

# Pioneers of Queens



## MONTHLY NEWSLETTER

♦  
JUNE 2025



## Holidays and highlights this month

### JUNE IS ALZHEIMER'S AND BRAIN HEALTH AWARENESS MONTH

In 2025, Alzheimer's and Brain Health Awareness Month will be celebrated in June. This month is dedicated to raising awareness about Alzheimer's disease and other forms of dementia, promoting brain health, and offering support to those affected. The official color for the movement is purple.

Alzheimer's and Brain Awareness Month aims to encourage open conversations about the brain, Alzheimer's disease, and other dementia

Alzheimer's is the only leading cause of death that cannot be prevented, cured, or even slowed, affecting millions of American

### Juneteenth (June 19th)

Juneteenth 2025, celebrated on June 19th, commemorates the emancipation of enslaved African Americans in the United States. It marks the day in 1865 when Union soldiers arrived in Galveston, Texas, to enforce the Emancipation Proclamation and officially liberate all enslaved people in Texas. Juneteenth is a time to celebrate freedom, equal rights, and the enduring legacy of the struggle for liberation

### In this newsletter you can expect:

---

Holidays & Celebrations

---

Resources & Collages

---

Activities & Events

---

Hybrid/ virtual Events

---

Activity Calendar

---

Lunch Menu

---



125+  
YEARS OF CHANGING LIVES



# welcome!! june

"See the good in yourself and in  
others."



# World Elder Abuse Awareness Day

Older Adults should be  
respected —never abused.

*Learn about elder maltreatment in a  
forum on June 24th at 10:45AM*

CCNS Peter J. DellaMonica OAC  
23-11 31<sup>st</sup> Road Astoria NY 11106  
718-626-1500

125<sup>+</sup>  
YEARS OF CHANGING LIVES



*Funded by NYC Aging*

# COPING TOOLS

## WHAT HELPS ME

- ☐ Take slow, mindful breaths
- ☐ Drink a warm cup of water
- ☐ Rest and take a break
- ☐ Stretch
- ☐ Journal or write a letter
- ☐ Listen to your favorite music
- ☐ Talk to someone you trust
- ☐ Get a hug
- ☐ Cuddle or play with your pet
- ☐ Use positive affirmations
- ☐ Use a stress ball
- ☐ Blow bubbles
- ☐ Make an artwork
- ☐ Hug a tree
- ☐ Read a book or magazine
- ☐ Take a shower or bath





Things I can do when I need to

# TAKE IT EASY



NAME MY  
FEELINGS



DEEP  
BREATHING



WRITE A  
LETTER



IMAGINE A  
QUIET PLACE



CHILD POSE



DRINK WATER



WARM BATH



RUN



5-4-3-2-1  
GROUNDING  
TECHNIQUE



HUG



PAINT



BLOW BUBBLES



SMELL MY  
FAVOURITE  
SCENT



SQUEEZE  
SOMETHING



LISTEN TO  
MUSIC

100  
99  
98

COUNT  
BACKWARDS



EXPLORE  
NATURE



PRESS AND  
RELEASE  
PALMS  
TOGETHER



WATCH FISH



NOISE  
CANCELLING  
HEADPHONES



PLAY WITH  
A PET



HUG A TOY



WRAP UP IN A  
BLANKET



COUNT  
HEARTBEATS

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# EMBRACING MY GRIEF

How are you feeling today?

What is one thing you miss the most about the person you lost?

What things have been different since the loss?

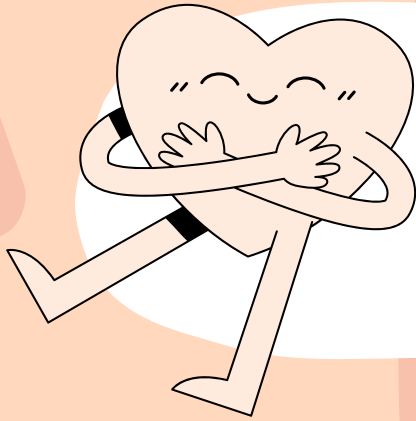
Who are the people supporting you?

How do you take care of yourself as you experience grief?





# HOW TO FIND HAPPINESS

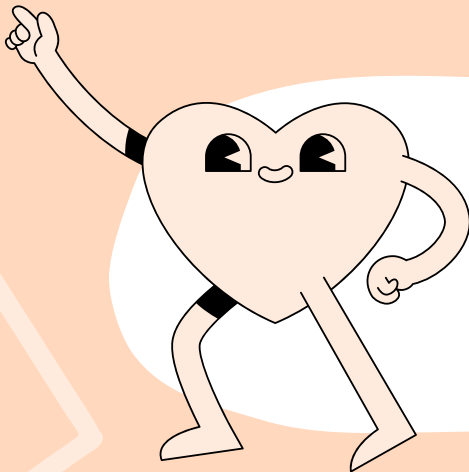
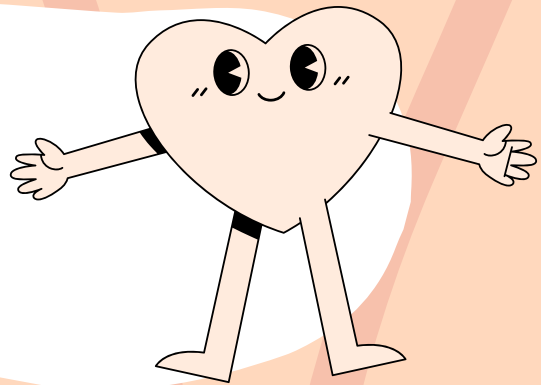


## STOP CHASING HAPPINESS

This practice makes happiness a reward, rather than an emotion that is deserved to be felt on a day-to-day basis.

## PRACTICE SELF-CARE

Take care of your physical and mental health. Exercise regularly, eat well, and get enough sleep.



## LEARN AND GROW

Continuously seek opportunities for personal growth and learning. This can provide a sense of accomplishment and happiness.

125+  
YEARS OF CHANGING LIVES



*Spread*

KINDNESS

*like*

CONFETTI





daily practices tips

# SELF CARE

REALLYGREATSITE



Write Diary



Learn to Say No



Do yoga



Create New  
Experiences



Listen Funny  
Musics



Establish  
Routines



Buy Yourself  
What You Love



125+  
YEARS OF CHANGING LIVES



# CELEBRATE PEACE & UNITY WITH US

LOVE  
WINS

JOIN US FOR AN IDENTITY, VISIBILITY,  
& LIBERATION CELEBRATION!

FRIDAY, JUNE 6<sup>TH</sup>

11:00 Special Arts & Craft  
12:00 Special Lunch  
1:00-3:00 Celebration  
w/ DJ Woody

CHOOSE  
PEACE  
LOVE  
UNITY



FUNDED BY NYC AGING



HAPPY  
*Birthday  
May*

You  
deserve  
the world!

