

**February 2025 : National Older Adults Independence Month**

**The Bay Senior Center**

**3643 Nostrand Avenue, Brooklyn N.Y. 11229**

**Brooklyn, New York 11229**

**Tel (718) 648-2053**

**ABILITY is what you're capable of doing. MOTIVATION determines what you do. ATTITUDE determines how well you do it.**



#### **CATHOLIC CHARITIES MISSION STATEMENT**

Catholic Charities of the Diocese of Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable 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 which promotes justice and embraces human development.

*Catholic Charities Neighborhood Services, Inc. Funded by the New York City Department for the Aging. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order which promotes justice and embraces human development.*



## ~ The Bay Senior Center ~

Our Center provides you with many exciting programs and events. This is the place for meet old friends and meet new ones. Join us and participate in all our activities.

It is the place to enjoy hot kosher lunches, Zumba exercise, Aerobics, Moving Meditation, (Qi Gong Exercise) current events, arts and crafts, nutrition lectures, movies & discussion, parties entertainments live, bingo, trips and much more. Some fees apply.

If you have trouble getting to and from the Center, we can provide transportation. We are also handicapped accessible. Please call the center for transportation.

We are non-denominational. Members of our staff speak a variety of languages: English, Russian, Spanish, Yiddish, and Hebrew. Come in and look around. See what interests you. . . .

If you wish to play a board and card games, please ask staff for access to these games.

Stay Safe and Peace on Earth

Robert

Case Manager



Dear friends,

It has been a very cold January so let us hope that the worst of the winter is behind us for February. I would like to dedicate February to National Older Adult Independence Month. We have set up lectures that particularly empower seniors and help them to feel more independent. We have two nutrition education lectures that help teach seniors how to have a healthier diet. We will have a security lecture which will teach seniors how to be more secure in their own home. We will have a traffic lecture that will teach seniors how to negotiate the streets in a safer way. There will be a lecture on tenants' rights and other activities that will enable seniors to feel more independent and safer on their own.

Of course, we cannot forget about Valentines Day that will be celebrated on Feb. 17 with a party, a DJ, and refreshments. We will also acknowledge Black History month with a presentation. Please remember that we do have transportation and would be happy to bring you to and from the center or to other appointments that are local. We also go on local trips with Alex our driver at least once a week. Feel free to give us suggestions for trips and activities. Stay warm and safe.

Love always,

Sharon Retkinski

Program manager





## \* The Bay Senior Center \*

Schedule Conference Calls (701) 802-5238 enter code 3235213 # if you have T-Mobil 206 451-6064, first id # 7340

Transportation is available to take seniors to Senior Center and back home

\*I've learned that people that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.  
By Maya Angelou

February 2025 Black History Month and National Older Adults Independence Month

***Please call Senior Center (718) 648-2053 for Special Events***

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Yoga &amp; Dance exercise @ 9:20 AM</p> <p><u>Security Workshop 2-24</u></p> <p><u>Food Bank Nutrition 2-10</u></p> <p><u>*Coping with Your Feeling-</u></p> <p><u>Conference Call at 10 am</u></p> <p>*Alert and Alive at 11:00</p> <p>Conference Calling</p> <p><u>Young at heart musical entertainment LIVE</u></p> <p>&gt;&gt;&gt; <u>Valentines Party February 17, 2025</u></p> <p>&gt;Cab Health Screening 10-2</p> <p>Lunch 11:30 – 12:45</p> <p>Social Hour 12:30-2:00</p> <p>Board Games available, Brain Teaser</p>	<p>Blood Pressure @ 10:30</p> <p>NEW</p> <p>Zumba W Gerri at 9:00 am</p> <p>Live at Center</p> <p>Crocheting &amp; Knitting @ 10:00</p> <p><u>Jewelry Making @ 12:30</u></p> <p>nutrition workshop –</p> <p>*<u>Health Lecture workshop Feb 25, 2025 at 11:00</u></p> <p><u>By Chateau Adult Home</u></p> <p>Lunch 11:30 – 12:45</p> <p>Social Hour 12:30-2:00</p> <p>Board Games available, Brain Teaser</p>	<p><i>Black History Month February 12 at 11:00 Presentation</i></p> <p><u>Age-Tastic! and or Rummikub @ 9:30 am</u></p> <p>&gt;Current Events</p> <p>Live &amp; Conference Call, @ 10 am</p> <p><b><i>Cardio Dance Exercise @ 10:30 am</i></b></p> <p><b><i>BINGO 12:30</i></b></p> <p>2<sup>ND</sup> Wednesday of every month</p> <p>Movie and discussion @ 12:30 – [after lunch]</p> <p>* Lunch 11:30 – 12:45</p> <p><i>Social Hour 12:30-2:00</i></p> <p><i>Board Games &amp; Brain Teaser available</i></p>	<p><u>Age-Tastic! and or Rummikub @ 9:30 am</u></p> <p><u>Moving Meditation Exercise (Qi Gong)</u></p> <p>10:00 am LIVE at CENTER and on Zoom</p> <p>Lunch 11:30 – 12:30</p> <p>Tenant workshop Feb 13 At 10 am</p> <p>Sharing Reflection workshop Sponsored by Bklyn Public Lib Feb 20 (3<sup>rd</sup> Thursday of every month)</p> <p>Phone # 701 802-5218 meeting number 3235213#</p> <p>Social Hour 1:00-3:00</p>	<p><b>CHAIR YOGA @ 9:30</b></p> <p>~ Trivia Pursuit</p> <p>Live &amp; Conference Calling 10:00</p> <p>~ Yiddish Hour at 11:00 am live &amp; Conference call</p> <p>~ <i>*Oneg Shabbat Class* (sing-a long class) after lunch at 12:30 am</i></p> <p>Lunch 11:30 – 1:00</p> <p>Social Hour 1:00-3:00</p> <p>Special Events live</p> <p>Board Games, Brain Teaser available</p> <p>Board Games</p>



