

CELEBRATING  
**125**  
YEARS



# ur Voices



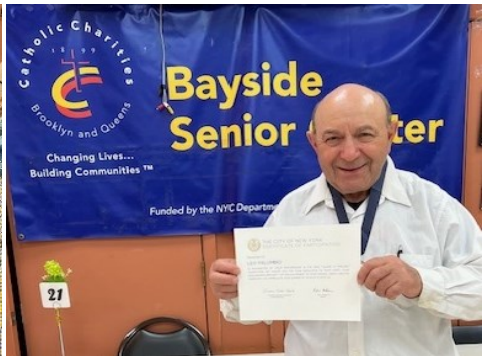
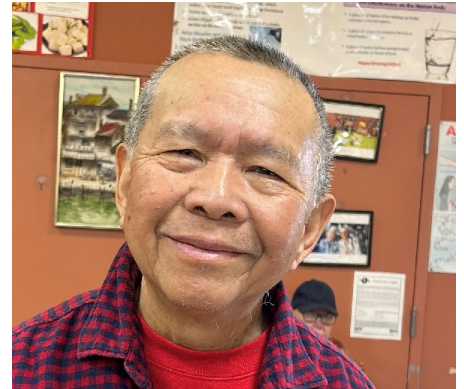
## CATHOLIC CHARITIES BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144



