

125+
YEARS OF CHANGING LIVES



THE WOOD

Catholic Charities Neighborhood Services

GLENWOOD OLDER ADULT CENTER

5701 AVENUE H, BROOKLYN, NY 11234 Ph(718) 241-7711 / Fx(929) 292-0323

JUNE 2025

Dear Older Adult Members,

June has arrived, signaling that summer is just around the corner. People are beginning to enjoy the beautiful sights nature has to offer and the inviting warmer temperatures that encourage outdoor activities. It's no wonder June is often referred to as the "pearl of summer." Many of you may already be planning your next vacation, or perhaps you are preparing to celebrate Father's Day or Juneteenth, a historic event that marks the end of slavery. Whatever way you choose to celebrate, aim to make it memorable and enjoyable. want to celebrate, make it memorable and fun.

Have a Happy Father's day!

Nadine Aspilaire,
Program Manager



JUNE AWARENESS MONTH

Men's Health Month

Myasthenia Gravis Awareness Month

National Aphasia Awareness Month

National Safety Month

National Scleroderma Awareness
Month

Scoliosis Awareness Month

Black Music month

Juneteenth Month



<https://www.pinterest.com/pin/9758032421248988752/>

Is It Safe To Use Paper Towels In The Microwave

While it's convenient for people to use paper towels to cover their food while microwaving, some find them beneficial because they absorb excess grease, are disposable, and are quite handy. However, some concerned individuals are urging caution when using them. Here are a few points to consider when using paper towels to cover food in the microwave.

Microwaving paper towels alongside your leftovers might seem like an easy way to prevent food from splattering, but it's not as harmless as you think. While convenient, placing paper towels in the microwave has hidden risks and complications that you should be aware of. Here are some reasons to reconsider this common practice.

Not All Paper Towels Are Microwave-Safe - Although it's tempting to grab any paper towel to cover food in the microwave, not all paper towels are safe for use in this appliance. Many brands use chemicals,

dyes, and synthetic fibers that can react poorly when exposed to heat. This can lead to strange smells, chemicals leaching into your food, or worse – fires. To avoid this, always check the packaging or the manufacturer's website to confirm that the paper towel is microwave safe. When in doubt, opt for microwave-safe food covers or accessories designed for heating.

Paper towels can ignite in the microwave if exposed to high heat for too long, especially if left unattended. Greasy foods, in particular, can increase this risk, as the oils heat up faster than other substances and can set the paper towel on fire. Modern microwaves often have safety features to prevent overheating, but it's always wise to keep an eye on your food while heating it.

Chemical Contamination from Paper Towels - Some paper towels contain chemicals and synthetic materials that may release harmful substances when exposed to microwave heat.

Over time, these chemicals could seep into your food, posing health risks. To minimize this danger, use only paper towels specifically labeled as microwave-safe, or consider using reusable microwave covers that are free from harmful chemicals.

Damage to Your Microwave - Paper towels can cause unexpected damage to your microwave, particularly if they overheat or catch fire. If they become stuck to the glass turntable, they may cause scratching or cracking, which can lead to costly repairs or even the need for a replacement microwave. To avoid damaging your appliance, use microwave-safe alternatives such as lids or covers designed for microwaves. These will ensure that your food heats evenly without damaging your microwave.

Inefficient Heating - Paper towels can interfere with heating your food in the microwave. When overly damp, they can absorb some of the microwave's energy, leading to uneven heating or extended cooking times.

Bacteria Growth - A loosely placed paper towel over your food doesn't guarantee that bacteria won't grow. If the food isn't covered properly and doesn't heat thoroughly, it could become a breeding ground for bacteria. To minimize this risk, use airtight microwave-safe covers that ensure your food reaches the appropriate temperature. This will help reduce the chance of bacterial contamination, ensuring that your food is safe to consume.

Risk of Burns - Paper towels, especially when used with greasy or oily foods, can heat up quickly in the microwave and cause burns when handled. Removing a hot paper towel from the microwave without protection can lead to painful injuries, particularly if it has been soaked in hot oil. To avoid burns, always use microwave-safe materials designed to handle heat safely. Allow the food to cool slightly before handling any cover or paper towel.



