Potatoes Oriental Blend Vegetables Whole Wheat Bread Orange	<b>25</b> Basic Shepherd's Pie California Blend Vegetables Whole Wheat Bread Apple	<b>26</b> Tuna Fish Salad Basic Pasta Salad Garden Salad Whole Wheat Bread Pear
<b>29</b> Annes Lemon Garlic Sauce Baked Chicken Thighs Prince Edward Blend Vegetables White Rice Whole Wheat Bread Apple	<b>30</b> Arroz con Gandules/Mexican Style Brown Rice with Pigeon Peas) California Blend Vegetables Whole Wheat Bread Banana		<b>Menu Subject to Change</b> All Meals Served with 8 oz., 1% Milk Hot beverages are offered throughout the day Sugar substitute is available Funded by NYC Aging	



## What is Self Care?



- ❖ Self Care is about being deliberate in taking time for yourself for the betterment of your mind, body and soul.
- ❖ Self care is not about being selfish. It is about replenishing and refreshing your spirit in different ways.

*Self-care is giving the world the best of you, instead of what's left of you.*

Katie Reed



# April 2024 Presentations

Monday 4/8/2024 10:30am — Elder Abuse (English)

Monday 4/15/2024 9:30am — Starchy Foods (English)

Monday 4/15/2024 10:30am — Jokestercise

Monday 4/22/2024 10:30am — Elder Abuse (English/Chinese)

Monday 4/29/2024 10:15am — Elder Abuse Crime Prevention  
(English/Chinese) Presented By NYPD

Please note these presentation dates are subject to changes.

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## Entertainment Events

Friday 4/5/2024 10:30am — 11:30am  
Lina Fiscardi Vocalist Performs

Friday 4/19/2024 10am — 11:30am  
Celebrating Easter With DJ Joel Pawiak

Friday 4/26/2024 10:30am—11:30am  
Estella & Peter Performance

Please Note They Are Subject To Changes At Any Time

# Early Warning Signs of Parkinson's Disease

## Tremor



Slight shaking in hand, finger, or chin while at rest

## Loss of Smell



Inability to smell certain foods, such as bananas, pickles, and licorice

## Small Handwriting



May include smaller letters and/or words crowded together

## Sleep Problems



Sudden movements during sleep, acting out dreams

## Trouble Moving



Stiffness in limbs, body, or shoulders; feet feeling "stuck to the floor"

## Constipation



Difficulty moving bowels without straining

## Voice Changes



Voice may sound soft or hoarse

## Masked Face



Face looks angry, serious, or depressed even when happy

## Dizziness



Feel dizzy or faint upon standing

## Stooping



Change in posture when you stand, such as stooping or slouching

# 20 FUN APRIL FOOLS JOKES FOR KIDS

WHICH DAY OF THE YEAR  
DO MONKEYS LIKE BEST?

**THE FIRST OF APE-RIL!**

WHY IS EVERYONE EXHAUSTED  
ON APRIL 1ST?

**BECAUSE THEY'VE JUST FINISHED  
A 31-DAY MARCH!**

HOW ARE THANKSGIVING AND  
APRIL FOOL'S DAY DIFFERENT?

**ON ONE, YOU'RE THANKFUL  
AND ONE, YOU'RE PRANKFUL!**

KNOCK, KNOCK!  
WHO'S THERE?

NOAH.

NOAH WHO?

**NOAH BODY — APRIL FOOL'S!**

WHICH MONSTER LOVES  
APRIL FOOL'S JOKES?

**FRANKEN-STEIN!**

CAN FEBRUARY MARCH?

**NO, BUT APRIL MAY!**

WHAT DO YOU CALL A BEAR  
CAUGHT IN APRIL SHOWERS?

**A DRIZZLY BEAR!**

WHAT DID SUMMER SAY TO SPRING?

**I'M GOING TO FALL!**

WHAT KIND OF GARDENS DO BAKERS  
GROW?

**FLOUR GARDENS!**

HOW DOES A FLOWER MAKE A BIKE GO?

**WITH ITS PETALS!**

HOW DOES A RAINSTORM  
TIE ITS SHOES?

**WITH A RAINBOW!**

WHY CAN APRIL JUMP SO HIGH?

**IT'S SPRING!**

HOW DO APRIL FLOWERS KISS?

**WITH THEIR TU-LIPS!**

WHAT GOES UP WHEN  
APRIL RAINS COME DOWN?

**AN UMBRELLA!**

WHAT'S A GAS PUMP'S  
FAVORITE HOLIDAY?

**APRIL FUEL'S DAY!**

WHAT'S A STEPLADDER'S  
FAVORITE HOLIDAY?

**APRIL STOOL'S DAY!**

WHAT'S AN ACORN'S FAVORITE  
MATH SUBJECT?

**GE-OM-A-TREE!**

KNOCK, KNOCK!

