



THE WOOD

Catholic Charities Neighborhood Services

GLENWOOD OLDER ADULT CENTER

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

NOVEMBER 2025

Dear Older Adult Members,

We're happy to welcome November, even though it means the year is almost over and life gets busy. There's a lot to celebrate and be thankful for. Before we dive in, let's pause and remember what matters most: the people around us. Let's start by appreciating those we care about, the places that bring us peace, and the small joys that brighten our days. This month let's focus on gratitude for both the big and small things in our lives.

Have An Enjoyable, And Thanksgiving,

Program Manager

Nadine Aspilaire



NOVEMBER AWARENESS MONTH

AMERICAN DIABETES AWARENESS MONTH

ALZHEIMER'S AWARENESS MONTH

EPILEPSY AWARENESS MONTH

LUNG CANCER AWARENESS MONTH

HAPPY 15th ANNIVERSARY TO THE WOOD GLENWOOD NEWSLETTER



Which Is Better For You: Medicare Advantage Or Medigap?

Original Medicare does not cover all health care costs, so members may end up paying a lot out of pocket. Medicare Advantage and Medigap plans help fill these gaps for people who need more coverage than Parts A and B offer.

The two plans are different, and people can't have them both. Consequently, it's important for people to understand the differences between Medicare Advantage and Medigap and when one may be a better option for you than the other.

How Do Medicare Advantage and Medigap Differ?

Medicare Advantage (Part C) and Medigap work in different ways. Medicare Advantage plans, offered by private insurance companies, combine coverage from Original Medicare (Parts A and B) and often include prescription drug coverage. Medigap, also from private insurers, is only for people with Original Medicare and helps pay for costs that Original Medicare does not cover.

Who Can Benefit From Having The Medicare Advantage Plan?

Medicare Advantage plans cover services from Medicare Part A (hospital insurance),

Part B (medical insurance), and sometimes Part D (prescription drugs). These plans are an alternative to Original Medicare. They set a yearly limit on your out-of-pocket costs and usually require you to use doctors and hospitals in their network.

If you have insurance coverage through your employer or union, check to be sure you won't lose that coverage if you enroll in a Medicare Advantage plan.

Here are some situations when a Medicare Advantage plan may be your best choice:

You want low to no premiums.

You may want to consider extras like dental, vision, and hearing coverage.

You don't mind a limited provider network or referrals.

Who Can Benefit From Having The Medicare Supplement (Medigap) Plan?

Medigap, also called Medicare Supplement, helps pay for costs that Original Medicare Parts A and B do not cover, like copays, coinsurance, and deductibles. There is no out-of-pocket maximum, but most of your costs are covered.

To be eligible for

Medigap, you must have both Medicare Part A and Part B.

Here are some situations when a Medigap plan may be your best choice:

You are willing to pay a higher premium for predictable costs.

You don't want to be confined to a network of providers.

You have chronic conditions that cause expensive gaps in Original Medicare.

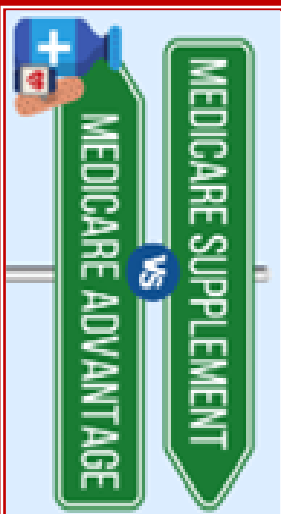
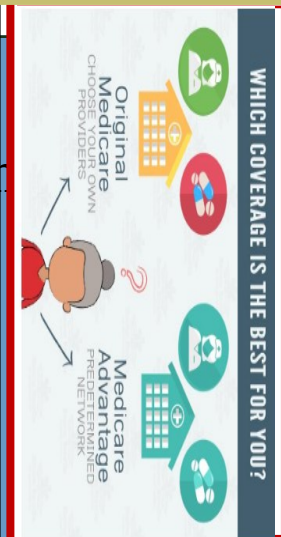
You see specialists and don't want to bother with referrals.

How To Enroll in Medicare Advantage or Medigap

If you are new to Medicare, your initial enrollment period starts three months before you turn 65 and ends three months after your 65th birthday.