# April

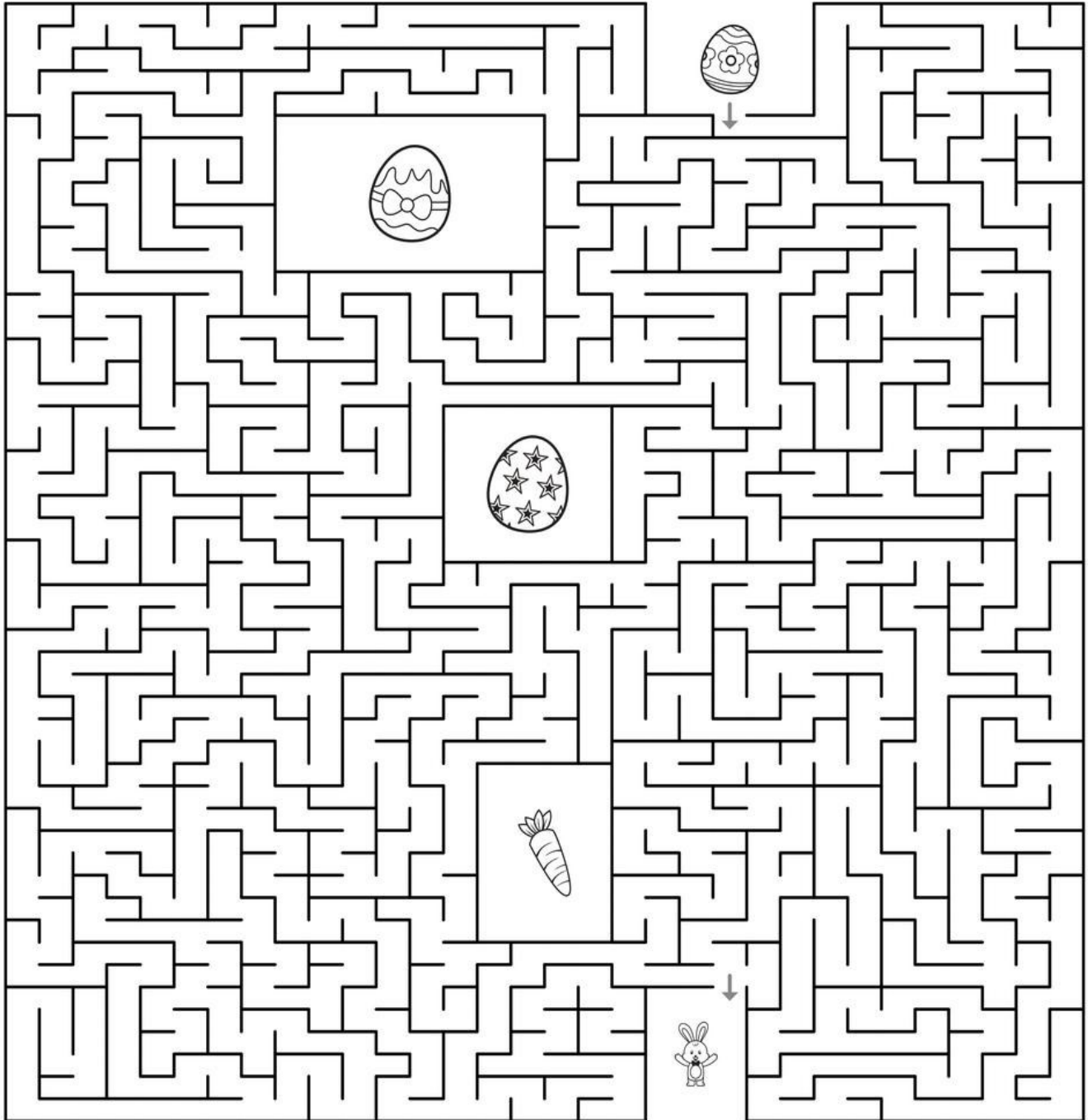




# April Flower Maze



Can you make your way through the labyrinth?



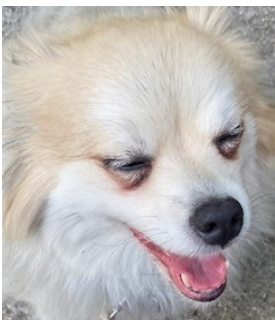
# Bayside Older Adult Center Menu for April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Annes Lemon; Garlic Sauce Baked Chicken Thighs; Whole Wheat Bread; California Blend Vegetable; Garlic Mashed Potatoes; Apple; 1% Low Fat Milk</p>	<p><b>2</b> Mediterranean Lentil Stew (pre-prepared); Cous <del>Cous</del> Whole Wheat Bread Italian Blend Vegetables Banana; 1% Low Fat Milk</p>	<p><b>3</b> Baked Pork; Brown Gravy Rice with Corn Whole Wheat Bread Steamed Carrots; <u>Orange</u> 1% Low Fat Milk</p>	<p><b>4</b> Beef Stew; Brown Gravy Mashed Sweet Potatoes Whole Wheat Bread Prince Edward Blend Vegetables; Apple; 1% Low Fat Milk</p>	<p><b>5</b> Baked Fish; Dill Lemon Sauce Whole Wheat Bread Garden Salad Yellow Rice Pear; 1% Low Fat Milk</p>
<p><b>8</b> Classic Chicken Cacciatore Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Apple; 1% Low Fat Milk</p>	<p><b>9</b> Vegetarian Three Bean Chill (pre-prepared) Brown Rice (1/2 cup) Whole Wheat Bread Prince Edward Blend Vegetables Banana 1% Low Fat Milk</p>	<p><b>10</b> BBQ Pulled Pork Whole Wheat Bread Baked Sweet Potato Garden Salad Orange 1% Low Fat Milk</p>	<p><b>11</b> Beef Salisbury Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple 1% Low Fat Milk</p>	<p><b>12</b> Baked Fish Oreganata White Rice (1/2 cup) Whole Wheat Bread Sautéed Green Beans with Onions Pear 1% Low Fat Milk</p>
<p><b>15</b> Baked Chicken Thighs Brown Gravy Brown Rice (1 cup) California Blend Vegetables Apple 1% Low Fat Milk</p>	<p><b>16</b> Orange and Soy Glazed Tofu Cous <del>Cous</del> Whole Wheat Bread Garden Salad Banana 1% Low Fat Milk</p>	<p><b>17</b> Italian Style Pork Loin Tomato Sauce (pre-prepared ½ cup) Whole Wheat Bread Garlic Mashed Potatoes Italian Blend Vegetables Orange; 1% Low Fat Milk</p>	<p><b>18</b> Spanish Style Beef Stew Whole Wheat Bread Yellow Rice Prince Edward Blend Vegetables Apple 1% Low Fat Milk</p>	<p><b>19</b> Annes Lemon Garlic Sauce Baked Salmon Cous <del>Cous</del> Whole Wheat Bread Sautéed Green Beans with Onions Pear 1% Low Fat Milk</p>
<p><b>22</b> Chicken Piccata Whole Wheat bread Garlic Mashed Potatoes Italian Blend Vegetables Apple 1% Low Fat Milk</p>	<p><b>23</b> Black Eyed Pea Masala Brown Rice with Black Beans Whole Wheat Bread Prince Edward Blend Vegetables Banana 1% Low Fat Milk</p>	<p><b>24</b> Baked Pork Ginger Sauce Whole Wheat Bread Baked Sweet Potato Oriental Blend Vegetables Orange 1% Low Fat Milk</p>	<p><b>25</b> Basic Shepherd's Pie Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk</p>	<p><b>26</b> Tuna Fish Salad Whole Wheat Bread Basic Pasta Salad Garden Salad Pear 1% Low Fat Milk</p>
<p><b>29</b> Annes Lemon Garlic Sauce White Rice (1/2 cup) Whole Wheat Bread Prince Edward Blend Vegetables Apple 1% Low Fat Milk</p>	<p><b>30</b> Arroz con Gandules <del>Arroz con Gandules</del> (Mexican Style Brown Rice with Pigeon Peas 1 cup) Whole Wheat Bread California Blend Vegetables Banana; 1% Low Fat Milk</p>			



