Pioneers of Queens 125th



MONTHLY NEWSLETTER



March 2025



Holidays and highlights this month

NATIONAL NUTRITION MON<u>TH</u>

National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall well-being.

Our overall health exercise, rest, and her ditary its. While we do not have control over heredity, we do control the other three. Nutrition out health. What we eat can ignificantly inclease or decrea r risk factors for disease and ry. We are often bombard by a variety of diet programs that aim to improve our healt keep us slim. Making sense them all can become a daunting task. However, most studies agree that including fruits and vegetables, whole grains, lean meats, and proteins comprise a healthy diet.

Women History Month & St. Patrick's Day

Every year, March is designated Women's History Month by previdential produmation. The month is set aside to honor women's contributions in American history.

The theme for Women's History Month 2025 is "Mowing Forward Together! Women Educating & Inspiring Generations."

St. Patricks Day—
observed every March 17
—is packed with parades,
good luckcharms, and all
things green. The event
started as a religious
holiday, but over time it's
become a gelebration of
Irish culture.

Enjoy this month's newsletter!

In this newsletter you can expect:

Women History Month & St. Patrick's Day

Resources & Collages

Activities & Events

Hybrid/ virtual Events

Activity Calendar

Lunch Menu

Della Morica Team

PHONE# (718) 626-1500



SAINT PATRICK'S DAY

[seynt pa-triks dey] noun

A day of celebration observed on March 17, honoring Saint Patrick, the patron saint of Ireland. Many people throughout the world, Irish and non-Irish alike, celebrate with food, drink, and all things green.



WOMEN'S HISTORY MONTH

We are stronger together



March is Women's History Month! Come on down and join the celebration of incredible women who rocked American history!

First up, we have the fabulous Dorothea Lange: Seeing People! This legendary photographer snapped some of the most unforgettable portraits of the 20th century. With around 100 stunning shots, this exhibition dives into her groundbreaking ways of depicting people while tackling social issues like economic inequality, migration, poverty, and racism. Talk about a powerhouse!

Next, "¡De última hora! Latinas Report Breaking News" is a bilingual bonanza shining a spotlight on Latina broadcast journalists! They're the trailblazers who penned the first draft of history for major U.S. events, all while serving the Spanish-speaking communities they love.

And don't miss the crafty wonders of Amish quilters! Pattern and Paradox: The Quilts of Amish Women takes you on a journey beyond just stitching. In the late 1800s, these talented ladies turned a practical craft into a stunning art form, creating their own unique styles while fostering community ties and sharing skills. Get ready to be inspired!





Vary Your Vegetables



Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what vegetables to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Start your day with vegetables

Add leftover cooked vegetables to your omelet or breakfast wrap. Or, add spinach to a morning smoothie and enjoy a burst of flavor and nutrition!



Add variety to salads

Make your salad pop with color and flavor by including corn kernels, radish slices, or diced red onions. Include seasonal vegetables for variety throughout the year.



Try a stir-fry

Stir-fry vegetables like carrots, shredded cabbage, greens, and low-sodium jarred mushrooms for a quick meal. Add some tofu as a protein source.



Spruce up your sandwich

Add spinach or some thinly sliced sweet onions to your favorite sandwich or wrap for extra flavor and a little crunch.



Go for a dip or a dunk

Enjoy baked potato wedges, cucumber slices, or cauliflower pieces with a homemade Italian dressing or dunked into a low-fat dip or hummus.



Take vegetables on the go

Carry along some crunchy carrot, celery, or jicama sticks. A small container of cherry tomatoes or sugar snap peas also makes an easy snadk.



In a world where you can be anothing, be kind!

Jam king



SELF LOVE

Embrace and Appreciate Yourself with These Simple Practices



Accept Yourself

Accept yourself as you are, including your strengths and weaknesses.
Acknowledging and accepting yourself is the first step to true self love.



Practice Positive Affirmations

Say positive words to yourself every day. Start your day with affirmations like "I am worthy," "I am capable," or "I deserve to be happy."



Prioritize Your Needs

Don't hesitate to put your own needs first. Make time for things that make you happy and healthy, both physically and mentally.



Forgive Yourself

Forgive yourself for past mistakes. Everyone makes mistakes, and that is part of the learning and growth process.



Celebrate Your Achievements

Celebrate your every accomplishment, big or small. Appreciating one's own efforts and successes can increase self love and motivation to continue to develop.

BE ACTIVE - WARMING UP FOR YOUR DAILY LIFE!

Keeping your legs strong and maintaining good balance is the best way to reduce your chances of having a fall. If you are just starting to be physically active, consult with a healthcare professional to make sure these activities are right for you. Start with a few exercises and build up endurance, strength and balance over time. A good warm up includes a variety of movements that get you prepared for physical activity.

Start with 2-4 activities from the "Getting Ready to Move" column, then add on 1-2 from "Challenging Balance" and/or "Building Strength" to progress. Start with 4 repetitions and increase to 12 as you progress. Balance exercises can be held for 10 -15 seconds per side.





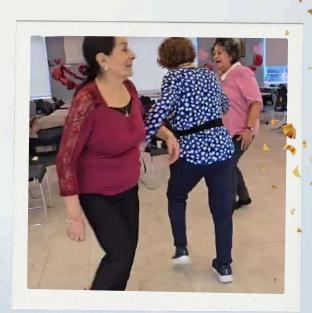






Happy's Birthday





































Funded by NYC Aging

Palentines



Happy Valentine's Day!





CCNS PETER J. DELLAMONICA OLDER ADULT CENTER











With Concert in Motion







Funded by NYC Aging











Celebrating OLDER ADULTS INDEPENDENCE 2025







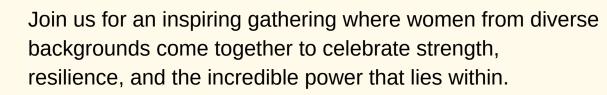




Women & Aging







WEDNEDAY, MARCH, 12TH 2025 AT 11AM Lunch Room

TOPIC DISCUSSIONS:

- Wellness and Self-Care
- Healthy Aging

- Women's Health
- Realistic Expectations

Join Miriam S. for an incredible discussion! Refreshments will be served.

