

March, 2025

Seaside Older Adult Center



# SEASIDE NEWS

320 BEACH 94TH STREET, ROCKAWAY BEACH, NY 11693 PHONE: (347) 926-4119

Jurate Jones, Program Manager

## *A message from Jurate*

To the exquisite women with the exclusively women's holiday! On March 8th and indeed all month, consider all the wonderful things you've done for your friends and family, which would have never happen without you. Despite failures - you stand up. Despite sorrow - you cheer up. Despite the pain - you keep fighting! Keep dreaming to fly higher, reaching new heights.

*Congratulations!*

*W-wonderful,  
O-outstanding,  
M-marvelous,  
A-amazing,  
N-nice!*

*Happy Women's Day to all the incredible, beautiful and amazing women! Shine on.... Not just today but every day!*

*FUNDED BY The NYC Aging*



## Happy Birthday to:

Brenda	Ambo
Amalia	Helena
Almeda	Gem
Claire	Lorraine
Lydia	Zdzislawa
Charlesetta	Krystyna
Angela	Minerva
Marlene	Nathaniel
Gerald	Patricia
Will	David
Pablo	Dwayne



# SEASIDE ANNOUNCEMENTS MARCH, 2025



Greetings, spring is coming and we can't wait to finally put away our winter coats and hats! Come with your friends and enjoy activities at Seaside Older Adult Center. We are open for breakfast, lunch, exercise, recreation, Pokeno, bingo, parties, presentations, trivia, trips, and shopping. Located in the heart of Rockaway Beach, Seaside OAC is your *home away from home*. Bring a friend and get a free lunch! Same day memberships available. Joining our center is free and takes less than 30 minutes. New members just need to bring ID to show they are aged 60 or over and sign our consent paperwork. Our center is Wheelchair Accessible. Languages spoken by staff include, English, Spanish, Russian, Lithuanian, Ukrainian



**MARCH IS WOMEN'S HISTORY MONTH** - The theme is Moving Forward Together! We will have our celebration in honor all the iconic women of Seaside and around the world on Friday March 7th the day before International Women's Day. The afternoon will include our art project presentation, discussion about our female role models, speeches and sweet treats.



We will be having a potluck party to celebrate St. Patrick's Day on Friday March 14 after lunch. Sweet treats will be served along with ice cream. If you would like to donate an item for our event, please bring it on or before the party, fruit, soda bread or a soft drink would be much appreciated. Wear green for our fashion show. We are all Irish in March!



## Briege's Irish -theme Word Scramble for 2025

1. ykcul    2. hcmar    3. sdmanse    4. adprea    5. kmorshca
6. ielnoecbtra    7. ginpsr    8. ados daebr    9. diernla    10. wniroba
11. 10.opt fo dglo    12. lcpuernhae    13. rofu fela vrelco
14. pahr    15. eregn    16. tsian tpracik    17. guoreb
18. 17.oehrssoeh    19. smuic    20. nseginus    21. dmerlea slei

# St. Patrick's Day Wordsearch

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

Blarney	Emerald	Lucky	Rainbow
Celebrate	Green	March	Saint
Charm	Gold	Parade	Shamrock
Clover	Ireland	Patrick	Shillelagh
Coins	Leprechaun	Pinch	Wishes





# FEBRUARY HIGHLIGHTS AT SEASIDE OAC



Happy Birthday to our February babies:  
L-R: Rich, Winston, Eulene, Hortense and Lunetta!  
Cheers and here's to many more! Great speeches!



February was Black History Month – Our memorable cultural celebration hosted by Evria & Co caught the eye of DFTA Commissioner, Lorraine Cortés-Vázquez and this photo was featured in her newsletter that reaches thousands!!

## Happy Valentine's Day!

CUTE COUPLE!



Evria directed a touching reenactment of the Rosa Parks bus incident of 1955 in Montgomery Alabama Well done to our Seaside actors!



Seaside enjoyed an introduction to Zumba with Rebecca



February is Heart Health Month!  
Thank you to Maggie from Beacon who facilitated a fun heart art project.  
L-R: Dolores, Vincent, Barbara and Maggie.



