



THE WOOD

Catholic Charities Neighborhood Services

GLENWOOD OLDER ADULT CENTER

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



JANUARY 2026



Dear CCNS Glenwood OA Members,

May this New Year remind us that we are not alone and that we are truly blessed. Let's welcome the new possibilities ahead and look forward to 2026 being our best year yet at the center. We plan to offer programs and activities that help you feel you belong, keeping you engaged, thriving, and connected.

Have A Blessed And Prosperous New Year 2026!

Nadine Aspilaire

Program Manager



JANUARY AWARENESS MONTH

Cervical Cancer Screening Month

Cervical Health Awareness Month

Glaucoma Awareness Month (*National*)

Healthy Weight Week

Drug & Alcohol Facts Week (*National*)

National Birth Defects Prevention Month



wishes1234.com

Wishing you a year filled with Health,
Happiness, and Endless Blessings.
Happy New Year!

Effects Of Combining Alcohol With Prescribed And Non-Prescribed Medications

Combining alcohol with certain medications, particularly those with sedative can increase a person's risk of adverse events, including falls, driving accidents, and fatal overdoses. People aged 65 and older are at particularly high risk for harm, due in part to age-related changes in their physiology and in part to their increasing use of medications that could interact with alcohol.

Alcohol can interact with certain drugs or exacerbate the medical and mental health conditions of the person being treated for. To be on the safe side, they said it is best to consult with your doctor or pharmacist first as they can provide personalized guidance based on your specific medications and health status. They said in general; alcohol use has the potential to make symptoms of mental health condition worse. There are several mental health medications that interact with alcohol. Combining alcohol with mental health medication can make the medication less effective or even more

dangerous.

Mixing alcohol with medications can cause serious health risks, including overdose and even death. Always talk to your doctor or pharmacist before drinking alcohol while taking any medication. If you take any medication, even over the counter (OTC) products, drinking alcohol might affect how your meds work. Mixing alcohol and medication can even be dangerous. And if someone drinks excessively or regularly, you are increasing the risk of adverse medication reactions. The combination of medication and alcohol can lead to serious health consequences, including overdose and even death.

Here is some useful information you need to know about the possible unsafe interactions between alcohol and common prescription and over-the-counter medications.

Why Medications and Alcohol Don't Mix - The National Institute on Alcohol Abuse and Alcoholism (NIAAA) reports

that there are several reasons mixing medications and alcohol can be harmful to an individual. The ways that drugs and alcohol interact in your body can go both ways: Alcohol can change how a medication works, and certain drugs can change how you feel the effects of alcohol.

Alcohol can make some medications less effective by interfering with how they are absorbed in the digestive tract. In some cases, alcohol increases the bioavailability of a drug, which can raise the concentration of the medication in your blood to toxic levels. Additionally, drinking alcohol can also make the side effects of a medication worse or even cause new symptoms. A good example is taking medication that makes you sleepy or causes sedation.

If you take prescription medication or use a specific medication every day, ask your doctor if it is okay to drink alcohol.

If you take prescription medication or use a specific medication every day, ask your doctor if it is okay for you to drink alcohol. You may be able to consume a limited amount safely, as long as you follow certain rules (for example, waiting at least four hours after taking your daily dose before having an alcoholic drink). When talking to your doctor or healthcare provider, tell them honestly your drinking habits,



The effects of mixing alcohol with medication also depend on certain individual factors. For example, women can experience the effects of mixing alcohol and medications more severely than men because of differences in metabolism. Older adults (especially those who take more than one medication) are also more likely to experience problems, as the ability to clear both alcohol and drugs from the body is reduced with

Helpful Info To Manage With Glaucoma

As people age, their eyesight goes through some changes. One of such conditions is glaucoma which they said is the leading cause of irreversible blindness in older adults. According to healthcare professionals, glaucoma can progress without noticeable symptoms in its early stages, making awareness and routine eye care especially important for seniors.

For the older adults who are trying to manage their health, it is important to know more about glaucoma by discussing their symptoms with their doctor as if glaucoma is left untreated or poorly managed, it can affect much more than eyesight. It could increase their risk, limit mobility, and make everyday tasks more challenging without the right support.

What Is Glaucoma? -

Glaucoma is a group of eye diseases that damage the optic nerve, which carries visual information from the eye to the brain. This damage is most often caused by high pressure inside the eye.

Risk Factors for Glaucoma - While anyone can develop glaucoma, certain factors increase the risk:

Age: Glaucoma is more common after age 60.

