

Narrows OAC Newsletter May 2024



Changing Lives...
Building Communities™

May Fun Facts

This May is Observed as: Mother's Day, Memorial Day, Asthma Awareness Month, Stroke Awareness Month, Older Americans Month and Asian Pacific Islander American Heritage Month

Birthstone: Emerald



Fruits and Veggies of the Month: Cherries, Okra, Apricots, Spring Peas, Lettuce, and Asparagus

Flower: Lily Of The Valley



CCNS

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May is a great month to celebrate some important holidays. Older Americans, Stroke Awareness, Mother's Day and Memorial Day to name a few. Spring is now fully in bloom as well as allergies for many people. Air purifiers can lessen the symptoms and filter out the pollen that gets into your home. Let's use this month to honor all the elderly people who have contributed to society and as well having taken care of family members. Some of the elders are also war veterans and it so happens Memorial Day is a good day to honor and remember the fact that these brave soldiers placed their lives at risk to defend this country to secure our safety and freedom. Although seniors are the most vulnerable to strokes, it can happen to any persons of any age, so make sure to look for the signs of possible strokes, so you can get the medical help as soon as possible to increase a quicker recovery. If we maintain a healthy diet along with some exercises, this can reduce your chances of a stroke as well as promote overall healthy body and mind. Increasing an exercise routine by one minute a day can have a drastic benefit by the end of the month. Our body is our sanctuary and only we can care for its well being.

Happy Mothers Day to all the wonderful, loving and caring mothers

Staff Members

Tselita McBride
Program Manager

Tommy Lee
Case Manager

Meng Zhou
Administrative Assistant

Madeline Sbrano
Driver

Samuel Robertson
Driver

Gek Poh Lim
Kitchen Aide

Tomasz Kucharczyk
Maintenance

CELEBRATING MAY

Older Americans Month

In April 1963 President John F. Kennedy and members of the National Council of Senior Citizens agreed to establish May as "Senior Citizens Month" eventually it changed to "Older Americans Month."

Approximately, a third of older Americans were living in poverty and there were little programs to provide the support that they heavily needed. Many people's interests in older Americans and concerns were intensifying.

Since then, Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Older Americans Month also honors seniors who served to protect our country and coincidentally, it is an overlap holiday with Memorial Day that is also in May.

<http://www.acl.gov/newsroom/observances/oam/index.aspx>

Mother's Day

Mother's Day Holiday was founded by Anna Jarvis, after her mother's death in 1905. She saw this as a way to honor all the mothers that make sacrifices for their children. She got the financial support from John Wanamaker, who was a retail store owner in May 1908 and organized the first mother's day in a church in West Virginia. Since then, mother's day has been celebrated.

<http://www.history.com/topics/holidays/mothers-day>

Memorial Day

Memorial Day on May 30 conjures images of hamburgers, hot dogs, swimming pools, and summertime for many Americans. But the last Monday in May serves, most importantly, as a time to honor those who died while fighting in the U.S. Armed Forces. It's a holiday steeped in somber American history and tradition. The day actually began as "Decoration Day," following the Civil War, when mourners placed flowers on the graves of Union and Confederate soldiers. Yes, Memorial Day has also come to signify the "unofficial" start of summer, but let's remember the heroes who made it all possible.

Stroke Awareness Month

This month is the time to be aware of and be educated about strokes.

Remember the Term FAST (Face Drooping, Arm Weakness, Speech Difficulty, Time to Call 911). A stroke happens, when there is blockage in the veins inside the brain that stops the blood from flowing. Having other illnesses like heart disease, poor diet, lacking physical activities, high blood pressures, high cholesterol and etc. can cause strokes to happen.

http://www.strokeassociation.org/STROKEORG/AboutStroke/AmericanStrokeMonth/American-Stroke-Month_UCM_459942_SubHomePage.jsp

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
<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> 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.