# THE BAY SENIOR

I've learned that people that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. By Maya Angelou

3643 Nostrand Avenue, Brooklyn NY 11229 Tel [718] 648-2053

Catholic Charities Neighborhood Services & NYC Department for the Aging

Yoga & Dance Monday at 9:20 AM

Zumba with Geri on LIVE at Center ; Tuesday at 9:00 AM

Cardio Dance exercise Wednesday @ 10:30

Moving Meditation (Qi Gong) Exercise Thursday At 10:00

Moving Meditation Exercise Qi Gong Thursdays at 10:00 AM LIVE at Center

Jewelry Making .....Tuesday at 12:30 PM

Sing-a-long .....Tuesday at 12:30 PM

^ Party Monday February 17 at 9:45 ` live entertainment

Blood Pressure Tuesday 10:30 am

NEW – Chair Yoga Friday exercise 9:30 am

**CONFERENCE CALL** 701) 802-5238 - ACCESS CODE; 3235213 #

If you have T-Mobil dial this first (206) 451-6064

Coping with Your Feeling – Mondays at 10:00 AM Live & Conference Call

Alert & Alive Mondays at 11:00 AM Live & Conference Call

Current Events Wednesdays at 10:00 AM Live & Conference Call

Movie & Discussion Wednesdays at 12:30 PM

Trivia Pursuit - Fridays at 10:00 AM Live & Conference Call

Yiddish Hour - Fridays at 11:00 AM Live



# FEBRUARY

*February comes from the Latin word februa, which means "to cleanse." The month was named after the Roman Februalia, which was a monthlong festival of purification and atonement.*

## WAS VALENTINE'S DAY ONCE WARMER?

When Valentine's Day became popular in the Middle Ages, the climate was warmer than it is now. Birds mated. Flowers bloomed. And love blossomed. If it had been wintry weather, would this holiday still be the same today?

Identifying past weather patterns is always somewhat controversial, but history seems to show that a thousand years ago, the weather was very warm in Europe compared to today.

Greenland really had some green pastures, and Vikings ran cattle. During this period, springtime in Italy frequently began in mid-February.

And ever notice that poems describing the weather in England sound like sunny Italy?

Chaucer, widely considered the greatest poet of the Middle Ages, associated the feast of St. Valentine with the mating impulses of birds—which were thought to begin looking for their mates on February 14.

Indeed, the feast of St. Valentine has been associated with love since the Middle Ages.

### THE MEDIEVAL WARM PERIOD

The Medieval Warm Period (MWP), which roughly coincided with the Middle Ages in Europe, lasted from c. 950 to c. 1250. It was a time of relatively warm conditions said to have prevailed in various parts of the world, though predominantly in the Northern Hemisphere from Greenland eastward through Europe and parts of Asia.

Possible causes of the Medieval Warm Period include increased solar activity, decreased volcanic activity, and changes to ocean circulation.

This warm period was followed by a decline in temperature levels. This was called "The Little Ice Age" because it was the coldest phase since the last ice age occurred.

Originally, the Romans had a mid-February fertility festival, Lupercalia, to celebrate the change of seasons. In A.D. 496, Pope Gelasius I replaced the rather raunchy affair with a saint's day: St. Valentine's Day.

That should have ended everything. St. Valentine was a nice guy who was kind to children, helped the early Christians, and was executed on February 14. There was nothing lusty about him. (However, some legends say he healed and befriended his





# Happy Valentine's Day

jailkeeper's daughter and sent her a farewell note "From your Valentine.")

So, what do you get when you combine a romantic saint and the beginning of spring? A mushy mid-February holiday!

By the Medieval Warm Period, societies from England to Italy cheerfully celebrated this saint's day with villages pairing up young men and women for dances and dalliance.

## WHAT IS SOLAR WINTER?

Technically, solar winter ends on February 5. This is the (darkest) quarter of the year with the least amount of daylight for the Northern Hemisphere. It lasts from November 5 to February.

After the end of solar winter, the Northern Hemisphere enters the time of year when the sun's rays are getting stronger. Until April, day length across the Northern Hemisphere will grow at its quickest rate.

Of course, with both our air and ocean temperatures,

there is always a phenomenon called 'seasonal lag.' The warmth from the summer and fall months carries into the first part of winter, just like the cold from winter will carry into the first part of spring.

Even in the Little Ice Age, people noticed that the days were becoming sunnier. It might have been hard to gather flowers, but romance continued to bloom on February 14.





# FEBRUARY

*If February give much snow,  
A fine summer it doth foreshow.*

—weather lore

## WHAT AND WHEN IS PRESIDENTS' DAY?

### Is This Holiday Called Presidents' Day or Washington's Birthday?

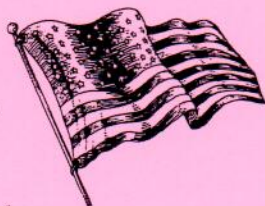
Although the holiday is most often called "Presidents' Day," the observed federal holiday is officially called "Washington's Birthday."