Is It Safe To Put Paper Towels In The Microwave?

www.cookingout.com

Source: [Reasons Paper Towels Don't Belong in Your Microwave - Healthy Green Kitchen](#)

[Reasons Paper Towels Don't Belong in Your Microwave - Search Images](#)

PROTECTING AND IMPROVING BRAIN HEALTH

The brain is one of the important organs in our body as it controls our thought, movement, emotion, and many aspects of our thinking like remembering things, planning our daily activities, even making decisions for ourselves. As people age, their brain has a slower reaction time and takes a little more time to process certain information. It is good for people to develop brain health habits to keep their brain healthy. Here are some recommendations found online to help people to protect their brain and keep it active.

Proactive habits to sustain cognitive function by engage in new and challenging cognitive activities

Stay physically active - to keep the minds sharp as regular physical activity can help improve balance, flexibility, strength, energy and mood.

Prioritize social engagement - Maintaining a strong social network is essential if people want to have good cognitive health.

Engaging with others can help stimulate the mind and prevent cognitive decline. Take care of the mental health - Stress, anxiety, and depression can take a toll on cognitive health over time. Maintaining emotional balance is critical to preserving mental sharpness as we age. It is good to practices mindfulness, meditation, A good night's sleep helps improve brain function and memory, keeps you alert and makes it easier to do daily tasks. Rest also eases stress and depression.

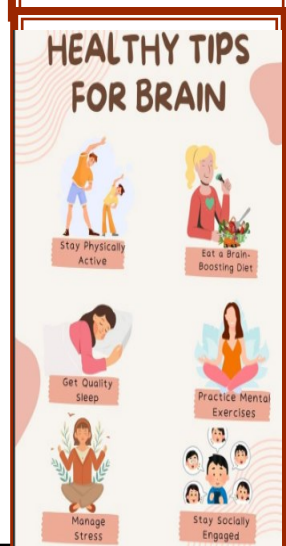
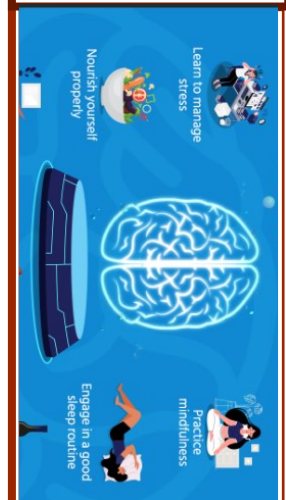
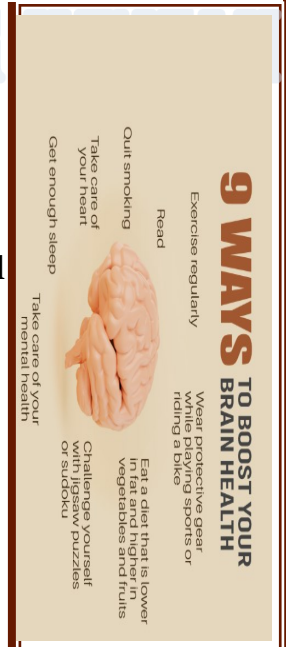
Challenge your brain - activities that engage the mind can keep your brain in shape. And those activities may help improve brain function and memory. People can do crossword puzzles. Read. Play games. Try a new hobby. Volunteer at a local community group. Cards, board games, and electronic games

Card games are a cheap and fun way to exercise memory and strategy skills. Board games like Trivial Pursuit build memory for facts,

while games like Monopoly exercise math, financial, and strategy skills. (Brilliant T, Nouchi, & Kawashima, 2019).

Learn a new language - This can help with mental agility and be neuro-protective, since a new language forges new connections among neurons, making them more resistant to disease (Kroll, Dussias, Bice, & Perrotti, 2015).

Listen to some music - Music activates multiple brain areas, including those that process emotions, memory, and movement (Wan & Schlaug, 2010). There are many free online sites for listening to and learning to play music.



