

CELEBRATING
125
YEARS



The Riverway Experience

April 2024

230 Riverdale Avenue, Brooklyn, NY, 11212

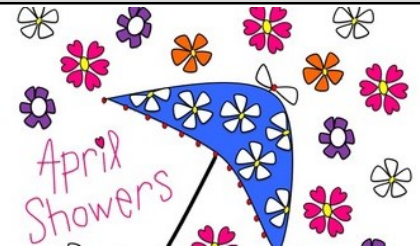
Phone #: (718) 942-5345



Holidays This Month

April 1st April Fool's Day
Stress Awareness
Autism Awareness
Irritable Bowel Syndrome Awareness

A MESSAGE FROM LETICIA



Spring ahead with ideas, fun and friendship!!!

We are looking forward to warmer weather and the return of our members who hibernate during the winter. All jokes aside we are going with the trends and will be starting our EB Walk with Ease next month to get the group walking started. One of the trips next month will be to the Brooklyn Botanical Gardens so be prepared for flowers, fun and sun. We are the center that thinks out of the box so come out and see what we have in store for you in May.



Funded by NYC Aging

- 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





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.

Submitted By: MADHAVI MENON STROHL



FOOD PANTRIES

Please find the following list of food banks/pantries available in and around Brownsville. Call to confirm their days and hours of operation.

The Campaign Against Hunger

Address: 2010 Fulton St.

Phone: (718) 773-3551

tcahnyc.org

S a l v a t i o n A r m y B r o w n s v i l l e -

F o o d D i s t r i b u t i o n C e n t e r

Address: 280 Riverdale Ave.

P h o n e : 7 1 8 - 3 4 5 - 7 0 5 0

O u r L a d y O f T h e P r e s e n t a t i o n -

F o o d D i s t r i b u t i o n C e n t e r

Address: 1677 St Marks Ave.

Phone: (718) 345-2604

O u r L a d y O f M e r c y C h u r c h -

F o o d D i s t r i b u t i o n C e n t e r

Address: 680 Mother Gaston Blvd.

Phone: (718) 346-3166

O P I N (O t h e r P e o p l e i n N e e d) -

F o o d D i s t r i b u t i o n C e n t e r

Address: 1768 St Johns Place

Phone: (718) 421-0148

Activities For The Month

April 18-Birthday Party @2PM

**April 19-Spring Bingo
w/ Dorothy**

**April- 23-Special Trip to CCBO
Live It Up Health Fair**

**April 26-Flea Market (10AM-
3PM)**

**April 27-SATURDAY CENTER
OPEN
(9AM-2PM)**

April 30-Spring Fling Party

Riverway Paint & Sip Last Month



Riverway Paint & Sip Art



THERE'S NOTHING WRONG WITH ASKING FOR HELP

There's a new number to call for mental health crises:



988



Compassionate.
Accessible.
Easy-to-remember.

Call or text **988** to speak with a trained crisis counselor.

What happens when you call **988**?

You're connected with a crisis counselor who:



Listens

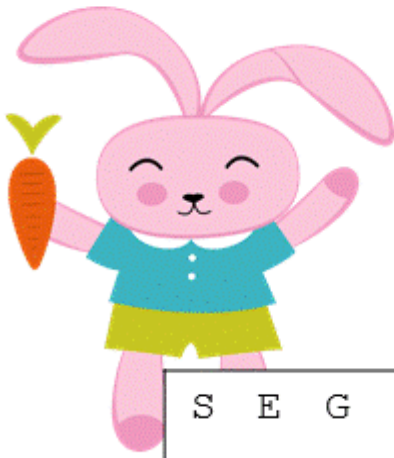


Supports



Shares resources

If you or someone you know is experiencing mental health- or substance use-related crisis, **call or text 9-8-8.**