125+  
YEARS OF CHANGING LIVES







# Center ACTIVITIES

2025

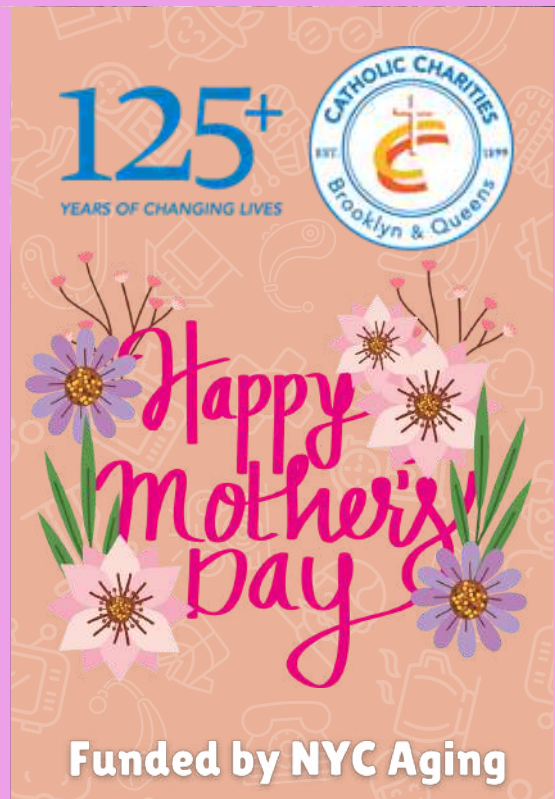




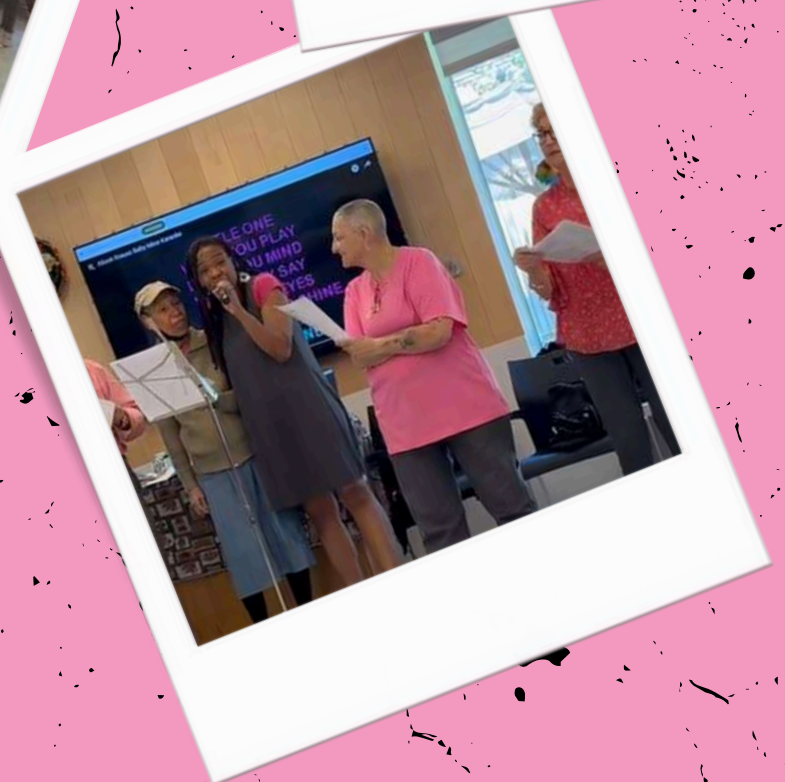


# CINCO DE MAYO











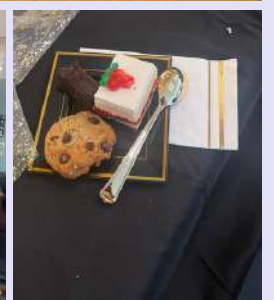


**BISHOP VALERO SENIOR  
RESIDENCE &  
DELLAMONICA'S OLDER  
ADULT CENTER  
APPRECIATION CEREMONY**

**125+**  
YEARS OF CHANGING LIVES

**CATHOLIC CHARITIES**  
BROOKLYN & QUEENS

Funded by NYC Aging







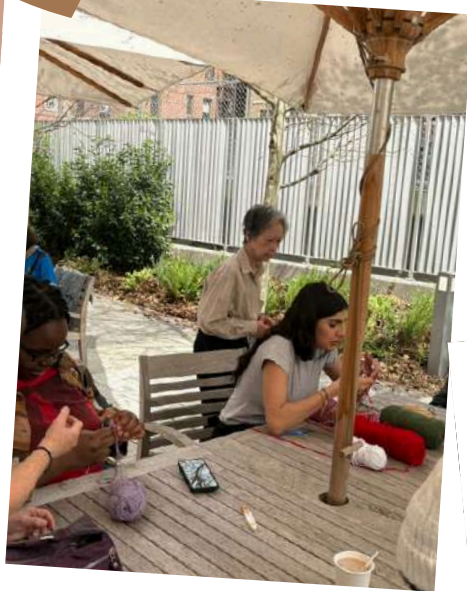
Funded by Aging



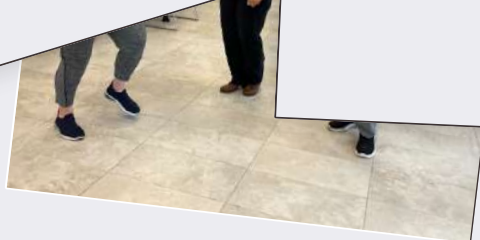
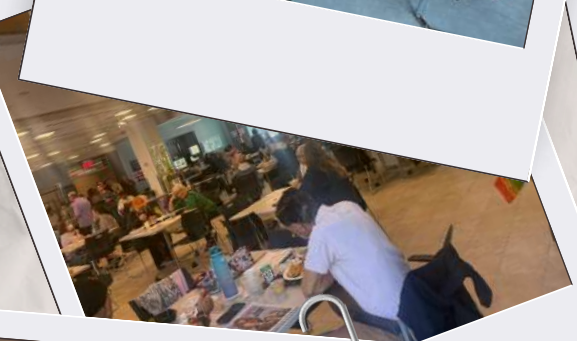


# Crochet

## OUTDOORS







Memories  
Together





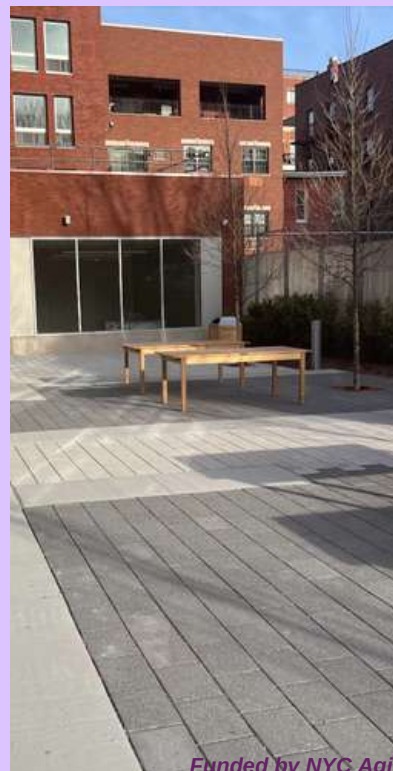
♥ Love Rosa ♥



Celebration of  
Life!











# FITNESS DAY

2025

Celebrating 50 years  
32nd National Health Fair  
Wed 9:00  
Frie (between Lafayette  
Bend & Stretch  
• Leslie Howitt  
• Yvonne Puckett  
ACT  
Spo  
va  
Actu Better



# WOMEN'S TALK

## *Women & Aging*



Join us for an inspiring gathering where women from diverse backgrounds come together to celebrate strength, resilience, and the incredible power that lies within.

**WEDNESDAY, JUNE, 11TH 2025 AT 11AM**  
**Lunch Room**

### TOPIC DISCUSSIONS:

- Wellness and Self-Care
- Healthy Aging
- Women's Health
- Realistic Expectations

*Join Ability & Beyond for an incredible discussion!*

**JOIN US!**



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

*Funded by NYC Aging*





# Art in a Box Workshop



## About Workshop

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



11:00 AM | Thursday, June 5th



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



w/MS  
CUNY OT  
Interns

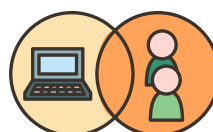


## Zoom Link

Meeting ID: 812 8739 6046  
Passcode: 2311



Funded by NYC Aging



Hybrid workshop  
In-person: Lunch Room  
Online: Zoom



**JOIN US!**



# COPING SKILLS



**MASTER THE ART OF NAVIGATING THROUGH CERTAIN CIRCUMSTANCES.**



Master the art of mindfulness and meditation!



