



THE SILVER NETWORK

23-11 31ST ROAD, ASTORIA NY 11106

PHONE# (718) 626-1500

HOLIDAYS AND HIGHLIGHTS THIS MONTH



OCTOBER IS BREAST CANCER AWARENESS MONTH

The purpose of Breast Cancer Awareness Month is to save thousands of lives from a deadly disease. By increasing the community's knowledge of breast health and sharing the importance of regular screenings, we can improve the breast cancer survival rate. Through measures like monthly breast self-exams, regular clinical exams and mammograms, early detection significantly impacts patient outcomes. When localized breast cancer is detected early, the 5-year survival rate is 99%.

The efforts during Breast Cancer Awareness Month are aimed towards:

- Encouraging diagnostic screenings
- Raising awareness about the impact of the disease
- Funding mammograms for women with low income
- Reaching vulnerable women in the community
- Distributing breast health education to underserved communities



Indigenous Peoples' Day

Halloween



Indigenous Peoples' Day is a holiday in the United States that celebrates and honors indigenous American peoples and commemorates their histories and cultures. It is celebrated across the United States on the second Monday in October, and is an official city and state holiday in various localities. It began as a counter-celebration held on the same day as the U.S. federal holiday of Columbus Day, which honors Italian explorer Christopher Columbus. Some people reject celebrating him, saying that he represents "the violent history of the colonization in the Western Hemisphere". The holiday recognizes the legacy and impact of colonialism on Native communities, and it also celebrates the cultures, contributions, and resilience of contemporary Native peoples.

Halloween is widely associated with costume parties and events where people dress up as their favorite horror or scary character. Children tend to participate in trick-or-treat activities, which involves knocking on doors in their local neighborhood and requesting a trick or treat. Some people give out treats while others request a trick, which often involves children presenting a small joke or trick. Many homes are decorated to fit the Halloween theme during this period. Decorations include fake cobwebs, jack-o-lanterns, and images of black cats or witches.



BOO

Welcome October

"a month of harvest festivals and pumpkin patches."



TRICK
OR
TREAT

Funded by NYC Aging

International Day of Older Persons

October 1st

United Nations



"Older persons are invaluable sources of knowledge and experience and have much to contribute towards peace, sustainable development, and protecting our planet."



UN Secretary-General
António Guterres

Dignity

We must do more to protect the dignity and rights of older persons everywhere.



Agism

Challenges abound. Ageism is rampant in societies. From the COVID-19 pandemic to poverty and climate emergencies, older persons are often among the first victims of crises.

Value

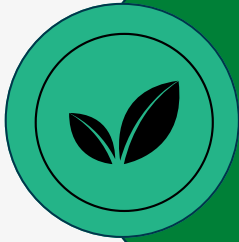
Older persons are invaluable sources of knowledge and experience and have much to contribute towards peace, sustainable development, and protecting our planet.

Advocacy

We must ensure their active engagement, full participation, and essential contributions – including through social and workplace policies built around their specific needs. We must promote lifelong learning, quality healthcare, and digital inclusion. And we must foster intergenerational dialogue and unity. Together, let us build more inclusive and age-friendly societies and a more resilient world for all.



World Vegetarian Day October 1st, 2024

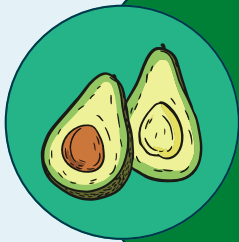
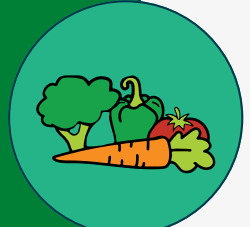


Help Create a better world.

World Vegetarian Day was established in 1977 by the North American Vegetarian Society (NAVS) and received the endorsement of the International Vegetarian Union in 1978. Celebrated on October 1st each year, it marks the beginning of Vegetarian Awareness Month. Spread the word this October and educate others about the advantages of vegetarianism. By doing so, you can contribute to a healthier world as vegetarian diets offer proven health benefits, save animals' lives, and contribute to preserving the Earth.

1. Vegetarian Diets

- Reduce the risk of major killers such as heart disease, stroke and cancer while cutting exposure to foodborne pathogens
- Provide a viable answer to feeding the world's hungry through more efficient use of grains and other crops

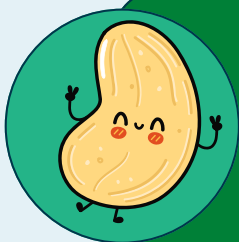
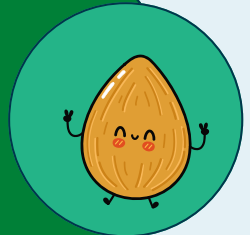


2. Vegetarian Diets

- Save animals from suffering in factory-farm conditions and from the pain and terror of slaughter
- Conserve vital but limited freshwater, fertile topsoil and other precious resources
- Preserve irreplaceable ecosystems such as rainforests and other wildlife habitats
- Decrease greenhouse gases that are accelerating global warming
- Mitigate the ever-expanding environmental pollution of animal agriculture

3. Nuts & Seeds: Ancient Foods That Are Still Nutritional Gems Today

Nuts and seeds were an important energy and nutrient source throughout history. Almonds and pistachio nuts are mentioned as far back as biblical times. Nuts and seeds are extremely nutrient-dense. They provide generous amounts of calories, fats, complex carbohydrates, protein, vitamins, minerals and fiber.



5. Nuts & Seeds: Ancient Foods That Are Still Nutritional Gems Today

Trace minerals like magnesium, zinc, selenium and copper are important but may be under-consumed in today's largely processed Western diet, and even in some plant-based diets. Nuts and seeds are a reliable and delicious source of these essential nutrients. Plus, more than just a way to meet basic nutrient needs, nuts and seeds have been shown to protect against disease. Phytochemicals, bioactive compounds that help fight illness, in nuts and seeds include ellagic acid, flavonoids, phenolic compounds, luteolin, isoflavones and tocotrienols. Nuts also contain plant sterols, thought to help keep cholesterol levels in check and reduce cancer risk.

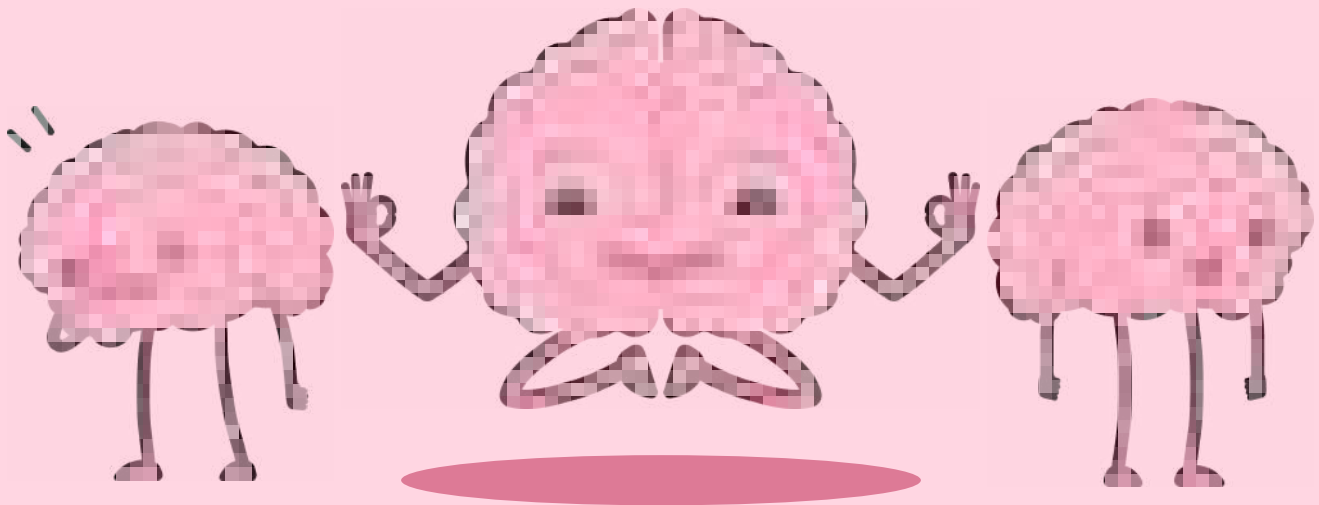
OCTOBER THE 10TH IS WORLD
MENTAL HEALTH DAY

THE IMPORTANCE OF MENTAL

HEALTH AWARENESS

Mental health awareness helps
reduce stigma, promotes empathy,
and encourages open conversations
about mental health concerns.