**BLOOMING HEALTH** Bayside Senior Center  
**Older Adults Survey**

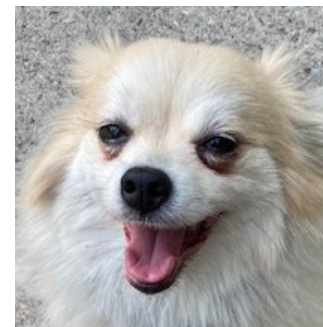


**What issues are bothering you the most at your community?**

**Marijuana Usage = 53%**

**Items being locked in stores = 24%**

**High Schools Dismissals = 23%**

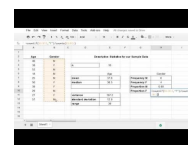


**How would you rate your current appetite for food?**

**Better than expected= 30%**

**Expected = 51%**

**Worse than expected = 19%**

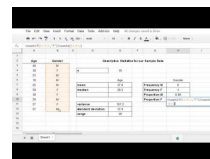
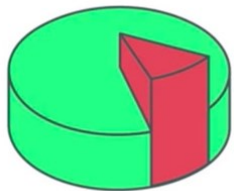
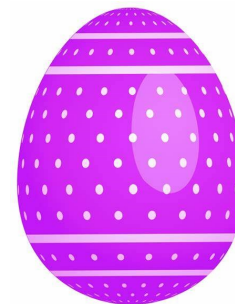


**How would you rate your current transportation status?**

**Better than expected=36%**

**Expected = 50%**

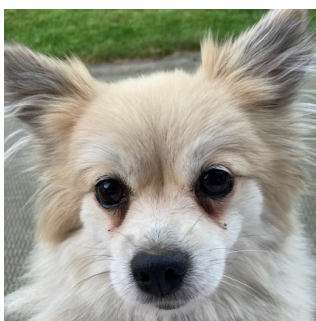
**Worse than expected = 14%**



**Do you go to different NYC Older Adult centers funded by NYC Aging during the week?**

**Yes = 45%**

**No = 55%**



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**125**  
YEARS



**Welcome**  
Glad you're here!

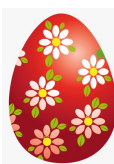
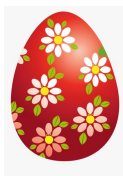


**Greetings, I'm Min, a registered nurse. Understanding the purpose, usage directions, and potential side effects of medications is crucial for maintaining good health and making informed choices. If you have any questions about your medications, feel free to reach out to me. You can find me every Tuesdays between 10 am and 3 pm near the painting area in the main hall until May 7th**



**Hello, my name is Vincent and I am a registered nurse. I have been conducting health management workshops such as Breathing exercise and stress management classes in the computer room on Thursdays from 12:30-1:00pm.**

**In addition, if you have any health related questions such as blood pressure and about medications, please feel free to reach out. You can find me every Thursdays between 10 am and 3 pm at the back of the main cafeteria area.**



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## Let Us Reduce the Stress and Take Care of Mental Health

### What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we **handle stress**. **Uncontrolled stress** and anxiety leads to problems with physical and mental health.