Sources: [8 brain health tips for a healthier you - Mayo Clinic](#) / [How to Improve Cognitive Function: 6 Exercises & Tests](#) / [free images protecting and improving BRAIN health - Search Images](#)

HAPPY FATHER'S DAY

In this part of the hemisphere, summer officially begins on June 22. We can say goodbye to coats, sweaters, scarves, and cold weather for the next few months, which is a relief. However, that's not all. Most importantly, we celebrate Father's Day on Sunday, June 15. On this day, loved ones honor their fathers by expressing gratitude through gifts, which may include a family dinner at a restaurant. Another significant day is Juneteenth, celebrated on June 19. This day, also known as Freedom Day, is recognized as a federal holiday. In closing, I want to salute all fathers. May you continue to shine with grace and love for your family, and may you have a wonderful and happy Father's Day. ♥□

Angela Alleyne;
member
and volunteer of
the Glenwood
OAC



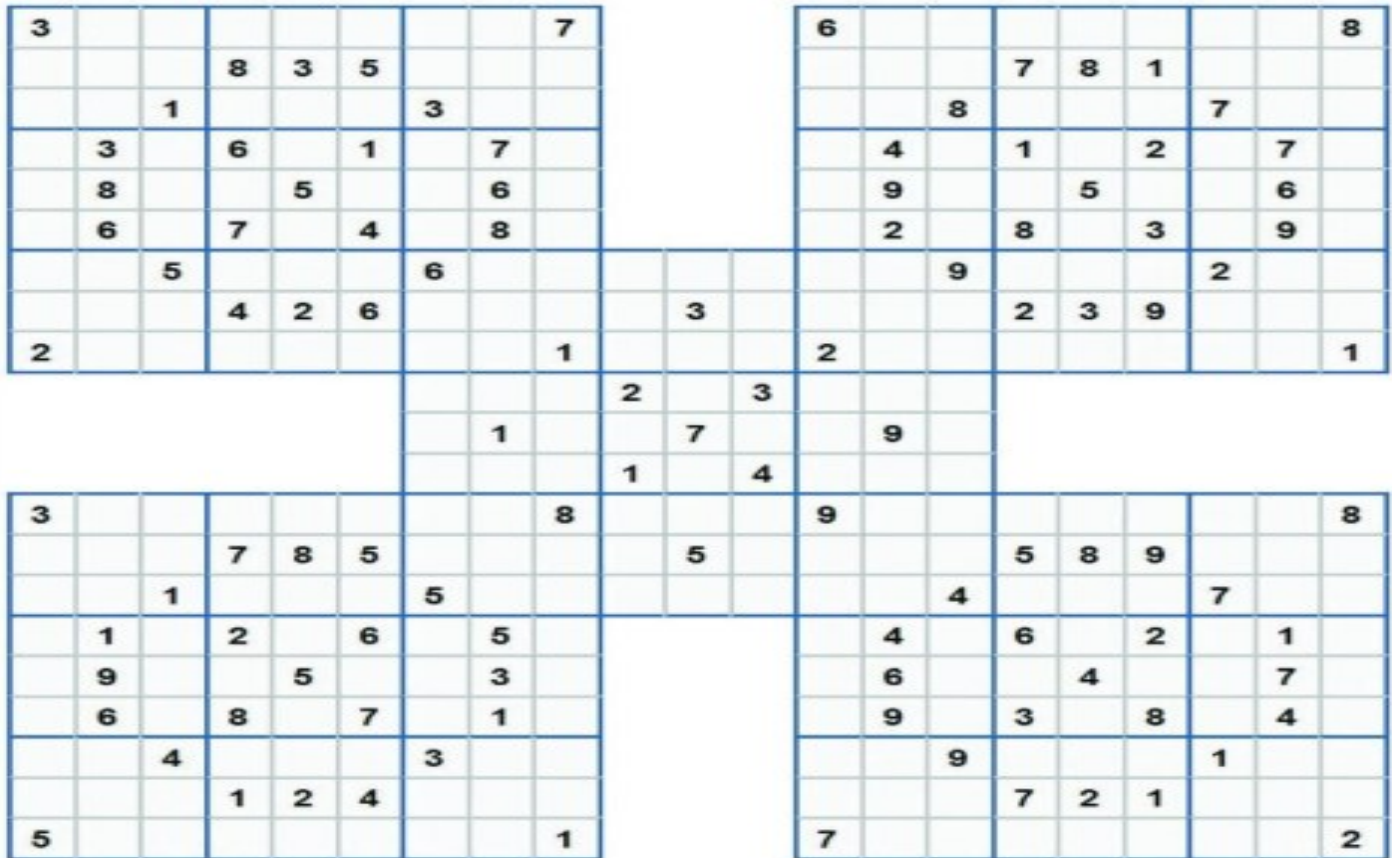
Silent, Strong Dad

He never looks for praises.
He's never one to boast.
He just goes on quietly working
For those he loves the most.
His dreams are seldom spoken.
His wants are very few,
And most of the time his worries
Will go unspoken, too.
He's there...a firm foundation
Through all our storms of life,
A sturdy hand to hold onto
In times of stress and strife.
A true friend we can turn to
When times are good or bad.
One of our greatest blessings,
The man that we call Dad.

Karen K. Boyer. "Silent, Strong Dad."
Family Friend Poems, November 11,
2006. [https://
www.familyfriendpoems.com/poem/
silent-strong-dad](https://www.familyfriendpoems.com/poem/silent-strong-dad)

GAME CENTER TO IMPROVE YOUR MENTAL FITNESS

Samurai Sudoku



SOLVE THE SUDOKU GAME
CAN YOU SPOT THE DIFFERENCE IN THE PICTURES



GAME CENTER TO IMPROVE YOUR MENTAL FITNESS

Father's Day Word Scramble

DIRECTIONS: Unscramble the letters to form the names of ten different words to describe Dad. Then unscramble the shaded letters to answer the riddle.

RFUELAC

OSDAEHNM

ONRGTS

YALLO

LUEHPFL

DINK

RLEECV

EEVDOTD

NLILTARIB

WIES