*CCBQ's Call Center: 718-722-6001
For Mental Health Information & Referral*



01

Increased mental health awareness leads to early recognition and intervention of mental health issues, improving outcomes and preventing further distress.

02

Mental health awareness helps reduce stigma, promotes empathy, and encourages open conversations about mental health concerns.

03

Mental health awareness involves understanding and recognizing the importance of mental well-being and the impact of mental health on overall quality of life.

THE FIRST WEEK OF OCTOBER IS
MENTAL ILLNESS AWARENESS WEEK

National DEPRESSION SCREENING Day

OCTOBER 10, 2024



Approximately 40 million adults in the U.S. face challenges with depression or anxiety, affecting their family, friends, and coworkers as well. National Depression Screening Day takes place every year on October 10, and it holds great significance for several reasons. Firstly, it aids individuals in obtaining an informed diagnosis. Additionally, it sheds light on the issue of depression, bringing it out of the shadows. Most importantly, it provides assistance to those in need.

HOW TO OBSERVE NATIONAL DEPRESSION SCREENING DAY

- **Acquire New Knowledge:** If you're experiencing symptoms, utilize National Depression Screening Day to understand how to manage them effectively. If you don't struggle with depression, take this opportunity to learn how to assist someone who does.
- **Connect with Someone:** It's likely that you know someone dealing with depression. Reach out to them and express your support in their journey.
- **Join the Fight:** Whether or not you face depression, take this day to stand against it. Explore volunteer opportunities or simply share a post on Facebook about the fight against depression to show that you understand and care.



WHY NATIONAL DEPRESSION SCREENING DAY IS IMPORTANT

1. Health care professionals assist those questioning if they are depressed by helping them understand their feelings.
2. Educating about depression's signs and symptoms spreads resources, benefiting even those not directly affected.
3. Communities unite to combat the stigma surrounding depression and anxiety disorders, promoting understanding and support.

5 SIGNS IT'S DEPRESSION, NOT JUST SADNESS

1. **You feel empty:** Sadness can certainly be a sign, but once you start experiencing an empty feeling you might be able to tell that it's depression.
2. **You're way more irritable than usual:** Feelings of restlessness or excessive irritability can be signs of depression.
3. **You're getting really thin:** If you experience significant weight loss without trying, or without a diet, you could be depressed.
4. **You're thinking about death:** If you find yourself focusing on death or suicide, with or without a specific plan, seek help. You may very likely be depressed.
5. **You're having trouble concentrating:** Depression can make it harder for you to focus on tasks at hand and can also make it more difficult for you to make decisions.





SELF LOVE AND MENTAL HEALTH⁰¹



01

Self-love is a practice of nurturing and valuing oneself. It includes accepting both strengths and weaknesses and prioritizing self-care.

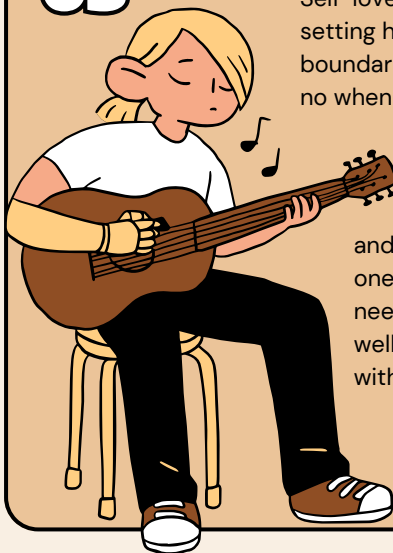
Practicing self-love can improve mental health by boosting self-esteem, self-confidence, and resilience in the face of challenges.



02

03

Self-love involves setting healthy boundaries, saying no when necessary,



and prioritizing one's own needs and well-being without guilt.

Self-love includes practicing self-compassion and treating oneself with kindness and understanding during difficult times or when facing setbacks.

04





IT'S OKAY TO NOT BE OKAY

*CCBQ's Call Center: 718-722-6001
For Mental Health Information & Referral*

TO BE WORRIED TO BE LONELY



TO BE ANGRY



*It's okay to
ask for help*

TO BE AFRAID

UNDERSTANDING AND OVERCOMING DEPRESSION

October 31, 2024

10:00AM – 11:00PM

**Learn more about common signs and symptoms of
depression and how to overcome it.**



CLICK HERE TO JOIN THE MEETING

**[https://us02web.zoom.us/j/87680810658?
pwd=BE5njwfSo2wd7WpYtp9W31IJbpmWWb.1](https://us02web.zoom.us/j/87680810658?pwd=BE5njwfSo2wd7WpYtp9W31IJbpmWWb.1)**