**Mental health is important at every stage of life, from childhood and adolescence through adulthood.**

**Mental health problems are common but treatable and completely curable.**

### Early Warning Signs

Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless



- Smoking, drinking, or using drugs more than usual.
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared.
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships.
- Having persistent thoughts and memories you can't get out of your head.
- Hearing voices or believing things that are not true.
- Thinking of harming yourself or others
- Inability to perform daily tasks.

**Managing our stress and anxiety will keep our mind and our bodies strong. We all have stresses in our lives but the way we handle our emotions, and our daily activities can determine the quality of our lives.**

**Here are some techniques that can help.**

## **10 Stress Management Techniques**

### **1. Organize Yourself.**

Take better control of the way you're spending your time and energy, so you can handle stress more effectively.

### **2. Control Your Environment**

Control who and what is surrounding you.

### **3. Love Yourself by giving yourself positive feedback.**

Remember, you are a unique individual who is doing the best you can.

### **4. Reward Yourself by planning leisure activities into your life.**

It really helps to have something to look forward to.

### **5. Exercise Your Body**



Your health and productivity depend upon your body's ability to bring oxygen and food to its cells. Therefore, exercise your heart and lungs regularly, a minimum of three days per week for 15-30 minutes. This includes such activities as walking, cycling, swimming, aerobics, etc.

**6. Relax Yourself by taking your mind off your stress and concentrating on breathing and positive thoughts.**

Dreaming counts, along with meditation, exercise, listening to relaxing music, communicating with friends and loved ones, etc.

**7. Rest Yourself as regularly as possible.**

Sleep 7-8 hours a night. Rest your eyes as well as your mind.

**8. Be Aware of Yourself.**

Be aware of distress signals such as insomnia, headaches, anxiety, upset stomach, lack of concentration, colds/flu, excessive tiredness, etc. These can be signs of potentially more serious disorders (i.e., ulcers, hypertension, heart disease).

**9. Feed Yourself / Do Not Poison Your Body.**

Eat a balanced diet. Avoid high calorie foods that are high in fats and sugar. Don't depend on drugs and/or alcohol. Caffeine will keep you awake, but it also makes it harder for some to concentrate. Remember, a twenty minute walk has been proven to be a better tranquilizer than some prescription drugs.

**10. Enjoy Yourself.**

It has been shown that happier people tend to live longer, have less physical problems, and are more productive. Look for the humor in life when things don't make sense. Remember, you are very special and deserve only the best treatment from yourself.

MADHAVI MENON STROHL



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MADHAVI MENON STROHL COMMUNITY WELLNESS SPECIALIST FOR BROOKLYN AND QUEENS  
Catholic Charities Brooklyn and Queens [madhavi.mstrohl@ccbq.org](mailto:madhavi.mstrohl@ccbq.org)







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## INQUIRING MINDS WANT TO KNOW

### What advice would you like to give to family and friends?

Lorene Boyle - live life to the fullest and always surround yourself with positive people.

Daryl English - always give God your praise and always appreciate one another.

Ira Gordon - exercise, adequate sleep and proper diet equals a long healthy life.

Robert Lewicki - be safe and healthy.

Maria D. Martinez - tells everyone to stay healthy.

John Moore - be graceful and cheerful.

Ater Sevilla - be friendly and nice to everyone and also smile at them.

Kim Sang Wong - everyone should be friendly, healthy and smiling in order to live a long life.