What do you call a monkey who is just like his father?

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Father's Day Word Scramble Puzzle

1 TA FERH

2 ONILGV

3 TRCC LPAA

4 VREBA

5 WNLE KGO ABLEDE

6 EASLCP

7 AHOC C

8 IKDN

9 U PDOR

10 UNTTIRGS

11 UFYNN

12 UYSB

13 NEPTRA

14 IESW

[Free Printable Father's Day Word Scramble Puzzle](#) / [Father's Day Word Search Puzzles](#) | [Free Printable](#)

FATHER'S DAY WORD SEARCH



FATHER'S DAY

WORD SEARCH



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



- BRAVE
- DADDY
- FOOTBALL
- GOLF
- GRANDPA
- PARENT
- RESPECT
- STRONG
- TEACH
- UNCLE



Firstprintable

JUNETEENTH WORD SEARCH

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

Texas
Lincoln
Ceremony
June

Freedom
Proclamation
Galveston
History

Culture
Nineteen
Liberty
Celebration

Emancipation
Holiday
Slavery
Rights



FEBRUARY'S UPCOMING EVENTS / ACTIVITIES / GUEST SPEAKERS

Poetry in motion (Claire & Vilma) - (Men's Round Table Group Discussion (Lenox) - /General Membership Mtg - Advisory Mtg (Center) - Current Event Group Discussion (Vilma - Claire) / Spanish Group Discussion (Corey / Grace) - center/ audio — Creole Group Discussion (Mireille JN (center - Audio) / Strength exercise — Tommy the experience — Cardio Fusion / Yoga -Island Rhythms -Yvette -Blood pressure screening & monitoring (Claire – Maureen - Norwood– Polidore—Sewing class (Ivil W) - Nutrition education (Claudia) - / Computer Class / Exploring Smartphones (Senior Planets/ Piano lesson (I. Walters) / Painting Class with Flovil- Financial Abuse (First IC Bank) / Financial Literacy (Amalgamated Bank / traffic Safety education — Nutrition—Lethabo:The Power of joy - SUCASA / Exploring smart phone (Senior Planet) - Domestic violence/ Happy Father's day / Birthday Celebration / SUCASA final performance / Potluck Day (Fashion show with the swing class) /



GUEST SPEAKERS

CHECK THE MONTHLY CALENDAR FOR THE TIME AND DATE OF EACH ACTIVITY

GRAB YOUR PHONE, IPAD, TABLET OR PENCIL -

MEN'S GROUP

DOMINOES

BINGO

DO YOU NEED ASSISTANCE WITH USING THE FEATURES ON

Centel will be closed on Juneteenth day (June 27, 2025)

