

APRIL 2024



CATHOLIC CHARITIES NEIGH-
BORHOOD SERVICES
**OZONE PARK SENIOR
OLDER ADULT CENTER**

Funded by NYC Aging

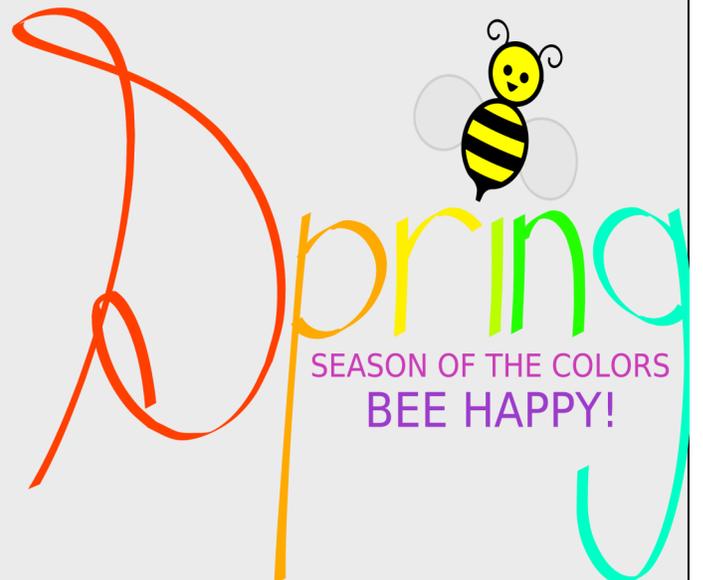
H I G H L I G H T S

Message from the Debbie Hoffer:

It has been my pleasure spending time with the members of the Ozone Park Older Adult center, but sadly my time with you has come to an end. My colleague, Annie Liu will be taking over the direction of the center until we have hired our new manager. I know under her leadership, the center will continue to make more changes, that will bring even more programming and exciting events.

IMPORTANT DATES:

- **4/6/24 Laylat al-Qadr**
- **4/9/24 Eid al-Fitr**
- **4/15/24 Tax Day**
- **4/21/24 Ridvan**
- **4/22/24 Earth Day**
- **Passover begins on 4/22/24**





PASSOVER

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

- | | | | | |
|---------|-------------|----------|-----------|-------------|
| FAMILY | EGYPT | BREAD | MOSES | BLOOD |
| ISRAEL | LAMB | PASSOVER | AARON | LAMBS |
| DOOR | MEAT | HEBREW | SACRIFICE | REDSEA |
| PHAROAH | BITTERHERBS | FROGS | LOCUSTS | FIRSTBORN |
| | | | | DELIVERENCE |

Upcoming Events

PRESENTATIONS:

4/12/24 (Friday): Medicare/Medicaid review by David Yam @ 11:00am

4/26/24 (Friday): Health Lecture from Mt. Sinai @ 11:00 am

SPECIAL EVENTS:

April 1st (Monday): Elvis tribute performance and comedy show @ 11:00am

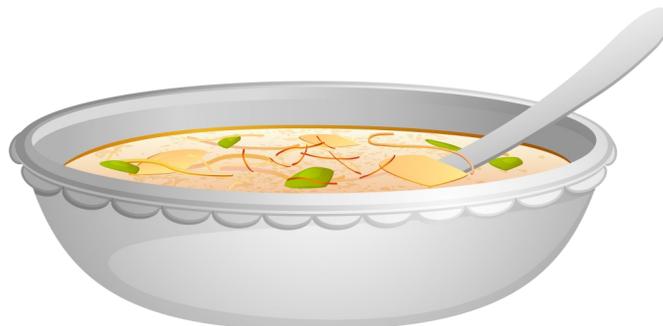
April 9th (Tuesday): Birthday party with DJ Louis @ 1pm.



April 17th Tracy's famous breakfast!!!

April 29th Sip & Paint event with Katherine @ 11:00am

****Please be advised on the change to our soup policy. Since spring is here with the warmer weather, we will be offering soup on Mondays only starting on Monday, April 8th.**



APRIL IS STRESS MANAGEMENT AWARENESS MONTH



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.

(Cont. on page 6)