Meeting ID: 876 8081 0658

Passcode: 117646

Call-In Number: +1 646 931 3860

Hosted by Students and Faculty from

St. John's University

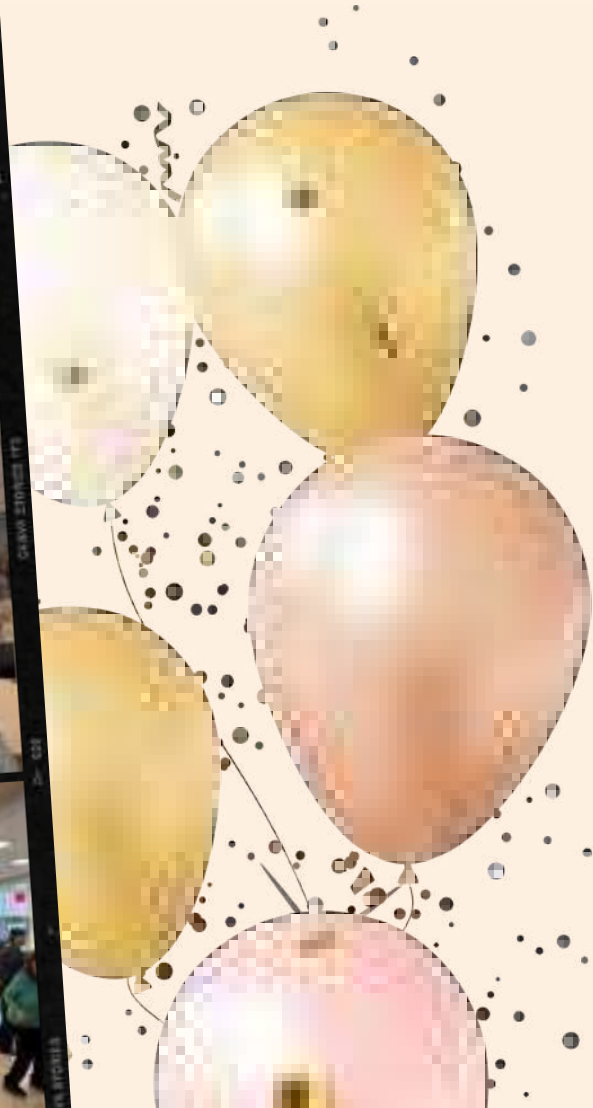
College of Pharmacy and Health

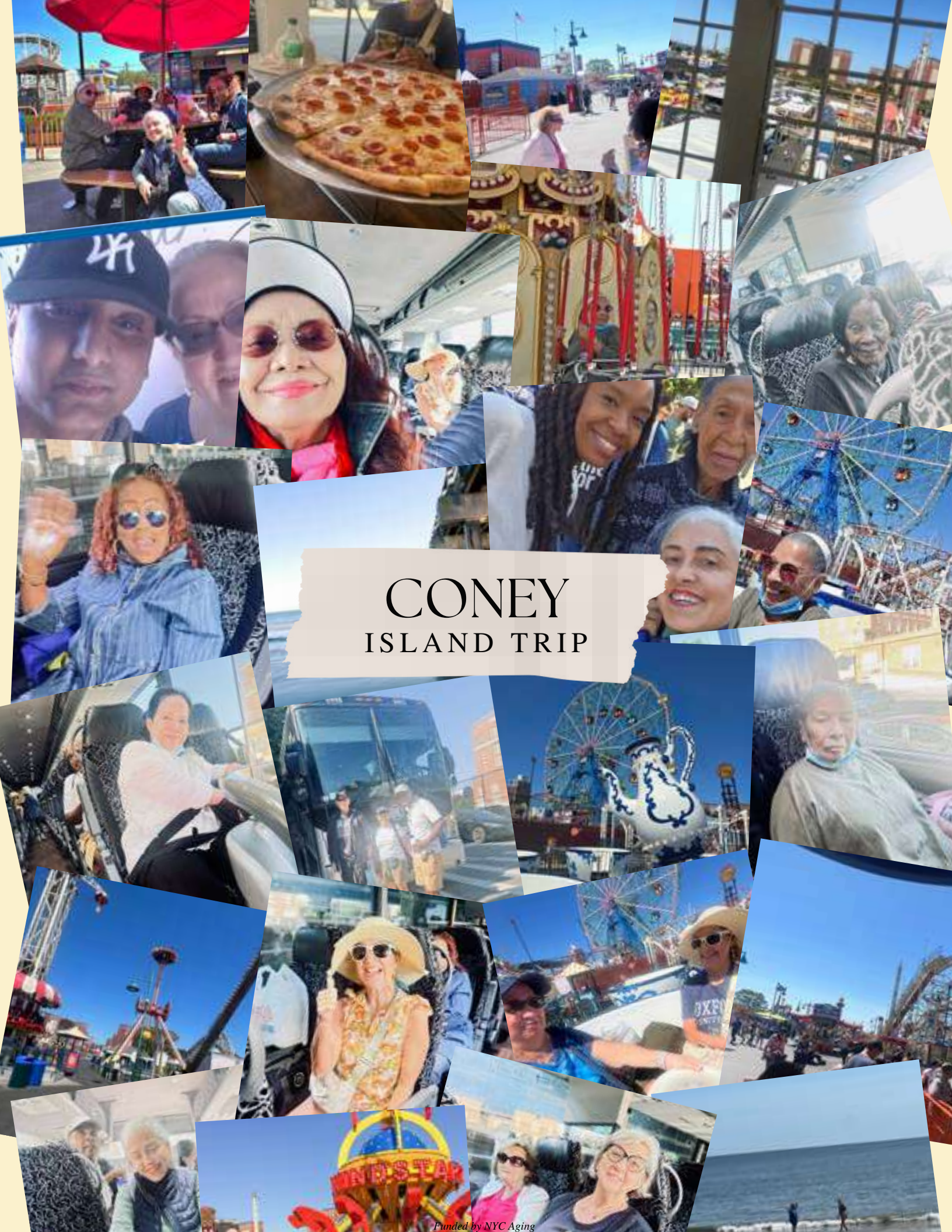
Sciences



HAPPY Birthday

Wishing you a fantastic birthday
filled with everything that brings
you joy and happiness.





CONEY ISLAND TRIP



Meditation



Yummy Lunch



Drama Circle
Bella Monica
2024



Jewelry Making



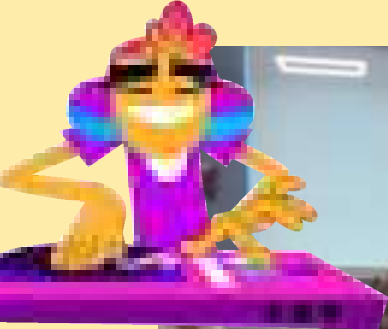
Fire Safety



Chair Yoga







DJ



Members
Spirited Away





Healthy Aging
& Senior
Center Month





Center
Members enjoying
lunch





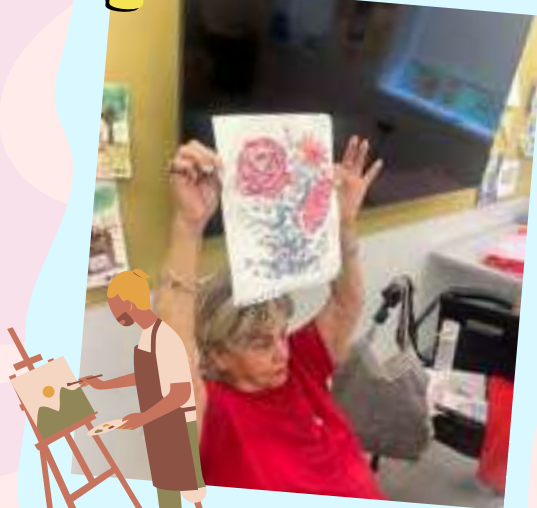


summer
2024



Watercolor

Painting





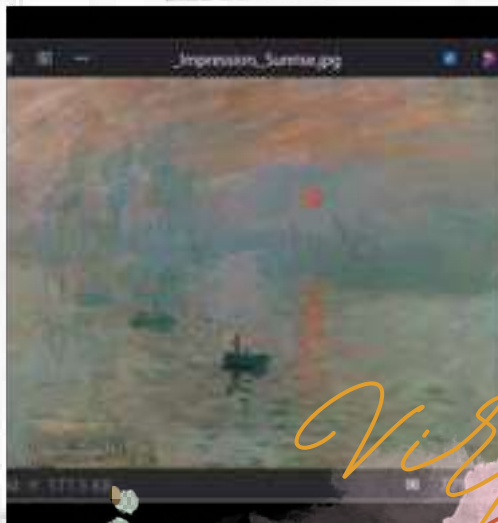
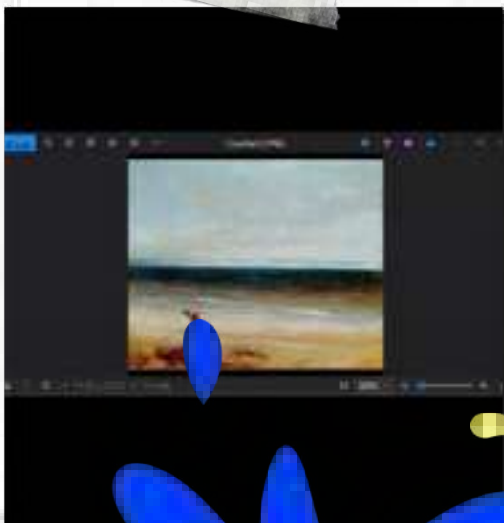


Hispanic Heritage Month





Gustave Courbet



Virtual Art Workshop



COPING SKILLS

WASTED WORRY

Are you prone to excessive worrying? Discover effective strategies to reduce the time spent fretting over minor issues!

[CLICK HERE](#)



Thursday,
October 3rd



At
09:15AM



Meeting ID:
817 5160 0825
Passcode: 2311

Funded by NYC Aging



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



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.



9:30 AM | October 15th



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



Miriam

Recreation
Coordinator



Zoom Link

Meeting ID: 829 5719 8860
Passcode: 2311



Funded by NYC Aging



CCNS PETER J. DELLAMONICA OAC

Acrylic Painting Class

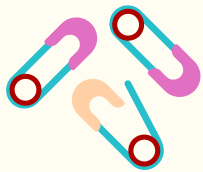
Abstract painting-let your
creativity & imagination flow

OCTOBER
MONDAYS
AT
11:00AM
WITH TONY-
ART ROOM

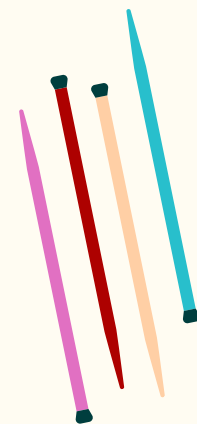
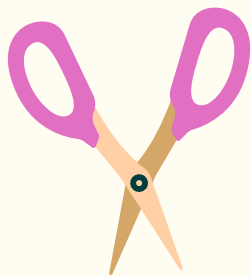


Crochet Workshop

FOR OLDER ADULTS



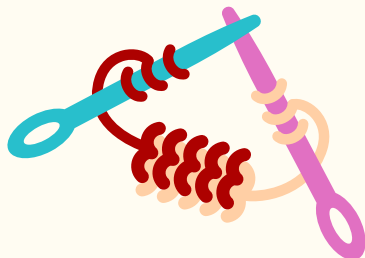
Our workshop is more than just a workshop! It's a chance to learn a timeless skill, nurture your creativity, and connect with a wonderful community of fellow crafters.