WHO'S THERE?

APRIL.

APRIL WHO?

**APRIL FOOL'S!**

HOW DO TREES GO ONLINE?

**THEY LOG IN!**

WHAT DID APRIL FOOL'S DAY  
SAY AFTER IT WON AN AWARD?

**PRANK YOU!**

# DOUBLE CHIN EXERCISES



## THE KISS

While standing, tilt your head back and look toward the ceiling.  
Pucker your lips and "kiss the ceiling."  
Hold the kiss for five seconds.  
Relax your lips and return your head to a neutral position.  
Repeat this 15 times.

## STICK IT OUT

While facing forward, open your mouth wide.  
Stick your tongue out slowly over a five count, until it is as far out as possible.  
Return the tongue to your mouth over another five count.  
Repeat this 10 times.



## JAW JUT

Tilt your head back and look toward the ceiling.  
Push your lower jaw forward to feel a stretch under the chin.  
Hold the jaw jut for a 10 count.  
Relax your jaw and return your head to a neutral position.  
Repeat this 10 times.



## NECK ROLL

While standing, drop your chin forward to your chest.  
Slowly rotate your head to the right.  
Hold your head for a five count.  
Slowly rotate your head back down so that your chin is to your chest.  
Continue to rotate your head to the left.  
Hold your head for a five count.  
Repeat this for 30 seconds.



## TONGUE ON TEETH

While keeping a straight back, open your mouth as wide as possible.  
Place the tip of your tongue against the back side of your bottom row of teeth.  
Inhale through your mouth, and exhale while making an "ahh" sound.  
Continue this for one minute.  
Relax the mouth and tongue.  
Repeat this once more.



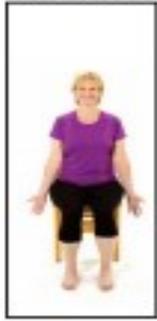
## CHIN SLAP

While facing forward, carefully slap your lower jaw with the back of your hand, not too hard or too soft.  
Repeat this careful slapping at a constant and regular pace for 30 seconds.



# YOU-fit: Exercises for EveryBODY

Mountain



Side Bend



Knee Hug



Cow/Cat



Helicopter



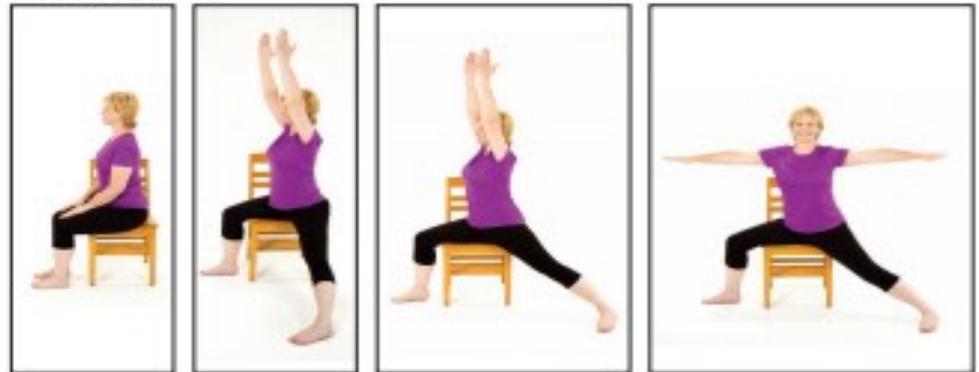
Half-Forward Fold



Reverse Chair



Warrior Series



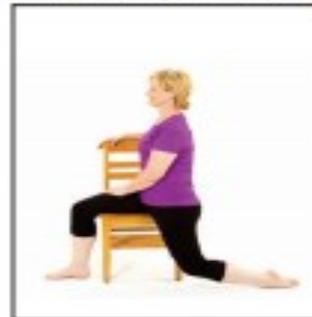
Hamstring Stretch



Gluteal Stretch



Quadriceps Stretch



# NATURAL VEGETABLE-DYED EASTER EGGS (made easy!)



**BLUE**

**1/2 red cabbage**

**+**

**2 cups water**

soak egg in  
prepared natural  
dye for  
**20 minutes**



**YELLOW**

**2 t. turmeric**

**+**

**2 cups water**

soak egg in  
prepared natural  
dye for  
**30 minutes**



**PINK**

**1 med. beet**

**+**

**2 cups water**

soak egg in  
prepared natural  
dye for  
**2 minutes**



For complete instructions, visit  
[kitchentreaty.com/easter-eggs](http://kitchentreaty.com/easter-eggs)