Advisory Council VP  
Susan Hall



**Everyone should know about the activities at our Older Adult Center - exercising, painting, dancing, playing bingo and other games and having lunch with other members - you won't be alone.**



### Social Work Assistance

**Please welcome Eulalia Choi, Bayside Older Adult Center's new Case Manager.**

**Please schedule an appointment to get screened for benefits and entitlements.**

**Please inquire about all our services including translation assistance and the required eligibility for application.**

### 社会工作援助

让我们欢迎 Eulalia Choi,

贝赛老年中心新个案经理。

请预约接受福利和权利审查。

请咨询我们的所有服务，包括

协助翻译和申请所需资格。



CATHOLIC CHARITIES ACTIVITIES CALENDAR April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Painting Group 9am-3:00pm Belly Dance w/ Amira (10-11am) Zumba Dance w/ Amira 11:00am – 12:00pm Bingo 12:30 – 1:30pm Line Dance w/ Rose (1:30-3:30pm)</p>	<p><b>2</b> Painting Group 9am-3:00pm Line Dance w/ Jennifer (9-10am) <b>Blood Pressure Screening (10:00am – 3:00pm)</b> Yoga w/ Sharon (10 – 11am) Karaoke (10:30am – 3:30pm) Bingo (12:30 – 1:30pm) Low Impact Aerobics w/ Ira (1:30pm)</p>	<p><b>3</b> Painting Group 9am-3:00pm Low Impact Aerobics w/ Ira 9:30 – 10:30am Latin Dance (1:00-2:00pm) Yukari Matsuda</p>	<p><b>4</b> Painting Group 9am – 3pm Sing Melody 9:30 – 11:15am <b>Blood Pressure Screening (10am-3pm)</b> Wing Chun w/ David (10-11am) <b>“Quintet of the Americas Concert” (11am – 12:00pm)</b> Line Dance w/ Harrison (1-3pm)</p>	<p><b>5</b> Painting Group 9am-3:00pm Ballroom Dance w/ Jennifer 9:00 – 10:00am Age-Tastic 10:00 – 11:00am <b>Live DJ &amp; Social Dancing (1:00 – 3:00pm)</b></p>
<p><b>8</b> Painting Group 9am-3:00pm Belly Dance w/ Amira (10-11am) Zumba Dance w/ Amira 11:00am – 12:00pm <b>Computer Essentials (English) (9:00 – 10:15am)</b> Bingo (12:30 – 1:30pm) Line Dance w/ Rose (1:30-3:30pm)</p>	<p><b>9</b> Painting Group 9am-3:00pm Line Dance w/ Jennifer 9:00 – 10:00am Yoga w/ Sharon (10 – 11am) <b>Blood Pressure Screening (10am-3pm)</b> Karaoke (10:30-3:30pm) Bingo (12:30 – 1:30pm) Low Impact Aerobics w/ Ira (1:30pm)</p>	<p><b>10</b> Painting Group 9am-3:00pm <b>Computer Essentials (English) (9:00 – 10:15am)</b> Low Impact Aerobics w/ Ira (9:30 – 10:30am) Latin Dance w/ Yukari Matsuda (1:00 – 2:00pm)</p>	<p><b>11</b> Painting Group 9am – 3pm Sing Melody 9:30 – 11:15am <b>Blood Pressure Screening (10am-3pm)</b> Wing Chun w/ David (10-11am) Line Dance w/ Harrison (1-3pm)</p>	<p><b>12</b> Painting Group 9am-3:00pm Ballroom Dance w/ Jennifer 9:00 – 10:00am Age-Tastic 10:00 – 11:00am <b>Live DJ &amp; Social Dancing (1:00 – 3:00pm)</b></p>
<p><b>15</b> Painting Group 9am-3:00 Belly Dance w/ Amira (10-11am) Zumba Dance w/ Amira (11:00am – 12:00pm) <b>Computer Essentials (English) (9:00 – 10:15am)</b> Bingo (12:30 – 1:30pm) Line Dance w/ Rose (1:30-3:30pm)</p>	<p><b>16</b> Painting Group 9am – 3pm Line Dance w/ Jennifer 9:00 – 10:00am Yoga w/ Sharon (10-11am) <b>Blood Pressure Screening (10am-3pm)</b> Karaoke (10:30am-3:30pm) Bingo (12:30-1:30pm) Low Impact Aerobics (1:30pm) Ira</p>	<p><b>17</b> Painting Group 9am-3:00pm <b>Computer Essentials (English) (9:00 – 10:15am)</b> Low Impact Aerobics w/ Ira (9:30 – 10:30am) Latin Dance w/ Yukari Matsuda</p>	<p><b>18</b> Painting Group 9am-3pm Sing Melody 9:30-11:15am <b>Blood Pressure Screening (10am-3pm)</b> Wing Chun w/ David (10-11am) Line Dance w/ David (1-3pm)</p>	<p><b>19</b> Painting Group 9am-3:00pm Ballroom Dance w/Jennifer 9:00 – 10:00am Age-Tastic 10:00 – 11:00am <b>Live DJ &amp; Social Dancing (1:00 – 3:00pm)</b></p>
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<p><b>29</b> Painting Group 9am-3:00pm Belly Dancing w/ Amira (10-11am) Zumba Dance w/Amira(11am-12pm) <b>Computer Essential (English) 9-10</b> Bingo (12:30 – 1:30pm) Line Dance w/Rose(1:30-3:30pm)</p>	<p><b>30</b> Painting Group 9am-3:00pm Line Dance w/Jennifer 9:00am Yoga w/ Sharon (10-11am) Karaoke (10:30am-3:30pm) Bingo (12:30-1:30pm) Low Impact Aerobics w/Ira(1:30pm)</p>			