May 2024 Presentations

Monday 5/6/2024 10:30am — Jokestercise

Monday 5/13/2024 10:15am — Medicare Benefits (English)

Monday 5/20/2024 10am — Fruits & Vegetables (English)

Please note these presentation dates are subject to changes.

Entertainment Events

Friday 5/17/2024 10am — 11:30am
Celebrating Mother's Day With DJ Joel Pawiak
(Aetna Health Insurance Will Sponsor Giveaways)

Friday 5/31/2024 10:30am—11:30am
Estella & Peter Chan Mini Concert

Starting On 5/10/2024 until July 2024, Dance In Motion
Exercise Will Be Hosted Every Friday 1pm By Tai Chi Instructor
Kevin Chen.

Please Note They Are Subject To Changes At Any Time

SPOT A STROKE

F. FACE DROOPING | **A.** ARM WEAKNESS | **S.** SPEECH DIFFICULTY | **T.** TIME TO CALL 9-1-1



StrokeAssociation.org/warningsigns ©2013, American Heart Association.

STROKE SYMPTOMS: WOMEN VS. MEN

Men and women share a common set of stroke symptoms. But women also can experience more subtle warning signs.

WOMEN		MEN
Face drooping		Face drooping
Arm weakness		Arm weakness
Speech difficulty		Speech difficulty
Vision problems		Vision problems
Trouble walking or lack of coordination		Trouble walking or lack of coordination
Severe headache without a known cause		Severe headache without a known cause
General weakness		
Disorientation & confusion or memory problems		
Fatigue		
Nausea or vomiting		

Sources: American Stroke Association; Gender Medicine; Journal of Neuroscience Nursing
 Published May 31, 2019 | © 2019 American Heart Association, Inc.

By American Heart Association News

Baby Boomers

AND FOOD SAFETY

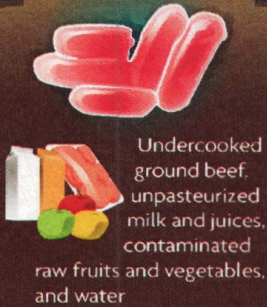
About 1 in 6 Americans will get food poisoning each year. Older adults are at an increased risk of serious complications from foodborne illness. A few simple steps can help keep the golden years pleasant for you or older adults you help care for.



What May Make You Sick?

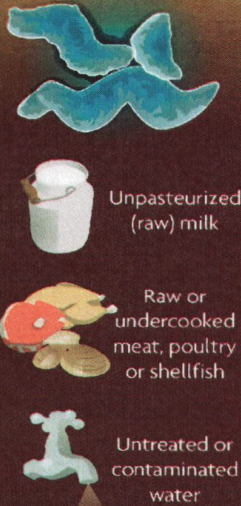
Here's a look at some of the most common food pathogens that affect older adults and where they're found:

E. COLI O157:H7

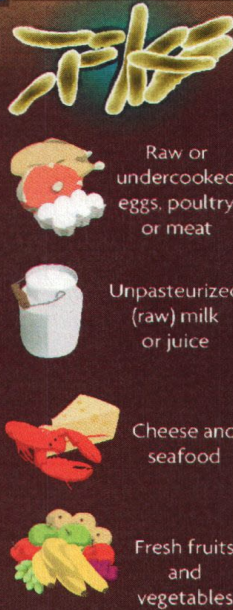


Person-to-person contact

CAMPYLOBACTER



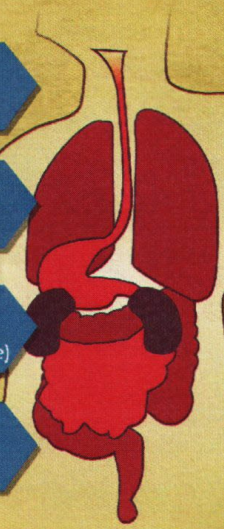
SALMONELLA



Why Are You at Risk?

Older adults are at elevated risk for hospitalization and death from foodborne infections. Why?