JOIN US!



CCNS PETER J. DELLAMONICA OAC 23-11 31ST ROAD ASTORIA, NY 11106 718-626-1500



Art in a Box Workshop





Engage with the MET collection and each other through art to promote well-being and diminish social isolation.



11:00 AM | Thursday, March 26th



CCNS Peter J. DellaMonica OAC 23-11 31st Road Astoria, NY 11106 718-626-1500



MiriamRecreation
Coordinator



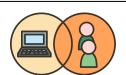


Zoom Link

Meeting ID: 812 8739 6046 Passcode: 2311











COPING SKILLS A LITTLE GRATITUDE!

Discover the importance of establishing adaptable expectations!





Thursday, March 20th



At 11:00AM



Meeting ID: 899 7855 5371 Passcode: 2311

Funded by NYC Aging





WATERCOLOR PAINTING

Join us to learn the watercolor technique w/ Helen

ART & CRAFT ROOM TUESDAYS & FRIDAYS AT 1:30PM





PROVE YOUR OF Digital Literacy & Inclusion Initiative OF Digital Literacy & Inclusion Initiative



EVERY MONDAY & FRIDAY AT 10:00AM



BROWSE THE INTERNET

Web Browsers & Connection Types



INTRO TO GOOGLE

How to use Gmail & Google Drive



SECURITY

Anti-Virus, Anti-Spyware, & Firew<u>alls</u>



4

SOFTWARE & HARDWARE

In and Outs of a Computer



SHOPPING & BANKING

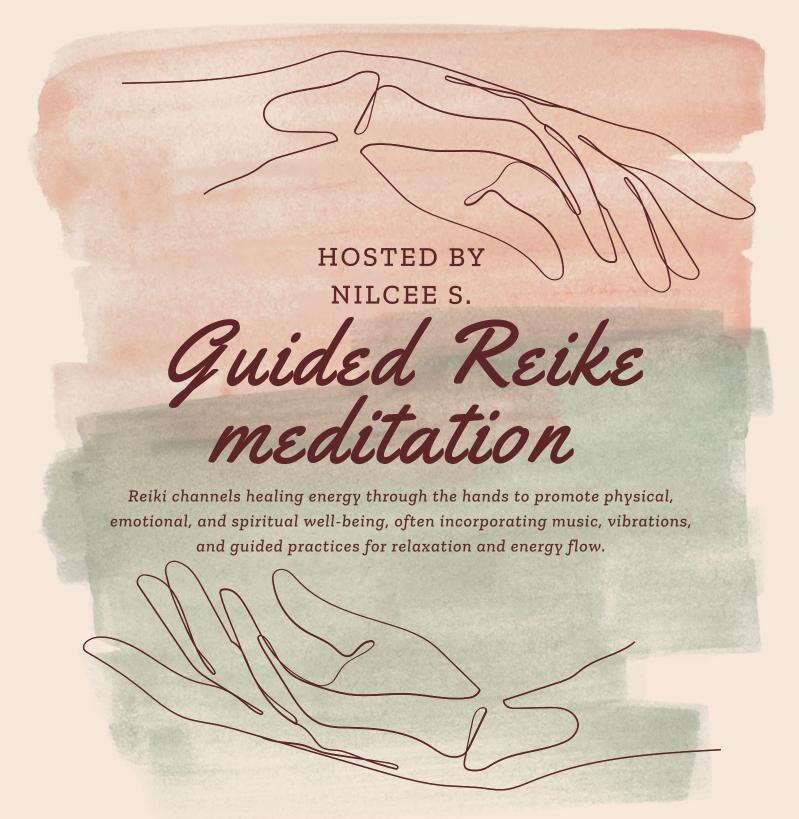
Tools to safely Shop & Bank Online







CCNS PETER J. DELLAMONICA OAC 23-11 31ST ROAD ASTORIA NY 11106 718-626-1500



MARCH 2025
Thursday 6th & 20th at 11:00am
Activity Room



PHYSICAL ACTIVITIES



EXERCIS 2025 MARCH SCHEDULE

Funded by NYC Aging

MON 10:30

LINE DANCING

Improve your coordination & balance.

GENTLE STRETCHING

Improve your flexibility and learn to prevent injury.

TUE 10:00



TAICHI

Improve balance to prevent falls. Learn to feel more relaxed, grounded, & present.

YOGA

Learn to build strength, awareness, & harmony. Develop better coping skills & postivity.

THU 11:00



ZUMBA

Increase your balance and improve your mood.





CCNS Peter J. DellaMonica Older Adult Center 23-11 31st Road Astoria, NY 11106 (718) 626-1500



MARCH 2025

DELLAMONICA HYBRID EXERCISE

Thursdays

Yoga 10:00AM

Meeting ID: 844 9207 0667

Passcode: 2311
Click here for direct access

Fridays

Zumba 10:30AM

Meeting ID: 832 1502 4853

Passcode: 2311

Click here for direct access

How to join a Zoom meeting from a web browser

- 1. Open the web browser.
- 2. Go to join.zoom.us.
- 3. Enter your meeting ID provided by the host/organizer.
- 4. Click Join. If this is your first time joining from Web Browser, you will be asked to open the Zoom desktop client to join the meeting.

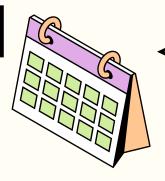
How to join a Zoom meeting on Smart Phones

- 1. Open the Zoom mobile app.
- 2. Join a meeting using one of these methods:
- 3. Tap Join a Meeting if you want to join without signing in.
- 4. Sign in to Zoom then tap Join.
- 5. Enter the meeting ID number and your display name.
- 6. If you're not signed in, enter a display name.
- 7. Select if you would like to connect audio and/or video and tap Join Meeting.