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

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



# APRIL

## Word Search Puzzle



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

Find these words

(The words may be hidden vertically, horizontally or diagonally.)



- |           |          |
|-----------|----------|
| GREEN     | RAINBOW  |
| BASEBALL  | TULIPS   |
| BUTTERFLY | EASTER   |
| PLANTS    | RAIN     |
| GARDENING | RABBIT   |
| EGGS      | GROWING  |
| CHICKS    | FLOWERS  |
| SPRING    | BLOSSOMS |



Draw your favorite April activity



# WELCOME



Irene N. Ip	
Meng Seng Chen	
Xiu Zhen Ni	
Wilson C Tan	
Shirley L. Tan	
Ping K. Kwok	

Vivian S. Kwok	
Shih Chang Chang	
Wan Ling Huang	
Tien-Hsiu Fang	
Weijun Huang	
Vincent C. Ng	
Elsa Ng	
Dorothy E. Moore	

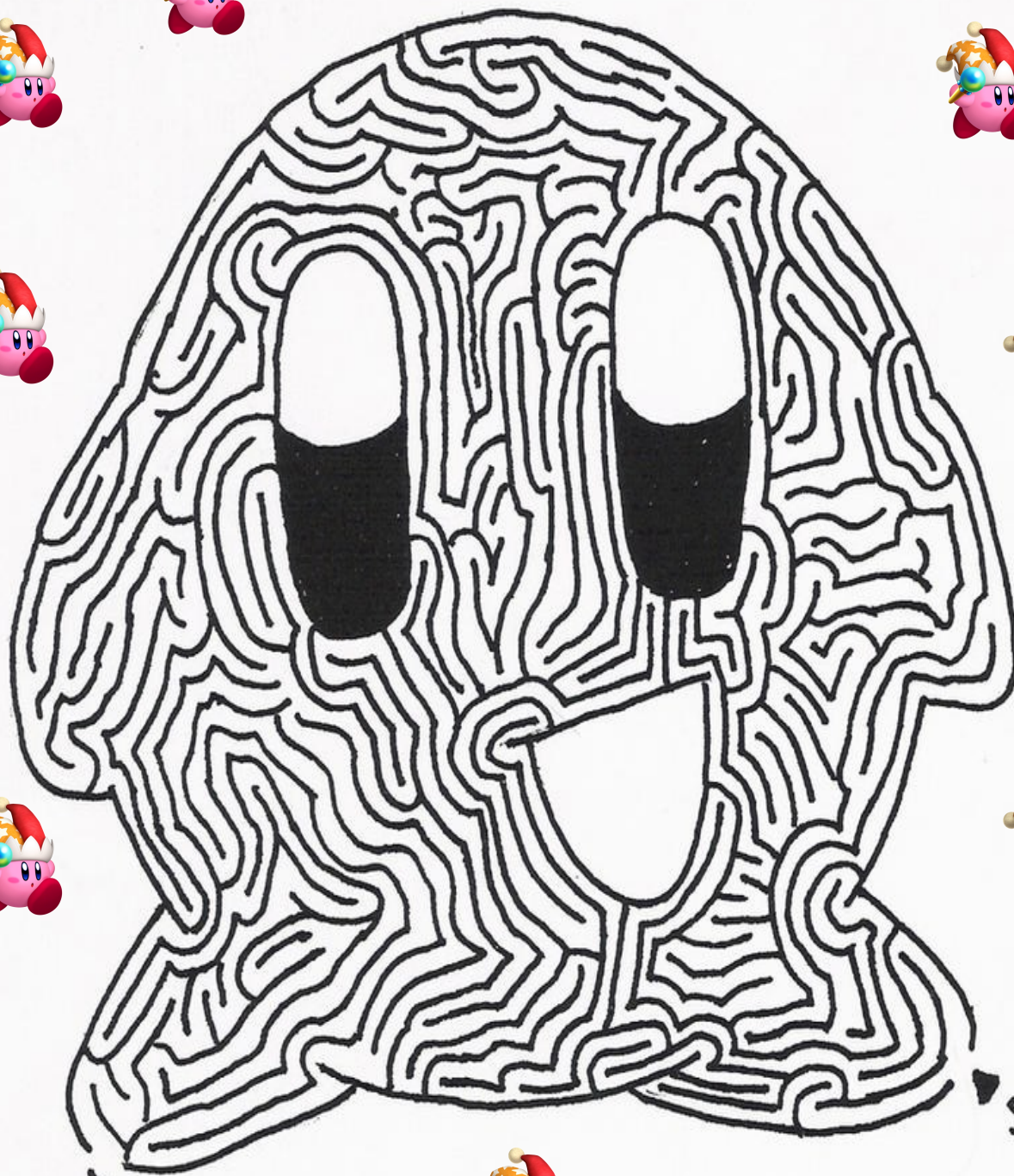
John F. Moore	
Fernando Hernandez Conde	
Sylvia Zabat Casco	
Eulalia M. Choi	
Mark Sun	
Evelyn H. Sun	
Byung Kak Min	
Myong Sook Min	
Yu Qun Pan Chen	