- Medication side effects (like a weakened immune system)
- Changes in functioning of organs like liver and kidneys
- Underlying chronic conditions (such as diabetes or kidney disease)
- Age-related changes to GI tract



Product Dating

Dates printed on food labels indicate when items will no longer be at peak quality. Dates are not for safety. Here's what each one means:



"SELL BY" DATE: Buy the product before this date. It is safe to eat after this date.



BEST IF USED BY/USE-BY: This is the last date recommended for best flavor or quality.

When in doubt, throw it out.



Perishable food that has been held at unsafe temperatures can cause illness, regardless of the package date.

Foods to Avoid



SOFT CHEESES made from unpasteurized milk (feta, brie, Camembert, blue-veined and queso fresco)



RAW OR UNDERCOOKED MEAT, POULTRY, EGGS OR SEAFOOD



UNPASTEURIZED (raw) MILK



RAW SPROUTS



UNWASHED FRESH VEGETABLES



HOT DOGS, DELI MEATS AND LUNCHEON MEATS that have not been heated to steaming hot



PATES – unpasteurized/refrigerated pates

Safety Tips

The pathogens that cause foodborne illness can't be smelled or tasted. Proper food handling of the food you bring home is your best defense against food poisoning. *With all foods, follow these tips:*



CLEAN: Clean surfaces, utensils and hands with soap and warm water.



SEPARATE: Separate raw meat, poultry and seafood from ready-to-eat foods in your grocery-shopping cart, refrigerator, and during meal prep.



COOK: Cooked food is safe only after it's been heated to a high enough temperature to kill harmful bacteria. Use a food thermometer.

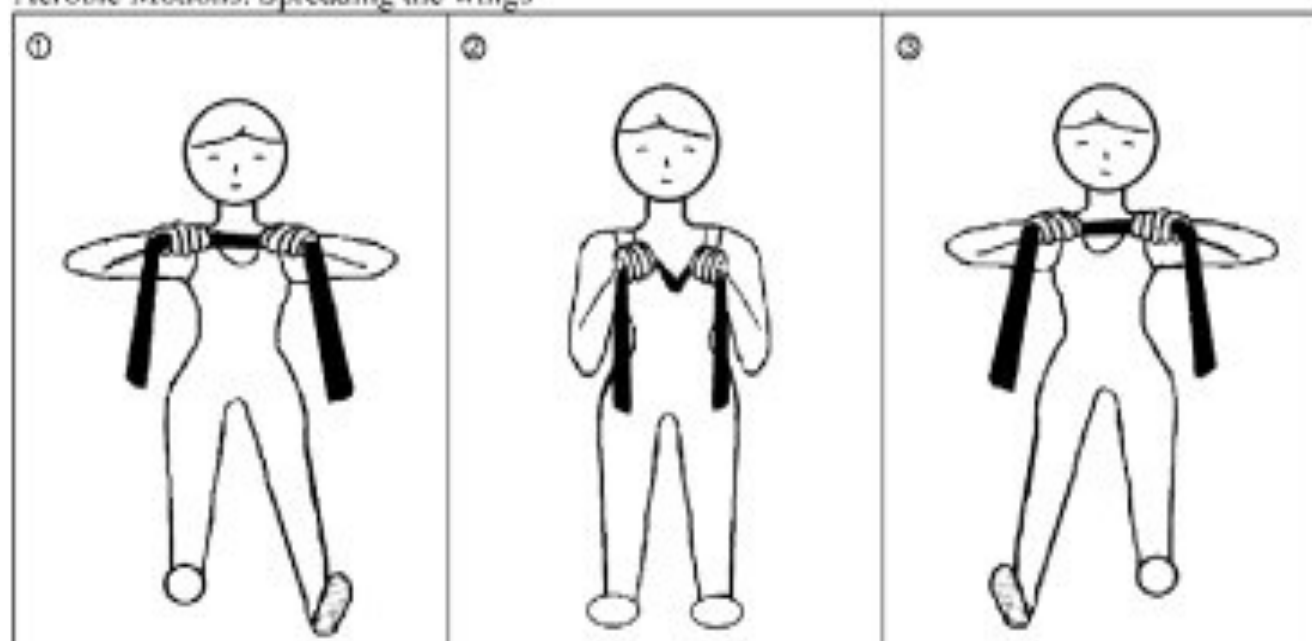


CHILL: Chill raw and prepared foods promptly if not consuming after cooking.