You can sign up for a Medicare Advantage plan during open enrollment from October 15 to December 7. If you already have a Medicare Advantage plan, you can switch or drop your plan from January 1 to March 31.

Your Medigap open enrollment lasts for six months. It starts the month you turn 65 or older and are enrolled in Medicare Part B.



Epilepsy in older people

According to the Centers for Disease Control and Prevention (CDC), Adults have active epilepsy if they were diagnosed with epilepsy, or a seizure disorder, and they are currently taking medicine to control it, or have had at least one seizure in the last 12 months (or both). People who are in their sixties, seventies, or eighties experience unusual feelings, namely: lost time, suspended awareness, confusion, seizures; they may think that simply "getting older" is to blame. However, there may be another explanation. Some causes of Epilepsy in Older Adults include an increase in age, stroke, tumor, or cardiovascular events. and drug habits may cause seizures in older adults. Co-occurring conditions, like depression and heart issues, also cause an increased risk of seizures. Having epilepsy later in life poses additional problems in treatment because of age-related issues and the use of other medications. It also increases the risk of falls, broken bones, and a loss of independence. Additional information on epilepsy is that it is not contagious, not a mental illness, and not a symptom of intellectual decline.

Risks - Seizures are usually not life-threatening; however, in senior citizens, the extra strain on the heart, the possibility of injury, and the reduced intake of oxygen may increase the risk. For many, their seizures can often be treated quite successfully. Even if seizures continue to happen occasionally, they don't need to prevent an otherwise healthy, active senior citizen from living an independent and satisfying life.

How do you get epilepsy later in life? They said epilepsy is one of the most common diseases of the nervous system in older adults, after dementia and stroke. People who are 60 years and older have the highest rate of new epilepsy onset. Epilepsy and seizures that occur later in life are often caused by post-stroke, tumor, or cardiovascular issues.

As much as we know about the causes of epilepsy later in life, one-third to one-half of epilepsies in older adults have unknown causes. In some cases, only a first seizure occurs and is not considered epilepsy.

How to Contact the Helpline - The Epilepsy & Seizures Helpline has trained information specialists available from 8:00 AM to 8:00 PM EST to answer your questions about epilepsy and seizures,

provide you with help, hope, support, guidance, and access to national and local resources.

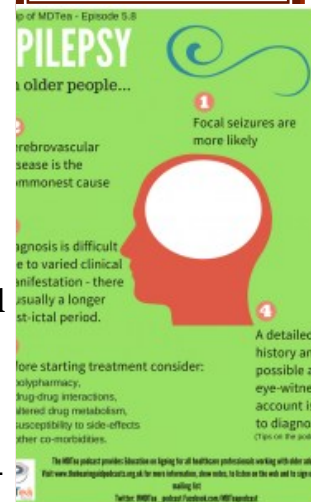
Online: [Online Help Form](#)

- Phone (English): 1-800-332-1000 / Phone (in Spanish) 1-866-748-8008 / Or look up a [resource online](#). We respond to online form submissions within one business day. Who We Help:

We can help anyone interested in or affected by epilepsy. This includes People living with epilepsy / Caregivers, and friends of someone with epilepsy, / Anyone who simply wants to learn more about epilepsy

Visit the Epilepsy Learning Portal to access the Epilepsy Foundation's free on-demand trainings about epilepsy and seizures. We have several online trainings, including a seizure first aid course to learn how to recognize seizures and respond to someone having a seizure. Our trainings are designed for people living with epilepsy, caregivers, nurses and other healthcare providers, as well as the general public.

The Epilepsy & Seizures Helpline provides telephone support, answers email, and responds to online form submissions. Some of the topics our information specialists respond to most often include: Current epilepsy treatment and alternative therapies. Medication questions / Support groups / Seizure first aid and safety devices / Employment and discrimination / Emotional support



HAPPY THANKSGIVING 2025

We know that in this part of the hemisphere, the 4th Thursday of November is recognized as Thanksgiving Day and is a federal holiday. It falls on the 27th of the month. As we know, it is traditionally observed as a day of giving thanks and, of course, preparing that scrupulous meal. The day after is commonly called Black Friday, when many people crowd stores in search of bargains and to get an early start on Christmas shopping.