Neither Congress nor the president has ever stipulated that the name of the holiday observed as Washington's Birthday be changed to Presidents' Day. Additionally, Congress has never declared a national holiday binding in all states; each state has the freedom to determine its legal holidays. This is why there are some calendar discrepancies when it comes to this holiday's date.

### So Why Is Washington's Birthday Commonly Called Presidents' Day?

In a sense, calling the holiday Presidents' Day helps us reflect on not just the first president but also our nation's founding, its values, and what Washington calls in his farewell address the "beloved Constitution and union, as received from the Founders." Also, Abraham Lincoln's birthday is February 12, so by calling the holiday "Presidents' Day," we can also include another remarkable president in the celebration.

Today, many calendars list the third Monday of February as Presidents' Day, just as many U.S. states do. Of course, all of the 3-day retail store sales are called "Presidents' Day" sales, and this vernacular has also been influential in how we reference the holiday.



### When Is Presidents' Day?

Presidents' Day is observed annually on the third Monday in February. In 2025, Presidents' Day will be celebrated on Monday, February 17.

#### Presidents' Day Dates

Year	Presidents' Day
2026	Monday, February 16
2027	Monday, February 15
2028	Monday, February 21

### Presidents' Day History

Historically, Americans began celebrating George Washington's Birthday just months after his death, long before Congress declared it a federal holiday. It was not until 1879, under President Rutherford B. Hayes, that Washington's Birthday became a legal holiday, to be observed on his birthday, February 22.

Washington's birthday was celebrated on February 22 until well into the 20th century. In 1968, Congress passed the Monday Holiday Law to "provide uniform annual observances of certain legal public holidays on Mondays." By creating more 3-day weekends, Congress hoped to "bring substantial benefits to both the spiritual and economic life of the Nation."

### Is Presidents' Day a Federal Holiday?

Today, George Washington's Birthday is one of only 11 permanent federal holidays established by Congress. One of the great traditions followed for decades has been the reading of George Washington's farewell



address by a U.S. senator in legislative session, which remains an annual event to this day.

### When Is George Washington's Real Birthday?

Although the federal holiday is held on the third Monday of February, George Washington's birthday is observed on February 22. To complicate matters, Washington was actually born on February 11, 1731! How can that be?

George Washington was born when the Julian calendar was in use. During Washington's lifetime, people in Great Britain and America switched the official calendar system from the Julian to the Gregorian calendar (something that most of Europe had already done in 1582).

As a result of this calendar reform, people born before 1752 were told to add 11 days to their birth dates. Those born between January 1 and March 25, as Washington was, also had to add 1 year to be in sync with the new calendar.

By the time Washington became president in 1789, he celebrated his birthday on February 22 and listed his birth year as 1732.

### Myths About Washington

Legend has it that George Washington chopped down a cherry tree when he was 6 years old and, when confronted by his father, said, "I can not tell a lie. I did it with my hatchet."

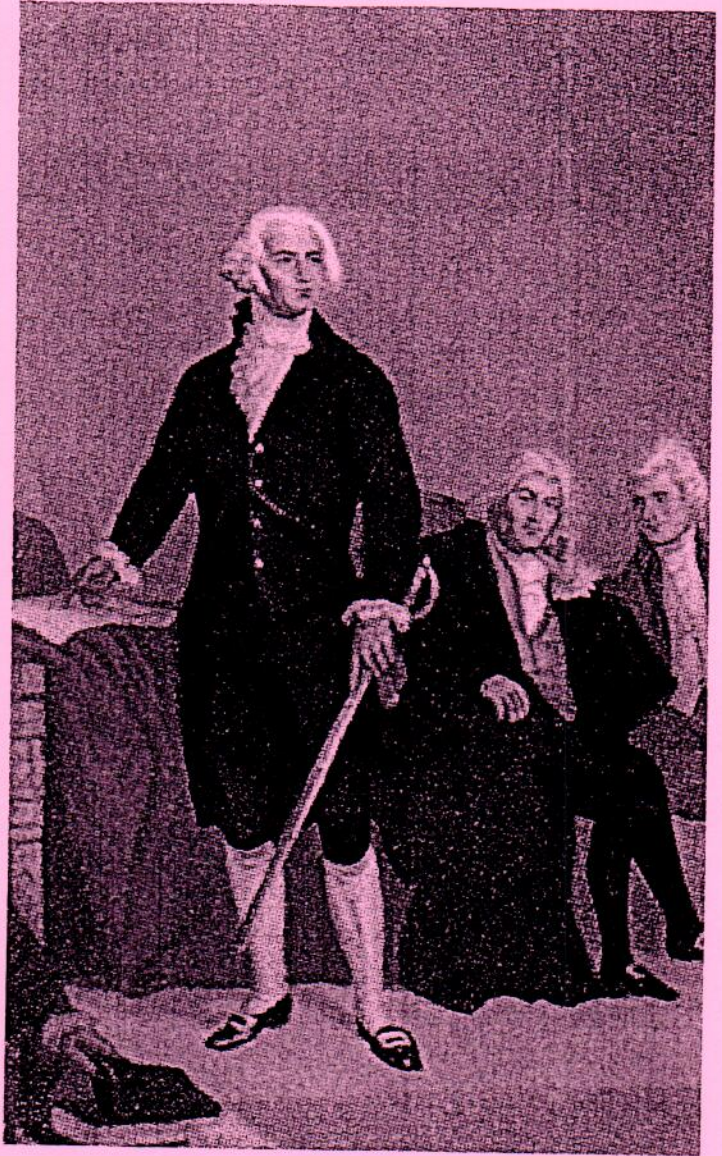
Well, we can not tell a lie, either. Washington didn't say this; he didn't even chop down the tree! This tale was, in fact, concocted by Parson Mason Weems (1759–1825), one of Washington's biographers, who made up the story hoping to demonstrate Washington's honesty.