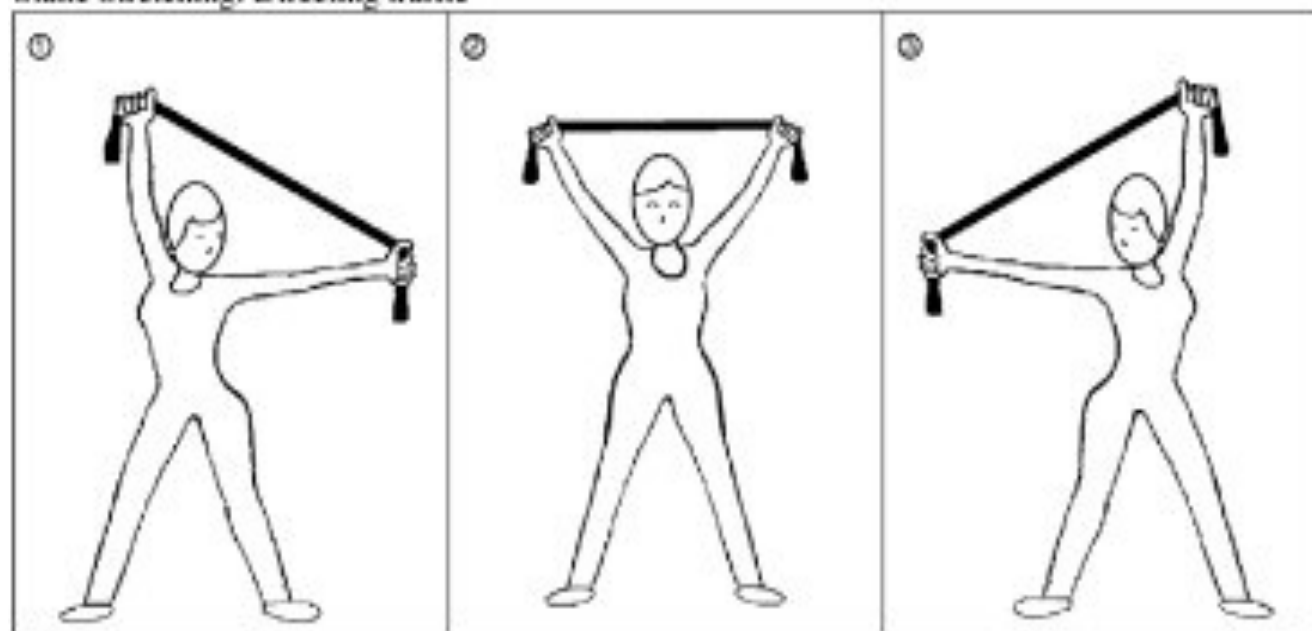
Warm-up: Turning the wrists



Aerobic Motions: Spreading the wings



Static Stretching: Directing traffic



5 WEIGHT-BEARING EXERCISES *you can do right now.*



1 SQUAT

Stand with feet slightly wider than shoulder-width apart.

Bend or hinge 30 to 40 degrees at the hips, shifting them back and down as you bend your knees.

Lower yourself to a comfortable position. Your knees should not extend past your toes.

Push through your heels to return to the starting position.

Repeat 10 times.



2 SINGLE LEG STANDING WITH SUPPORT

Stand with feet shoulder-width apart.

Bend one knee slightly and slowly lift that leg 3 to 6 inches off the floor.

Hold for 10 seconds before returning your foot to the floor.

Repeat 10 times for each leg.

Challenge move:
Lift your leg higher, so your thigh is parallel to the floor.



3 SIT TO STAND

Stand with a sturdy chair behind you, knees just in front of the seat.