MAY'S BIRTHDAY CELEBRATION



MOTHER'S DAY CELEBRATION 2025



MEMBERS COMPLETING THEIR TECHNOLOGY CLASS



SU-CASA LETHABO



SU-CASA Lethabo: The Power of Joy

**Creative Writing & Movement Performance
with SUCASA participants and**

**Special Guests: Council member Farah N. Louis
Assembly member Jaime Williams**

We must recognize and
nurture the creative parts
of each other without
always understanding
what will be created.

Audre Lorde
*Sister Outsider:
Essays and Speeches*



The Power of
Joy

Music, Collective
poems & stories

Juneteenth
Game

**Performance and Juneteenth Celebration
Friday, June 20th at 12:30PM**

**CCNS Glenwood Older Adult Center
5701 Avenue H, Brooklyn, New York, 11234 ;**



New York City Council



THIS PROGRAM IS SUPPORTED, IN PART, BY PUBLIC FUNDS FROM THE NEW YORK CITY COUNCIL
DEPARTMENT OF CULTURAL AFFAIRS IN PARTNERSHIP WITH THE NEW YORK CITY COUNCIL

THE POWER OF JOY

POTLUCK EVENT



YOU ARE INVITED TO

GLENWOOD OAC'S POTLUCK EVENT

MUSIC - DANCE - FASHION SHOW -
FOOD DRINK

JUNE 27 | 1 PM

5701 Avenue H / Brooklyn, NY 11234



Funded By The NYC Aging

JUNE 27, 2025

BEST WISHES TO OUR MAY BIRTHDAY CELEBRANTS!

A Special Blessing
on your *Birthday*



May God Bless you
on your Birthday
And may
His presence
enrich your life
today and always

Inez Walters 6/1	Gary Mass 6/22
Marie Laguerre 6/5	Linda Brown 6/23
Stafford Stephenson 6/5	Muriel Johnson 6/25
Theresa Douglas 6/5	Seymour Thomas 6/25
Alice Thompson 6/8	Yvonne Duran– graham 6/25
Ernestine Walkes 6/9	Beatrice Muschett 6/28
Myrtle Jones 6/10	Bernard Clemens 6/29
Kathleen Palmer 6/10	Cynthia Ennis Douglas 6/30
Benjamin Brown 6/10	Maria Morano 6/19
Eulyn Henry 6/12	Lenora Carter 6/7
Allister Belgrave 6/11	
Rufus Canty 6/15	
Cecilia Alexis 6/15	
Marie Obas 6/18	
Maria Williams 6/19	
Delphys Dixon 6/21	
Sylvan Roban 6/21	
Vincent Nappa 6/22	



Muchas Felicidades!

Glenwood OAC is a free program for individuals aged 60 and older; no insurance is required. Suggested meal contributions are appreciated as they help enhance the program and its activities. We value the contributions made by our members. Enjoy your time at the center!

ON THE CASE MANAGER'S BULLETIN BOARD

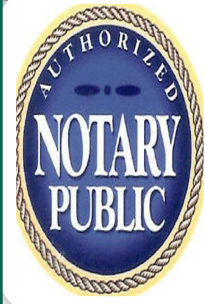
CASE ASSISTANCE - COMMUNITY INFORMATION & EVENTS



If you need assistance because you have difficulty getting around, are home isolated, or unable to come to the center, please ask to talk to Case Manager Ms. K 718-241-7711



DO YOU NEED ASSISTANCE TO NOTARIZE YOUR DOCUMENT— PLEASE SEE OR CALL MR. LE-NOX HUTSON @ 718-251-5848



CANARSIE FARM MARKET

AT I.S. 68 MIDDLE SCHOOL
956 E. 82ND STREET
EVERY MONDAY
2:30 - 3:30 PM
RUN BY I.S. 68 S.G.A. STUDENTS!