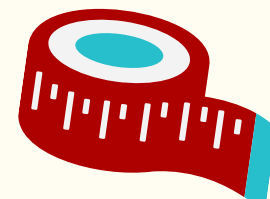
OCTOBER
TUESDAYS
10:00AM



Art & Craft
Room



With Vanessa



Registration not required!



With Tony on Mondays at 10:00AM

GARDENING TIPS

“For Blooming Success”



EDUCATION & RECREATION ACTIVITIES

Come join, have fun, and improve your social skills

MONDAY

Ballroom Dancing: 9:30AM
Gardening Tips: 10AM
Acrylic Painting: 11AM
Scrabble/Monopoly: 3PM



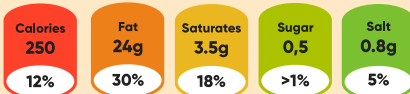
TUESDAY

Crocheting: 11AM
Watercolor Painting: 2:30PM (Art Room)



WEDNESDAY

Health & Nutrition Education: 10AM



THURSDAY

Pool (Billard) Practice: 2:30PM



FRIDAY

Scam & Fraud: 10AM
Leisure Games: 11AM
Painting: 2:30PM (Art Room)



GAMES

Leisure Games
Board Games
Memory Games
Card Games



MESSAGE

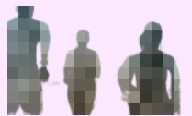
General Membership Meeting,
Thursday, October 10th at 11AM.



M-F Brain Teasers at 9am



PHYSICAL ACTIVITIES



EXERCISE SCHEDULE

OCTOBER

2024

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**

**WED
10:00**

TAI CHI

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

YOGA

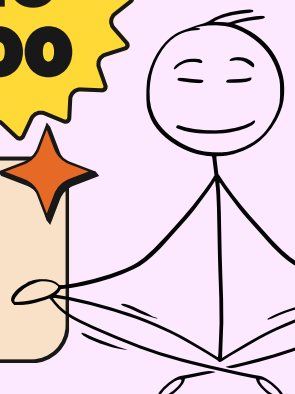
Learn to build strength, awareness, & harmony.
Develop better coping skills & positivity.

**THU
11:00**

**FRI
10:30**

ZUMBA

Increase your balance and improve your mood.





DELLAMONICA ONLINE EXERCISE

Thursdays

Yoga
10:30AM

Meeting ID: 844 9207 0667

Passcode: 2311

[Click here for direct access](#)

Fridays

Zumba
10:30AM

Meeting ID: 832 1502 4853

Passcode: 2311

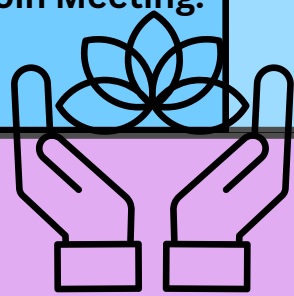
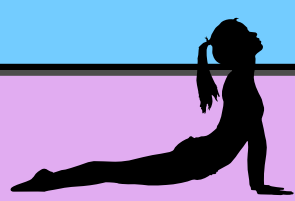
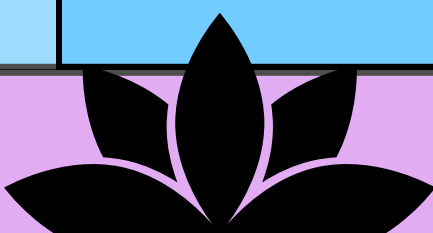
[Click here for direct access](#)

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/Hybrid Exercise for This Month



IN OCTOBER



2024

**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

COME AND
EXPRESS YOUR
CREATIVITY



CELEBRATING
125
YEARS



CATHOLIC
CHARITIES
Brooklyn &
Queens

VIRTUAL

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

PAINTING WORKSHOP

W/ JOEL ADAS

**WEDNESDAYS
AT 4:30PM**

**ART HISTORY &
PAINTING**

[HTTPS://US02WEB.ZOOM.US/J/81680940195?
PWD=O2LZLA8ONQLL3NLCd5FDcPJXK6vZS8.1](https://us02web.zoom.us/j/81680940195?pwd=O2LZLA8ONQLL3NLCd5FDcPJXK6vZS8.1)

MEETING ID: 816 8094 0195
PASSCODE: 2311

CALL MIRIAM SUMMERFORD AT 718-626-1500 TO REGISTER!
**FOR HOMEBOUND CLIENTS, PAINTING PACKAGE WILL BE MAILED
TO YOUR ADDRESS**
FUNDED BY NYC AGING

CELEBRATING
125
YEARS

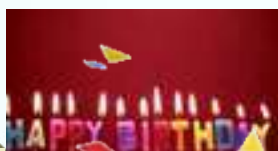


CATHOLIC
CHARITIES
Brooklyn &
Queens

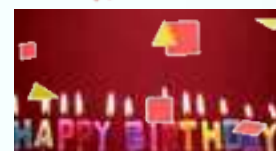
CCNS PETER J. DELLAMONICA OAC
23-11 31st Road Astoria NY 11106
718-626-1500

You Are Invited

Birthday Party



OCTOBER



21st at 1:00 PM

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





Make sure you verify the market is open before you go. Call the number listed below or search for their market page online. This List of Authorized Markets is updated regularly and posted online at agriculture.ny.gov/farmersmarkets.

Queens

Farmers Market

Corona Greenmarket * ^

(212) 788-7900

June 14-November 22

Roosevelt Ave and 103rd St

Fri 8am-3pm

Elmhurst Hospital Greenmarket * ^

(212) 788-7900

June 11-November 26

41st Ave btwn 80th & 81st St

Tue 8am-3pm

Jackson Heights Greenmarket * ^

(212) 788-7900

Year-round

34th Ave & 79th St

Sun 8am-3pm

Queens Hospital Farmers' Market *

(718) 883-2576

July 11-November 21

82-68 164th St Jamaica

Thu 8am-5pm

Cunningham Park Farmers' Market *

(914) 923-4837

April 21-December 22

19600 Union Tpke, Fresh Meadows
(parking lot near 196th Pl)

Sun 9am-2pm

Forest Hills Greenmarket * ^

(212) 788-7900

Year-Round

Queens Blvd & 70th Ave

Sun 8am-2pm

Sunnyside Greenmarket *

(212) 788-7900

Year-round

Skillman Ave & 43rd St

Sat 8am-3pm

Brooklyn, Queens and Staten Island Boroughs

Scan the QR code with your
smart device to share your
experience and feedback.



Queens

Farm Stand

Perez Farm Stand-Jamaica Hospital *

(845) 381-0399

June 19-November 20

134-20 Jamaica Ave Queens

Wed 10am-4pm

Forest Park GrowNYC Farm Stand *

(212) 788-7900

July 6-November 23

Myrtle Ave and Park Lane South
Richmond Hill

Sat 8:30am-2pm

Ridgewood GrowNYC Farm Stand *

(212) 788-7900

July 6-November 23

Cypress Ave & Myrtle Ave

Sat 9am-1:30pm

* SNAP accepted

^ WIC VF Farmer here

farmersmarkets@agriculture.ny.gov (518) 457-7076 x1

Published

6/27/2024



Farmers Market



CELEBRATING
125
YEARS



CATHOLIC
CHARITIES
Brooklyn &
Queens

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.**



**CALL 718-626-1500
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

CELEBRATING
125
YEARS



CATHOLIC
CHARITIES
Brooklyn &
Queens

Serving Homebound Older
Adults in Southwest Queens



CATHOLIC
CHARITIES
Brooklyn &
Queens
ESTABLISHED 1896

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



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

¿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



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

ESTABLISHED 1899

CELEBRATING
125
YEARS



CATHOLIC
CHARITIES
Brooklyn &
Queens

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.