MENU APRIL 2024 (MENU SUBJECT TO CHANGE) All meals come with bread and milk

Monday	Tuesday	Wednesday	Thursday	Friday
1 Autumn Harvest Stuffed Shells Garden Salad Cantaloupe	2 Lemon Chicken Homemade Mashed Potatoes Sautéed Spinach * Honeydew	3 Bistec Encebollao (Puerto Rican Steak and Onions) Confiti Brown Rice Baby Carrots & Parsley Pineapple *	4 Baked Breaded Pork Chops Apple Sweet Potatoes Braised Collard Greens * Applesauce *	5 Asian Style White Fish with Cilantro Perfect White Rice Sautéed Bok Choy with Garlic Grapes
8 California Veggie Burger Hamburger Bun Garden Salad * Roasted Sweet Potato Fries Mandarin Oranges *	9 Turkey with Gravy Garlic Mashed Potatoes * Sautéed String Beans * Cantaloupe	10 Beef Stroganoff w/Noodles Steamed Broccoli * Orange	11 Apricot-Glazed Pork Chops Yellow Rice California Vegetables Honeydew	12 Pineapple Glazed Salmon Home Fries Sautéed Spinach * Grapes
15 Velvety Meatless Shepherd's Pie California Blend Vegetables * Orange	16 Deluxe Cheeseburger with Sautéed Green Peppers and Onions Plain Hamburger Bun Baked Potato Wedges Roasted Broccoli * Apple	17 Garlic Chicken Meatballs Chinese Style Spaghetti Garlic Snap Peas * Honeydew	18 Smothered Pork Chops Baked Sweet Potato Kale with Tomato * Plums	19 Baked Fish with Cream Sauce Yellow Rice Zucchini with Onions and Peppers * Grapes
22 Chili-Spiced Black Bean Burger Plain Hamburger Bun Baked Red Potato Wedges Steamed Broccoli * Fruit Cocktail *	23 Oven Fried Chicken Wings Potato Salad Sautéed String Beans * Canned Sliced Peaches *	24 BBQ Pulled Pork Baked Macaroni and Cheese Cornbread Collard Greens w/Tomato Cantaloupe	25 Beef Meatloaf Creamed Spinach * Garlic Mashed Potatoes * Apple	26 Baked Fish with Lemon Garlic Butter Sauce Perfect White Rice Sautéed Zucchini * Orange
29 Chef's Favorite Manicotti with Creamy Tofu Ricotta Garden Salad * Apple	30 Beef Meatballs in Tomato Sauce Spaghetti (1/2 cup) Normandy Blend * Grapes	1	2	3

APRIL IS STRESS MANAGEMENT AWARENESS MONTH (cont.)

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).

**Relieve
Stress
Now**



APRIL IS STRESS MANAGEMENT AWARENESS MONTH (cont.)

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

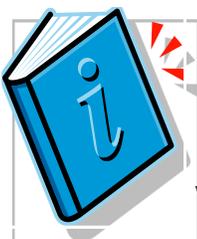




If you are your loved one needs a home delivered meals, home care or friendly visiting, please talk to our Case Manager, Tiffany or you can call our Catholic Charities South West Queens Senior Services directly at 718-217-0126.



DID YOU KNOW?



VERIZON NEW YORK EQUIPMENT PROGRAM

If an individual is receiving benefits from the state (SNAP benefits, Medicare, Medicaid, etc.) they are eligible for one free phone every five years. This phone could be an amplified phone, large button phone, or a cordless phone.

Phone: 1-888-774-4678



Talent is Timeless is Coming Back for 2024!

Look forward to more information to follow in May.



The Ozone Park Older Adult Center Needs You!!!



The center needs members to join the Advisory Council to represent your fellow members and make recommendations on new programming to the manager. It only requires a monthly meeting, so it's not a huge investment of time.

Please, if you are interested, please talk to Tiffany as we need a fully operational council to make the center great!!!
We have 4 people so far, but we need a few more people to volunteer :)

SHOPPING SMART

THE KEY TO HEALTHY EATING IS HAVING ITEMS ON HAND THAT CAN PROVIDE YOU WITH THE ABILITY TO MAKE QUICK, EASY AND HEALTHY MEALS. A WELL STOCKED PANTRY AND REFRIGERATOR IS ESSENTIAL AND HERE ARE 5 WAYS TO ENSURE THAT YOU ARE ALWAYS PREPARED, COME RAIN OR SHINE.

5 smart food-shopping tips

When you eat at home, you consume fewer calories. But, to make delicious healthy meals, you need to have the right foods on hand. These strategies will help:

1. Take inventory

Use a meal planner as part of your healthy-eating strategy to guide your shopping. Take an inventory of your staples, such as milk, fresh fruits and whole grains.

2. Make a list

A list makes your shopping trip more efficient and helps you avoid impulse buys. But don't let your list prevent you from looking for or trying new healthy foods. When making your list, use your weight-loss menus as your guide. Make sure your list includes healthy and convenient snack foods. To make things go faster, organize your list according to where foods are located at your favorite store.

3. Shop the perimeter of the store for fresh foods

The dairy case, the fresh produce, poultry, meats and seafood sections of most grocery stores are all located on the perimeter. That's where to focus your shopping. Fresh foods are generally better than ready-to-eat foods because you know exactly what goes into your meal.

4. Don't shop when you're hungry

It's harder to resist buying higher-fat, higher-calorie snack items when you're hungry. So, set yourself up for success and shop after you've eaten a good meal. If you do find yourself shopping on an empty stomach, drink some water or buy a piece of fruit to munch on.