FRESH OJ AT HIP2B HEALTHY CAFE

Tell us what you want at the market! Email us!
info@seedsinthemiddle.org

Local, affordable fresh fruits & vegetables for all!
Eat fresh. Get smarter. Be healthier.
seedsinthemiddle.org @seedsinthemiddle

Thank You
CITY COUNCIL MEMBER
MERCEDES NARCISSE
45th COUNCIL DISTRICT

ASSEMBLY MEMBER JAMIE WILLIAMS
SUPPORTED BY
EAST FLATBUSH VILLAGE INC.
PRESENTS OUR
BI-WEEKLY FOOD PANTRY

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EVERY 1ST & 3RD WEDNESDAY
3:00PM - 4:00PM

BRING YOUR OWN BAG!
ONE BAG PER FAMILY!
FIRST COME FIRST SERVE!

REGISTER HERE:
https://plentifulapp.com/

Plentiful | United Way | NYC | FeedNYC

admin@eastflatbushvillage.org 718-826-0807

FREE LEGAL CONSULTATION

MUST CALL FOR AN APPOINTMENT

FACE-TO-FACE WITH A LAWYER

WHERE WE CAN HELP!

- ✓ TEMPORARY PROTECTED STATUS (TPS)
- ✓ IMMIGRATION REFERRALS
- ✓ REQUEST FOR EVIDENCE (RFE)
- ✓ FAMILY REUNIFICATION PAROLE PROCESSES
- ✓ APPLICATION FOR EMPLOYMENT AUTHORIZATION (EAD)

FOR MORE INFORMATION
POU PLIS ENFOMASYON

718.362.3162 | info@lohnyc.org

CONTACT US NOW

SUPPORTED BY:

Appointments for the NYC ID card are released every Friday at 3 PM for the following week and can fill up quickly.

A staff member will help you through the process to get an appointment with ease.

COME TO FLATLANDS LIBRARY
When: Every Friday
Time: 3 PM - 4 PM

Bklyn Public Library 2065 FLATBUSH AVE (AT AVE. P)
718-253-4409

THE CENTER IS CLOSE FOR JUNETEENTH DAY (6/19/25)

NUTRITION EDUCATION MONTHLY POST

Easy Ways to... Add More Fruits and Vegetables to Your Meals

Brighten up your plate with colorful fruits and vegetables at every meal.

Breakfast



Mix fruit with yogurt, oatmeal or whole grain cereal.



Include vegetables in an omelet or egg sandwich.



Make a smoothie with leafy greens and frozen fruit.

Lunch and Dinner



Add vegetables to soups, stews or casseroles.



Mix vegetables with pasta, rice or couscous



Top tacos, pizzas and pita bread with vegetables.

Snacks



Enjoy fruit with peanut butter.



Add vegetables to half of a sandwich.



Serve fresh vegetables with a bean dip.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for **farmers markets**.