[CLICK HERE](#)



**Thursday,  
June 26th**



**At  
11:00AM**



**Meeting ID:  
899 7855 5371  
Passcode: 2311**

Funded by NYC Aging



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

125+  
YEARS OF CHANGING LIVES



# Harmony & Sharing Gatherings Discussion

*with CUNY OT Interns & MS*

**Wednesday 18th**  
**11am to 11:45am**  
**Lunch Room**

- Help reduce stress and anxiety
- Gives a sense of purpose & belonging
- Boost mental health
- Improve cognitive functioning
- Help obtain practical advice
- Offer encouragement
- Provide emotional support

**Community support can make a huge  
difference in the health and general  
well-being of older adults.**

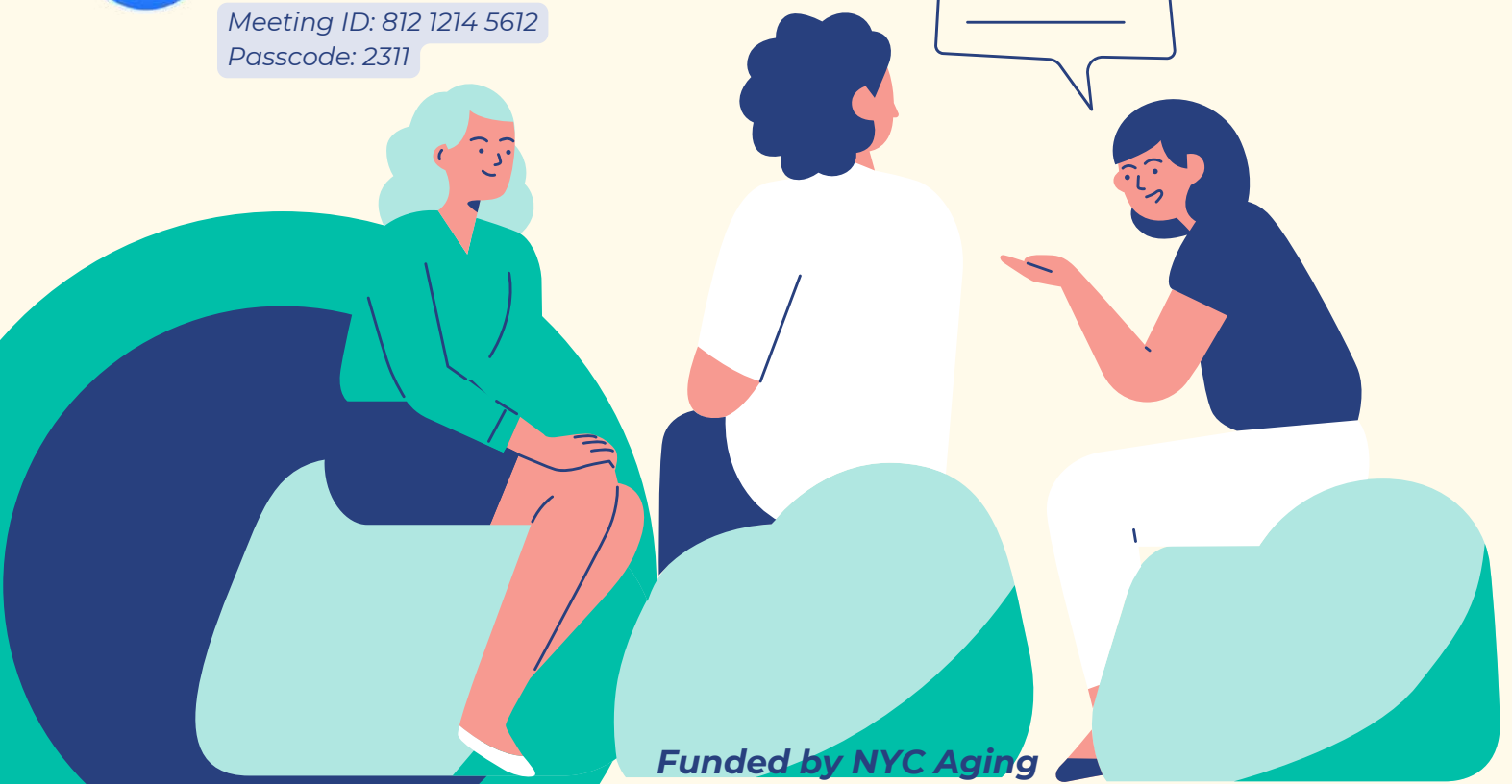
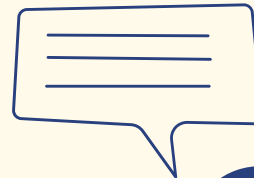


zoom



[Click this link  
to join online!](#)

Meeting ID: 812 1214 5612  
Passcode: 2311



Funded by NYC Aging





# FUN WALK CLUB

Come join us for Thursdays Fun Walk! Enjoy the fresh air, get active, and spend a fun time with friends in the evening.



**THURSDAYS AT 3:00PM**

Patio



# WATERCOLOR PAINTING

*Join us to learn the watercolor  
technique w/ Helen*

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



# IMPROVE YOUR COMPUTER SKILLS

Digital Literacy & Inclusion Initiative



**EVERY MONDAY & FRIDAY AT 10:00AM**

1

## BROWSE THE INTERNET

Web Browsers & Connection Types



2

## INTRO TO GOOGLE

How to use Gmail & Google Drive



3

## SECURITY

Anti-Virus, Anti-Spyware, & Firewalls



4

## SOFTWARE & HARDWARE

In and Outs of a Computer



5

## SHOPPING & BANKING

Tools to safely Shop & Bank Online





# Art & Craft Workshop

EVERY FRIDAY AT 11:00AM  
WITH ABILITY & BEYOND

*Art & Craft fosters positive emotions, improves  
physical skills, and provides a calming effect.*

125+  
YEARS OF CHANGING LIVES



## See you there!



125+  
YEARS OF CHANGING LIVES



# Come Join!

# CHAIR EXERCISE

# CLASS

- Every Tuesday
- 10:00am - 11:00am
- Activity Room

Instructed by  
Ability Fitness

Registration not Required!

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



Funded by NYC Aging





## PHYSICAL ACTIVITIES



# EXERCISE SCHEDULE

**JUNE**

**2025**

*Funded by NYC Aging*

**MON  
10:30**

## LINE DANCING

Improve your coordination & balance.

## CHAIR EXERCISE

Improve your flexibility, strengthen your muscles, and learn to prevent injury.

**TUE  
10:00**

**WED  
10:00**

## TAI CHI

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

## YOGA

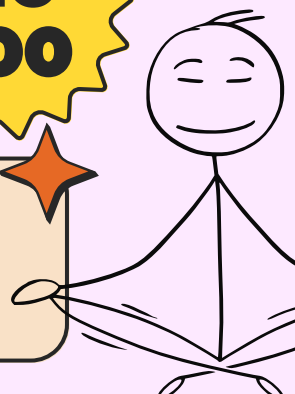
Learn to build strength, awareness, & harmony.  
Develop better coping skills & positivity.

**THU  
11:00**

**FRI  
10:30**

## ZUMBA

Increase your balance and improve your mood.



COME AND  
EXPRESS YOUR  
CREATIVITY



125+

YEARS OF CHANGING LIVES



VIRTUAL

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

JUNE

PAINTING

2025

WORKSHOP

W/ JOEL ADAS

WEDNESDAYS  
AT 4:30PM

ART HISTORY &  
PAINTING

[HTTPS://US06WEB.ZOOM.US/J/85652228226?](https://us06web.zoom.us/j/85652228226?pwd=MRTCTJQRHDNX9AVQSHQGM8VXAURDRB.1)  
[PWD=MRTCTJQRHDNX9AVQSHQGM8VXAURDRB.1](https://us06web.zoom.us/j/85652228226?pwd=MRTCTJQRHDNX9AVQSHQGM8VXAURDRB.1)

WEEKLY

MEETING ID: 856 5222 8226  
PASSCODE: 414762

CLASSES

LEARN ABOUT ART HISTORY AND PAINTING  
TECHNIQUES!