This tale is not the only myth about Washington. His wooden dentures? They weren't made of wood; they were made of hippopotamus teeth that had been filed down to fit into Washington's mouth.

### George Washington Quote

Upon entering office, Washington was not convinced he was the right man for the job. He wrote, "My

movements to the chair of government will be accompanied by feelings not unlike those of a culprit who is going to the place of his execution." Fortunately for the young country, he was wrong.



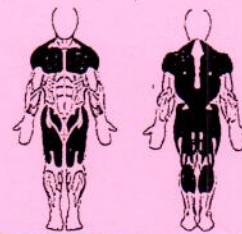
*Worry is the interest paid by those who borrow trouble.*

—George Washington (1732–99)



# STRETCHING

## OLDER ADULTS



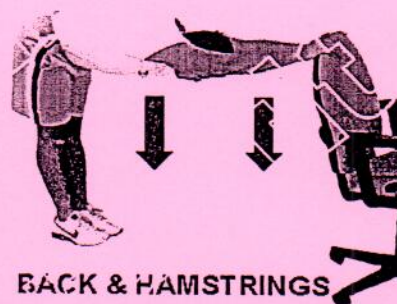
**⚠** Consult a physician before starting any stretching regime. This chart is for informational purposes only.



GLUTES &  
LOW BACK



GLUTES &  
ABDUCTORS



BACK & HAMSTRINGS



ADDUCTORS



QUADRICEPS



CALVES



NECK



SHOULDERS &  
UPPER BACK



SHOULDERS &  
CHEST



FULL  
BODY

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain





Black History Month

On Wednesday February 12 at 11:00

We will have a discussion on their  
achievement in America.