About 5% of adults over age 65 develop glaucoma.

Family History: Those with a family history of glaucoma are more likely to develop it.

Ethnicity: People of African, Hispanic, and Asian descent face a higher risk.

Medical Conditions: Conditions like diabetes, heart disease, and hypertension can elevate the risk of glaucoma.

Eye Trauma or Surgery: Past eye injuries or surgeries can increase the risk of glaucoma.

Medication: Some medications, like steroids, can put you at a higher risk of developing high eye pressure.

Glaucoma Symptoms & Detection-

In its early stages, glaucoma often has no symptoms.

About half of people with glaucoma don't know they have it. As the condition progresses, symptoms of glaucoma may include:

Gradual loss of peripheral (side) vision, often described as "tunnel vision"

- Blurred or patchy vision

- Difficulty seeing in low-light environments

- Halos around lights

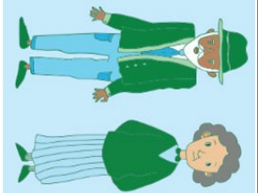
Severe eye pain or headaches (more common with acute angle-closure glaucoma)

How Glaucoma Affects the ways the Older Adults manage -

The vision loss caused by glaucoma can significantly affect the person's daily life and overall well-being. It can cause increased risk of falls as the reduced peripheral vision and depth perception make it harder to identify hazards such as steps, rugs, or uneven surfaces, increasing the likelihood of falls.

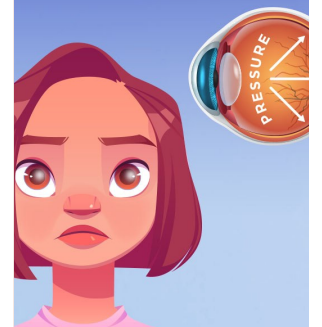
People may experience loss of Independence: Tasks like cooking, dressing, managing medications, and navigating the home can become more difficult as vision declines. It can affect the person's emotional & Mental Health: Vision impairment has been linked to higher rates of anxiety, depression, and social isolation in seniors.

60+ YEARS OLD
Glaucoma prevalence is
4-10X HIGHER
in people aged 60 years
or older, compared to
individuals in their 40s.^{7,8}



OSCAR WYLEE

Glaucoma: Definition, Symptoms, Types, Causes, Diagnosis, and Treatment



HAPPY NEW YEAR 2026

January is the first month of the New Year, a time to reflect on the past year and welcome the New Year with higher expectations and gratitude for all the accomplishments achieved. So, let's take a moment to walk down memory lane, primarily from within our center.

The activities here are a fundamental part that members attend this center. Would you agree? I say that because, as a volunteer at the front desk, most members enquire about the time of an activity and will add that I'm only here for the activity. We have Bingo on Monday and Wednesday ... open discussion on Tuesday... sewing class on Tuesday ... men's roundtable talk on Wednesday, and this is just a few. These activities bring purpose, connection, and joy, and finally, the trips sponsored by the advisory council.

This year promises to build upon last year's successes, be a continuation of the past year, but with higher expectations. Take a look at the upcoming trip: the Southern Civil Rights Trail.



This educational trip is sponsored by the advisory council, and we can expect more like this. So, are you ready for a spectacular year ahead? Well, let's make this happen and cease on the moment.

Wishing a splendid and healthy NewYear to you and yours.