For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

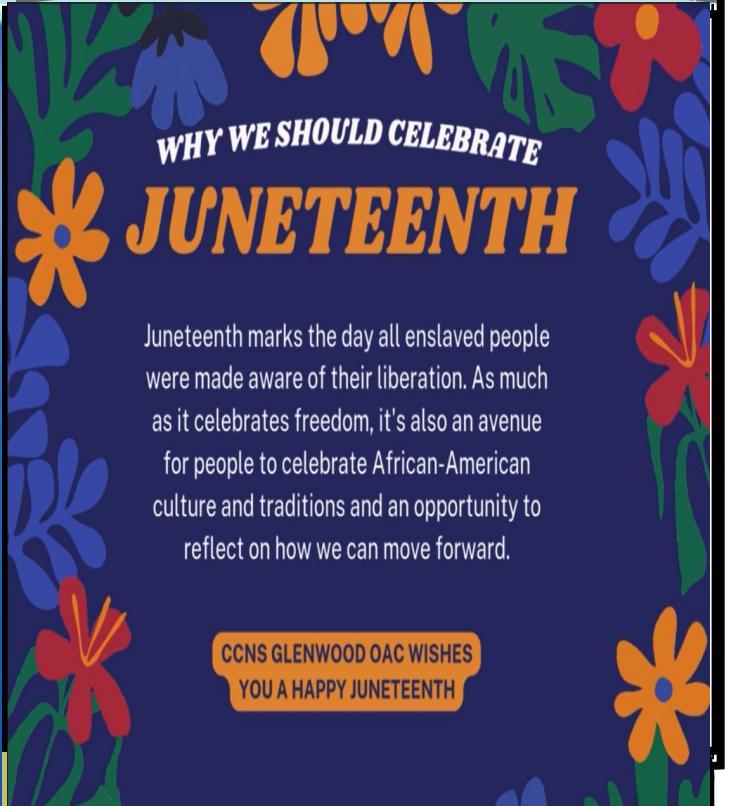
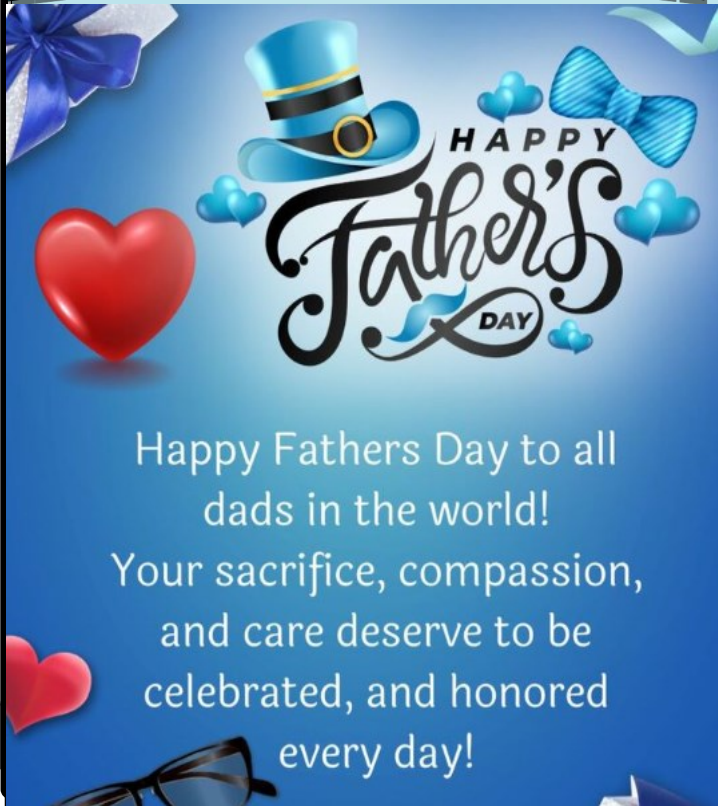
This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://www.myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-6964 (voice and TDD).

NYC
Health

Just Say Yes to Fruits and Vegetables

HAPPY FATHER'S DAY

HAPPY JUNETEENTH'S DAY



GLENWOOD SENIOR CENTER STAFF

Ron Carson	Director Of Field Operations
Nadine Aspilaire	Program Manager
Khenemessteh Toussaint	Case Manager
Andra Daniel	Administrative Assistant
Gwen Moultrie	Head Cook
Patricia Punnett	Assistant Cook
Andre Fils Fresnel	Maintenance Worker
Julius Alford	Kitchen Aid

GLENWOOD ADVISORY BOARD

Gardner Weekes	-----	Vacant
Vilma Griffith	-----	Vacant
Carol Hackett	-----	Vacant
Fay Vialva	-----	Vacant
Sonia Chambers	-----	Vacant
Lucille Murray	---	Vacant

COMMITTEES: Sunshine - -Sonia Ryce, Inez Walters
 Nutrition Chair person --- Sonia Ryce, Daisy Barrett, Beulah Reid
 Travel & Fundraising --- Gardner G Weekes
 Entertainment / music --- Claire Brisport / Gardner Weekes/
 Grievance --- Gardner G Weekes / Sonia Ryce
 Hostess ---- Ison, Hackett, Brisport, Ryce, Vialva

Thank you to: Mireille Jean Noel - Claire Brisport— Vilma Griffith - Lenox Hutson — Gabriel Weekes—Beulah Reid—Daisy Barrett — Sonia Chambers, Sonia Ryce and to all the volunteers for their support of the center's activities.

Catholic Charities Neighborhood Services, Inc.

"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."

Catholic charities Mission Statement

125+
YEARS OF CHANGING LIVES



FUNDED BY THE NYC AGING