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CHARITIES
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FOOD PANTRY

Ubicaciones y Horarios

Our Lady of Angels

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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

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1er y 3er Sábado de cada mes, 10 AM - 11:30 AM

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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.



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

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



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



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

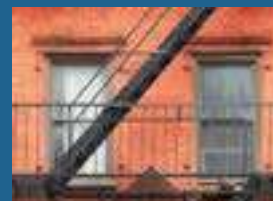
PETER J. BELLAMONICA OLDER ADULT CENTER

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

Fruit Infused Water

Quick Tips

- To stay hydrated, drink eight cups of water each day. Drink more when it's hot outside and when you are physically active.
- Fill a water bottle and carry it with you during the day.
- Get creative! Make water even tastier by adding a slice of your favorite fruit.



Spring: Strawberry Basil

Ingredients:

2 cups sliced strawberries
1/4 cup fresh basil leaves
Water or carbonated water
Ice

Directions:

1. Add strawberries and basil to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir fruit to mix.
4. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Late Summer: Watermelon and Jalapeño

Ingredients:

2 cups chopped watermelon
1/2 jalapeño, seeds removed and sliced thin
Water or carbonated water
Ice

Directions:

1. Add watermelon and jalapeño to a large pitcher.
2. Crush the ingredients with a spoon.
3. Add ice and water to pitcher. Stir to mix.
4. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Early Summer: Mixed Berry

Ingredients:

2 cups blueberries, raspberries, and/or blackberries
Water or carbonated water
Ice

Directions:

1. Add berries to a pitcher.
2. Gently press fruit with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir fruit to mix.
4. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Fall/Winter: Apple, Pear and Ginger

Ingredients:

1 apple, sliced
1 pear, sliced
2 tablespoons minced ginger
Water or carbonated water
Ice

Directions:

1. Add all ingredients to a pitcher and gently smash to release some of the juices.
2. Add ice and water to pitcher. Stir fruit into water and enjoy!

Meet with a Virtual Nutritionist

Website: CookingwithNYCAging.org

Email: virtualliving@aging.nyc.gov

Call: 929-436-2866

Just Say Yes to Fruits and Vegetables

NYC
Health

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact 1-800-342-3099 or go to: mybenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's 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

Pumpkins

Key Points

- For the best buy, choose pumpkins with bright orange skins without spots.
- To prepare a fresh pumpkin, rinse and remove skin, cut into small pieces and remove seeds. Boil small pieces for 10-20 minutes.
- To keep fresh, store in a cool dry place for up to 1 month.
- Pumpkin contains vitamin A, which is good for healthy eyes and skin.



Pumpkin Bread

Ingredients:

- 1 cup canned pumpkin
- 1/2 cup sugar
- 1/4 cup vegetable oil
- 1/2 cup applesauce
- 2 eggs
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup raisins

Directions:

1. Preheat oven to 350°F.
2. In a large bowl, stir together pumpkin, sugar, oil, applesauce and eggs.
3. In a separate bowl, combine remaining ingredients, except raisins.
4. Add flour mixture to large bowl. Stir until moist. Stir in raisins.
5. Pour batter into a greased loaf pan.
6. Bake for 1 hour and 10 minutes.

Makes 8 servings.

Creamy Pumpkin Soup

Ingredients:

- 1 can (14.5 ounces) low-sodium chicken broth
- 1 chopped onion
- 1 chopped garlic clove
- 2 teaspoons brown sugar, packed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (15 ounces) pumpkin
- 1 1/2 cups low-fat milk*
- 1/8 teaspoon cinnamon (optional)

Directions:

1. In a large pot, heat 1/4 cup chicken broth over medium heat.
2. Add onions, garlic and brown sugar. Cook until soft, stirring often.
3. Add the rest of the broth, 1/2 cup water, salt and pepper. Turn up heat to high and bring to a boil, stirring often.
4. Turn down heat to low, and cook for 15 minutes, stirring often.
5. Stir in pumpkin, milk and cinnamon. Cook for 5 more minutes.
6. Serve and enjoy!
7. Refrigerate leftovers.

*If using nonfat dried milk (NFDM), mix 1 1/2 cups water with 1/2 cup NFDM and add to recipe.

Makes 4 servings.

Quick Tips

- Chop cooked pumpkin, lightly butter and serve hot.
- Add canned pumpkin to pancake batter.
- Scoop seeds from pumpkin. Salt lightly and bake at 350° F for 15 minutes.
- Remember to rinse all fruits and vegetables before using.

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Just Say Yes to Fruits and Vegetables

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Visit our website at www.jsyfruitveggies.org for more great recipes!

The Nutrition Facts Label—What does it tell us?

Recipe name: Pumpkin Bread

Nutrition Facts

Serving Size: 1/8 of recipe (112g)

Servings Per Recipe: 8

Amount/Serving

Calories 260 Calories from Fat 70

% Daily Value*

Total Fat 8g 13%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 310mg 13%

Total Carbohydrate 42g 14%

Dietary Fiber 2g 9%

Sugars 21g

Protein 5g

Vitamin A 100% Vitamin C 2%

Calcium 6% Iron 10%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH

Meet with a Virtual Nutritionist

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Email: virtuallmartliving@aginig.nyc.gov

Call: 929-436-2866

The Nutrition Facts Label—What does it tell us?

Recipe name: Creamy Pumpkin Soup

Nutrition Facts

Serving Size: 1/5 Recipe

Servings Per Container about 5

Amount/Serving

Calories 80 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 4mg **1%**

Sodium 307mg **13%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Added Sugars 1g

Protein 5g

Vitamin A 14% **Vitamin C 7%**

Calcium 12% **Iron 6%**

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- **Total Fat**
- **Saturated Fat**
- **Trans Fat**
- **Cholesterol**
- **Sodium**

4. Get enough of these:

- **Fiber**
- **Vitamin A**
- **Vitamin C**
- **Calcium**
- **Iron**

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH

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Call: 929-436-2866

Calabazas

Puntos Claves

- Para que la compra sea óptima, elija calabazas con la cáscara naranja brillante sin puntos.
- Para preparar calabaza fresca, enjuáguela y quítele la cáscara, córtela en trozos pequeños y quítele las semillas. Hierva trozos pequeños durante 10-20 minutos.
- Para mantenerlas frescas, guárdelas en un lugar fresco y seco por hasta 1 mes.
- Las calabazas contienen vitamina A, buena para la salud de los ojos y la piel.



Pan de calabaza

Ingredientes:

- 1 taza de calabaza en lata
- 1/2 taza de azúcar
- 1/4 taza de aceite vegetal
- 1/2 taza de puré de manzanas
- 2 huevos
- 1 1/2 taza de harina
- 1 cucharadita de polvo de hornear
- 1 cucharadita de bicarbonato de sodio
- 1 cucharadita de canela
- 1/4 cucharadita de sal
- 1/2 taza de pasas

Instrucciones:

1. Precaliente el horno a 350°F.
2. En un bol grande, mezcle la calabaza, el azúcar, el aceite, el puré de manzanas y los huevos.
3. En otro bol, mezcle los ingredientes restantes, excepto las pasas.
4. Agregue la mezcla con la harina al bol grande. Revuelva hasta que se humedezca. Añada las pasas.
5. Vierta la masa en un molde para pan engrasado.
6. Hornee durante 1 hora y 10 minutos.

Rinde 8 porciones.

Postre con calabaza

Ingredientes:

- 1 paquete (3,4 onzas) de postre de vainilla instantáneo
- 1 1/4 taza de calabaza en lata
- 1 1/2 taza de leche desnatada**
- 1 cucharadita de canela o especias para pastel de calabaza

Instrucciones:

1. Coloque todos los ingredientes en un bol mediano.
2. Mezcle con una cuchara o bata hasta que la preparación esté suave.
3. Guarde en el refrigerador al menos durante 1 hora.
4. ¡Sírvalo y disfrute!
5. Guarde el resto en el refrigerador.

** Si está usando leche desnatada en polvo, mezcle 1 1/2 taza de agua con 1/2 taza de la leche y agregue a la receta.

Rinde 4 porciones.