(Cont. on page 13)

Elvis is Coming!!!
Elvis tribute
performance and come-
dy show at the Ozone
Park OAC on Monday,
April 1st @ 11:00 am



SHOPPING SMART (cont. from page 11)

5. Read nutrition labels

Check nutrition labels for serving size, calories, fat, cholesterol and sodium. Remember, even low-fat and fat-free foods can pack a lot of calories. Don't be fooled. The label will list calories, fat, sodium and cholesterol for one serving — but it can be tempting to eat more than one serving. Make sure to compare similar products so that you can choose the healthiest option.

Use the Mayo Clinic Healthy Weight Pyramid



Mayo Clinic Healthy Weight Pyramid

THE MAYO CLINIC HEALTHY WEIGHT PYRAMID IS A TOOL TO HELP YOU LOSE WEIGHT OR MAINTAIN YOUR WEIGHT. THE TRIANGULAR SHAPE SHOWS YOU WHERE TO FOCUS WHEN SELECTING HEALTHY FOODS. EAT MORE FOODS FROM THE BASE OF THE PYRAMID AND FEWER FROM THE TOP.

HEALTHY SNACKING TO HELP FILL YOU UP

If you feel hungry while following the Mayo Clinic Healthy Weight Pyramid, reach for more fruits and vegetables to snack on. Just make sure your fruit is either fresh or canned in water or juice — and that you pour off the liquid before eating.

HAPPY EATING!!!

Madhavi Menon Strohl

APRIL 2024 MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1) 10:00 am Bingo w/Madge 11:00 Elvis performance & Comedy show 1:00 Mexican Bingo w/Debbie	2) 10-Chair Yoga w/Pat 11:00 Trivia with Tiffany 12:45: Tai Chi w/Maggie	3) 9-Crochet w/Madge 10-Bingo w/Madge 1-pm Karaoke w/Argenis	4) 10- Tai Chi w/Harrison 11:00 Easter Trivia w/Tiffany 12:45 Yoga w/Maggie 1-2 Ping Pong	5) 10-Zumba/ w/Elaine 10-12 Blood Pressure w/ Sanjida 1-2 Ping Pong
8) 9:00 Crochet w/Madge 10-Bingo w/Madge 10:30 Soup 1:00 Ping Pong	9) 10-Chair Yoga 11:00 Trivia w/Tiffany 1:00 Birthday party with DJ Lou	10) 9-Crochet w/Madge 10-Bingo w/Madge 1-pm Karaoke w/Argenis	11) 10- Tai Chi w/Harrison 11 – Trivia with Tiffany 12:45 Yoga with Maggie 1-2 Ping Pong	12) 10-Zumba w/Elaine 10-12 Blood pressure w/ Sanjida 11am- Presentation w/ David Yam on Medicaid and Medicare
15) 9:00 Crochet w/Madge 10-Bingo w/Madge 10:30 Soup 1-2 Ping Pong	16) 10-Chair Yoga w/Pat 11:00 Trivia w/Tiffany 12:45: Tai Chi w/Maggie	17) 9-Crochet w/Madge 9:30 Breakfast 10:00 Bingo w/Madge 1pm Karaoke w/Argenis	18) 10- Tai Chi w/Harrison 11:00 Rock painting w/ Margaret 12:45 Yoga w/Maggie 1-2 Ping Pong	19) 10-Zumba w/Elaine 10-12 Blood pressure w/ Sanjida 1:00 pm Ping Pong
22) 10-Bingo w/Madge 10:30 Soup 1-2 Ping Pong	23) 10-Chair Yoga w/Pat 11:00 Trivia w/Tiffany 12:45 Tai Chi w/Maggie	24) 9-Crochet w/Madge 10:00 Bingo w/Madge 1-pm Movie & Discussion: The Right Stuff	25) 10- Tai Chi w/Harrison 11:00 Trivia w/Tiffany 12:45 Yoga with Maggie 1-2 Ping Pong	26) 10-Zumba w/Elaine 10-12 Blood pressure w/ Sanjida 11am – Health presentation by Mt. Sinai 1:00 pm Ping Pong
29) 10-Bingo w/Madge 10:30 Soup 11-Sip & Paint w/Katherine	30) 10-Chair Yoga w/Pat 11:00 Trivia w/Tiffany 12:45 Tai Chi w/Maggie 1:00 -Karaoke w/Argenis			FUNDED BY NYC AGING

Making memories!!!



103-02 101st Avenue
Ozone Park, NY 11416

Phone: (718) 847-2100 Fax: (718) 847-2166
Open Monday—Friday 8am—4pm

SENIOR CENTER STAFF

Vacant.....Program Manager
Tiffany Westbrook.....Case Manager
VacantAdministrative Assistant
Tracy Douse.....Cook
VacantAssistant Cook
Argenis Cruz.....Custodian
Shamel Richardson.....Kitchen Aide



**Suely, Alexandra, Mary, Gary, Michael, Aida,
Gloria, Marc, Lecinda. Michael, Nankisore,
Theresa, & Betty**

If you or your loved ones are interested in making a **bequest** to **Catholic Charities** for your senior center, please contact your **Program Manager** for more information. Your generous gift can ensure that we can continue to provide needed and quality services to older adults.

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.