Bend at the knees and hips, slowly lowering yourself to a sitting position.

Pause, then stand up. Use a chair with arms for extra support.

Repeat 10 times.



4 STEP UP

Stand in front of a low step with feet shoulder-width apart.

Place one foot firmly on the step.

Push through the heel, bringing the other foot onto the step.

Slowly return one foot to the ground, then the other.

Repeat 10 times for each leg.

Challenge move:
Use a higher step.



5 FORWARD LUNGE

Stand with feet shoulder-width apart.

Lift one foot and step forward, planting your foot firmly on the ground.

Slowly shift your weight onto your front foot, lowering your body to a comfortable position.

Return to the starting position.

Repeat 10 times for each leg.

TIPS:

Hold onto a railing, the back of a sturdy chair or a countertop for support.

Make each exercise more challenging by doing more repetitions, performing the movement without support, or holding weighted objects.



Marshfield Clinic

Don't just live. Shine.



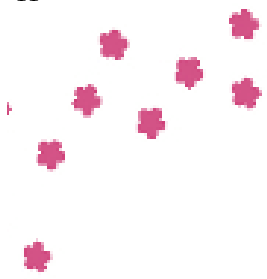
OLD FASHIONED RICE PUDDING

INGREDIENTS

2/3 c. Minute Rice
2 3/4 c. milk
1/3 c. sugar
1 tbsp. butter
1/2 tsp. salt
1/2 tsp. vanilla
1/4 tsp. nutmeg
Cinnamon
1/2 c. raisins

INSTRUCTIONS

How to make this old fashioned rice pudding recipe
First step : Combine Minute Rice, milk & raisins, sugar, butter, salt, vanilla & nutmeg in a buttered 1 quart baking dish.
Second step : Bake in 350-degree oven for 1 h, stirring after 15 mins & again when pudding is done.
Third step : Sprinkle with cinnamon.
Finally step: Serve warm or chilled. Pudding thickens as it stands



Mother's Day Word Search

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

APPRECIATE
CAKE
CARD
CHERISH

CHOCOLATE
FAMILY
FLOWERS
GIFT

LOVE
MOM
SUNDAY
THOUGHTFUL

History of Mother's Day

The majority of countries that celebrate Mother's Day do so on the second Sunday of May. On this day, it is common for Mothers to be celebrated with presents and special attention from their families, friends and loved ones. But it wasn't always this way.

The traditional practice of honoring of Motherhood is rooted in antiquity. Ancient rites had strong symbolic and spiritual overtones, as societies tended to celebrate Goddesses and symbols of motherhood, rather than actual Mothers. From the 6th century B.C. onwards the Ancient Greeks honored Rhea or Rheia as the Magna Mater, the great mother of everything, including the gods. She was the wife of Chronos (Saturn) and the mother of Hestia, Hera, Demeter, Poseidon, Hades, and Zeus. Her father was Uranus or the heavens, her mother Gaia or Gaea, or the earth, with whom she was often identified. In 205 B.C her cult was introduced in Rome, where she was celebrated as Cybele during the Hilaria. Mothers day started out as a day to honour Rhea.

This tradition was brought to England where it is Celebrated In March which was the Roman festival of Hilaria to honour Cybele. No one is quite sure when the celebration became to celebrate all mothers rather than the diety.

In America the first Mother's day was brought about by a woman called Ann Jarvis, who was a suffragette, she wanted a day to celebrate mothers and women in general, having seen Mothering Sunday in Europe. She fought and protested for the day for a long time, but it was finally Granted as a public holiday by then president Woodrow Wilson in 1908 who signed the bill setting aside the second Sunday of May as a special day to celebrate Mothers.