Consejos rápidos

- Pique calabaza cocida, enmanteque ligeramente y sírvalo caliente.
- Agregue calabaza en lata a la masa para panqueques.
- Quítele las semillas a la calabaza con una cuchara. Sale levemente y hornee a 350° F durante 15 minutos.
- Recuerde lavar todas las frutas y verduras antes de consumirlas.

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Email: virtuallmartliving@aginig.nyc.gov

Call: 929-436-2866

Esta institución es un proveedor y empleador que ofrece oportunidades equitativas. Este material contó con la financiación del Programa de Cupones para Alimentos del Departamento de Agricultura de los Estados Unidos. El Programa de Cupones para Alimentos brinda asistencia nutricional a personas con bajos ingresos. Puede ayudarlo a comprar alimentos nutritivos para una dieta mejor. Para saber más, póngase en contacto con el 1-800-221-5689.

¡Visite nuestro sitio Web www.jsyfruitveggies.org para conocer más recetas deliciosas!



K A L E A N D A P P L E S A L A D

Get ready to meet your new leafy superhero—raw kale, bursting with antioxidants! When you slice it into thin strips and give it a zesty lemon bath, it transforms into a flavor party. Toss in a delightful mix of apples, dates, crunchy almonds, and a sprinkle of cheese magic! Just a dash of pecorino takes this healthy salad from “meh” to “yum-tastic,” adding a savory punch that’ll have your taste buds dancing!

Level: **Easy**

Total: **30 min**

Yield: **6 servings**

Prep: **20 min**

[Nutrition Info](#)

Inactive: **10 min**

Ingredients:

- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- Kosher salt
- 1 bunch kale, ribs removed, leaves very thinly sliced
- 1/4 cup dates
- 1 Honeycrisp apple
- 1/4 cup slivered almonds, toasted
- 1 ounce Pecorino, finely grated (1/4 cup)
- Freshly ground black pepper



1. Whisk together the lemon juice, olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.
2. While the kale stands, cut the dates into thin slivers and the apple into thin matchsticks. Add the dates, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.



ENSALADA DE COL RIZADA Y MANZANA

Prepárate para conocer a tu nuevo superhéroe de hojas verdes: col rizada cruda, ¡rebotante de antioxidantes! Cuando la cortas en tiras finas y la bañas con limón, se transforma en una fiesta de sabores. ¡Agrégale una deliciosa mezcla de manzanas, dátiles, almendras crujientes y una pizca de queso mágico! ¡Solo una pizca de pecorino hace que esta ensalada saludable pase de ser "meh" a "mmm-tástica", y le agrega un toque sabroso que hará bailar a tus papilas gustativas!

Level: **Easy**

Total: **30 min**

Yield: **6 servings**

Prep: **20 min**

[Nutrition Info](#)

Inactive: **10 min**

Ingredientes:

3 cucharadas de jugo de limón fresco
2 cucharadas de aceite de oliva virgen extra
Sal kosher
1 manojo de col rizada, sin costillas, hojas cortadas en rodajas muy finas
1/4 taza de dátiles
1 manzana honeycrisp
1/4 taza de almendras fileteadas, tostadas
1 onza de Pecorino, finamente rallado (1/4 taza)
Pimienta negra recién molida



- Batir el jugo de limón, el aceite de oliva y 1/4 de cucharadita de sal en un bol grande. Agregar la col rizada, mezclar bien y dejar reposar durante 10 minutos.
- 1. Mientras reposa la col rizada, corte los dátiles en láminas finas y la manzana en bastoncillos finos. Agregue los dátiles, las manzanas, las almendras y el queso a la col rizada. Sazone con sal y pimienta y mezcle bien.

K A L E A N D A P P L E S A L A D

Nutritional Analysis

Per Serving

| | |
|----------|-------------|
| Calories | 151 calorie |
|----------|-------------|

| | |
|-----------|-----------|
| Total Fat | 8.5 grams |
|-----------|-----------|

| | |
|---------------|-----------|
| Saturated Fat | 1.5 grams |
|---------------|-----------|

| | |
|-------------|--------------|
| Cholesterol | 4 milligrams |
|-------------|--------------|

| | |
|--------|----------------|
| Sodium | 161 milligrams |
|--------|----------------|

| | |
|---------------|----------|
| Carbohydrates | 17 grams |
|---------------|----------|

| | |
|---------------|---------|
| Dietary Fiber | 3 grams |
|---------------|---------|

| | |
|---------|---------|
| Protein | 5 grams |
|---------|---------|

| | |
|-------|---------|
| Sugar | 8 grams |
|-------|---------|

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

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount Per Serving

Calories 230

| | % 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 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](https://www.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 230

| | % del valor diario* |
|-----------------------------------|---------------------|
| Grasas totales 8g | 10 % |
| Grasas saturadas 1g | 5 % |
| Grasas <i>trans</i> 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 % |
| Proteínas 3g | 6 % |
| Vitamina D 2mcg | 10 % |
| Calcio 260mg | 20 % |
| Hierro 8mg | 45 % |
| Potasio 235mg | 6 % |

*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

Este material fue financiado por 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).



BOARD OF ELECTIONS IN THE CITY OF NEW YORK

To register you must:

See Jennifer for Assistance

- be a US citizen;
- be 18 years old (you may pre-register at 16 or 17 but cannot vote until you are 18);
- not be in prison for a felony conviction;
- not claim the right to vote elsewhere;
- not found to be incompetent by a court.

Questions?

Call your County Board of Elections
listed on the back of this form or
1-800-FOR-VOTE (TDD/TTY Dial 711)

Find answers or tools on our website
www.elections.ny.gov



Online Voter Registration

NEW ONLINE VOTER REGISTRATION SYSTEM



Register to Vote Online!
E-Register.Vote.NYC



Online via DMV

if you have a valid ID from the New York State Department of Motor Vehicles, you can register to vote online.



In-Person

Register to vote in person at one of our offices.

[BOE Offices](#)



New York State Voter Registration Form

Register to vote

Información en español: si le interesa obtener este formulario en español, llame al 1-800-367-8683

中文資料: 若您有興趣索取中文資料表格, 請電: 1-800-367-8683

한국어: 한국어 양식을 원하시면
1-800-367-8683 으로 전화 하십시오.

যদি আপনি এই ফর্মটি বাংলাতে পেতে চান তাহলে
1-800-367-8683 নম্বরে ফোন করুন



By Mail

Download the application, complete the form, sign it, and mail it to:

Board of Elections
32 Broadway, 7 Fl.
New York, NY 10004-1609

Your form must be received no later than 10 days before the election you want to vote in.

Please note: we cannot accept any kind of digital or Adobe-generated signature.

[Download English Application](#)

[Download Spanish Application](#)

[Download Chinese Application](#)

[Download Korean Application](#)

[Download Bengali Application](#)

You may also obtain Registration Forms from libraries, post offices, and most New York City government agencies, or ask us to send you an application in the mail. Call 1-866-VOTE-NYC (1-866-868-3692) or email your mailing address to vote@boe.nyc.ny.us with the name of your borough in the subject line.

Voting is essential for civic engagement, giving individuals a voice in community and national decisions. In a time of easy access to information and misinformation, being informed is both a privilege and a responsibility in democratic processes. Informed voting involves understanding how choices impact daily life. Voter education is crucial for making informed decisions, requiring both individual effort and support from societal systems. The text offers tips and resources for becoming more informed.

Understanding Osteoarthritis: Treatment Options & Self-Care Tips

Session #1 of four sessions of the arthritis webinar series

Sponsored by the Arthritis Foundation
and the NYC Department for the Aging

Tuesday, October 22nd, 2024
10:30-11:30 A.M.

Lisa Mandl, M.D., M.P.H
Rheumatologist
Hospital for Special Surgery

Join Zoom Meeting at:

<https://arthritisfoundation.zoom.us/j/84250676998>

Enter Meeting ID: 842 5067 6998

Call: 1 646 558 8656

Enter code: 842 5067 6998#



Managing Arthritis Pain To Live Life to the Fullest

Sponsored by the Arthritis Foundation
and the NYC Department for the Aging

Session #2 of four sessions of the arthritis webinar series

Tuesday, October 29th, 2024
10:30-11:30 A.M.