Funded by NYC Aging

Virtual/Hybrid Exercise for This Month





IN MARCH



2025

MON-FRI

MORNING STRETCH

https://seniorplanet.zoom.us/j/170361931

TUE & THU

CHAIR YOGA 12:00 PM

https://seniorplanet.zoom.us/j/170361931

MON & WED

EASY TO FOLLOW TAI CHI

2:00 PM

\| https://seniorplanet.zoom.us/j/170361931

TUE & THU

AFTERNOON STRETCH

4:00 PM

https://seniorplanet.zoom.us/j/170361931

Senior Planet



Funded by NYC Aging



MARCH PAINTING

WORKSHOP

W/ JOEL ADAS

DNESDYS AT 4:30PM

ART HISTORY & PAINTING

HTTPS://USO6WEB.ZOOM.US/J/85652228226? PWD=MRTCTJQRHDNX9AVQSHQGM8VXAURDRB.1

WEEKLY

<u>MEETING ID: 856 5222 8226</u> <u>PASSCODE: 414762</u>

CLASSES

LEARN ABOUT ART HISTORY AND PAINTING TECHNIQUES!

FUNDED BY NYC AGING



CCNS PETER J. DELLAMONICA OLDER ADULT CENTER TRANSPORTATION



DELLAMONICA PROVIDES TRANSPORTATION FOR A SUGGESTED CONTRIBUTION OF \$1.50 ONE WAY TO LOCAL STORES & DOCTOR'S APPOINTMENTS.



CALL 718-626-1500 ASK FOR CONSUELO TO SCHEDULE A RIDE

IF YOU NEED TO CANCEL, PLEASE CALL AT 9:00AM OF THE MORNING YOU WERE TO RIDE.

23-11 31ST ROAD ASTORIA, NY 11106

FUNDED BY NYC AGING



Southwest Queens Senior Services

is funded by the New York City Department for the Aging

Who are we?

Southwest Queens Senior Services is a program of Catholic Charities Brooklyn and Queens. We have had the privilege of serving older adults in Queens for over 30 years. The goal of our program is to help older adults to live as independently as possible in their own homes.



Our program is open to people age 60 and over who need some assistance to continue living safely in their own homes. Catholic Charities is non-sectarian, serving all older adults regardless of religion, national origin, ethnicity, income, sexual orientation, gender or immigration status.

The program is sponsored by Catholic Charities Neighborhood Services Affiliate of Catholic Charities Brooklyn and Queens

Accredited by the Council on Accreditation for Children and Family Services

Catholic Charities Southwest Queens Senior Services can help.

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. 718-217-0126



Serving Homebound Older Adults in Southwest Queens

Heighberheed on

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens







Southwest Queens Senior Services

183-16 Jamaica Avenue Hollis, NY 11423 T: 718-217-0126 • F: 718-217-0495



What do we do?

The staff of Southwest Queens Senior Services help seniors obtain needed in-home services. We also provide referrals to other community services.

What services are available?

- Care Management
- Home-delivered Meals
- Home Care
- Housekeeping
- Transportation
- Long-Term Care Planning
- Benefits and Entitlements
- Information and Referral
- Caregiver Support



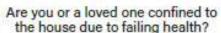


Benson Ridge Senior Services is funded through a grant from the New York City Department for the Aging.

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





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

6823 Fifth Avenue Brooklyn, NY 11220

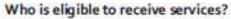
718-680-3530 (Tel) 718-680-3654 (Fax)



Serving Homebound Older Adults in Bay Ridge and Bensonhurst

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.



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 are the hours of operation?

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

What services are available?

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

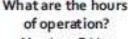


What languages are spoken?

English

Russian

Spanish



"Youth is a gift of nature, but age is



Meeting the Needs of Alzheimer's Patients and Their Caregivers

We have special services for our neighbors with Alzheimer's disease or related forms of dementia, including group activities, workshops, case management, information and referral services. For their caregivers, we provide respite services.



Make the call today to find out about our program and services!

HOURS OF OPERATION

Monday-Friday: 8 a.m. - 4 p.m. Program begins 9 a.m. - 2 p.m.



Catholic Charities Alzheimer's Social Adult Day Program

190-04 119th Avenue St. Albans, NY 11412 Tel: 718-358-3541 Fax: 718-978-2105

www.ccbq.org

Funded by NYC Aging and NY State Office for the Aging





Catholic Charities Alzheimer's Social Adult Day Program

www.ccbq.org

OUR MISSION

The mission of Catholic Charities
Brooklyn and Queens is to promote unity
among all persons by developing caring
communities. The Catholic Charities
Alzheimer's Social Adult Day Program
carries out this mission by providing a wide
range of services that promote dignity and
respect.

Our goal is to create an environment that will assist in improving the quality of life for those suffering with Alzheimer's disease or forms of dementia, and their caregivers.

OUR STAFF

Our dedicated team of professionals include: a Program Manager, Program Coordinator and other skilled personnel and volunteers trained to work with your loved ones.

We have more than twenty years of experience working with families and people who have Alzheimer's disease and other forms of dementia.

This program is designed to offer mental and physical stimulation to the participants and respite for their caregiver. You can bring your family member to our program with confidence — while you take care of personal business, go to work or just want to relax for a few hours.

At the Catholic Charities Alzheimer's Social Adult Day Program our weekly calendar of activities includes:

- Cognitive Skills Review
- Music Therapy
- Art Therapy
- Chair Exercise Classes
- Dancing
- Delicious Lunches
- Door to Door Transportation (limited locations)

SUPPORT GROUP

The program also provides services for family members and caregivers who may be experiencing their own emotional turmoil due to a loved one's struggle with all forms of dementia.

We provide a holistic approach to services for members and loved ones, by offering current information on resources and linkages to support services. We partner with other local case management agencies to assist with other needs including:

- Meals on Wheels
- Counseling
- Home Care
- Housekeeping

Our Support Group meets every 3rd Monday of the month at 10 a.m. — It's open to everyone.

Refreshments and good conversations are always present!







Catholic Charities Call Center 718-722-6001



Monday - Friday, 9AM - 6PM

- Behavioral Health Services
- Care Coordination
- · Early Childhood and Head Start Programs
- Emergency Food Pantry
- Family Stabilization Programs
 Senior Services
- Housing Information
- Immigration Services
- Limited Financial Assistance
- Information & Referrals to Other Services

A Catholic Charities Walk-In Center may also be located in your area.