Ann jarvis was disgusted at the comercial way Mothers day was treat and she said she regretted making the day. As florists began to advertise flowers for Mother's Day, and even hold Mother's Day events, Anna Jarvis began to decry the shift into commercialization of such an important day. She protested saying, Mother's Day is to be a day of sentiment, not profit. Standing idly by was not her way. She took action. Jarvis sued sponsors of a Mother's Day events in an effort to prevent it from taking place. In 1930, she was arrested for disturbing the peace by trying to prevent the sale of flowers at a Mother's Day event. Not to be beaten, in 1938, Jarvis attempted to get a copywrite for Mother's Day, enabling her to control use of both the term and the holiday itself. In her attempts, she failed.

MEMORIAL DAY FACTS

Each American takes part in the National Moment of Remembrance each year.

The Civil War started on April 12, 1861.

The history of Memorial Day in the U.S. is a little complicated.



Memorial Day was created because of the Civil War.



The National Moment of Remembrance started in the year 2000.

The National Moment of Remembrance symbolizes unity.



Around 655,000 Americans died during the Civil War.

The Memorial Day "evolved".

Memorial Day falls on May partly because of flowers.

People consider General John A. Logan as the founder of Memorial Day.



Canadian poet John McCrae introduced red poppies for Memorial Day.



Some believe that Abraham Lincoln was the founder of Memorial Day.



Waterloo, New York, is the "birthplace" of Memorial Day.



Doylestown, Pennsylvania observed Memorial Day since 1868.



Memorial Day used to be associated with picnics.



Boalsburg, Pennsylvania also claims to be the birthplace of Memorial Day.

Veterans Day and Memorial Day are both patriotic holidays honoring the military.

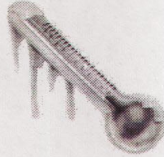




Some of the states observe the Confederate Memorial Day.



The Women's Relief Corps sponsored the ceremonies during the 1890s.

Easy Ways to... Freeze Fruits and Vegetables

Freeze 	Blanch (quick boil) 	Cook 																		
Put these in the freezer right away	Blanch these before freezing	Cook these before freezing																		
Berries Cherries* Corn (cut off the cob) Grapes Peaches* Plums* Peeled melon Winter squash *remove pits	<table border="0"> <tr> <td>Artichokes</td> <td>Eggplant</td> </tr> <tr> <td>Asparagus</td> <td>Green beans</td> </tr> <tr> <td>Broccoli</td> <td>Leafy greens</td> </tr> <tr> <td>Brussels sprouts</td> <td>Okra</td> </tr> <tr> <td>Cabbage</td> <td>Onions</td> </tr> <tr> <td>Carrots</td> <td>Parsnips</td> </tr> <tr> <td>Cauliflower</td> <td>Peppers</td> </tr> <tr> <td>Celery</td> <td>Summer squash</td> </tr> <tr> <td></td> <td>Zucchini</td> </tr> </table>	Artichokes	Eggplant	Asparagus	Green beans	Broccoli	Leafy greens	Brussels sprouts	Okra	Cabbage	Onions	Carrots	Parsnips	Cauliflower	Peppers	Celery	Summer squash		Zucchini	Apples Beets Beans and legumes Potatoes Sweet potatoes Tomatoes Pumpkin Radishes Winter squash
Artichokes	Eggplant																			
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Cabbage	Onions																			
Carrots	Parsnips																			
Cauliflower	Peppers																			
Celery	Summer squash																			
	Zucchini																			
Freezing Tips	Blanching Steps	Ways to Cook																		
<ul style="list-style-type: none"> Wash all fruits and vegetables before freezing. Store food in a container with a tight-fitting lid. Write the date on the container before freezing. Food will keep for about six months. 	<ul style="list-style-type: none"> Boil enough water to cover all produce in the pot. Clean produce. Chop into even-sized pieces. Place produce in boiling water and boil until just tender (one to five minutes). Rinse under cold water until cool. Strain in colander, place in sealed container and freeze. 	<ul style="list-style-type: none"> Bake or roast Sauté Boil Steam Poach 																		

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/eatinghealthynyc

For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."

For healthy recipes, visit jsyfruitveggies.org.

NYC
Health

Just Say Yes to Fruits and Vegetables

**Narrows Senior
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www.ccbq.org

**We're on the
web
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