But wait, let me share this with you. I had the privilege of a center member sharing a profound moment of gratitude with me, and I was asked not to mention it to anyone. I promised I wouldn't. As I listened, I could see an expression of total Joy, and I was grateful to be the listener.

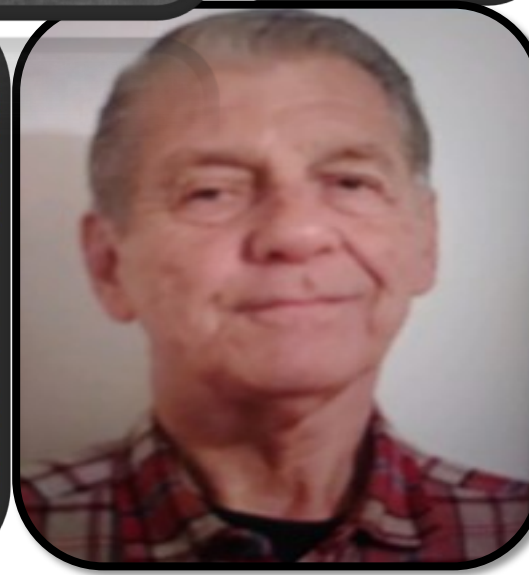
In closing, what are you grateful for this Thanksgiving, and not just Thanksgiving Day, but every day of your life? I know I am grateful every day. 😊

Happy Thanksgiving Day 🐓
to everyone!