Easter Sunday

Sunday following the first
full moon after the Spring equinox

S	E	G	D	U	C	K	S	Y	D	Y	E	E	I
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D	N	T	S	E	E	T	E	I	T	H	I	P	R
A	N	I	D	G	N	E	D	E	I	C	S	A	S
Y	Y	T	C	U	N	O	R	L	K	P	T	R	N
R	T	U	H	H	F	I	D	S	R	E	E	A	A
A	E	D	Y	F	U	R	S	I	R	P	N	D	E
B	K	E	A	J	E	R	N	S	R	O	N	E	B
B	S	D	O	N	S	G	C	A	E	H	O	E	Y
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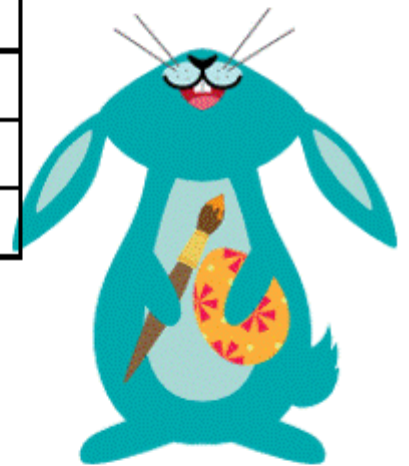
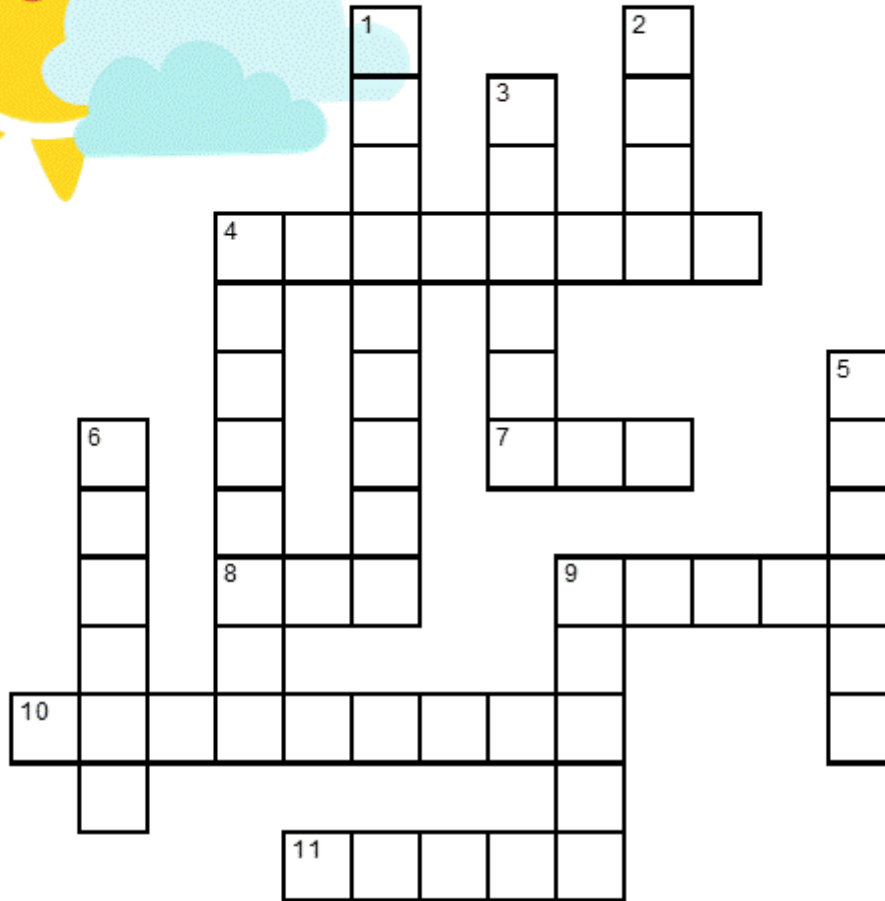
BASKET
BLESSINGS
BONNET
BOUQUET
BUNNY
CHICKS
CHILDREN
CHOCOLATES
CHURCH

DAFFODILS
DUCKS
DYE
EASTER
EGGS
FLOWERS
GRASS
GRATITUDE
HOPE

HUNT
JELLYBEANS
JOY
LIFE
PARADE
RABBIT
SPRING
SUNDAY



Easter Crossword



ACROSS

- 4. You might do this to eggs for Easter
- 7. A hen makes this
- 8. Used to color eggs
- 9. The hen's baby
- 10. Colorful candy you might find in an Easter basket
- 11. Peter Cottontail is one

DOWN

- 1. Eggs might be made from this
- 2. Look for eggs
- 3. Easter Day event
- 4. Yellow or white spring flower that grows from a bulb
- 5. What the Easter Bunny brings
- 6. A pretty hat worn on Easter
- 9. Don't eat too much of this or you might get a belly ache



RIVERWAY OLDER ADULT CENTER

230 Riverdale Ave
Phone: (718) 942-5345

Open Monday—Friday 8:30am—4:30pm

OLDER ADULT CENTER STAFF

Ron Carson—**Dir. Of Field Operations (DOFO)**
Leticia Knowles—**Program Director (PD)**
Dorothy Craig—**Case Manager**
Yolanda San Juan—**Administrative Assistant**
Pek Yeoh—**Program Aide**

Harri Ramnanan—**Driver**
Darryl Brown -**Driver/Kitchen Aide**
Jamella Thomas—**Kitchen Aide**
Robert Walker —**Maintenance**

Happy April Birthday to all Members!!



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.