Fay Rim, M.D.

Physiatrist, Pain Management Physician
Hospital for Special Surgery

Join Zoom Meeting at:

<https://arthritisfoundation.zoom.us/j/84250676998>

Enter Meeting ID: 842 5067 6998

Call: 1 646 558 8656

Enter code: 842 5067 6998#



**Arthritis
Foundation®**

Autumn

BUCKET LIST

- | | |
|--|--|
| <input type="checkbox"/> DRINK PUMPKIN SPICE LATTE | <input type="checkbox"/> GET LOST IN CORN MAZE |
| <input type="checkbox"/> CARVE A PUMPKIN | <input type="checkbox"/> MAKE PUMPKIN SOUP |
| <input type="checkbox"/> GET READY FOR HALLOWEEN | <input type="checkbox"/> READ A BOOK |
| <input type="checkbox"/> GO APPLE PICKING | <input type="checkbox"/> PUT ON A COZY SWEATER |
| <input type="checkbox"/> DECORATE THE FRONT DOOR | <input type="checkbox"/> WEAR FUZZY SOCKS |
| <input type="checkbox"/> WATCH A SCARY MOVIE | <input type="checkbox"/> MAKE AN APPLE PIE |
| <input type="checkbox"/> LIGHT SCENTED CANDLES | <input type="checkbox"/> MAKE A BONFIRE |
| <input type="checkbox"/> GO TO THE PUMPKIN PATCH | <input type="checkbox"/> TRICK OR TREAT |
| <input type="checkbox"/> JUMP IN A PILE OF LEAVES | <input type="checkbox"/> VISIT FRIENDS OR FAMILY |
| <input type="checkbox"/> DRINK HOT APPLE CIDER | <input type="checkbox"/> BE THANKFUL |



Veterans Benefits



Pensions for low-income and disabled veterans; health care; vocational training; rehabilitation services; education; home loans; disability compensation; life insurance; burial funds and other benefits.

Medical benefits include care in VA hospitals, nursing homes and outpatient services.

Dependents and survivors may also be eligible for certain benefits.

Age: Any Age

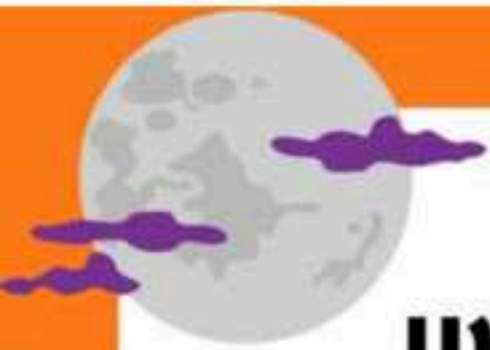
Income: Limits vary with benefits

Assets: Subject to review



For more information, please contact the U.S. Department of Veterans Affairs NY Regional Office at (800) 827-1000





Halloween Word Scramble



1. oshtg _____
2. ncyda _____
3. persid _____
4. usoctem _____
5. cikrt _____
6. kleetosn _____
7. cwiht _____
8. nipkump _____
9. rontems _____
10. cresa _____
11. pemvira _____
12. boizme _____



Mental Health Word Search

Emotions

Unhappy

Feelings

Walking

Anxiety

Friends

Scared

Doctor

Health

Family

Mental

Stress

Social

Worry

Angry

Panic

Mood

Fear

Talk

Life



October 2024

Happy Birth day

Celina C.

Melba B.

Kenneth B.

Ada G.

Delores H.

Cecilia M.

Bernadine M.

Corazon P.

Elizabeth R.

Bruny R.

Beatriz S.

Sonia S.



23-11 31st Road
Astoria, NY 11106



718-626-1500
Monday-Friday
8am-4pm



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.



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 |
| | Custodian |
| Syed Haider | Transportation |
| Consuelo Gomez | Transportation |

Peter J. DellaMonica Advisory Council

| | |
|--------------------|-----------------------|
| President | Seelia Bogart |
| Vice President | Bruny Ruiz |
| Treasurer | Rudi Amaro |
| Secretary | Maria Elena Rodriguez |
| Head Councilmember | Rosa Coto |