FUNDED BY NYC AGING





JUNE 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

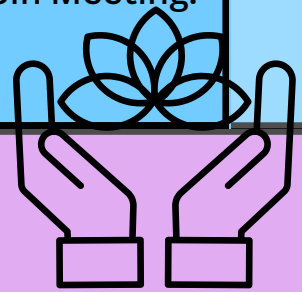
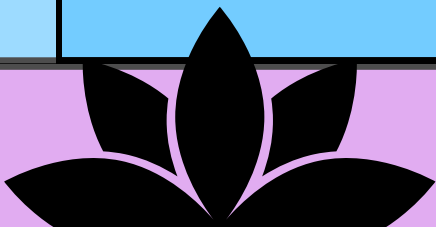
[Click here for direct access](#)

### 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.



## VIRTUAL WORKSHOPS

[HTTPS://SENIORPLANET.ORG/CLASSES/](https://seniorplanet.org/classes/)

Workshop	Information
Monday June 2nd at 11AM	<b>Functional Strength Training</b> Zoom Meeting ID: 831 <u>2781 3758</u>
Tuesday June 3rd at 2PM	<b>Protecting Your Personal Info Online</b> Zoom Meeting ID: 835 1913 1743
Tuesday June 3rd at 10:30AM	<b>Tech Tips for Disaster Preparedness</b> Zoom Meeting ID: 873 4393 1339
Wednesday June 4th at 11AM	<b>Virtual Tour: Yorkshire, England</b> Zoom Meeting ID: 821 <u>0392 6975</u>
Wednesday June 4th at 4PM	<b>Balance Matters</b> Zoom Meeting ID: 831 <u>2781 3758</u>
Wednesday June 4th at 6PM	<b>Food Delivery Apps</b> Zoom Meeting ID: 892 <u>2062 6958</u>
Thursday June 5th at 10:30AM	<b>Digital Literacy at a Glance</b> Zoom Meeting ID: 860 <u>4070 8198</u>
Thursday June 5th at 2PM	<b>Mindful Meditation &amp; Breathing</b> Zoom Meeting ID: 895 <u>2422 1328</u>
Thursday June 5th at 11AM	<b>Digital Coupon Tools</b> Meeting ID: 892 <u>2062 6958</u>
Friday June 6th at 2PM	<b>iPhones</b> Zoom Meeting ID: 860 <u>4070 8198</u>
Friday June 6th at 3PM	<b>Understanding Fraud &amp; Scams</b> Zoom Meeting ID: 896 5940 0622



# Virtual/Hybrid Exercise for This Month



**IN JUNE**



**2025**

**MON-  
FRI**

**MORNING STRETCH**  
**10:00 AM**

↘ <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**



DADDY  
PADRE  
FATHER  
DAD  
POPPA  
PAPPA

*Happy Father's Day!*



# Worrying about Alzheimer's Disease?

**JUNE 16, 2025 10:00 AM - 11:00 AM**

Alzheimer's is the most common form of dementia.  
Learn more about management and treatment options.



**CLICK HERE TO JOIN THE MEETING**

<https://us02web.zoom.us/j/84222537228?pwd=RRboGkQPaVCJKsYAA1qt6PNYW/Eugca.1>

Meeting ID: 842 2253 7228

Passcode: 346122

Call-In Number: +1 929 436 2866



Hosted by Students and Faculty from  
St. John's University  
College of Pharmacy and Health Sciences





**WEDNESDAY, JUNE  
11TH AT 10AM**



## **NYC HEALTH DEPARTMENT WEBINAR ON HEAT EMERGENCY AND PREPAREDNESS**

The NYC Health Department is hosting a presentation on heat emergency preparedness, covering heat vulnerability, symptoms of heat illness, and protective strategies for summer. It also highlights city and state cooling resources to improve accessibility. Attendees will learn to create an action plan for personal safety during heat waves and assist others in staying safe.



Zoom Meeting ID:  
273 264 794 043



Zoom Passcode:  
wT9rS6mC



# DELLAMONICA OLDER ADULT CENTER (OAC) "SILVER SCOOP": GETTING THE SCOOP ON AVAILABLE BENEFITS! -> COOLING ASSISTANCE

Hello Savvy Seniors! 😊

This "Silver Scoop" message provides information on the Cooling Assistance HEAP benefit, available from April 15 to August 29, 2025. Eligible households can receive one benefit for purchasing and installing an air conditioner or fan to stay cool, with specific monetary limits.

Eligibility criteria include:

- Gross monthly income below current guidelines.
- Receiving SNAP, Temporary Assistance, or certain SSI benefits.
- Having a member with a medical condition worsened by heat or a vulnerable member (age 60+ or under 6).
- U.S. citizenship or qualified non-citizenship.
- No working air conditioner or one over five years old.
- Not receiving a HEAP-funded air conditioner in the past five years.

Feel free to reach out with questions or to make an appointment.

Kind Regards,

Jennifer

Case Manager

CCNS Peter J. Dellamonica Older Adult Center

Phone: 718-626-1500

CCNS PETER J. DELLAMONICA OAC  
23-11 31st Road Astoria NY 11106  
718-626-1500

You Are Invited

# Birthday Party



## JUNE



30th at 1:00 PM

*COME JOIN SPECIAL DAY WITH FUN  
DJ, MUSIC, MUCH MORE!*

125+  
YEARS OF CHANGING LIVES





# **CCNS PETER J. DELLAMONICA OLDER ADULT CENTER TRANSPORTATION**

**TRIPS  
START  
AT  
10:30AM**



**TRIPS  
ENDS  
AT  
2:30PM**

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

**125+**  
YEARS OF CHANGING LIVES



**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.

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

125+  
YEARS OF CHANGING LIVES



Serving Homebound Older  
Adults in Southwest Queens



**CATHOLIC CHARITIES**  
Brooklyn &  
Queens  
ESTABLISHED 1899



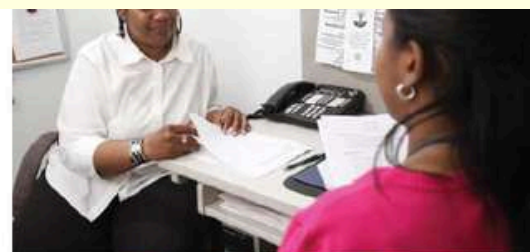
## Southwest Queens Senior Services

183-16 Jamaica Avenue  
Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495

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.

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



### 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



**CATHOLIC CHARITIES**  
Brooklyn & Queens  
ESTABLISHED 1879

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*



**CATHOLIC CHARITIES**  
Brooklyn & Queens  
ESTABLISHED 1879

## **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.

### **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
- Homecare
- 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*







**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.**

### **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.



#### **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](http://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](http://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!**





# **NEED HELP?**

# **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
- Housing Information
- Immigration Services
- Limited Financial Assistance
- Senior Services
- 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](http://www.ccbq.org)**



**¿Necesitas ayuda?**  
**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
- Información y referencias a otros servicios

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

**Salud Integral & Servicios de Bienestar**  
Catholic Charities Brooklyn and Queens  
**[www.ccbq.org](http://www.ccbq.org)**





**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens

ESTABLISHED 1899

125<sup>+</sup>



# 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](http://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](http://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](http://www.ccbq.org).





**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens

ESTABLISHED 1899

125+



# 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](http://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](http://access.nyc.gov). Para saber si califica, textea FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite [www.ccbq.org](http://www.ccbq.org).



# Beat the heat with **HEAP!**

If the heat affects your health you may be eligible for HEAP cooling assistance.

**You may qualify for a HEAP cooling benefit if your household:**

- Has a member with a documented medical condition worsened by heat
- Gross monthly income meets current HEAP guidelines
- Received a regular HEAP benefit greater than \$21 in the current program year or resides in government subsidized housing with heat included in your rent
- Did not receive a HEAP funded air conditioner within the past 5 years

Learn more about the HEAP Cooling Benefit at:  
**[otda.ny.gov/programs/heap/#cooling-assistance](https://otda.ny.gov/programs/heap/#cooling-assistance)**  
or **1-800-342-3009**

**Tips to get cool:**

- Stay indoors in air conditioning
- Drink plenty of cool nonalcoholic and caffeine-free liquids
- Take a cool shower or bath

For more extreme heat advice, visit:  
**[www.health.ny.gov/extremeheat](https://www.health.ny.gov/extremeheat)**



**HEAP**  
Home Energy  
Assistance Program

A P  
Pub-5182 (H  
**Make an appointment with Jennifer  
at 718-626-1500 x7375**





# Combata el calor con iHEAP!

Si el calor afecta negativamente su salud, es posible que reúna los requisitos para recibir el subsidio de enfriamiento HEAP.