# BLACK INVENTORS AND THEIR INVENTIONS

TO YOUR KNOWLEDGE

THINGS EVERYONE SHOULD KNOW ABOUT THE INVENTION THAT WERE INVENTED BY BLACK MEN AND BLACK WOMEN

Inventions	Names	Inventions	Names
PAPER	AFRICANS	LAWN SPRINKLER	J.W. SMITH
CHES	AFRICANS	AUTOMATIC GEAR SHIFT	R.B. SPIKES
ALPHABET	AFRICANS	URINALYSIS MACHINE	DEWEY SANDERSON
MEDICINE	AFRICANS	HORSE RIDING SADDLE	W.M. D. DAVIS
CIVILIZATION	AFRICANS	SHOE	W.A. DEITZ
AEROPLANE PROPELLING	JAMES S. ADAMS	PLAYER PIANO	JOSEPH DICKINSON
BISCUIT CUTTER	A.P. ASHBOURNE	ARM FOR RECORD PLAYER	JOSEPH DICKINSON
FOLDING BED	L.C. BAILEY	DOOR STOP	O. DORSEY
COIN CHANGER	JAMES A. BAUER	DOOR KNOB	O. DORSEY
ROTARY ENGINE	ANDREW J. BEARD	PHOTO PRINT WASH	CLATONIA J. DORTICUS
CAR COUPLER	ANDREW A. BEARD	PHOTO EMBOSING MACHINE	CLATONIA J. DORTICUS
LETTER BOX	G. E. BECKET	POSTAL LETTER BOX	P.B. DOWNING
STAINLESS STEEL PADS	ALFRED BENJAMIN	TOILET (COMMODORE)	T. ELKINS
TORPEDO DISCHARGER	H. BRADBERRY	FURNITURE CASTER	DAVID A. FISHER
DISPOSABLE SYRINGE	PHIL BROOKS	GUITAR	ROBERT FLEMMING JR.
HOME SECURITY SYSTEM	MARIE BROWN	GOLF TEE	GEORGE F. GRANT
CORN PLANTER	HENRY BLAIR	MOTOR	J. GREGORY
COTTON PLANTER	HENRY BLAIR	THERMO HAIR CURLERS	SOLOMON HARPER
IRONING BOARD	SARAH BOONE	LANTERN	MICHAEL HARNEY
STREET SWEEPERS	CHARLES B. BROOKS	GAS BURNER	B.F. JACKSON
HORSE BRIDLE BIT	L.F. BROWN	KITCHEN TABLE	H.A. JACKSON
HORSE SHOES	OSCAR E. BROWN	BICYCLE FRAME	ISAAC A. JOHNSON
LAWN MOWER	JOHN A. BURR	WRENCH	JOHN R. JOHNSON
TYPEWRITER	BURRIDGE & MARSHMAN	EYE PROTECTOR	R. JOHNSON
TRAIN ALARM	R. A. BUTLER	EGG BEATER	W. JOHNSON
IMAGE CONVERTER	GEO. CARRUTHERS	DEFROSTER	FREDERICK M. JONES
FOR RADIATION DETECTION	GEO. CARRUTHERS	AIR CONDITIONING UNIT	FREDERICK M. JONES
PEANUT BUTTER	GEO. W. CARVER	TWO CYCLE GAS ENGINE	FREDERICK M. JONES
PAINTS AND STAINS	GEO. W. CARVER	INTERNAL COMBUSTION ENGINE	FREDERICK M. JONES
MOTIONS AND ESCAPS	GEO. W. CARVER	STARTER GENERATOR	FREDERICK M. JONES
AUTOMATIC FISHING REEL	GEORGE COOK	REFRIGERATION CONTROLS	FREDERICK M. JONES
ICE CREAM MOLD	A.L. CRALLE	CLOTHES DRESSER	JOHN H. JORDAN
PRINTING PRESS	W.A. LAVALLETTE	BOTTLE CAPS	JONES & LONG
ENVELOPE SEAL	F.W. LESLIE	ELECTRICAL LAMP	LATIMER & NICHOLS
LASER FUELS	LESTER LEE	HYDRAULIC SHOCK ABSORBER	RALPH SANDERSON
PRESSURE COOKER	MAURICE W. LEE	REFRIGERATOR	J. STANDARD
WINDOW CLEANER	A.L. LEWIS	MOP	T.W. STEWART
PENCIL SHARPENER	JOHN L. LOVE	STAIRCLIMBING WHEELCHAIR	RUFUS J. WEAVER
FIRE EXTINGUISHER	TOM J. MARSHAL	FIRE ESCAPE LADDER	J.B. WINTERS
LOCK	W.A. MARTIN	TELEPHONE TRANSMITTER	GRANVILLE T. WOODS
SHOE LASTING MACHINE	JAN MATZELIGER	ELECTRIC CUT-OFF SWITCH	GRANVILLE T. WOODS
LUBRICATORS	ELIJAH MCCOY	RELAY INSTRUMENT	GRANVILLE T. WOODS
ROCKET CATAPULT	HUGH MACDONALD	TELEPHONE SYSTEM	GRANVILLE T. WOODS
ELEVATOR	ALEXANDER MILES	ELECTRO MECH. BRAKE	GRANVILLE T. WOODS
GAS MASK	GARRETT MORGAN	GALVANIC BATTERY	GRANVILLE T. WOODS
TRAFFIC SIGNAL	GARRETT MORGAN	ELECTRIC RAILWAY SYSTEM	GRANVILLE T. WOODS
HAIR BRUSH	LYDA NEWMAN	ROLLER COASTER	GRANVILLE T. WOODS
HEATING FURNACE	ALICE H. PARKER	AUTO AIR BRAKE	GRANVILLE T. WOODS
AIR SHIP (BLIMP)	J.F. PICKERING	HELICOPTER	GRANVILLE T. WOODS
FOLDING CHAIR	PURDY/ SADGWAR	SANI-PHONE	PAUL E. WILLIAMS
HAND STAMP	W.B. PURVIS	SUPER SOAKER	JERRY JOHNSON
FOUNTAIN PEN	W.B. PURVIS	BLOOD PLASMA	LONNIE JOHNSON
DUST PAN	L.P. RAY	ICE CREAM	DR. CHARLES DREW
INSECT DESTROYER GUN	A. C. RICHARDSON	PACEMAKER CONTROLS	AUGUSTUS JACKSON
BABY BUGGY	W. H. RICHARDSON	GUIDED-MISSILE	OTIS BOYKIN
SUGAR REFINEMENT	N. RILLIEUX	SPACE SHUTTLE RETRIEVAL ARM	OTIS BOYKIN
CLOTHES DRIER	G.T. SAMPSON	PROGRAMMABLE REMOTE CONTROLLERS	W.M. HARWELL
CELLULAR PHONE	HENRY SAMPSON	VIDEO COMMANDER	JOSEPH N. JACKSON
PRESSING COMB	WALTER SAMMONS	MULTI-STAGE ROCKET	JOSEPH N. JACKSON
CURTAIN ROD	S.R. SCOTTON		ADOLPH SHAMMS

For more inventions contact...

## THE BLACK INVENTIONS MUSEUM

A NON-PROFIT CORPORATION, P.O. BOX 76122, L.A., C.A. 90076



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You are invited to a

# Nutrition Workshop

For new ideas, recipes, taste samples, and a free gift!