Volunteer-Councilmembers
Enilda Rodriguez
Bernadine Moses



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



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.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| <p>*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.</p> <p>BOO! SPOOKY</p> <p>9:00 Word Search w/ Miriam S. <u>10:00 Gentle Stretching w/Carl S.</u> 11:00 Nutrition Lecture w/Jen D. 10:00 Crocheting w/Vanessa B. 12:00 Lunch 1:00-2:30 BINGO <u>2:30 Watercolor Painting w/Helen D.</u></p> | <p>1</p> <p>SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.</p> <p>9:00 Word Search w/ Miriam S. <u>10:00 Gentle Stretching w/Carl S.</u> 11:00 Nutrition Lecture w/Jen D. 10:00 Crocheting w/Vanessa B. 12:00 Lunch 1:00-2:30 BINGO <u>2:30 Watercolor Painting w/Helen D.</u></p> | <p>2</p> <p>All souls day</p> <p>9:00 Word fill in Puzzle w/Miriam S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Health & Nutrition Education w/Jen D.</u> 11:00 All Souls Day. 12:00 Lunch 1:00-2:30 BINGO 3:00 Pool (Billiards) Game Practice w/BR <u>4:30 Virtual Painting w/Joel-A-Zoom</u></p> | <p>3</p> <p>9:00 Word Scramble w/Miriam S. 9:15 Coping Skills-Wasted Worry! w/Miriam S.-Hybrid: Zoom & In-person <u>10:00 Cognitive Classes w/Ability.</u> <u>10:30 Yoga w/ Ability B.</u> 10:30 Drum Circle 12:00 Lunch 1:00-2:30 BINGO 3:00 Pool (Billiards) Game Practice w/BR</p> | <p>4</p> <p>9:00 Sudoku Puzzles w/ Michael S. <u>10:30 Zumba w/Ability B.</u> 10:00 Technology w/Jen D Conversation w/JD 11:00 Leisure Games w/MJ 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/ Helen D.</p> |
| <p>7</p> <p>9:00 Spot the Difference: Brain Teaser w/Miriam S. 10:00 Indoor air quality-VNS <u>10:30 Line Dancing w/Wen T.</u> 11:00 Acrylic Painting w/Tony A. 12:00 Lunch 1:00 Indigenous People Day Celebration w/DJ Valentin 3:00 Scrabble/Monopoly: Board Game w/MC</p> | <p>8</p> <p>9:00 Word Search w/ Miriam S. <u>10:00 Gentle Stretching w/Carl S.</u> 11:00 Chair Yoga w/Abigail 11:00 Nutrition Lecture & Food Demonstration w/Neron F. (Village Care Max) 10:00 Crocheting w/Vanessa B. 12:00 Lunch 1:00-2:30 BINGO <u>2:30 Watercolor Painting w/Helen D.</u></p> | <p>9</p> <p>9:00 Word fill in Puzzle w/Miriam S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Health & Nutrition Education w/Jen D.</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Pool (Billiards) Game Practice w/BR <u>4:30 Virtual Painting w/Joel A.-Zoom</u></p> | <p>10</p> <p>9:00 Word Scramble w/Miriam S. <u>10:00 Yoga w/ Ability B.</u> 10:00 Mental Health Awareness Week Recognition w/Jen D. 11:00 General membership Meeting w/Advisory Board 12:00 Lunch 1:00-2:30 BINGO 3:00 Pool (Billiards) Game Practice w/BR</p> | <p>11</p> <p>9:00 Sudoku Puzzles w/ Michael S. <u>10:30 Zumba w/Ability B.</u> 10:00 Technology Conversation w/Jen D. 11:00 Leisure Games w/MJ 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/ Helen D.</p> |
| <p>14</p> <p>9:00 Spot the Difference: Brain Teaser w/Miriam S. 9:00 Art Exhibit w/ Miriam S. <u>10:30 Line Dancing w/Wen T.</u> 11:00 Acrylic Painting w/Tony A. 9:00-1:00 Art Exhibit 12:00 Lunch 1:00 World Mental Health Awareness Recognition Celebration w/DJ Woody. 3:00 Scrabble/Monopoly: Board Game w/MC</p> | <p>15</p> <p>9:00 Word Search w/ Miriam S. 9:30 MET: Art in a Box/Miriam S.- Hybrid:Zoom & In-person <u>10:00 Gentle Stretching w/Carl S.</u> <u>11:00 Chair Yoga w/Abigail</u> 11:00 Crocheting w/Vanessa B. 12:00 Lunch <u>2:30 Watercolor Painting w/Helen D.</u></p> | <p>16</p> <p>9:00 Word fill in Puzzle w/Miriam S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Health & Nutrition Education w/Jen D.</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Pool (Billiards) Game Practice w/BR <u>4:30 Virtual Painting w/Joel A.-Zoom</u></p> | <p>17</p> <p>9:00 Word Scramble w/Miriam S. <u>10:00 Cognitive Classes w/Ability.</u> <u>10:30 Yoga w/ Ability B.</u> 10:00 Senior Discussion w/Miriam S. 11:00 Alzheimer's & Dementia Awareness w/Michael S. 12:00 Lunch 1:00-2:30 BINGO 3:00 Pool (Billiards) Game Practice w/BR</p> | <p>18</p> <p>9:00 Sudoku Puzzles w/ Michael S. <u>10:30 Zumba w/Ability B.</u> 10:00 Technology Conversation w/Jen D. 11:00 Leisure Games w/MJ 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/ Helen D.</p> |
| <p>21</p> <p>Birthday</p> <p>9:00 Spot the Difference: Brain Teaser w/Miriam S. 10:30 Gardening Tips w/Tony A. 11:00 Acrylic Painting w/Tony A. <u>10:30 Line Dancing w/Wen T.</u> 12:00 Lunch 1:00 October Birthday Party w/ DJ Valentin (Large Birthday Cake)</p> | <p>22</p> <p>9:00 Word Search w/Miriam S. 10:00 Adult Coloring w/Miriam S. <u>10:00 Gentle Stretching w/Carl S.</u> <u>11:00 Chair Yoga w/Abigail</u> <u>10:30 *Understanding Osteoporosis w/ Arthritis Foundation & DFTA</u> 11:00 Crocheting w/Vanessa B. 12:00 Lunch 1:00-2:30 BINGO <u>2:30 Watercolor Painting w/Helen D.</u></p> | <p>23</p> <p>9:00 Word fill in Puzzle w/Miriam S. <u>10:00 Tai Chi w/Wen T.</u> 10:00 Jigsaw Puzzles w/Group 11:00 Cards Game w/Group 12:00 Lunch 1:00-2:30 BINGO 3:00 Pool (Billiards) Game Practice w/BR <u>4:30 Virtual Painting w/Joel A.-Zoom</u></p> | <p>24</p> <p>9:00 Word Scramble w/Miriam S. <u>10:00 Cognitive Classes w/Ability.</u> <u>10:30 Yoga w/ Ability B.</u> 10:00 Board Games w/Rosa C. 11:00 Memory Games/ Miriam S. 12:00 Lunch 1:00-2:30 BINGO 3:00 Pool (Billiards) Game Practice w/BR</p> | <p>25</p> <p>9:00 Sudoku Puzzles w/ Michael S. <u>10:30 Zumba w/Ability B.</u> 10:00 Leisure Games w/MJ 11:00 Journaling w/Jen D. 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/Helen D.</p> |
| <p>28</p> <p>9:00 Spot the Difference: Brain Teaser w/Miriam S. 10:30 Gardening w/Tony A. 10:00 Scam & Fraud Prevention w/Chase Bank (Regina) 11:00 Acrylic Painting w/Tony A. <u>10:30 Line Dancing w/Wen T.</u> 12:00 Lunch Halloween Celebration & Fashion Show w/DJ from Village Care Max</p> | <p>29</p> <p>9:00 Word Search w/ Miriam S. 10:00 Adult Coloring w/Miriam S. <u>10:00 Gentle Stretching w/Carl S.</u> <u>11:00 Chair Yoga w/Abigail</u> <u>10:30 *Managing Arthritis w/ Arthritis Foundation & DFTA-Zoom</u> 11:00 Crocheting w/Vanessa B. 12:00 Lunch 1:00-2:30 BINGO <u>2:30 Watercolor Painting</u></p> | <p>30</p> <p>9:00 Word fill in Puzzle w/Miriam S. <u>10:00 Tai Chi w/Wen T.</u> 10:00 Jigsaw Puzzles w/Group 11:00 Cards Game w/Group 12:00 Lunch 1:00-2:30 BINGO 3:00 Pool (Billiards) Game Practice w/BR <u>4:30 Virtual Painting w/Joel A.-Zoom</u></p> | <p>31</p> <p>9:00 Word Scramble w/Miriam S. <u>10:00 Cognitive Classes w/Ability.</u> <u>10:30 Yoga w/ Ability B.</u> 10:00 *Understanding and Overcoming Depression w/St. John's University-Zoom 11:00 Memory Games/ Miriam S. 12:00 Lunch 1:00-2:30 BINGO 3:00 Pool (Billiards) Game Practice w/BR</p> | <p>Physical Exercise underlined in green</p> |
| | | | | <p>Contact Miriam Summerford for any questions or concerns about activities/events. 718-626-1500</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| Lunch includes Low-fat 1% Milk and a slice of Whole Wheat Bread. | 1 | 2 | 3 | 4 |
|  | Turkey Meatloaf Sauteed Spinach Smashed Mixed Potatoes and Cauliflower Apple Grape Juice, Unsweetened | Black Bean Soup Kasha Beet Salad Banana Orange Juice | Chili con Carne White Rice Brussels Sprouts Honeydew Orange Pineapple Juice | Fish with Creole Sauce Cous Cous Baby Spinach Salad with Lemon Vinaigrette Orange Orange Juice |
| 7 | 8 | 9 | 10 | 11 |
| Chicken Stir Fry with Vegetables Baked Brown Rice Pilaf Asian Cucumber Salad Banana Orange Juice | Pernil (Roasted Pork Shoulder) Broccoli with Toasted Garlic Roasted Potatoes Orange Grape Juice | Homemade Lentil Soup Rice and Beans Italian Blend Vegetables Apple Orange Juice | Baked Ziti with Beef Meatballs California Blend Vegetables Peach Grape juice, unsweetend | Baked Fish Amandine Couscous with Peas and Lemon Garden Salad Orange Orange Pineapple Juice |
| 14 | 15 | 16 | 17 | 18 |
| Chicken and Peas Brussels Sprouts Banana Orange Pineapple Juice | Turkey Stir Fry with Vegetables White Rice Roasted Broccoli Apple Grape Juice, unsweetened | Garlicky Tomato Soup with Smashed White Beans Brown Rice with Kidney Beans White Rice Vegetable Mix Cantaloupe Orange Juice | Beef and Pepper Pasta Italian Blend Vegetables Orange Orange Pineapple Juice | Fish with Tomatoes and Herbs Cous Cous Broccoli and Red Pepper Salad Apple Grape Juice, unsweetened |
| 21 | 22 | 23 | 24 | 25 |
| Baked Chicken Thighs Kasha Roasted Broccoli Orange Apple Juice | Chinese Style Pork Italian Blend Vegetables Sauteed Sweet Potatoes Banana Grape Juice, unsweetened | Homestyle Spinach and White Bean Soup Black Beans and Rice Apple and Beet Salad Apple Orange Juice | Beef Hamburger French Fries Garden Salad Pear Grape Juice, unsweetened | Baked Fish Oreganata Brown Rice Green Bean Salad Apple Orange Pineapple Juice |
| 28 | 29 | 30 | 31 | |
| Chicken Adobo Brown Rice Normandy Blend Apple Grape Juice, unsweetened | Turkey Chili con Carne White Rice Italian Blend Vegetables Banana Apple Juice | California Veggie Burger French Fries Green Bean Salad Watermelon Orange Juice | Spanish Steak Spanish Brown Rice and Beans Brussels Sprouts Orange Grape Juice, unsweetened |  |

Located at: 23-11 31st Road,
Astoria NY 11106

Phone: 718-626-1500