Angela Alleyne; member and volunteer of the Glenwood OAC

SALUTING SENIOR MEMBERS VETERANS / FAMILY OF VETERANS

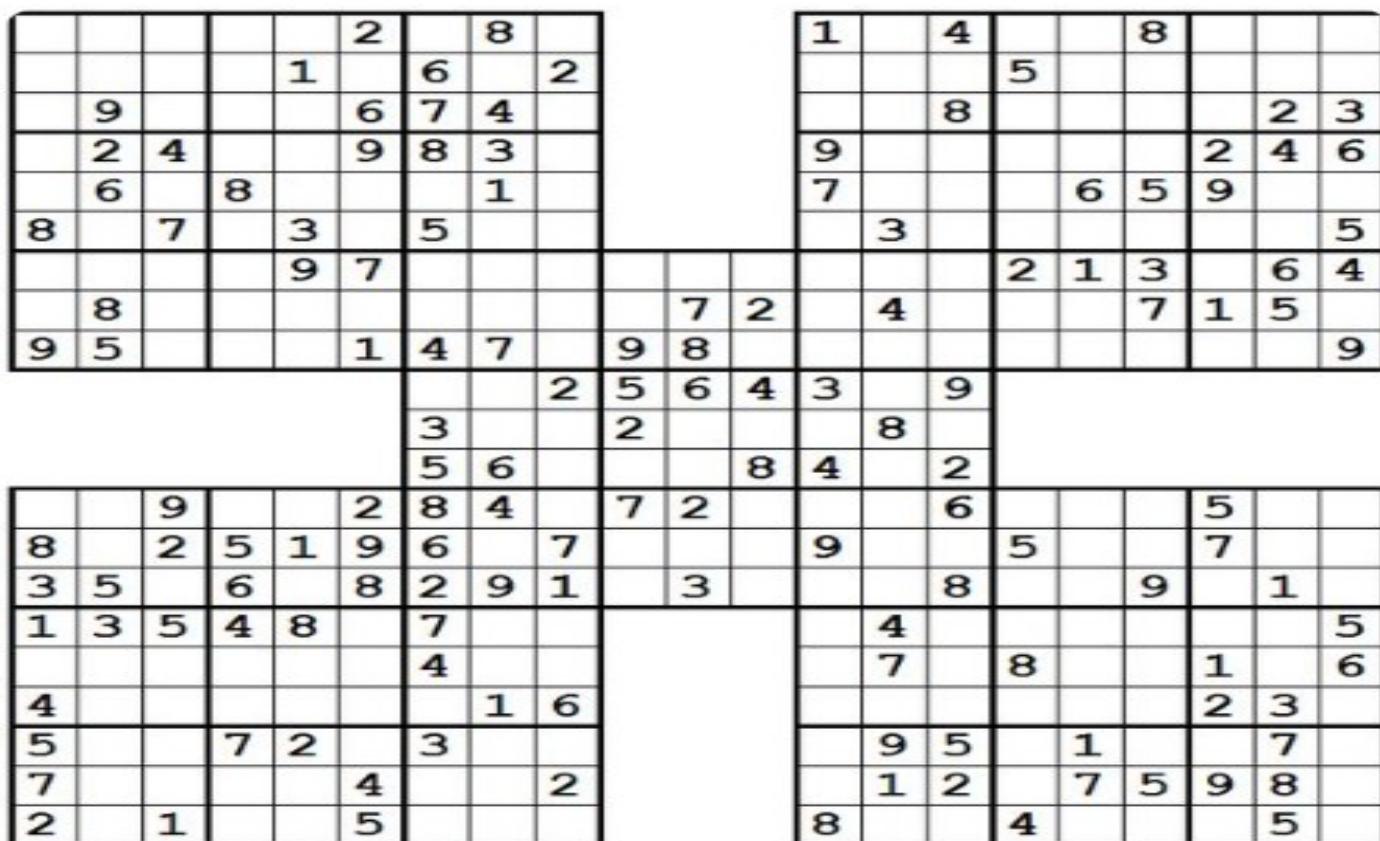


HAPPY 99TH BIRTHDAY TO EUSELYN WYNTER
NOVEMBER 8TH, 1926



She is very active in the Current event group discussion and Poetry Group, and exercises—She sometimes comes to the center by herself using public transportation

GAME CENTER TO IMPROVE YOUR MENTAL FITNESS



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SOLVE THE SUDOKU GAME

CAN YOU SPOT THE DIFFERENCE IN THE PICTURES

Spot The Difference Game

There are eight differences in the images below. Can you spot them all and win the game?



GAME CENTER TO IMPROVE YOUR MENTAL FITNESS



Thanksgiving WORD SEARCH

cranberries
stuffing
family
rolls
thankful
friends
autumn
corn

potatoes
pilgrims
dinner
gravy
November
turkey
dessert
pie

EDHKFHRPILGRIMS
YFWYVOOFFABTULD
GKACMYLRXUZHBJE
NQC MRNLVSTHACLS
IFDYIASQYUPNOGS
PARCFLNNUMMKRGE
IPMIBZBYBONEFNRR
NGOSERDNEVKUWAT
TVVTTNZIXRELVVM
UPNPAUDKNIRMAVS
RIGNWTFSWNMIBWM
KEIKDKOFDGEFEEK
EHKXRQDEIPJRZSR
YXZCTKXKSNGKGJK
GGGEJSWNYGGMGYK



THANKSGIVING

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

BLESSED
BREAD
CORN
EAT

FALL
FAMILY
FOOD
GOBBLE

PIE
PUMPKIN
TURKEY
YAMS

Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA

ETRSHVA

MEVRNOEB

ILIGPMR

KUTEYR

BCNERRRAY

YRAOMEFWL

TMOLPYUH

AYHLIOD

GWNMPAAOO


INKPMUP

THANKSGIVING WORD SCRAMBLE

Unscramble the words to solve the puzzle.

ABERD _____
YRTUEK _____
NPMKUIP _____
IPGIRLM _____
EEVMNORB _____
VGRYA _____
NOCR _____
LGOBEB _____
AINACMER _____
MRCIAAE _____

SEFAT _____
YMA _____
KUSDCRTIM _____
TEOTPSOA _____
UYTHADSR _____
NPATUIR _____
RBYNRECRA _____
FGTSIFNU _____
SUASHQ _____
GGTKINNSHAIV _____



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NOVEMBER'S UPCOMING EVENTS / ACTIVITIES / GUEST SPEAKERS

Poetry in motion (Claire & Vilma) - (Men's Round Table Group Discussion (Lenox) - /General Membership Mtg - Advisory Mtg (Center) - Current Event Group Discussion (Vilma - Claire) / Spanish Group Discussion (Grace) - center/ audio — Creole Group Discussion (Mireille JN, Ketley (center - Audio) / Strength exercise —Tommy the experience — Cardio Fusion / Yoga -Island Rhythms -Yvette / Blood pressure screening & monitoring (Claire — Maureen - Norwood— Polidore— Desire— Jocelyne— Mona) / Sewing class (Ivil W—Bernice) / Loom knitting (Sonia R) - Stop the bleeding (Dekeya Slaughter (Kings County Hosp) - / Computer Class / Piano lesson (I. Walters) / Painting Class with Flovil- November's Birthday Celebration / Senior's appreciation day & Veteran's appreciation day(East Flatbush Community Partnership) / Thanksgiving Celebration