**CASE MANAGER'S CORNER:** Examples of programs you may be entitled to are: SNAP, SCRIE, DRIE, STAR, ENHANCED STAR, SCHE, MEDICAID, MEDICARE SAVINGS PROGRAM, HEAP, LIFELINE, ACCESS-A-RIDE, REDUCED FARE METROCARD (OMNY).

**WHAT IS THE SCHE CREDIT? The SENIOR CITIZEN HOMEOWNER EXEMPTION (SCHE)** is available to homeowners, including co-ops and condos with income less than **\$58,399** annually. You must own the property for at least 12 consecutive months prior to the date of filing for the exemption and you must occupy the property as your primary residence.

Additional requirements are you have to be **65** and over. For homeowners and condo owners who get accepted, you will receive a letter stating the reduction on your property tax bill and for shareholders in co-ops, your building management will receive the total rebate and they will be responsible for the disbursement of the funds to approved shareholders. The SCHE benefit must be renewed every two years. The Department of Finance will send you an application when it is time to renew your benefit.

**\*\*IMPORTANT** – If you applied with Briege at Seaside or another organization and you have renewed correctly, you should look closely at your property tax bill or maintenance statement from now through December, 2025. The exemption should be reflected on either of the aforementioned documents.

**\*\*The deadline to apply is March 15th! Do not delay\*\***

Note: You cannot receive both SCHE and DHE (Disabled Homeowners Exemption). If you qualify for both, you will receive SCHE. You cannot get SCHE and SCRIE (HPD) but you can get SCHE and STAR/ENHANCED STAR.



The holy season of Lent starts on Wednesday, **March 5 – Thursday, April 17, 2025.**

Spring forward **Sunday, March 9, 2025 – Sunday, November 2, 2025.** Yes we do lose an hour's sleep but think of the benefits such as a stretch in the evenings.

International Women's Day is **Saturday March 8, 2025.**

**March** is Irish American History Month. St. Patrick's Day is on March 17th and the **264th** annual New York St. Patrick's Day Parade along Fifth Avenue. It is largest St. Patrick's Day parade in the US!



In Ireland after St. Patrick's day mass, traditional food served consists of a slow cooked stew, colcannon and soda bread. Irish stew is cooked slowly in a tasty gravy with hearty vegetables like potatoes and carrots. Colcannon is delicious and is served as a side dish. It consists of mashed potatoes mixed with cabbage. Soda bread with Kerry gold butter makes a tasty addition.

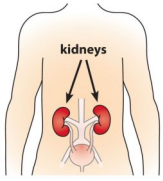
Fun fact: Corned beef and cabbage is not typically served on St. Patrick's Day in Ireland! It is associated with St. Patrick's Day primarily because it was a readily available and affordable food option for Irish immigrants in the United States, particularly during the Great Famine, where they adopted it as a celebratory meal to maintain a sense of cultural identity on the holiday; while not traditionally eaten in Ireland, the dish became a staple in Irish-American culture due to its accessibility and association with their heritage.

*Lá Fhéile Pádraig sona daoibh] Happy St. Patrick's Day to you all!*





# MARCH IS KIDNEY HEALTH MONTH



**March is National Kidney Month** and we are advising all our Seaside Older Adults to give their kidneys a well- deserved check-up.

- 1) 1 in 3 American adults is at risk for developing kidney disease today.
- 2) High blood pressure, diabetes, a family history of kidney failure and being over 60 are risk factors for developing kidney disease
- 3) 1 in 9 American adults has kidney disease -- and most don't know it.
- 4) Early detection and treatment can slow or prevent the progression of kidney disease.

Kidney disease risk can be reduced by controlling blood pressure and blood sugar, quitting smoking, regular exercise, maintaining a healthy weight, and avoiding excessive use of pain medications.

**Get Tested:** Ask your doctor for an ACR urine test or a GFR blood test annually if you have diabetes, high blood pressure, are over age 60, or have a family history of kidney failure. Urologists and nephrologists both treat kidney problems.

**Cut the Processed Foods:** Processed foods can be significant sources of sodium, nitrates and phosphates, and have been linked to cancer, heart disease and kidney disease.

**Exercise Regularly:** Your kidneys like it when you exercise. Regular exercise will keep your bones, muscles, blood vessels, heart and kidneys healthy

**Control Blood Pressure and Diabetes:** High blood pressure and diabetes are the leading causes of kidney disease and kidney failure. Managing high blood pressure and strict control of blood sugar levels can slow the progression of kidney disease.