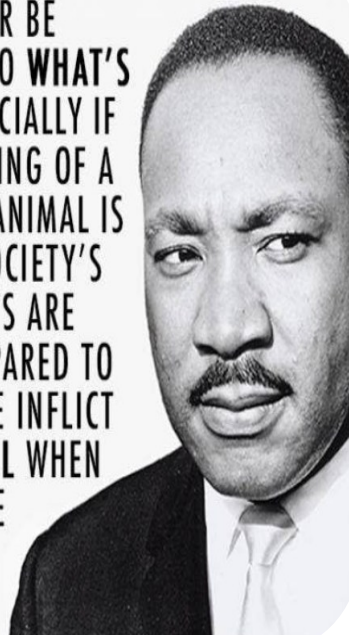
Angela Alleyne

Angela Alleyne; member and volunteer of the Glenwood OAC

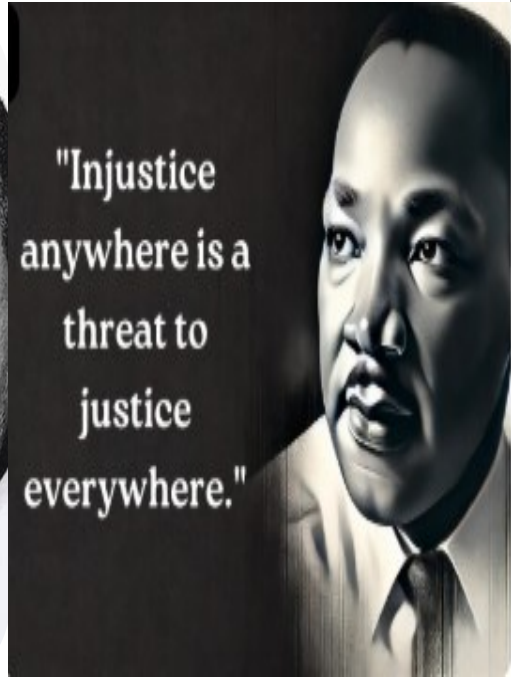
HAPPY DR. MARTIN LUTHER KING'S DAY 2026

NEVER, NEVER BE
AFRAID TO DO WHAT'S
RIGHT. ESPECIALLY IF
THE WELL-BEING OF A
PERSON OR ANIMAL IS
AT STAKE. SOCIETY'S
PUNISHMENTS ARE
SMALL COMPARED TO
THE ONES WE INFLICT
ON OUR SOUL WHEN
WE LOOK THE
OTHER WAY.

Martin Luther King Jr.

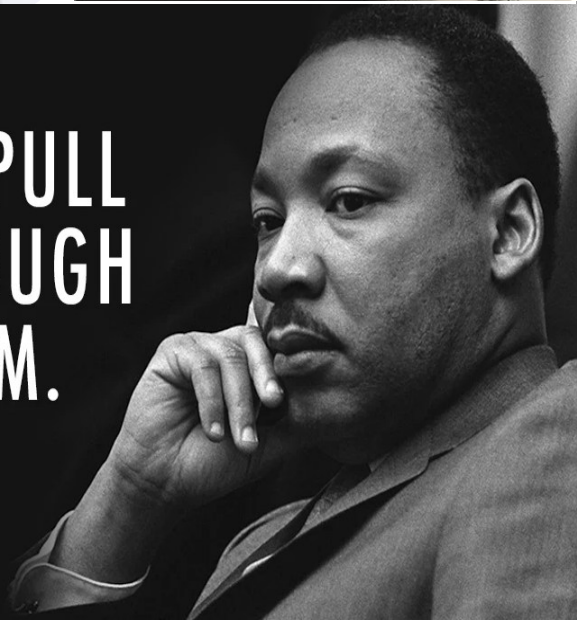


"Injustice
anywhere is a
threat to
justice
everywhere."



LET NO MAN PULL
YOU LOW ENOUGH
TO HATE HIM.