**Monday, February 10th**  
**Monday, March 10th**

**10:30 am – 11:30 am**  
**The Bay Senior Center**  
**3643 Nostrand Avenue**  
**Brooklyn, NY 11229**



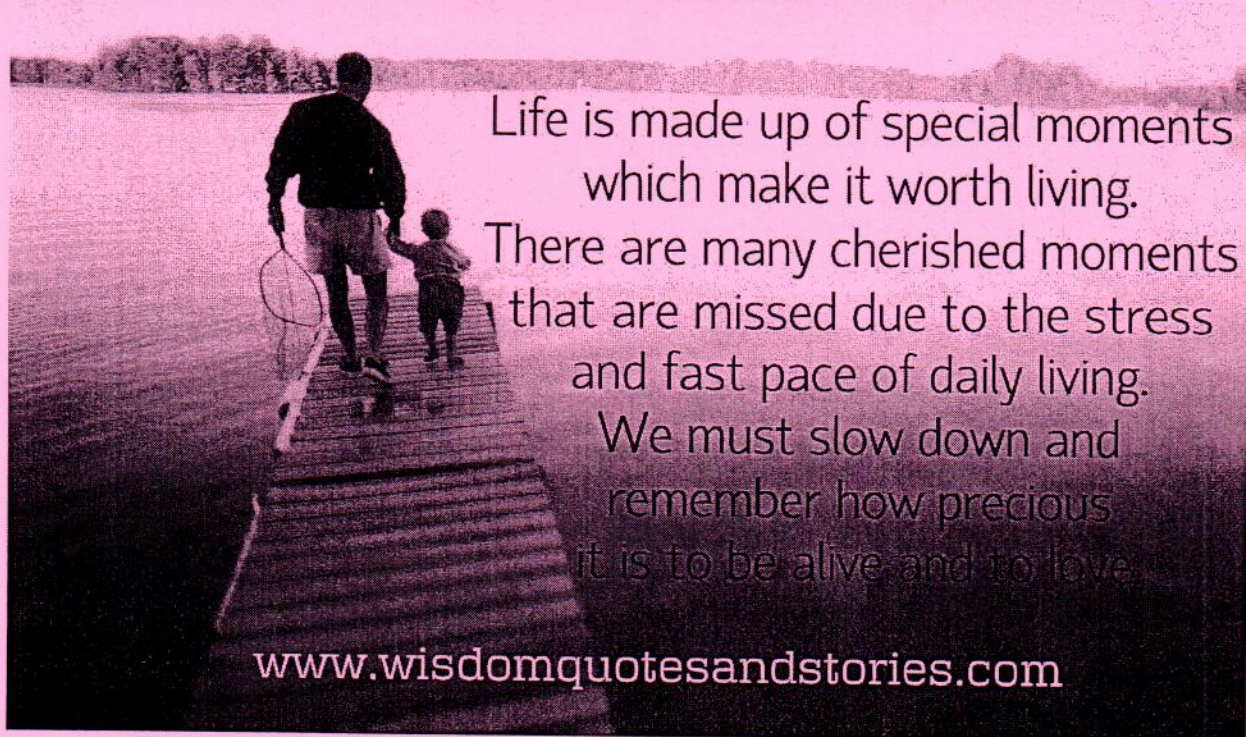
**You will learn to:**

- Plan and prepare healthy meals
- Enjoy more fruits and vegetables
- Use food stamps and pantry foods to eat well
  - Keep foods fresh and safe

This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.



# **\*\*Sharing Reflections\*\***



~ **3<sup>rd</sup> Thursday of every month**  
**Thursday Feb 20, 2025 @ 10:30**

**Phone Conference call 701 802-5218**  
**Meeting number 3235213#**

**FREE Monthly Library Program** for The Bay Senior Centers, This program stimulates memory in the older adult in a cheerful and edifying way. The idea is to include all in a program relevant to seasons, current events, holidays or any other way the discussion goes pursuant to jogging the memory of the participants.

Come and share your life experiences in a group setting in which you will enjoy and enhance the process of remembering. It's a great opportunity to share your earlier memories while meeting new people and hearing other community members as they share their life experience.

**Good humor and fun are integral ingredients of our program.**

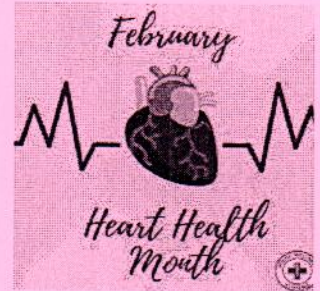


# February Wellness: Heart Health & Emotional Well-being

## *Caring for Your Body and Mind This Month*

Today, we're focusing on Heart Health and Emotional Wellness.

February is a great time to take care of both your body and your mind.



### Agenda:

Heart Health Awareness

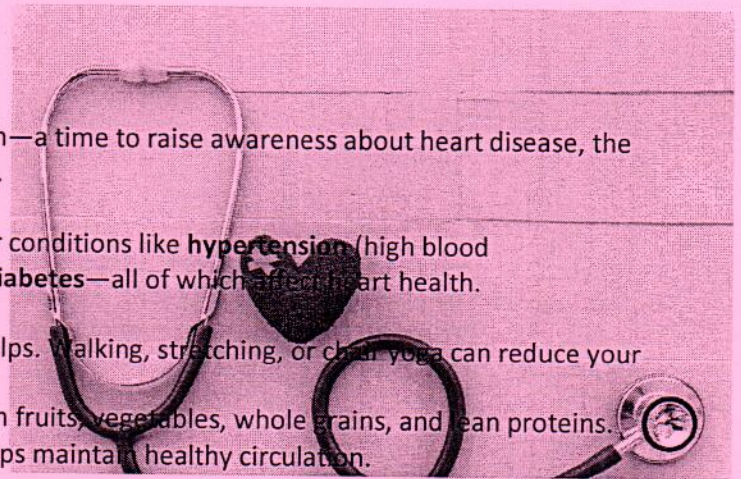
Simple Heart-Healthy Activities

Boosting Emotional Well-being

Fun & Easy Ways to Stay Engaged in February

## February is American Heart Month

- **Heart Disease & Seniors**
  - February is American Heart Month—a time to raise awareness about heart disease, the leading cause of death for seniors.
- **Why It's Important:**
  - Many seniors are at higher risk for conditions like **hypertension** (high blood pressure), **high cholesterol**, and **diabetes**—all of which affect heart health.
- **Simple Steps for Heart Health:**
  - **Stay Active:** Even light exercise helps. Walking, stretching, or chair yoga can reduce your risk.
  - **Eat Heart-Healthy Foods:** Focus on fruits, vegetables, whole grains, and lean proteins.
  - **Stay Hydrated:** Drinking water helps maintain healthy circulation.