**Usted podría reunir los requisitos para recibir el subsidio de enfriamiento HEAP si su grupo familiar:**

- Incluye un miembro con una afección médica documentada que se empeora con el calor.
- Si su ingreso mensual bruto cumple con las pautas establecidas de HEAP.
- Si usted recibió el subsidio regular HEAP por un monto mayor a \$21 en el programa del presente año o reside en una vivienda subvencionada por el gobierno donde la calefacción está incluida en su alquiler.
- No recibió un aire acondicionado subsidiado con fondos de HEAP en los últimos 5 años.

Infórmese más sobre el subsidio de enfriamiento de HEAP en:  
[otda.ny.gov/programs/heap/#cooling-assistance](https://otda.ny.gov/programs/heap/#cooling-assistance) o 1-800-342-3009

**Consejos sobre cómo mantener una temperatura corporal cómoda:**

- Manténgase al interior con el aire acondicionado.
- Beba suficientes líquidos fríos no alcohólicos y sin cafeína.
- Dese una ducha o un baño de tina fríos.

Si desea más consejos sobre cómo combatir el calor, ingrese a: [www.health.ny.gov/extremeheat](https://www.health.ny.gov/extremeheat)



**HEAP**  
Home Energy  
Assistance Program

**Make an appointment with Jennifer**  
at 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

Funded by NYC Aging

## 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

Get help paying for  
your groceries



### AM I 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





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.

## 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 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 C

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

#### PART D

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

### WHO IS ELIGIBLE

- 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.**

Make an appointment with  
Jennifer at

718-626-1500 x7375



# #RENTFREEZENYC

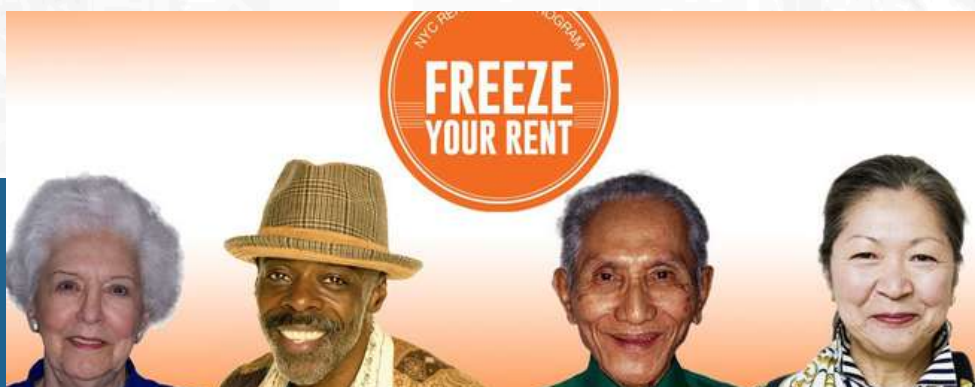
Senior Citizen Rent Increase Exemption (SCRIE)



**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



FREEZE  
YOUR RENT

# what's in season *june*



Apricots  
Artichokes  
Arugula  
Asparagus  
Avocados  
Bananas  
Beets  
Bell Peppers  
Blackberries  
Blueberries  
Bok Choy  
Broccoli  
Carrots  
Cantaloupe  
Corn  
Cauliflower  
Celery  
Cherries  
Cucumbers  
Grapes  
Green Beans

Leeks  
Mango  
Melons  
Mushrooms  
Nectarines  
Okra  
Papaya  
Peas  
Peaches  
Pineapple  
Plums  
Potatoes  
Raspberries  
Radishes  
Strawberries  
Summer Squash  
Tomatoes  
Valenica Oranges  
Vidalia® Onions  
Watermelon  
Zucchini





# Fruit Salad with Yogurt

★★★★★ 219 Ratings



Makes:

4 Servings



Total Cost:

\$\$\$\$



Preparation Time:

25 minutes

This colorful salad combines sliced strawberries, pineapple chunks, and blueberries coated in pineapple juice. Serve topped with low-fat yogurt and slivered almonds for a treat that looks as good as it tastes.

## Ingredients

- 2 cups strawberries (sliced)
- 1 cup blueberries (rinsed)
- 1 cup pineapple chunks (canned, or fresh)
- 3 tablespoons pineapple juice
- 2 cups plain low-fat yogurt
- 1/8 cup almonds (sliced or slivered )

## Directions

1. Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature.
2. Place 1 cup of fruit salad in a small bowl and top with 1/2 cup of yogurt.
3. Sprinkle almonds on top of each fruit salad. Serve immediately.

## Notes

myplate.gov



### Nutrition Information

Serving Size: 1 cup  
[Show Full Display](#)

Nutrients	Amount
Total Calories	171
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	7 mg
Sodium	88 mg
Carbohydrates	28 g
Dietary Fiber	4 g
Total Sugars	22 g
Added Sugars included	0 g
Protein	8 g
Vitamin D	0 mcg
Calcium	264 mg
Iron	1 mg
Potassium	527 mg

N/A will display when nutrient data is unavailable  
Please note: nutrient values are subject to change as data is updated

# Easy Ways to ..... Enjoy Fresh Greens



## 1. Buy

- ❖ Choose greens with crisp, bright leaves with no yellow or brown spots.

## 2. Store

- ❖ Before storing:
  - **Lettuce and salad greens:** Wrap leaves in a dry paper towel.
  - **Bunched greens with stems (kale, collard greens):** Chop off ends of stems and wrap ends in a damp paper towel.
  - **Herbs:** Wrap entire bunch in a slightly damp paper towel.
- ❖ Keep all greens in the refrigerator, unwashed, in a sealed plastic bag.



## 3. Wash

- ❖ Place greens in a bowl and cover with water.
- ❖ Shake greens under the water to loosen any dirt. Allow dirt to settle.
- ❖ Gently lift out greens and discard water. Repeat as needed.

## 4. Prepare

- ❖ Sauté onions and garlic in oil. Add leafy greens and cook until tender.
- ❖ Blend spinach or kale with frozen fruit to make a smoothie or with beans to make a delicious dip.
- ❖ Add chopped leafy greens to soups, stews and pasta sauces. Cook until tender.
- ❖ Add fruits, other vegetables, nuts or beans to raw chopped greens for a hearty salad.



*Meet with a Virtual Nutritionist*

*Website: [Cooking with NYC Aging](#)*

*Email: [virtuallmartliving@aging.nyc.gov](#)*

*Call: 929-436-2866*

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](http://nyc.gov) and search for "farmers markets."

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

**NYC**  
Health

*Just Say Yes* to fruits and vegetables

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 800-342-3569 or go to [myBenefits.ny.gov](http://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 202-720-5964 (voice and TDD).



# Maneras sencillas de... disfrutar de las verduras de hoja frescas



## 1. Compre

- ❖ Elija verduras de hoja crujientes, brillantes y sin manchas de color amarillo o café.

## 2. Almacene

- ❖ Antes de almacenar:
  - **Lechuga y verduras de hoja para ensaladas:** envuelva las hojas en una toalla de papel seca.
  - **Verduras de hoja en manojo con tallos (col rizada, berza):** corte las puntas de los tallos y envuelva los extremos en una toalla de papel húmeda.
  - **Hierbas:** envuelva todo el manojo en una toalla de papel ligeramente húmeda.
- ❖ Guarde todas las verduras de hoja en el refrigerador, sin lavar, en una bolsa de plástico sellada.



## 3. Lave

- ❖ Coloque las verduras de hoja en un tazón y cúbralas con agua.
- ❖ Agite las verduras de hoja debajo del agua para aflojar la suciedad y déjela que se asiente.
- ❖ Levante lentamente las verduras de hoja y deseche el agua. Repita según sea necesario.