# EASTER WORD SEARCH

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

Easter  
Basket  
Bunny  
Hide  
Eggs

Jellybeans  
Celebration  
Decorate  
Chocolate  
Flowers

Spring  
Candy  
Hunt  
Lily  
Chick

Bonnet  
Fun  
Sunday  
Parade  
Lamb



# Springtime

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

vibrant	umbrella	tulips	sunshine	spring	springbreak	showers
seeds	rainbow	rain	rabbit	puddle	picnic	peeps
pastels	new	nest	may	march	lily	lilac
lamb	ladybug	kite	hunt	holiday	grass	goodies
flowers	eggs	easter	duck	daffodil	crawfish	chocolate
chick	carrot	candy	buzzing	butterfly	bunny	bubble
bonnet	blossom	bloom	birds	bees	basket	april

# origins of EASTER TRADITIONS

Easter is a religious celebration of the resurrection of Jesus. It is Christianity's **oldest and most important holiday**. Although the resurrection was likely celebrated before then, the first recorded observance took place in the 2nd century.



The tradition of **painting and decorating** Easter eggs began in the 13th century, when churchgoers were **prohibited from eating eggs during Holy Week**, but decorated eggs that chickens laid during that week.



The **Easter rabbit** originated in the 17th century and gained prominence in the 19th century. In Switzerland, it was a **cuckoo** that brought Easter eggs, and in Westphalia, it was a **fox**.



## The history of Easter

Easter is a Christian holiday that celebrates the belief in the resurrection of Jesus Christ. In the New Testament of the Bible, the event is said to have occurred three days after Jesus was crucified by the Romans and died in roughly 30 A.D. The holiday concludes the "Passion of Christ," a series of events and holidays that begins with Lent—a 40-day period of fasting, prayer and sacrifice—and ends with Holy Week, which includes Holy Thursday (the celebration of Jesus' Last Supper with his 12 Apostles, also known as "Maundy Thursday"), Good Friday (on which Jesus' crucifixion is observed) and Easter Sunday. Although a holiday of high religious significance in the Christian faith, many traditions associated with Easter date back to pre-Christian, pagan times.

### When is Easter

The date of celebration changes from year to year. The reason for this variation is that Easter always falls on the first Sunday after the first full moon following the spring equinox. So, in 2020, Easter will be celebrated on April 12, and on April 4 in 2021. In western Christianity, which follows the Gregorian calendar, Easter always falls on a Sunday between March 22nd and April 25th. In Eastern Orthodox branches of Christianity, Easter Sunday

# Easy Ways to... Flavor Food Without Salt

## Spices

- Try adding a little pinch at a time.
- Sauté for 30 seconds in oil to release aroma.



**Cinnamon:** Use in oatmeal to add sweetness.



**Cumin:** Add to beans or meat.



**Paprika:** Use in a spice rub for chicken, meat or tofu.



**Turmeric:** Add to rice, chicken or vegetables for color.

## Herbs

- Add dried and hard fresh herbs (like rosemary) at the beginning of cooking and soft fresh herbs (like parsley) towards the end of cooking.
- One teaspoon of dried herbs is equal to one tablespoon of fresh herbs.



**Basil:** Add to tomato sauce and pasta.



**Cilantro:** Mix into rice, beans or salsa.



**Parsley:** Sprinkle on grains, salads or stir-fries as a final touch.



**Thyme:** Add to roasted vegetables.

## Fruits and Vegetables

- Caramelize aromatic and savory vegetables, herbs and/or spices before adding other ingredients by cooking on medium-high heat until they become brown and sweet.
- Add vinegar at the beginning and citrus juice at the end of cooking for the best flavor and balance.
- When adding spicy peppers, remove ribs and seeds for just a little spice.



**Aromatic ingredients:** Onions, garlic, carrots, peppers, celery, ginger.



**Savory:** Tomatoes, cooked potatoes, celery, mushrooms.



**Citrus and vinegars:** Juice and zest balance and brighten.



**Peppers:** Jalapenos, dried chilis, poblanos.

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](http://nyc.gov) and search for farmers markets.

For healthy recipes, visit [jsyfruitveggies.org](http://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](http://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).

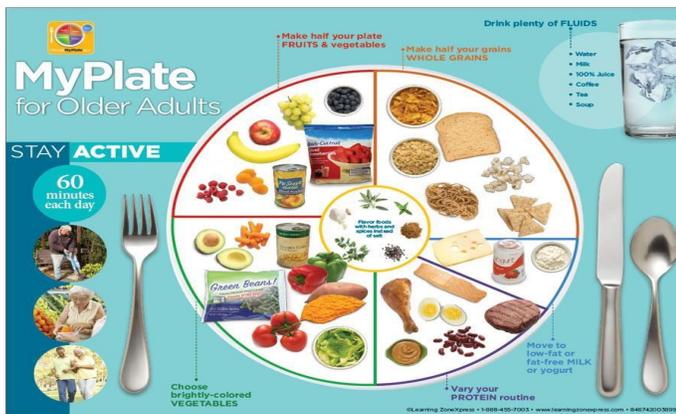
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**Fax: 718.232.0512**

**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