Integrated Health & Wellness Services Catholic Charities Brooklyn and Queens www.ccbq.org

Catholic Charities Centro de Atención 718-722-6001



Lunes - Viernes, 9AM - 6PM

- Servicios de salud de comportamiento *
- Coordinación de la atención
- Enseñanza preescolar y programa
 Head Start
- Dispensa de alimentos de emergencia
- Programas de la estabilización de familias •
- Información sobre viviendas
- Servicios migratorios

- Ayuda financiera limitada
- Servicios a las personas de la tercera edad
- and the second s
- Información y referencias a otros servicios

Un centro de atención personal de Catholic Charities también se puede encontrar en su área.



FOOD PANTRY Locations and Hours

Our Lady of Angels

330 73rd Street, Brooklyn, NY 11209 Wednesdays, 9:30 AM - 12 PM and 1:30 PM - 3 PM

St. John the Baptist

333 Hart Street, Brooklyn, NY 11206 Tuesdays, 8:30 AM - 12 PM

Our Lady of Miracles

757 East 86th Street, Brooklyn, NY 11236 Saturdays, 10 AM - 11:30 AM

Our Lady of Solace

2866 West 17th Street, Brooklyn, NY 11224 Mondays, 9:30 AM - 1:30 PM

St. Marks

2609 East 19th Street, Brooklyn, NY 11235 1st and 3rd Thursday of the month, 9:30 AM - 11:30 AM

St. Gregory the Great

244 Brooklyn Ave., Brooklyn, NY 11213 Every other Wednesday, 12 PM - 1 PM

Our Lady of Mercy

680 Mother Gaston Blvd., Brooklyn, NY 11212 Mondays and Fridays, 9 AM - 11 AM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204 Every other Friday, 9 AM - 11 AM

St. Rose of Lima

130 Beach 84th Street, Rockaway Beach, NY 11693 Tuesdays, 10 AM - 12 PM

St. Teresa

50-20 45th Street, Woodside, NY 11377 Tuesdays, 4 PM - 6 PM

BVM St. Mary-Winfield

70-31 48th Ave., Woodside, NY 11377 Thursdays, 9:30 AM - 12 PM

Our Lady of the Angelus

63-63 98th Street, Rego Park, NY 11374 1st and 3rd Saturday of every month, 10 AM - 11:30 AM

St. Raphael

35-20 Greenpoint Ave., Long Island City, NY 11101 Thursdays, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

St. Patrick

39-38 29th Street, Long Island City, NY 11106 3rd Saturday of every month, 10 AM - 12 PM

Church of the Incarnation

89-28 207th Street, Queens Village, NY 11427 Fridays, 12 PM - 2 PM

St. Benedict the Moor

171-17 110th Ave., Jamaica, NY 11434 2nd and 4th Tuesday of the month, 10 AM - 12 PM

Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., Jamaica, NY 11432 1st and 3rd Wednesday of every month, 5 PM - 6 PM

Ocean Bay

411 Beach 54th Street, Arverne, NY 11692 1st and 3rd Thursday of every month, 12 PM - 2 PM

St. Michael

136-76 41st Ave., Flushing, NY 11355 Tuesdays and Wednesdays, 9 AM - 11 AM

Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368 (Church Parking Lot) Opens October 5, 2023, 1st Thursday of the month, 2 PM - 5 PM

For the full list of affiliate locations, visit: www.ccbq.org/service/food-pantry-network



If you are struggling to put food on the table, you can get help paying for groceries with the Supplemental Nutrition Assistance Program. SNAP benefits are sometimes called food stamps, and come on an EBT debit card that you can use at many grocery stores and farmers markets. For more information and to apply visit access.nyc.gov. To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit www.ccbq.org.



FOOD PANTRY Ubicaciones y Horarios

Our Lady of Angels

330 73rd Street, Brooklyn, NY 11209 Miércoles, 9:30 AM - 12 PM and 1:30 PM - 3 PM

St. John the Baptist

333 Hart Street, Brooklyn, NY 11206 Martes, 8:30 AM - 12 PM

Our Lady of Miracles

757 East 86th Street, Brooklyn, NY 11236 Sábados, 10 AM - 11:30 AM

Our Lady of Solace

2866 West 17th Street, Brooklyn, NY 11224 Lunes, 9:30 AM - 1:30 PM

St. Marks

2609 East 19th Street, Brooklyn, NY 11235 1er y 3er Jueves del mes, 9:30 AM - 11:30 AM

St. Gregory the Great

244 Brooklyn Ave., Brooklyn, NY 11213 Cada dos Miércoles, 12 PM - 1 PM

Our Lady of Mercy

680 Mother Gaston Blvd., Brooklyn, NY 11212 Lunes y Viernes, 9 AM - 11 AM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204 Cada dos Viernes, 9 AM - 11 AM

St. Rose of Lima

130 Beach 84th Street, Rockaway Beach, NY 11693 Martes, 10 AM - 12 PM

St. Teresa

50-20 45th Street, Woodside, NY 11377 Martes, 4 PM - 6 PM

BVM St. Mary-Winfield

70-31 48th Ave., Woodside, NY 11377 Jueves, 9:30 AM - 12 PM

Our Lady of the Angelus

63-63 98th Street, Rego Park, NY 11374 1er y 3er Sábado de cada mes, 10 AM - 11:30 AM

St. Raphael

35-20 Greenpoint Ave., Long Island City, NY 11101 Jueves, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

St. Patrick

39-38 29th Street, Long Island City, NY 11106 3er Sábado de cada mes, 10 AM - 12 PM

Church of the Incarnation

89-28 207th Street, Queens Village, NY 11427 Viernes, 12 PM - 2 PM

St. Benedict the Moor

171-17 110th Ave., Jamaica, NY 11434 2do y 4to Martes del mes, 10 AM - 12 PM

Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., Jamaica, NY 11432 1er y 3er Miércoles de cada mes, 5 PM - 6 PM

Ocean Bay

411 Beach 54th Street, Arverne, NY 11692 1er y 3er Jueves de cada mes, 12 PM - 2 PM

St. Michael

136-76 41st Ave., Flushing, NY 11355 Martes y Miércoles, 9 AM - 11 AM

Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368 (Estacionamiento de la iglesia) Abre el 5 de octubre de 2023, 1er jueves de cada mes, 2 PM - 5 PM

Para obtener la lista completa de ubicaciones afiliadas, visite: www.ccbq.org/service/food-pantry-network

Si tiene dificultades para comprar comida, usted puede obtener ayuda para hacerlo con el Programa de Asistencia Nutricional Suplementaria (SNAP). A veces los beneficios suelen ser llamados los cupones de alimentos o los food stamps y vienen en una tarjeta de EBT que puede usar en muchas tiendas y mercados de agricultores. Para mayor información y/o para presentar una solicitud, visite access.nyc.gov. Para saber si califica, textea FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite www.ccbq.org.



PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, New York, 11106

Funded by NYC Aging



Monday - Friday: 8:00 am - 4:00 pm

WHAT IS SNAP?

The Supplemental **Nutrition Assistance** Program (SNAP) helps low-income individuals and families buy the food they need to stay healthy.

Over 4 million older Americans use SNAP to buy healthy food at their local store or market.

HOW TO APPLY

Make an appointment with Jennifer at 718-626-1500 x7375



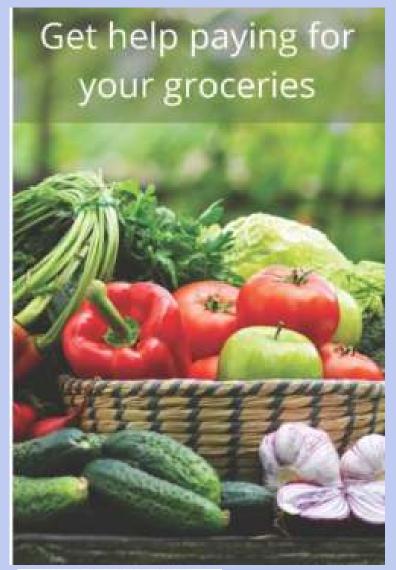
SNAP PARTICIPANTS BARRIERS TO HEALTHY EATING



88% of SNAP participants report facing challenges to a healthy diet



61% reported cost of healthy foods as a barrier



AM | ELIGIBLE?

You can get help from SNAP if you have limited income and resources. You may also qualify if you have high medical and living expenses.

The amount you receive may depend on two things:

- · Household income from all sources, including money you get from a job, Social Security, SSI, or interest
- Number of people that live in your household

















23-11 31st Road, Astoria, New York, 11106 Monday - Friday: 8:00 am - 4:00 pm (718) 626-1500

If you make \$2,260 a month or less, you may qualify for a Medicare Savings Program!

Medicare Savings Programs may be used to help pay for your Medicare Part A (hospital insurance) and Part B (medical insurance) premiums, deductibles, coinsurance, and copayments.

Income eligibility limits for the Medicare Savings Programs have increased.

Connect with a **GetCoveredNYC**Specialist to see if you qualify for a
Medicare Savings Program.

Funded by NYC Aging



MEDICARE

MEDICARE IS A NATIONWIDE HEALTH
INSURANCE PROGRAM RUN BY THE FEDERAL
GOVERNMENT. YOU CAN QUALIFY FOR
MEDICARE IF YOU ARE AGE 65 OR OLDER
AND/OR IF YOU HAVE CERTAIN DISABILITIES
OR END-STAGE RENAL DISEASE (ERSD).

MEDICARE HAS FOUR PARTS:

PART A

- HOSPITAL INSURANCE
- INPATIENT CARE IN A HOSPITAL
- SKILLED NURSING FACILITIES
- HOSPICE CARE
- SOME HOME HEALTH CARE

PART C

- MEDICARE ADVANTAGE PLANS
- HOSPITAL AND MEDICAL CARE (PART A & B)
- PRESCRIPTION DRUGS (USUALLY)
- OTHER BENEFITS AND SERVICES AT AN EXTRA COST (USUALLY)

WHO IS ELIGEBLE

- PEOPLE 65 AND OLDER
- PEOPLE WITH PERMANENT DISABILITIES WHO RECEIVE SOCIAL SECURITY DISABILITY INSURANCE (AFTER A TWO-YEAR WAITING PERIOD)
- PEOPLE WITH END-STAGE RENAL DISEASE OR AMYOTROPHIC LATERAL SCLEROSIS (ALS) (NO WAITING PERIOD)

NOTE: MOST PEOPLE DON'T PAY A PREMIUM FOR PART A:
HOSPITAL INSURANCE BECAUSE THEY OR A SPOUSE ALREADY PAID
FOR IT THROUGH THEIR PAYROLL TAXES WHILE WORKING.

PART B

- MEDICAL INSURANCE
- DOCTORS' VISITS AND OTHER SERVICES
 OUTSIDE OF A HOSPITAL
- HOME HEALTH CARE
- DURABLE MEDICAL EQUIPMENT, LIKE A
 WHEELCHAIR
- LIMITED PRESCRIPTION DRUGS

PART D

- PRESCRIPTION DRUG COVERAGE
- PRESCRIPTION DRUGS NOT COVERED UNDER PART B



Make an appointment with Jennifer at

718-626-1500 x7375





#RENTFREEZENYC

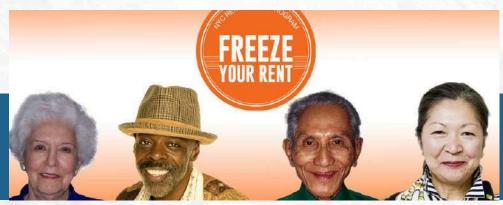
Senior Citizen Rent Increase Exemption (SCRIE)



SENIORS AND PEOPLE WITH DISABILITIES, KEEP YOUR RENT FROM INCREASING, IF YOU:

- · Are 62 years or older, 18 years old if disabled;
- Have a household income of \$50,000 or less;
- · Live in a rent regulated apartment; and
- · Spend more than 1/3 of income on rent.