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



GUEST SPEAKERS



The Center Will be Closed on 11/27/2025 and 11/28/2025

ADVISORY'S FRIENDS & FAMILY BBQ



OCTOBER BREAST CANCER AWARENESS MONTH



Glenwood Advisory Council 's President Weekes Giving out Target Gift Card to BC Survivors

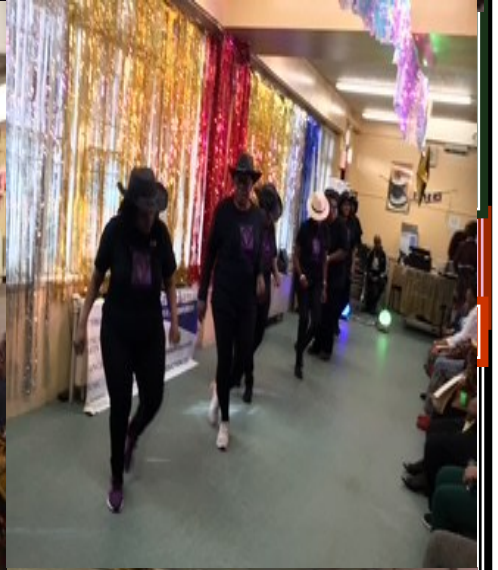


PANEL OF BREAST CANCER SURVIVORS

OCTOBER BIRTHDAY CELEBRATION



ELDERARTS FESTIVAL WITH NIA PRODUCTION



BEST WISHES TO OUR NOVEMBER'S BIRTHDAY CELEBRANTS!



Have a blessed and joyful

Iris Allen 11/1	Sallie Celestine 11/22
Marcia Weekes 11/1	Raymonde Rincher 11/22
Marie Marcelin 11/1	Carol Hackett 11/22
Shirley McClean 11/2	Urban Quamie 11/24
Magdulin Lafayette 11/3	Pearl Middleton 11/24
Eurselyn Wynter 11/8	Celeste Crowder 11/25
Bernice Christopher 11/3	Carmen Reyes 11/25
Lloyd Hall 11/12	Jocelyn Joseph 11/25
Anne Marie Norwood 11/13	Beulah Reid 11/26
Oscar Burns 11/14	Carmeta Bacquain 11/27
Lisa Burns 11/14	Norma Dunkley 11/27
Cynthia Hercules 11/15	Geraldine McCalla 11/27
Bentley Gayle 11/16	Gayle Bentley 11/27
Margaret Otunba 11/16	Sonia Miller 11/28
Cynthia Glover 11/17	Cynthia Moore 11/29
Ardril Jackson 11/17	Valerie Reid 11/29
Novella Ford 11/17	Sonia Ryce 11/29
Winsome Sterling 11/17	Michel Pyram 11/30
Althea Wiltshire 11/19	Violet Notice 11/30



Muchas Felicidades!

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

ON THE CASE MANAGER'S BULLETIN BOARD

CASE ASSISTANCE - COMMUNITY INFORMATION & EVENTS

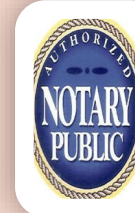


If you need assistance because you have difficulty getting around, are home isolated, or unable to come to the center, please ask to talk to Case Manager Ms. K 718-241-7711



Do You Need Assistance To Notarize A Document — Please Call Mr. Lenox Hutson @ 718-251-5848

Also, Have A Valid ID And The Person Whose Document is Being Notarized Must Be Present With The ID.



Jewelry Scam

Beware of scammers trying to steal your jewelry!

Crews of thieves have been reportedly stealing jewelry from older adults. These scammers will often approach in a vehicle and may try to get close and swap your real jewelry with fake jewelry. They may claim they need cash, request to pray with you or state they're celebrating a birthday.