## 4. Prepare

- ❖ Saltee las cebollas y el ajo en aceite. Agregue las hojas verdes y cocínelas hasta que estén blandas.
- ❖ Mezcle la espinaca o la col rizada con frutas congeladas para preparar un batido o con frijoles para preparar una deliciosa salsa.
- ❖ Agregue las hojas verdes cortadas a las sopas, guisados y salsas para pasta. Cocínelas hasta que estén blandas.
- ❖ Agregue frutas, otras verduras, frutos secos o frijoles a las verduras de hoja cortadas y crudas para preparar una ensalada saludable.

Meet with a Virtual Nutritionist  
Website: [Cooking with NYC Aging](http://CookingwithNYCAging.org)  
Email: [virtuallmartliving@aginig.nyc.gov](mailto:virtuallmartliving@aginig.nyc.gov)  
Call: 929-436-2866



Para obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook visite el sitio web [facebook.com/eatinghealthynyc](https://facebook.com/eatinghealthynyc).

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

Para obtener recetas saludables, visite [jsyfruitveggies.org](http://jsyfruitveggies.org).

**NYC**  
Health

Just Say Yes to Fruits and Vegetables

El Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés) del Departamento de Agricultura de Estados Unidos (USDA, por sus siglas en inglés) financió este material. El SNAP, conocido anteriormente como Programa de Cupones para Alimentos (FSP, por sus siglas en inglés) de Nueva York, ofrece asistencia nutricional para personas con bajos ingresos. Puede ser útil para comprar alimentos nutritivos a fin de mejorar su alimentación. Para obtener más información, llame al 800-342-3009 o visite [myBenefits.ny.gov](http://myBenefits.ny.gov). El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. De conformidad con la ley federal y la política del USDA, esta institución prohíbe la discriminación por motivos de raza, color de piel, nacionalidad, sexo, edad, religión, opiniones políticas o discapacidad. Para presentar una denuncia de discriminación, escriba a USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 o llame al 800-730-3064 (llamada de voz y TDD).





Start simple  
with MyPlate



## Focus on Whole Fruits

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 fruits to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Include fruit at breakfast

Top cereal with your favorite seasonal or frozen fruit, add bananas or chopped apples to pancakes, or mix raisins into hot oatmeal.



### Take fruit on the go

Fruits like oranges, bananas, and apples are great portable snacks. You can also bring along a can of mandarin oranges or pineapple chunks packed in water.



### Make your own trail mix

Combine one or two favorite breakfast cereals with dried cranberries and raisins. Bring for a snack in a small sealable bag or container.



### Enjoy fruit as a snack

Make fruit kabobs using melon chunks, bananas, and grapes. Top with a light yogurt sauce for a fruity snack or side dish.



### Add fruit at dinner

Chop up a combination of tropical or seasonal fruits to make a fruit salsa to top fish or chicken, or add fruit like grapefruit sections, apple wedges, or grapes to a tossed salad.



### Keep fruit on hand

Cut up fruit and place in a bowl in the refrigerator. Put the bowl at the front of the shelf so that it's the first thing you see when you open the door.



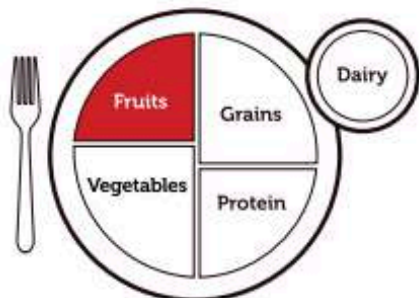




# STRAWBERRY

## WHAT IS IT?

Available in the spring and summer, strawberries are a fruit grown on flowering plants in the rose family.



## FOCUS ON WHOLE FRUITS

Strawberries are a lower calorie sweet treat that can be easily consumed fresh or frozen in a variety of snacks and meals.

## HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Fruit Group target of 2 cups. Snacking on strawberries adds up quickly towards your goal!



To find your food group targets, go to [MyPlate.gov/MyPlate-Plan](https://www.MyPlate.gov/MyPlate-Plan).

## FUN FACTS & TIPS

- Strawberries were first commercially grown in America in the 1800s.
- Approximately 90% of America's strawberries are produced in California.
- For a fun family outing, visit a farm that offers pick-your-own strawberries.
- Blend fat-free or low-fat yogurt with fresh or frozen strawberries for a sweet smoothie.



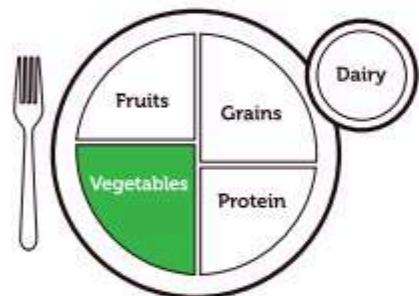
May 2024  
USDA is an equal opportunity provider, employer, and lender.



# BELL PEPPER

## WHAT IS IT

Peppers grow in many shapes, sizes, colors, and flavors from sweet bell peppers to spicy chili peppers.

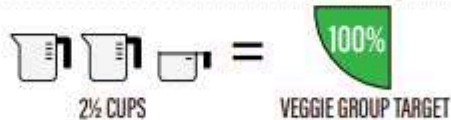


## VARY YOUR VEGGIES

Different color peppers have different benefits. Eating a variety of colors throughout the week can help you vary your veggies.

## HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. Add different types of peppers to meals and snacks to reach your goals



To find your food group targets, go to [MyPlate.gov/MyPlate-Plan](https://www.MyPlate.gov/MyPlate-Plan).

## FUN FACTS & TIPS

- Thomas Jefferson grew a variety of peppers at his house in Monticello, VA.
- Peppers are high in vitamin C—add them to omelets, stir fries, or chili for added flavor.
- Red bell peppers are simply ripened green bell peppers.
- For a crunchy and filling snack, try pairing pepper slices with hummus dip.



May 2024  
USDA is an equal opportunity provider, employer, and lender.



# Home Energy Assistance Program (HEAP)



NYC

*A one-time grant per year to help low-income homeowners and renters pay fuel and utility cost.*

**Age:** Any age

**Assets:** No limit

**Income:** Monthly limit for one person \$2,852; couples \$3,730

**Benefit Amounts:** Available to both households that pay directly for heat and households where heat is included in rent. Benefit amounts

range from \$21 to \$635. Eligible households that pay directly for heat with their main source of heat being oil, kerosene or propane may receive a benefit of up to \$900.

**Heat Emergencies:** Only HEAP-eligible households paying directly for heating may apply for one time emergency help with fuel, repairs, or heat-related equipment or temporary relocation.

**Note:** Funds are limited, apply early.

## **Heating Equipment Repair or Replacement**

The Heating Equipment Repair and Replacement Component of the Home Energy Assistance Program is available to help eligible low-income homeowners repair or replace furnaces, boilers and other direct heating components necessary to keep their home's primary heating source functional.

Benefit amounts are based on the actual cost incurred to replace or repair the furnace, boiler and/or other essential heating equipment.

## **To apply:**

- Call 311 and ask about the local HEAP office.

*Funded by NYC Aging*



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Juneteenth

## Word Search

**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ABOLITION  
AFRICAN  
AMERICAN  
BARBECUE  
CELEBRATION  
CEREMONY  
CONFEDERACY  
EMANCIPATION  
FLAG  
FREEDOM DAY  
GALVESTON



GENERAL GRANGER  
HOLIDAY  
JUNETEENTH

LINCOLN  
MARCH  
PARADE  
PORTMANTEAU  
PROCLAMATION  
READING  
SINGING  
SLAVERY  
SOUTH  
TEXAS  
UNION ARMY

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Word Scramble

In the Northern Hemisphere, June is the month when summer officially begins, and school is out for a long break full of fun and sunshine. Can you figure out the seasonal vocabulary words by unscrambling the letters?