Martin Luther King Jr. YourLango



NEW YEAR'S INSPIRATION

Lessons I Carry Into the New Year

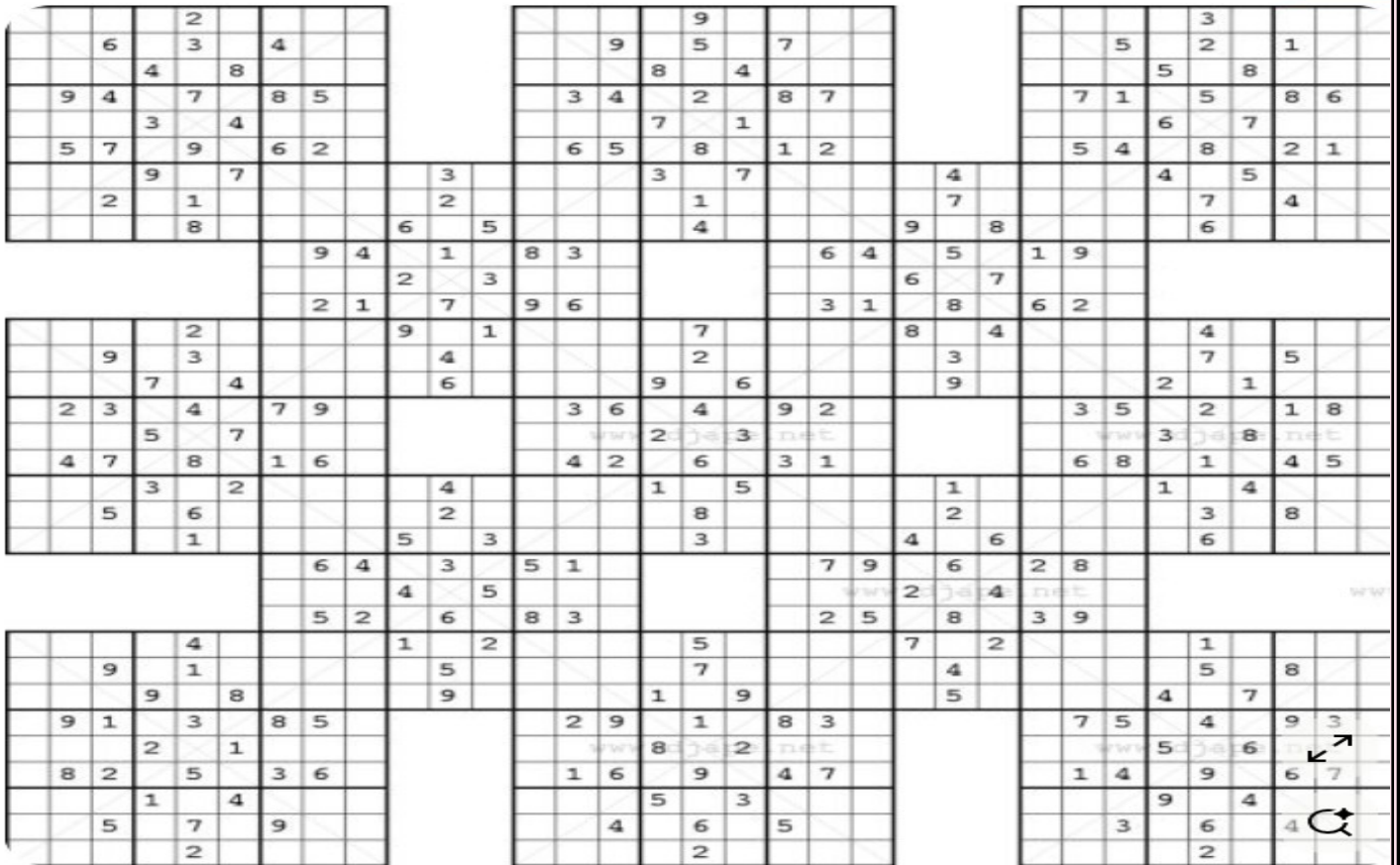
I'm carrying lessons, not wounds, into January,
Entering the year lighter, still holding each memory.
Not chasing a new life—just making mine strong,
Blooming freely now, where I've always belonged.

Let the calendar change, not my soft humanity,
I'm growing in ways no one gets to change me.
This year, I choose peace over proving my worth,
I step ahead with faith, letting rebirth unfold.

Some nights taught me how to breathe again,
This year, I rise knowing what I'm here to gain.

—Unnati Writes ♦

GAME CENTER TO IMPROVE YOUR MENTAL FITNESS



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



GAME CENTER TO IMPROVE YOUR MENTAL FITNESS

NEW YEAR'S

WORD SCRAMBLE

KLCCO _____
 ECERMEDB _____
 ECSRHE _____
 NMHIIGTD _____
 WIKEORRFS _____
 APYTR _____
 ONCWUODTN _____
 RFIDNES _____
 RCETBLAEINO _____
 MNIOEKASRE _____
 ANJYARU _____
 SEROULIONT _____
 TCEONIFT _____
 LCRDEANA _____
 MFIAYL _____

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OLD FASHIONED Sayings

Fill in the blank to complete these sayings from yesteryear!

1. If wishes were horses, _____
2. She's the bee's _____
3. You'll catch more flies with honey than _____
4. I love you a bushel and a peck and a _____
5. The early bird _____
6. Don't you worry now. It doesn't amount to a hill of _____
7. Caught between a rock and a _____
8. A watched pot never _____
9. You can lead a horse to water, but you can't _____
10. Don't throw the baby out with _____
11. Any job worth doing is worth doing _____
12. You're a day late and a _____
13. Don't take any wooden _____
14. If it ain't broke, _____
15. Birds of a feather _____
16. A rolling stone _____
17. Make hay while the _____
18. A thing of beauty is a _____
19. You can't judge a book by it's _____