Try to keep your jewelry hidden when walking down the street. If you're approached by someone suspicious, report the incident to the police, even if no property was taken.



Crime Prevention Division

H.E.S. COMMUNITY FOOD PANTRY
IN PARTNERSHIP WITH MET COUNCIL

PANTRY HOURS
(PREPARE BY APPOINTMENT ONLY)

MONDAY, WEDNESDAY, AND THURSDAY
9:30 A.M. - 2:00 P.M.

TUESDAY
1:00 PM-6:00 PM
ID REQUIRED

NEW TO THE PANTRY?
SCAN QR CODE TO REGISTER & PLACE ORDER, OR VISIT
[HTTP://MARKET.METCOUNCIL.ORG](http://MARKET.METCOUNCIL.ORG)

HERREW EDUCATIONAL SOCIETY
8502 SEAVIEW AVE
BROOKLYN, NEW YORK 11234

H.E.S. FOOD PANTRY **UJA** **MET COUNCIL**

Assemblymember
Jaime R. Williams
Assembly District 59

ASSEMBLYWOMAN JAIME WILLIAMS

FALL FOOD DISTRIBUTION
5318 Ave N Brooklyn, NY 11234
First come, first serve for those in need

Wednesday Sept. 10th (3PM - 4PM)
Thursday Sept. 25th (3PM - 4PM)
Thursday Oct. 9th (3PM - 4PM)
Wednesday Oct. 22nd (3PM - 4PM)
Wednesday Nov. 5th (3PM - 4PM)
Wednesday Nov. 19th (3PM - 4PM)
Wednesday Dec. 3rd (3PM - 4PM)
Wednesday Dec. 17th (3PM - 4PM)

Thank You to Our Sponsor
JCC CANARSIE | Jewish Community Council of Canarsie

For more information, call Assemblywoman Jaime Williams office at 718-252-2124

2025 Food Giveaways 2:00 PM on Mondays

Free Hot Halal Food & Fresh Produce

Flatlands Avenue & East 81 Street	Rockaway Pkwy. & Skidmore Ave	3675 Nostrand Ave. near Ave. X
Monday, Aug. 18	Monday, Sept. 22	Monday, Sept. 8
Monday, Sept. 15	Monday, Oct. 20	Monday, Sept. 29
Monday, Oct. 6	Monday, Nov. 10	Monday, Oct. 27
Monday, Nov. 3	Monday, Dec. 1	Monday, Nov. 17
Monday, Dec. 15	Monday, Dec. 22	Monday, Dec. 8

CITY COUNCIL MEMBER
MERCEDES NARCISSE
46TH COUNCIL DISTRICT

CAMBA **NYCD** **NYC** **Brooklyn 15 & 18**

For more information call (718) 241-9330

fdc **Council Member Farah Louis**
in partnership with
Flatbush Development Corporation

NY HOUSING CONNECT
We guide you through the process and help you apply for affordable housing
Ask us any questions you have regarding the NYC Housing Lottery

ASSISTANCE
Senior/Affordable Housing
Domestic Violence Survivor Assistance

EVICTON PREVENTION
SCRIE/ DRIE
One Shot Deal

PUBLIC BENEFITS ASSISTANCE
SNAP, HRA Referrals

Brokers Listing Charity Listing

EVERY WEDNESDAY
10:00am - 4:00pm
To make an appointment:
(718) 859-3800 | www.fdcnyc.org
For more information:
(718) 629-2900 | district45@council.nyc.gov

NYC Department of Health & Community Development

INFO ON GOD'S LOVE WE DELIVER MEALS



**We accept
referrals from a
variety of sources:**

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Health Systems
Clinics
Mobile Units
Community-Based
Organizations
Health Homes
And More...

*Ask your case manager,
social worker, or medical
provider about this service!



**Nutritious Meals
to Support
Your Health**

93% of clients say that
receiving food from
God's Love We Deliver reduces
their stress from food insecurity



More than
4.4 Million

meals served annually



17,000

individuals served annually



**Nourishing
New York
Since
1985**



**GOD'S LOVE
WE DELIVER.**

glwd.org
(212) 294-8102

NUTRITION EDUCATION MONTHLY POST

Easy Ways to... Flavor Food Without Salt

Spices

- Try adding a little pinch at a time.
- Sauté for 30 seconds in oil to release aroma.