ATFHRE \_\_\_\_\_

DNDEGWI \_\_\_\_\_

DUORTIAANG \_\_\_\_\_

CBAHE \_\_\_\_\_

OUYEELSNHKC \_\_\_\_\_

AIOPT \_\_\_\_\_

IVOACTAN \_\_\_\_\_

URSMME \_\_\_\_\_

OUTOSODR \_\_\_\_\_

JEUN \_\_\_\_\_

TSNINE \_\_\_\_\_

AEDEONLM \_\_\_\_\_

FRFIEYL \_\_\_\_\_

AEBRCBEU \_\_\_\_\_

LOTIECSS \_\_\_\_\_

TOSRHS \_\_\_\_\_

OLGF \_\_\_\_\_

NIGKIB \_\_\_\_\_

LDMIPAO \_\_\_\_\_

GAENRD \_\_\_\_\_

PTIR \_\_\_\_\_

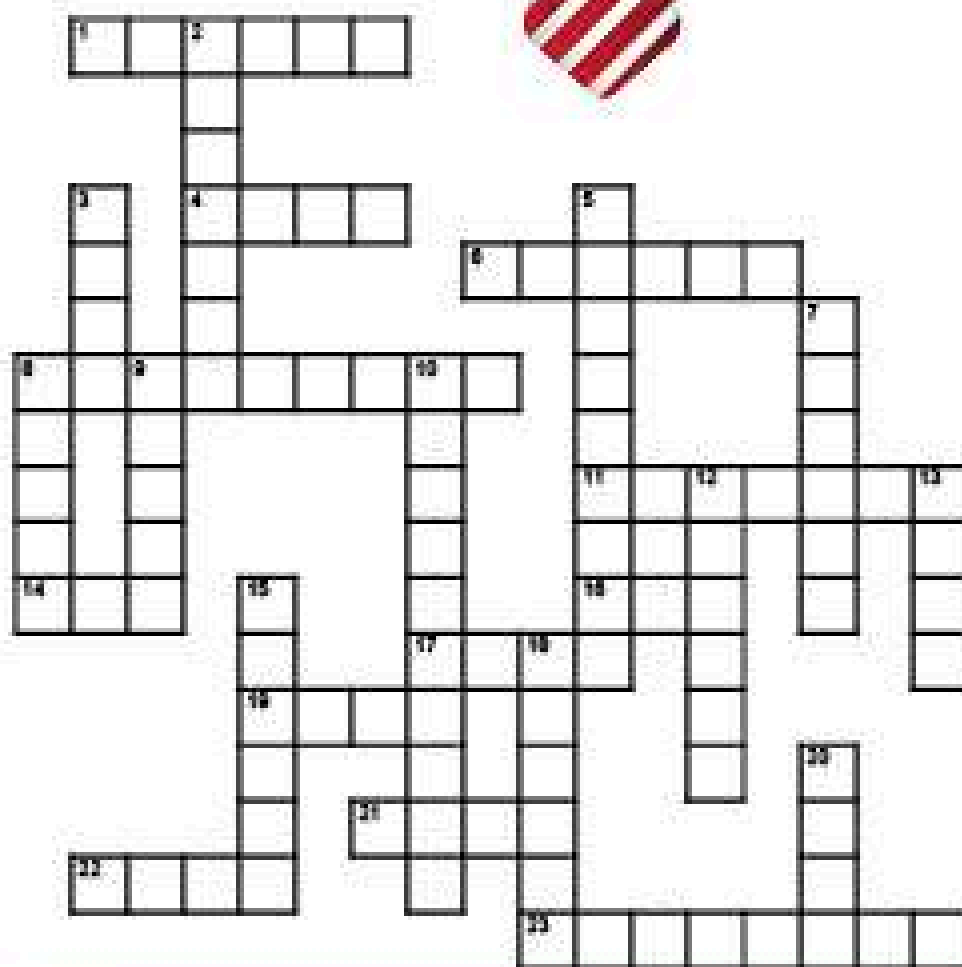
GFLA \_\_\_\_\_

ATRRESRBYW \_\_\_\_\_

BRAKE \_\_\_\_\_



Name: \_\_\_\_\_ Date: \_\_\_\_\_



### ACROSS

1. Male parent.
4. Hallmark specialty: greeting \_\_\_\_.
6. Physically and mentally robust.
8. Male head of the family.
11. Recreational activity for some fathers.
14. Another name for father.
16. Male offspring.
17. Token of appreciation.
19. Affection and devotion.
21. Month in which Father's Day is celebrated.
22. Loud explosive sounds and also an informal term for dad.
23. Female offspring.

### DOWN

2. Source of wisdom and guidance.
3. Biggest of the Three Bears.
5. Might be served in bed on Father's Day.
7. Closeknit group of relatives.
8. Feeling of satisfaction and fulfillment.
9. Father's Day is on the \_\_\_\_ Sunday of the month.
10. Brave and determined.
12. Day of the week for Father's Day.
13. Popular sport for some fathers.
15. Beliefs and principles that are important.
18. Companion and confidant.
20. Superlative form of good.

Best  
Breakfast  
Card

Courageous  
Dad  
Daughter

Family  
Father  
Fishing

Friend  
Gift  
Golf

June  
Love  
Pope

Patriarch  
Pops  
Proud

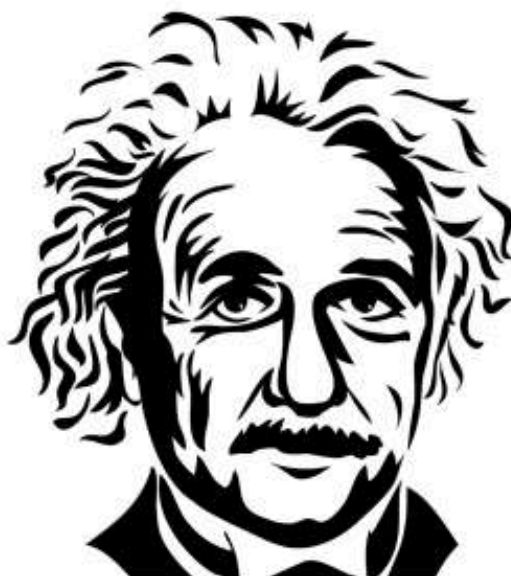
Son  
Strong  
Sunday

Teacher  
Third  
Values

# Albert Einstein

## Cryptoquote

DIRECTIONS: Each distinct letter in the original quote has been substituted with another letter from the alphabet. (Hint: Solve any single letter words first. In English the only single letter words are A and I.)



BRWU HQE MDW VQEDOJUF M

UJWV FJDY MU RQED ZWWKZ YJCW

M ZWVQUI. BRWU HQE ZJO QU

M DWI-RQO VJUIWD M ZWVQUI

ZWWKZ YJCW MU RQED. ORMO'Z

DWYMOJJSJOH.

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



June 2025

# Happy Birth day

**Sianti G.**  
**Katherine P.**  
**Carmella T.**  
**Irene W.**



*To all my dear  
Participants*



23-11 31st Road  
Astoria, NY 11106

# JUNE

## 2025



### Older Adult Center Staff

Michael S.	Program Manager
Jennifer D.	Case Manager
Miriam C.	Administrative Assistant
Val Y.	Cook
Vadym S.	Assistant Cook
Cristelia C.	Kitchen Aide
Ramnaresh P.	Custodian
Consuelo G.	Transportation

718-626-1500  
Monday-Friday

8am-4pm  
*Social Worker*

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 aquí en el centro para sus necesidades solo con cita previa. Llame a la oficina al 718-626-1500 para hacer una cita.



### Peter J. DellaMonica Advisory Council

President	Seelia B.
Vice President	Michael J.
Treasurer	Bernadine M.
Secretary	Maria E R.
Head Councilmember	Miriam S.

#### Volunteer-Councilmembers

Rudi A.  
Enilda Rodriguez  
Lucia S.



**THANK YOU FOR YOUR DONATIONS  
TO ALL WHO HAVE DONATED!**



BE PAWSITIVE



*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.