## **Benefits of Physical Activity for Seniors**

Improves physical health: Increases strength, flexibility, and mobility

Boosts mental health: Reduces symptoms of anxiety and depression

Promotes social connections: Increases opportunities for social interaction

Enhances quality of life

Improves balance and coordination: Reduces the risk of falls

Being physically active also promotes social interaction

Combats Loneliness by socializing through physical activity

Sense of Community: Active seniors often have more opportunities to connect with others.

We have wonderful exercise instructors at Seaside OAC: Anna, Tommy & Co, Joe Rubino (Virtual) and most recently Rebecca who will teach a fun Zumba class on Fridays at 11am as part of Su Casa

## SEASIDE MEMBERS SECTION

*We are praying for strength and a return to good health for the following members:*

*Julia Andres Paul John Ambo  
Almeda Rob Amoy Celestine  
Robert Claudette Claudine Gazeta  
Sarah Frances Claire Shelia Glaston*



"Happy Women's History Month. I think of all the lovely people at Seaside often with great fondness. I am doing okay and one day I hope to visit!"

Love,

**Lovette Glasgow**

"Happy St. Patrick's Day!"

Love,

**Carol Navarro**



### **Spotlight on Patricia**

**Heritage:** Irish and German

**Favorite color:** Navy blue or forest green.

**Zodiac sign:** Leo and cusp of Virgo

**Favorite book:** "Angela's Ashes"

by Frank McCourt.

**Favorite Film:** "A Tree Grows in Brooklyn" based on the famous novel by Betty Smith and "Hidden Figures."

**Advice for the youth of today:** "If a job's worth doing, it's worth doing well."

**Person you most admire:** My father Jack Schneider

**Life mantra:** "Walk the talk."

**Hobbies and Pastimes:** Reading about American and Irish history, fashion, puzzles, reading biographies, refinishing furniture, vintage jewelry, thrifting, concerts and road trips.

**Favorite thing about Seaside OAC:** I love the cozy location and people are always friendly to me when I come.

*Thank you Patricia!*

"Happy Women's History Month, I hope to be at Seaside soon when the weather is nicer!"

Love,

**Gazeta**



March marks the 38th year of Women's History Month celebrating the vital role of women in American history. Growing out of a small-town school event in California, Women's History Month is a celebration of women's contributions to history, culture and society. The United States has observed it annually throughout the month of March since 1987.

**Women's History Month Colors are:** white, green, and purple. But you'll often see many shades represented, including pinks, reds and gold.

**Which women have been most influential in your life and why?**

# SEASIDE OLDER ADULT CENTER



## WORD SCRAMBLE ANSWERS:

- |                   |                      |
|-------------------|----------------------|
| 1. Lucky Charms   | 8. Ireland           |
| 2. March Madness  | 9. Rainbow           |
| 3. Parade         | 10. Pot of Gold      |
| 4. Shamrock       | 11. Leprechaun       |
| 5. Celebration    | 12. Four leaf clover |
| 6. Spring         | 13. Harp             |
| 7. Soda Bread     | 14. Green            |
| 15. Saint Patrick | 16. Brogue           |
| 17. Horseshoe     | 18. Music            |
| 19. Guinness      | 20. Emerald Isle     |

## SEASIDE OAC STAFF

## SEASIDE ADVISORY BOARD

Ron Carson—Director of Field Operations  
 Jurate Jones — Program Manager  
 Briege McGarrity — Case Manager  
 Theresa Murgolo — Administrative Assistant  
 Margarita Alvarez — Part time Kitchen Aide  
 Wallace Martin — Driver

Cyprian J. Grant - President Advisory Council

Barbara Daniels -Treasurer  
 Russell Hauk - Secretary  
 Katherine Brent - Member  
 Dolores Koo - Member  
 Edward Johnson - Member  
 James Murray - Member  
 John Sperling - Member  
 Brenda Thomas - Member  
 Kimati Chadda - Member  
 Doris Knowles - Member  
 Jackie Ali - Member



The mission of Catholic Charities Brooklyn and Queens is to translate 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.