## Fun & Easy Ways to Stay Active

- **Simple Exercises for Seniors:**
  - **Chair Yoga:** Great for flexibility and circulation.
  - **Walking Club:** Even a short 10-minute walk daily can improve heart health.
  - **Strength Training:** Light weights or resistance bands help build muscle mass, which supports heart health.
- **Stay Safe:**



- Start slow and listen to your body. If you feel tired or dizzy, rest and hydrate.

## STAY ACTIVE



## Heart-Healthy Nutrition Tips

- **What to Eat:**
  - **Fruits & Vegetables:** Try to include a variety of colors for maximum nutrients.
  - **Whole Grains:** Oats, brown rice, and whole wheat pasta are good choices.
  - **Lean Protein:** Fish (especially fatty fish like salmon), poultry, and beans are excellent options.
  - **Healthy Fats:** Avocados, nuts, and olive oil.
- **What to Avoid:**
  - Limit saturated fats (found in butter, processed foods high in salt and sugar).



oil.

fatty cuts of meat) and

## Emotional Well-being: Managing Stress & Mood

- **Why Emotional Health Matters:**
  - Feeling good emotionally has a positive impact on heart health and overall wellness.
  - Seniors may face stress due to isolation, grief, or chronic illness. Addressing emotional health is just as important as physical health.
- **Tips for Reducing Stress:**
  - **Mindfulness:** Try 5-minute breathing exercises daily.



- **Social Connections:** Engage with friends or family, even through phone or video calls.



- **Journaling:** Writing down your feelings can reduce anxiety and help process emotions.

### Activities to Boost Your Mood

- **Stay Connected:**
  - Join group activities like **coffee socials**, **game days**, or **arts and crafts** at the center.
- **Creative Expression:**
  - Painting, knitting, and writing are all great ways to relax and boost mood.
- **Laughter:**
  - Watch a funny movie or share jokes with friends—laughter truly is great medicine for the heart!

## NATURALLY IMPROVE YOUR MOOD

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VITAMIN D



STRETCH & MEDITATION



SMILE



AEROBIC EXERCISE



PHYSICAL TOUCH



BOOST SEROTONIN



**Stay Active, Stay Connected, Stay Positive!**



# WHAT IS DIABETES ???



**Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy**

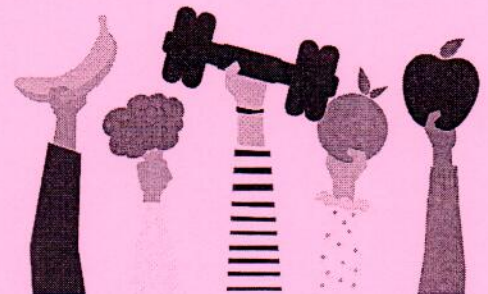
**Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin carries the blood sugar into your body's cells to use as energy.**

**If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should.**

**When there isn't enough insulin too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.**

## WAYS TO MANAGE DIABETES

- 1. losing weight**
- 2. eating healthy food**
- 3. being active**
- 4. taking medicine as needed**
- 5. getting diabetes self-management education and support**