ENROLL IN THE NYC RENT FREEZE PROGRAM



Interested?
Contact Jennifer at 718-626-1500 x7375

¿Interesado? Comuníquese con la trabajadora social: Jennifer al 718-626-1500 x7375

PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, New York, 11106 Monday - Friday: 8:00 am - 4:00 pm

(718) 626-1500

FREEZING YOUR RENT









Easy Ways to... Use the Nutrition Facts Label

1. Start with serving size.

Check the number of servings per container and the size of each serving. The Nutrition Facts are based on one serving.

2. Aim to meet your daily calorie goal. Visit choosemyplate.gov/MyPlatePlan to calculate your personal calorie needs.

3. Limit:

- Saturated fat
- Trans fat
- Cholesterol
- Sodium
- Added sugars

4. Eat enough:

- Fiber
- Vitamin D
- · Calcium
- · Iron
- Potassium

5. Pay attention to the % (Percent) Daily Value (DV):

- · 5 percent or less is LOW
- 20 percent or more is HIGH

Nu	trit	tion	Facts
The second secon	the second secon	the second secon	

8 servings per container

Serving size 2/3 cup (55g)

Amount Per Serving

Calories

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
*The % Daily Value (DV) tells you have much	

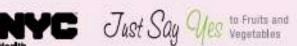
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.

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.





Maneras sencillas de... leer las etiquetas de información nutricional

1. Comience con el tamaño de la porción.

Verifique la cantidad de porciones por envase y el tamaño de cada porción. La información nutricional está basada en una porción.

2. Intente alcanzar su objetivo de calorías diarias.

Visite choosemyplate.gov/MyPlatePlan para calcular sus necesidades calóricas particulares.

3. Limite:

- Las grasas saturadas
- Las grasas trans
- El colesterol
- El sodio
- Los azúcares añadidos

4. Consuma suficiente:

- · Fibra
- Vitamina D
- · Calcio
- Hierro
- Potasio

5. Preste atención al % (porcentaje) del valor diario (VD):

- 5 % o menos es BAJO
- 20 % o más es ALTO

Información nutricional

8 porciones por envase

Tamaño de la porción

2/3 taza (55g)

Cantidad por porción

Calorías

Potasio 235mg

Grasas totales 8g	10 %	
Grasas saturadas 1g	5 %	
Grasas trans 0g		
Colesterol 0mg	0 %	
Sodio 160mg	7 %	
Total de carbohidratos 37g	13 %	
Fibra alimentaria 4g	14 %	
Azúcares totales 12g		
Incluye 10g de azúcares añadidos	20 %	
Proteinas 3g	6 %	
Vitamina D 2mcg	10 %	
Calcio 260mg	20 %	
Hierro 8mg	45 %	

*El % del valor diario (VD) indica cuánto de un nutriente en una porción de alimento contribuye a una alimentación diaria. Se usa un valor de 2000 calorías diarias como recomendación general de nutrición.

Para obtener consejos de alimentación saludable, siga a Eat Healthy, Be Active NYC en Facebook, en facebook.com/eatinghealthynyc

Para más información sobre los Stellar Farmers Markets, visite nyc.gov y busque "farmers markets" (mercados de agricultores).

Para obtener recetas saludables, visite jsyfruitveggies.org.





Tomato Salsa



What a great way to use those juicy tomatoes from the farmers' market!



jsyfruitveggies.org

Tomato Salsa

Serves 6 · Serving: 1/2 cup



Try salsa on different foods, such as eggs, burgers, or a baked potato.

Ingredients:

- 3 chopped tomatoes
- 1 chopped onion
- 2 finely chopped garlic cloves
- 3/4 teaspoon salt
- 1 tablespoon vinegar
- 11/2 teaspoon vegetable oil
 - 1 cup chopped cilantro (optional)

Directions:

- Combine all ingredients in a large bowl.
- 2. Cover and chill.
- Serve with raw vegetables, tortilla chips, or over rice. Enjoy!
- Refrigerate leftovers.

Salsa de tomate



¡Qué gran manera de utilizar esos tomates jugosos del mercado de agricultores!



jsyfruitveggies.org

Salsa de tomate

6 porciones • Porción: 1/2 taza



Pruebe la salsa con diferentes comidas, como huevos, hamburguesas o papas al horno.

Ingredientes:

- 3 tomates picados
- 1 cebolla picada
- 2 dientes de ajo picados
- 3/4 cucharadita de sal
- 1 cucharada de vinagre
- 11/2 cucharaditas de aceite vegetal
 - 1 taza de cilantro picado (opcional)

Instrucciones:

- Combinar todos los ingredientes en un tazón grande.
- 2. Cubrir y enfriar.
- Servir con verduras crudas, chips de tortilla o sobre arroz. ¡Disfrutar!
- Refrigerar las sobras.

Este material fue financiado por el Programa de asistencia nutricional suplementaria de USDA: SNAP.

(Spanish)

Public Assistance







Cash benefits for low-income persons to provide essential food, clothing and shelter.
Benefits vary depending on specific situations:

- assets/income
- rent
- housing status
- work-related expenses and/or special needs.

Age: Any Age

Income: Eligibility is calculated individually, depending on family size, income and expenses.

Assets: Limit--Single individuals and childless couples - \$2,000 cash assets; \$3,000 if age 60 or older. Ask about life insurance and burial plans.

Maximum Monthly Benefits:

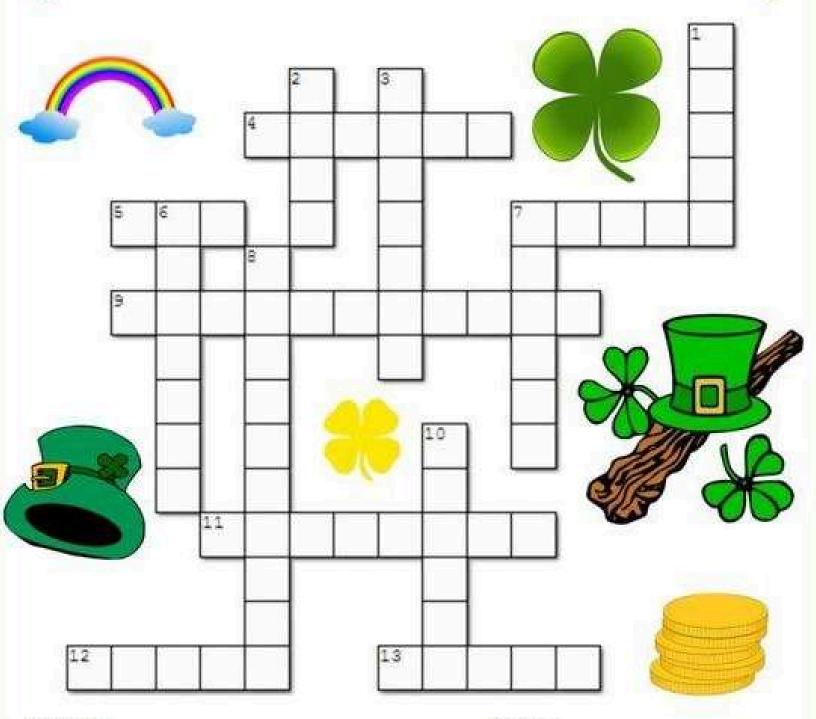
One person without children \$398.10; couples without children \$541.50. Amount must include rent payment. Public Assistance recipients may also qualify for Medicaid and Food Stamps. Medicaid is available to persons who meet above requirements but choose not to receive Public Assistance. One- time per year Emergency Cash Grants are also available for heating costs.

For more information, please call the HRA Infoline at 718-557-1399 or 311 for more information.



ST. PATRICK'S DAY CROSSWORD PUZZLE **





Across

- 4. capital of Ireland
- 5. a type of Irish dance
- 7. if you do not wear green on March 17 this will happen
- 9. the day St. Patrick's Day falls on
- 11. the national emblem of Ireland
- 12. yellow and blue make _____
- 13. from Ireland

Down

- 1. the 3rd month of the year
- 2. good fortune
- 3. nonsense or misleading talk
- 6. called the Emerald Isle
- 7. a starchy vegetable
- 8. a sprite
- 10. 4 leaf

MYUNENTITLEDLIFE.COM

Women in History

Word Search Puzzle





ABIGAIL ADAMS
AMELIA EARHART
ANNE FRANK
ANNIE OAKLEY
BETSY ROSS
CALAMITY JANE
CLARA BARTON
CLEOPATRA

FRIDA KAHLO
GOLDA MEIR
HARRIET TUBMAN
HEDY LAMARR
HELEN KELLER
JOAN OF ARC
MARIE CURIE
MATA HARI

MOTHER TERESA

NELLIE BLY

POCAHONTAS

QUEEN VICTORIA

ROSA PARKS

SACAGAWEA

SALLY RIDE

SOLJOURNER TRUTH





Astoria, NY 11106







Older Adult Center Staff

Michael Singh Program Manager Jennifer Deror Case Manager

Miriam Castro Administrative Assistant Miriam Summerford Recreation Coordinator

Val Yaskubov Cook

Jasmine Federico Assistant Cook Cristelia Caraballo Kitchen Aide Ramnaresh Persaud Custodian Syed Haider Transportation Consuelo Gomez Transportation

Peter J. DellaMonica Advisory Council

President Seelia Bogart Vice President Bruny Ruiz Treasurer Bernadine Moses Secretary Maria Elena Rodriguez

Head Councilmember Rosa Coto

Volunteer-Councilmembers Rudi Amaro Lucia Say

Director of Field Operations Annie Liu

Catholic Charities Mission Statement

Catholic Charities Brooklyn and Queens translates 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.

718-626-1500 Monday-Friday

borker

Our case worker is available here at the center for your case management needs by appointment only. Stop in or call the office at 718-626-1500 to make an appointment.

Nuestro trabajador social está disponible aguí en el centro para sus necesidades solo con cita previa. Llame a la oficina al 718-626-1500 para hacer





TO ALL WHO HAVE DONATED!





125+

March 2025 Presentations and Classes - Calendar //

.E SUBJET TO CHANGE

5

Marzo 2025 Presentaciones y Clases - Calendario

WITHOUT PRIOR NOTICE

Monday

Tuesday

Wednesday

Thursday

Funded by the NYC Aging

Friday

9:00 Sudoku Puzzles w/MS

10:00 Zumba w/Ability B.

10:00 Computer Classes

w/Ability

11:00 Arts & Craft w/

Ability B.

12:00 Lunch

9:00 Sudoku Puzzles w/MS

10:00 Zumba w/Ability B.

10:00 Computer Classes

w/Ability

Ability B.

12:00 Lunch

9:00 Sudoku Puzzles w/MS

10:00 Zumba w/Ability B.

10:00 Computer Classes

w/Ability

11:00 Arts & Craft w/

Ability B.

12:00 Lunch

1:00-2:30 Bingo

9:00 Sudoku Puzzles w/MS

10:00 Zumba w/Ability B.

10:00 Computer Classes

w/Ability

11:00 Arts & Craft w/

Ability B.

12:00 Lunch

1:30 Painting for Beginners

w/ Helen D.

9:00 Spot the Difference: Brain Teaser w/MS 10:00 Line Dancing w/Wen T.

w/Ability

w/Ability

12:00 Lunch

1:00 Women's History

9:00 Word Search w/ MS 10:00 Computer Classes 10:00 Gentle Stretching w/Carl S. 11:00-11:45 Board Games 12:00 Lunch

1:30 Watercolor Painting w/ Helen D. 3:00 Leisure Games w/Group

Joel A.-Zoom

12

26

1:00-2:30 BINGO 4:30*Virtual Painting w/

9:00 Word fill in Puzzle w/MS

10:00 Tai Chi w/Wen T.

11:00 Health & Wellness

Prsentation w/Jen D.

12:00 Lunch

9:00 Word fill in Puzzle w/MS

10:00 Tai Chi w/Wen T.

11:00 Health & Wellness

Prsentation w/Jen D.

12:00 Lunch

1:00-2:30 BINGO

4:30*Virtual Painting w/

Arthritis w/Stony Brook

6

12:00 Lunch 1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for

9:00 Word Scramble w/MS

10:00 Chair Yoga w/ Ability B.

11:00 Guided Meditation w/

Nilcee S.

11:00 Elder Abuse w/

Sunnyside Community Center

1:30 Painting for Beginners w/ Helen D.