SENIOR RIDDLE ME THIS

-- Answer Key --

1. The future
2. A postage stamp
3. Your shadow
4. A candle
5. A plate (or cutlery)
6. Your name
7. Footsteps
8. A piano (or keyboard)
9. A coin
10. A comb
11. A carpet
12. Light
13. A shirt
14. A clock
15. A photograph
16. A teapot
17. A cloud
18. A towel
19. Your age
20. Fire

AULD LANG SYNE

BABY
 BALL
 BALLOONS
 CALENDAR
 CELEBRATION
 CHAMPAGNE
 CLOCK
 CONFETTI
 COUNTDOWN
 DANCING
 DECEMBER
 EVE
 FATHER TIME
 FIRECRACKER
 FIRST
 FLUTE
 GAMES

Happy New Year!

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



GOWN	PARTY
HAPPY	RESOLUTION
HAT	SPARKLER
HOURLASS	STREAMER
INVITATION	TIMES SQUARE
JANUARY	TOAST
KISS	TRADITION
MIDNIGHT	TUXEDO
MUSIC	VOW
NOISE MAKER	YEAR

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JANUARY'S UPCOMING EVENTS / ACTIVITIES / GUEST SPEAKERS

Poetry in motion (Claire & Vilma) - (Men's Round Table Group Discussion (Lenox) - /General Membership Mtg - Advisory Mtg (Center) - Current Event Group Discussion (Vilma - Claire) / Spanish Group Discussion (Corey / Grace) - center/ audio — Creole Group Discussion (Mireille JN (center - Audio) / Strength exercise —Tommy the experience — Cardio Fusion / Yoga -Island Rhythms -Yvette / Blood pressure screening & monitoring (Claire – Maureen - Norwood– Polidore– Desire– Jocelyne) / Sewing class (Ivil W—Bernice) / Loom knitting (Sonia R) - Computer Class / Piano lesson (I. Walters) / Painting Class with Flovil- January's Birthday Celebration / Haitian's post independence day celebration / Health discussion (CABS) / Diabetes education (CABS) / Hypertension Education (CABS) / Assisted Living eligibility info (Four Season—Jessy Michel) - Joke exercise (Howard Newman)



GUEST SPEAKERS

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

GRAB YOUR PHONE, IPAD, TABLET OR PENCIL -

MEN'S GROUP

DO YOU NEED ASSISTANCE WITH USING THE FEATURES ON

The Center Is Closed For Dr. Martin Luther King's Day, Jan 19, 2026

DECEMBER BIRTHDAY CELEBRATION AND CELEBRANTS



CHRISTMAS TREE LIGHTING



CHRISTMAS CELEBRATION 2025



BEST WISHES TO OUR JANUARY'S BIRTHDAY CELEBRANTS!

God be your guiding light
and may he always protect
you from all the difficulties of life
Happy Birthday Sister!

Happy
Birthday



Una Europe 1/1	Violet Henry 1/12
George Walker 1/1	Jean Tabuteau 1/13
Delores Reid 1/1	Arun Agular 1 /13
Ormond Jones 1 / 2	Dawn Baxter
Rupert Johnson 1 / 2	Vance Mason
Roslyn Chatman 1/3	Lorna Alexander 1/9
Vallerie Allen 1/4	Jacqueline Pierre- Louis 1/14
Juana Reese 1/4	Dorothy Watson 1/15
James Marshall 1/5	Soto Maria 1/15
Doris Lynch 1/5	Valerie Best 1/15
Etwin Ryan 1/6	Ella Garrett 1/16
Charles Crawford 1/7	Yanick Jasmin 1/16
Eula Hardy Grant 1/7	Arnold Pack 1/17
Mildred Williams 1/8	Eileen Holloway
Daisy Shavers 1/8	Josephine Samms 1/23
Doreen Hercules 1/8	Anthony Alleyne 1/24
Noel Stanford 1/12	Elianne Desrosiers 1/25
Marjorie Hall 1/9	Maria Ison 1/25
Janice Hyner 1/9	Angela Alleyne 1/25
Agard Desmond 1/10	Suze Ceptus 1/26
Joan Austin 1/11	Reynolds Dessources 1/30
	Dorothy Messam 1/31



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

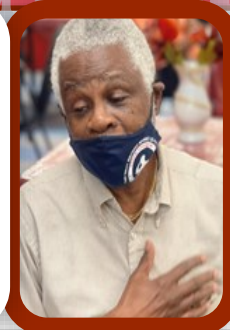
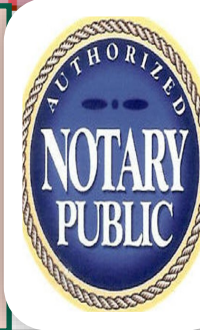
CASE ASSISTANCE - COMMUNITY INFORMATION & EVENTS

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 @ 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.