	Cinnamon: Use in oatmeal to add sweetness.		Cumin: Add to beans or meat.
	Paprika: Use in a spice rub for chicken, meat or tofu.		Turmeric: Add to rice, chicken or vegetables for color.

Herbs

- Add dried and hard fresh herbs (like rosemary) at the beginning of cooking and soft fresh herbs (like parsley) towards the end of cooking.
- One teaspoon of dried herbs is equal to one tablespoon of fresh herbs.

	Basil: Add to tomato sauce and pasta.		Cilantro: Mix into rice, beans or salsa.
	Parsley: Sprinkle on grains, salads or stir-fries as a final touch.		Thyme: Add to roasted vegetables.

Fruits and Vegetables

- Caramelize aromatic and savory vegetables, herbs and/or spices before adding other ingredients by cooking on medium-high heat until they become brown and sweet.
- Add vinegar at the beginning and citrus juice at the end of cooking for the best flavor and balance.
- When adding spicy peppers, remove ribs and seeds for just a little spice.

	Aromatic ingredients: Onions, garlic, carrots, peppers, celery, ginger.		Savory: Tomatoes, cooked potatoes, celery, mushrooms.
	Citrus and vinegars: Juice and zest balance and brighten.		Peppers: Jalapenos, dried chilis, poblanos.

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.

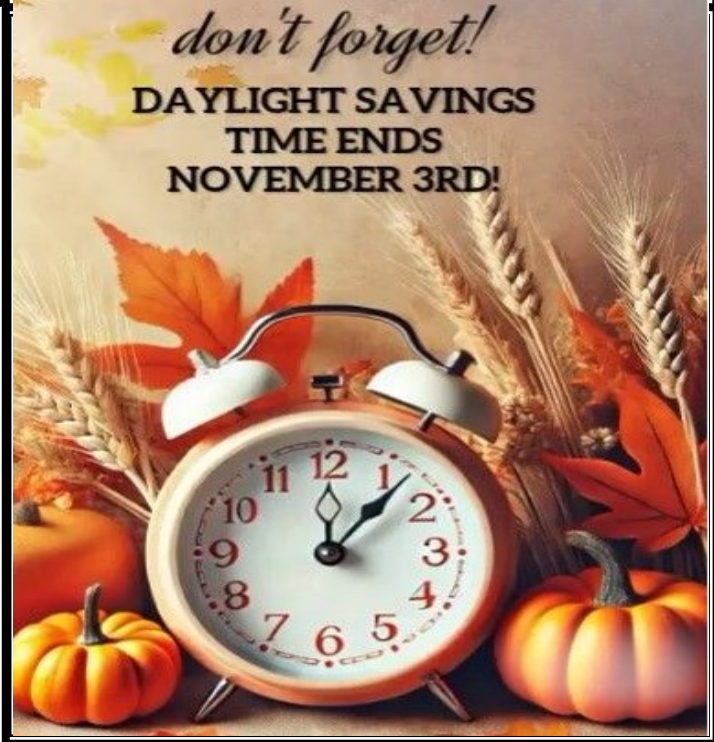
For healthy recipes, visit jsvfruitveggies.org.



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 800-342-3009 or go to 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).

DAYLIGHT SAVING ENDS 2025



<https://www.pinterest.com/pin/99360735523920050/visual-search/?cropSource=5&rs=flashlight> / <https://www.pinterest.com/pin/465489311508438383/visual-search/?>

GLENWOOD SENIOR CENTER STAFF

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

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

GLENWOOD ADVISORY BOARD MEMBERS

Gardner Weekes	-----	President Advisory Council
Carol Hackett	-----	VP Advisory Council
Vilma Griffith	-----	Treasurer
Fay Vialva	-----	Recording Secretary
Lucille Murray	-----	Sergeant at Arm
Sonia Chambers	---	Corresponding Secretary

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

Catholic Charities Neighborhood Services, Inc.

"Catholic Charities Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order that promotes justice and embraces human development."

Catholic charities Mission Statement

FUNDED BY THE NYC AGING

50 YEARS
NYC
 Department for
 the Aging