Recognition Month w/ **DJ Valentine** 10

10:00 Line Dancing w/Wen T.

9:00 Spot the Difference: Brain Teaser w/MS

10:00 Computer Classes w/Carl S. w/Ability 12:00 Lunch 11:00-11:45 Board Games 1:30 Watercolor Painting w/ w/Ability Helen D. 12:00 Lunch

18

25

11

3:00 Leisure Games w/Group

9:00 Word Search w/ MS

10:00 Gentle Stretching

Joel A.-Zoom 19

14 13 9:00 Word Scramble w/MS 10:00 Chair Yoga w/ Ability B.

11:00 Guided Meditation w/ Nilcee S. 11:00 Arts & Craft w/ 12:00 Lunch

1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for **Arthritis w/Stony Brook**

1:30 Painting for Beginners w/ Helen D.

17

1:00 Special Bingo

Teaser w/MS

10:00 Computer Classes

w/Ability

11:00-11:45 Board Games

w/Ability

12:00 Lunch

1:00 St. Patrick Day

Celebration w/DJ

Valentin

Teaser w/MS

1:00 March Birrhday

Party w/ DJ Woody

9:00 Spot the Difference: Brain

9:00 Word Search w/MS 10:00 Line Dancing w/Wen T. 10:00 Nutrition Lecture

w/Neron Francis

10:00 Gentle Stretching w/Carl S. 12:00 Lunch

1:30 Watercolor Painting w/ Helen D. 3:00 Leisure Games w/Group

9:00 Word Search w/MS

10:00 Gentle Stretching

w/Carl S.

Jewelry Making

w/Miriam S.

9:00 Word fill in Puzzle w/MS 10:00 Tai Chi w/Wen T. 11:00 Health & Wellness Prsentation w/Jen D.

12:00 Lunch 1:00-2:30 BINGO 4:30*Virtual Painting w/

9:00 Word fill in Puzzle w/MS

10:00 Tai Chi w/Wen T.

11:00 Health & Wellness

Prsentation w/Jen D.

12:00 Lunch

1:00-2:30 BINGO

Joel A.-Zoom

11:00 Coping Skills Gratitude w/Miriam S. 12:00 Lunch

9:00 Word Scramble w/MS

10:00 Chair Yoga w/ Ability B.

1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for

Arthritis w/Stony Brook

9:00 Word Scramble w/MS

10:00 Chair Yoga w/ Ability B.

11:00 MET Art in a Box

w/Miriam S.

12:00 Lunch

1:00-2:30 BINGO

1:30 Painting for Beginners w/ Helen D.

28

24 9:00 Spot the Difference: Brain 10:00 Line Dancing w/Wen T.

10:00 Computer Classes w/Ability 11:00-11:45 Board Games w/Ability (12:00 Lunch

12:00 Lunch 1:30 Watercolor Painting w/ Helen D. 3:00 Leisure Games w/Group

4:30 *Virtual Painting w/ Joel A.-Zoom

3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook

Physical Exercise SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED. underlined in green

9:00 Spot the Difference: Brain Teaser w/MS 10:00 Line Dancing w/Wen T. 10:00 Computer Classes w/Ability 11:00-11:45 Board Games w/Ability 12:00 Lunch 1:00 Special Bingo

Orange Pineapple Juice

SUGGESTED CONTRIBUTION: \$1.50

Peter J. DellaMonica Older Adult Center LUNCH MENU MARCH 2025/MARZO 2025

MENU MAY BE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

Funded by NYC Aging

Monday	Tuesday	Wednesday	Thursday	Friday Friday
				Allun (Allun
2	4	5	6	7
Chicken Parmesan with Sauteed Onions and Garlic Whole Wheat Spaghetti Normandy Blend Apple Grape Juice, unsweetened	Turkey Chili con Carne White Rice Italian Blend Vegetables Banana Apple Juice	Creamy Tomato and Rice Soup California Veggie Burger French Fries Green Bean Salad Apple Orange Juice	Spanish Steak Brussels Sprouts Homemade Mashed Potatoes Orange Grape Juice, unsweetened	Baked Salmon Kasha Beet Salad Mandarin Orange Orange Pineapple Juice
10	11	12	13	14
Arroz con Pollo Chicken Breast and Rice Garden Salad Banana Apple Juice	BBQ Pork Chops Baked Macaroni and Cheese Brussels Sprouts Orange Grape Juice, unsweetened	Homemade Lentil Soup Roasted Eggplant Roasted Broccoli Apple Orange Juice	Stuffed Cabbage with Beef Roasted Potatoes Roasted Zucchini Pear Orange Pineapple Juice	Baked Fish Pasta Italian Blend Vegetables Plum Apple Juice
17	18	19	20	21
BBQ Chicken Leg Quarters Brown Rice Steamed Collard Greens Orange Apple Juice	Turkey Meatballs with Sofrito Sauteed Spinach Smashed Mixed Potatoes and Cauliflower Apple Grape Juice, unsweetened	Black Bean Soup Vegan Whole Wheat Spaghetti Carbonara with Tofu Ricotta Beet Salad Banana Orange Juice	Chili con Carne White Rice Brussels Sprouts Kiwi Orange Pineapple Juice	Fish with Creole Sauce Farro Sauteed Asparagus Fresh Pineapple Orange Juice
24	25	26	27	28
Chicken Stir Fry with Vegetables Baked Brown Rice Pilaf Asian Cucumber Salad Banana Orange Juice	Pernil (Roasted Pork Shoulder) Roasted Potatoes Steamed Cauliflower Orange Grape Juice, unsweetened	White Bean Soup Whole Wheat Pasta Primavera Apple Orange Juice	Roast Beef California Blend Vegetables Sauteed Sweet Potatoes Peach Grape Juice, unsweetened	Baked Fish Amandine Couscous with Peas and Lemon arden Salad Mango Orange Pineapple Juice
31				
Chicken Breast with Mushrooms and Peppers Egg Noodles Brussels Sprouts Apple	Located at: 23-1 Astoria NY 718-626	11106		udes Low-fat 1% Milk of Whole Wheat Bread.