Department of
Veterans' Services



CHAT & CHEW: MIND MATTERS

COGNITION, MEMORY, AGING, ALZHEIMER'S DISEASE & RISK REDUCTION

JANUARY 29, 2026 | VIRTUAL | 1:00-2:00 PM ET

Join the New York State Department of Veterans' Services for a one-hour Chat & Chew conversation exploring how cognition, memory, and aging affect Veterans and their families — and what we can all do to reduce risk for Alzheimer's disease and other cognitive changes.

Featuring a brain health researcher, a licensed clinical psychologist, and a trusted faith-based leader, this accessible dialogue blends science, lived experience, and community wisdom. Learn practical steps to protect brain health, support aging Veterans, and strengthen resilience in underserved communities. Bring your lunch and your questions!

Panelists: Dr. Chelsea Reichert, Geriatrics Psychiatry Nathan S. Kline Institute, Rev. Denise Lawson, Tap In! Dementia Tool Kit, and Dr. Mena Stramenga, Licensed Psychologist.

Join Us: <https://tinyurl.com/2tek3dhd>



Moderated by Dr. Lessie Branch
DVS Special Assistant for
Community Engagement



CHAT & CHEW

Bklyn
Public Library

Library Services
for Older Adults

Books by Mail

Books- to-Go

For more information about all of Brooklyn Public Library's services and programs for older adults, visit bklynlibrary.org/seniors, email seniors@bklynlibrary.org or call 718.236.1760.

BPL Outreach Readers are supported by the friends and family of Dominican Jones, whose fierce intellect, creativity and hard-fought road to a living wage and a safe home has inspired many. Dominican Jones was a member of police precinct 104, BPL's Outreach Services honor her legacy.

Services for Older Adults is partially funded by Consolidated Outreach Library Services grant from the New York State Education Department, administered by the State Library's Division of Library Development.

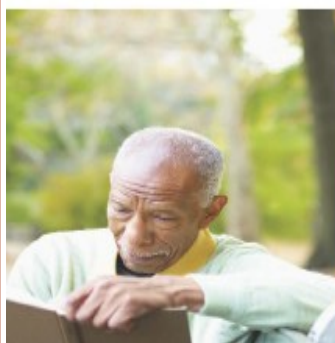
Bklyn
Public Library | Older Adults



Books-to-Go

Older adults who can't get to their neighborhood library can still enjoy Brooklyn Public Library's extensive collection!

Our **Books-to-Go** program serves nursing homes, senior centers and adult day-care centers, supplying seniors with reading and viewing materials.



Books by Mail

For seniors and individuals who are homebound (or have visual impairments), the Books by Mail program makes it easy to borrow materials from BPL. The service is fast and convenient—consider it ordering takeout for your mind!

We can provide:

- Large Print books
- Books in a variety of languages
- DVDs and audio books
- Book recommendations
- Monthly teleconferences and online courses

NUTRITION EDUCATION MONTHLY POST

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

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

Breakfast



Mix fruit with yogurt, oatmeal or whole grain cereal.



Include vegetables in an omelet or egg sandwich.



Make a smoothie with leafy greens and frozen fruit.

Lunch and Dinner



Add vegetables to soups, stews or casseroles.



Mix vegetables with pasta, rice or couscous



Top tacos, pizzas and pita bread with vegetables.

Snacks



Enjoy fruit with peanut butter.



Add vegetables to half of a sandwich.



Serve fresh vegetables with a bean dip.

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

For more information about Stellar Farmers Markets, visit nyc.gov and search for **farmers markets**.

For healthy recipes, visit jsyfruitveggies.org.

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-542-3009 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).

NYC
Health

Just Say Yes to Fruits and Vegetables

HAPPY AND BLESS NEW YEAR 2026



Sources: [New Year](#)



GLENWOOD SENIOR CENTER STAFF

Samira Alieva	Vice President Of OAS
Ron Carson	Director Of Field Operations
Nadine Aspilaire	Program Manager
Vacant	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

Catholic charities Mission Statement

FUNDED BY THE NYC AGING