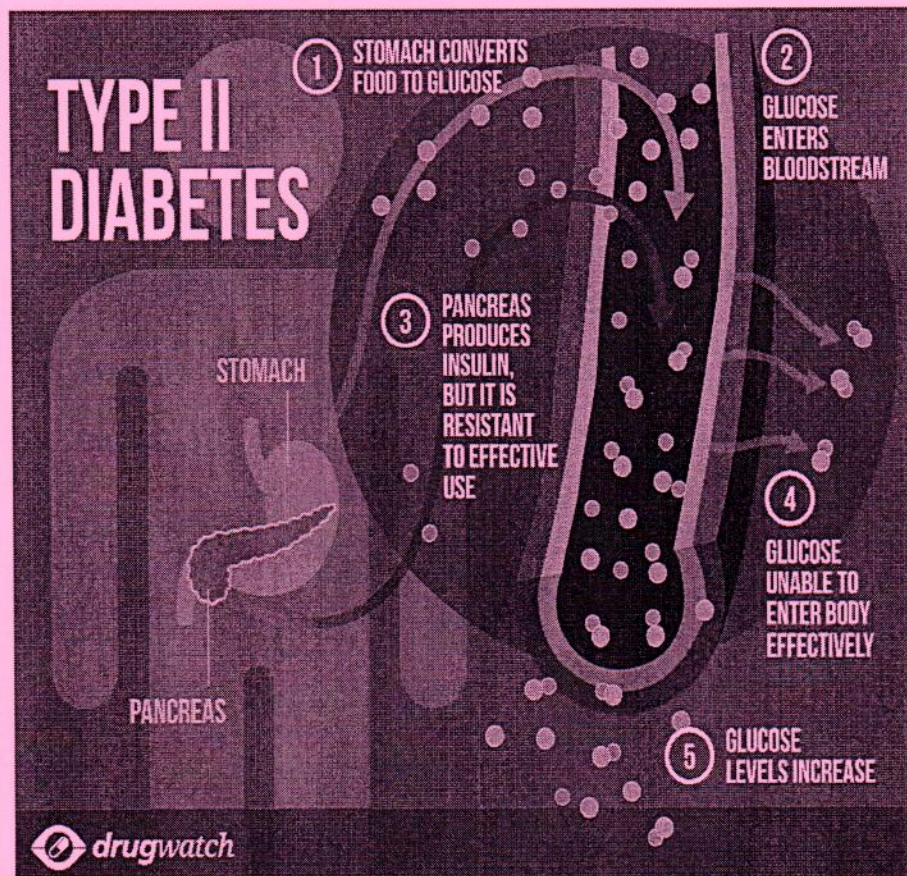
# TYPES OF DIABETES

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

However about 90-95% of people have type 2 Diabetes.

It develops over many years and is usually diagnosed in adults. However more and more in children, teens, and young adults are being diagnosed. There may not be symptoms so it's important to get your blood sugar tested if you're at risk.

Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight, eating healthy food, and being active.



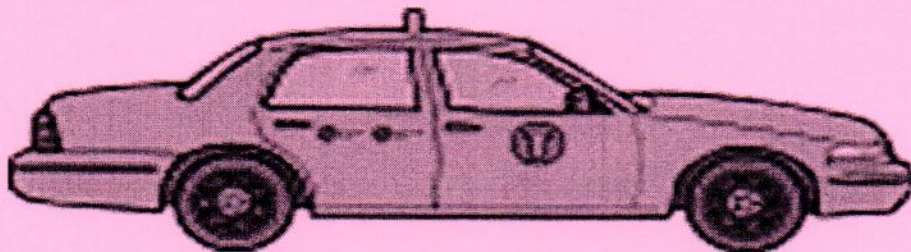


We are available to transport you from  
your home to Senior Center

Or to your local appointments to your  
doctor, or beauty parlor etc.

Please call the Senior Center

(718) 648-2053 for information and  
availability



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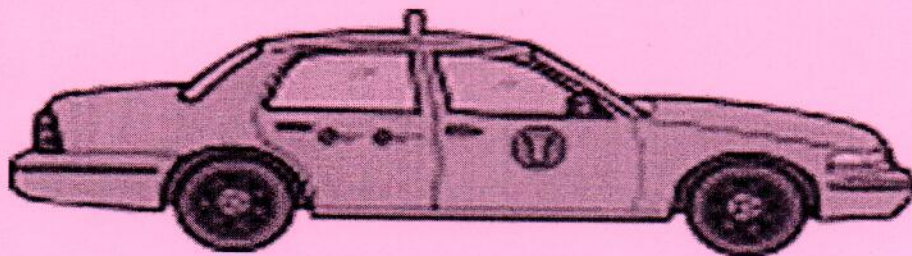


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Are you or a loved one confined to the house due to failing health?

Do you worry about how long you will be able to live independently?

**Catholic Charities  
Benson Ridge Senior Services  
can help.**

One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

Call today for a free consultation.

**718-680-3530**

**We care! You are not alone!**

*Program funded by the  
New York City Department for the Aging*

**Benson Ridge Senior Services**  
is funded through a grant from the New York City Department for the Aging.

The program is sponsored by Catholic Charities Neighborhood Services, Diocese of Brooklyn and Queens.

Accredited by the Council on Accreditation for Children and Family Services



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**Benson Ridge  
Senior Services**

6823 Fifth Avenue  
Brooklyn, NY 11220

**718-680-3530 (Tel)**

**718-680-3654 (Fax)**



*Serving Homebound Older Adults  
in Bay Ridge and Bensonhurst*





## BENSON RIDGE SENIOR SERVICES

### Who are we?

Benson Ridge Senior Services is a government-funded, not-for-profit affiliate of Catholic Charities Brooklyn and Queens. For more than thirty years, it has been our privilege to meet the needs of Brooklyn seniors. Our dedicated, multi-cultural team consists of 16 experienced social service professionals. The goal of our program is to improve the quality of life for older adults and their caregivers by maximizing independent living and preserving human dignity. Recognizing the benefits of a holistic approach, we provide support and encouragement, coupled with concrete solutions, to address the problems associated with advanced age.

### Who is eligible to receive services?

The program is open to older adults, over age 60, who are homebound and live in the Bensonhurst or Bay Ridge sections of Brooklyn. While we are sponsored by Catholic Charities, Benson Ridge Senior Services is a non-sectarian agency, serving all seniors regardless of religion, race, national origin, ethnicity, sexual orientation, gender or immigration status.

### How is homebound defined?

Homebound does not mean bed-bound. Individuals who can walk outside for a few blocks, but cannot travel greater distances by themselves meet the criteria.

### What services are available?

- Case management
- Home-delivered meals
- Homework
- Housekeeping
- Transportation
- Friendly visiting
- Long-term care planning
- Benefits and entitlements
- Information and referral
- Caregiver support

### What languages are spoken?

- English
- Russian
- Spanish

### What are the hours of operation?

Monday - Friday  
9:00 AM - 5:00 PM



*"Youth is a gift of nature, but age is a work of art."*  
— Garson Kanin