Bing-Huang Chen	
Oi Yu Szeto	
Jimmy K. Chow	
Mary Gerrie Frucht	
Gennet V. Gomez	
Perla L. Pinzon	
Kwok Ping Chan	
Lam Cheung Ching	

Alfred C. Pang	
Carmela A. Leonardo	
Nony Constantino	
Nida T. Constantino	
Michael E. Repp	



CELEBRATING  
**125**  
YEARS



START

FINISH





**BAYSIDE OLDER ADULT CENTER**

221-15 Horace Harding Expressway  
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320



**Officers:**

Doris Polansky...President  
Susan Hall ... Vice President  
Pat Walton ..... Treasurer  
Leo Palumbo ... Secretary

**ADVISORY COUNCIL**

**Members:**

Carmela Pozzi      Rosa Farmer  
Jane Chin      Fraternidad Sevilla



**BAYSIDE OLDER ADULT CENTER STAFF**

Pang F. Chu ..... Program Manager  
Kathy Lundgren ..... Office Manager  
Eulalia Choi .....Case Manager  
Yolanda De Martinez ..... Custodian  
Anmarie Payne ..... Transportation Coordinator  
Elizabeth Mui.....Recreational Coordinator

Henry Cadet      Transportation  
John Tsang      Transportation  
Laura Moy      Kitchen Aide  
Yung Ping Tam      Kitchen Aide  
Vincent Yuk      Kitchen Aide

*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 for a social order that promotes justice and embraces human development.

*All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.*

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

# April Fools' Day

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



APRIL  
BAMBOOZLE  
BEFUDDLE  
BEMUSE  
BEWILDER  
CAPER  
DELUDE  
DUMBFOUND  
DUPE

FARCE  
FIRST  
HOAX  
HOODWINK  
JEST  
JOKES  
LAUGHTER  
LEVITY  
MALARKEY

MISCHIEF  
PRANK  
PREPOSTEROUS  
SHENANIGANS  
SILLY  
SURPRISE  
TOMFOOLERY  
TRICK  
WACKY





# Happy Recap!

# MARCH 2024