## GROUP TRIPS

*Departure time will be 1 hour in advanced to event start time.*  
*Member must pay for entry ticket if required!*

### Disclaimer

**Registered members only!**  
**9 seats available on first basis!**  
**Round-Trip Cost Contribution may be required!**

**Wednesday, June 4th**  
Regal UA Kaufman Astoria  
Lilo & Stitch at 1pm

Departure time  
**12:00PM**

**Wednesday, June 11th**  
LiveOn's Advocacy Day  
Space Filled-Event time at 11am

Departure time  
**10 AM**

**Wednesday, June 18th**  
Queens Zoo  
53-51 111th St, Corona, NY 11368

Departure time  
**10:30 AM**

**Wednesday, June 25th**  
30 Years of Everybody Loves Raymond: A Behind-the-Scenes Tribute  
25 W 52nd St, (between. 5 and 6 Aves.) New York, NY 10019

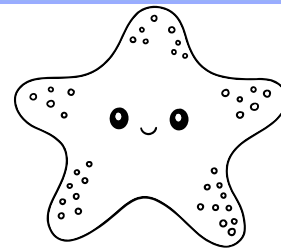
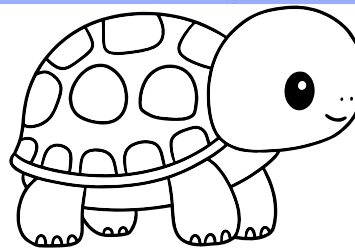
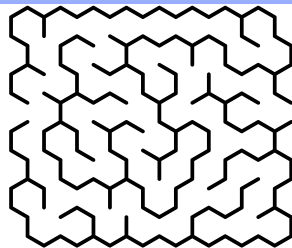
Departure time  
**12:30 PM**



Wednesday, April 30th

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> <b>10:00 Computer Classes w/Ability</b> <b>11:00-11:45 Board Games w/Ability</b> <u>12:00 Lunch</u> <b>1:00 Fun Bingo</b>	9:00 Word Search w/ MS <b>10:00 Chair Exercise w/Ability</b> <u>11:00 Gentle Stretching w/Carl</u> 12:00 Lunch <b>1:30 Watercolor Painting w/Helen D.</b> 3:00 Leisure Games w/CI	9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> 12:00 Lunch 3:00 Brain Teasers in Activity Room w/CI	9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> <b>11:00 MET Art in Box w/MS-CUNY OT Interns</b> 12:00 Lunch 1:30 Walking Club-SD	9:00 Sudoku Puzzles w/ MS <b>10:00 Zumba w/Ability B.</b> <b>10:00 Computer Classes w/Ability</b> <b>11:00 Arts &amp; Craft w/Ability B.</b> 12:00 Lunch <b>1:00 Celebrating Identity, Visibility, &amp; Liberation w/DJ Woody</b> <b>1:30 Painting for Beginners w/Helen D.</b>
9	10	11	12	13
9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> <b>10:00 Computer Classes w/Ability</b> <b>11:00 Father's Day Concert w/ Concerts in Motion</b> <u>12:00 Lunch</u> <b>11:00-11:45 Board Games w/Ability</b> <b>1:00 Father's Day Celebration w/ DJ Valentine</b>	9:00 Word Search w/ MS <b>10:00 Chair Exercise w/Ability</b> <b>10:30 Self-Directed BP</b> <u>11:00 Gentle Stretching w/Carl</u> 12:00 Lunch <b>1:30 Watercolor Painting w/Helen D.</b> 3:00 Leisure Games w/CI	9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> <b>10:00 Heat emergency and preparedness w/ NYC HD</b> <b>Zoom ID: 273 264 794 043</b> <b>11:00 Women's Health Discussion w/Ability.</b> 12:00 Grab & Go Lunch 3:00 Brain Teasers in Activity Room w/CI	9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> <b>10:30 Self-Directed BP</b> <b>11:00 Coping Skills Discussion w/MS-CUNY OT Interns</b> 12:00 Lunch 1:00-3:00 BINGO 3:00 Walking Club-SD	9:00 Sudoku Puzzles w/ MS <b>10:00 Zumba w/Ability B.</b> <b>10:00 Computer Classes w/Ability</b> <b>11:00 Arts &amp; Craft w/Ability B.</b> 12:00 Lunch <b>1:30 Painting for Beginners w/Helen D.</b>
16	17	18	19	20
9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> <b>10:00 Worrying About Alzheimer's Disease?</b> <b>Zoom ID: 842 2253 7228</b> <b>10:00 Computer Classes w/Ability</b> <b>11:00-11:45 Board Games w/Ability</b> <u>12:00 Lunch</u> <b>1:00 Juneteenth Celebration w/DJ Valentine</b>	9:00 Word Search w/MS <b>10:00 Chair Exercise w/Ability</b> <u>11:00 Gentle Stretching w/Carl</u> <b>11:00 Men's Health w/Oak St.</b> 12:00 Lunch <b>1:30 Watercolor Painting w/Helen D.</b> 3:00 Leisure Games w/CI	9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> <b>11:00 Gathering &amp; Sharing Group-SD</b> <b>11:15 Dementia Presentation w/ ArchCare</b> 12:00 Lunch 1:00-2:30 BINGO 3:00 Brain Teasers w/CI		9:00 Sudoku Puzzles w/ MS <b>10:00 Zumba w/Ability B.</b> <b>10:00 Computer Classes w/Ability</b> <b>11:00 Arts &amp; Craft w/Ability B.</b> 12:00 Lunch 1:00-2:30 Bingo <b>1:30 Painting for Beginners w/Helen D.</b>
23	24	25	26	27
9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> <b>10:00 Computer Classes w/Ability</b> <b>11:00-11:45 Board Games w/Ability</b> <u>12:00 Lunch</u> <b>1:00 Hope &amp; Kindness Celebration w/DJ Valentine</b>	9:00 Word Search w/MS <b>10:00 Chair Exercise w/Ability</b> <u>11:00 Gentle Stretching w/Carl</u> <b>10:30 Self-Directed BP</b> <b>10:45 Spanish Elder Justice Presentation w/Sunnyside</b> 12:00 Lunch <b>1:30 Watercolor Painting w/Helen D.</b> 3:00 Leisure Games w/CI	9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> <b>11:00 Elder Abuse Workshop w/Maureen P.</b> 12:00 Lunch 1:00-2:30 BINGO 3:00 Brain Teasers w/CI	9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> <b>10-11 Caption Call w/ Carlo</b> <b>10:30 Self-Directed Blood Pressure</b> <b>11:00 Crafting Class w/CUNY OT Interns</b> 12:00 Lunch 1:00-3:00 BINGO 3:00 Walking Club-SD	9:00 Sudoku Puzzles w/ MS <b>10:00 Zumba w/Ability B.</b> <b>10:00 Computer Classes w/Ability</b> <b>11:00 Arts &amp; Craft w/Ability B.</b> 12:00 Lunch <b>1:30 Painting for Beginners w/Helen D.</b>
30	*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.		SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.	Physical Exercise 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 June Birthday Celebration w/DJ Derrick**





Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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	<b>Homemade Lentil Soup</b> 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
9	10	11	12	13
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	<b>Black Bean Soup</b> 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
16	17	18	19	20
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, unsweetend	<b>White Bean Soup</b> Whole Wheat Pasta Primavera Italian Blend Vegetables Apple Orange Juice		Baked Fish Amandine Couscous with Peas and Lemon Garden Salad Mango Orange Pineapple Juice
23	24	25	26	27
Chicken Breast with Mushrooms and Peppers Egg Noodles Brussels Sprouts Apple Orange Pineapple Juice	Noodles with Turkey, Cabbage, Onions, and Mushrooms Green Bean Salad Banana Grape Juice, unsweetend	<b>Minestrone Soup with Cabbage</b> Veggie Lover Lasagna Alfredo Vegetable Mix Applesauce Orange Juice	Beef Brisket with Tomatoes and Onions Italian Blend Vegetables Mashed Sweet Potatoes Orange Orange Pineapple Juice	Fish with Tomatoes and Herbs Cous Cous Kiwi Grape Juice, unsweetened
30	<p>Located at: 23-11 31st Road, Astoria NY 11106</p> <p>718-626-1500</p>			
Baked Chicken Thighs Kasha Roasted Broccoli Orange Apple Juice	   			



Lunch includes Low-fat 1% Milk  
and a slice of Whole Wheat Bread.

