



# THE WOOD

Catholic Charities Neighborhood Services

## GLENWOOD OLDER ADULT CENTER

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

### FEBRUARY 2026

Dear CCNS Glenwood OA Members,

February might be chilly, but it's the perfect time to focus on the warmth we bring to each other through kindness and connection. Simple acts of love and compassion can make someone's day better and lift their mood. When we care for and support each other, our friendships become stronger. Let's keep building this warmth and light together, turning it into real friendship. Even in winter, February gives us a chance to grow closer and create lasting bonds.

Happy Valentine's Day

Nadine Aspilaire,

Program Manager



### FEBRUARY AWARENESS MONTH

- American Heart Month
- AMD/Low Vision Awareness Month
- African Heritage & Health Week (first week of February)
- Congenital Heart Defect Awareness Week (February 7-14)
- Eating Disorders Awareness and Screening Week (last week of February)
- National "Wear Red" Day for women's heart health (February 5)
- Teen Dating Violence Awareness Month
- Sleep Awareness Month
- World Social Work Day

# Heart Valve Disease - Know Your Risk - Talk To Your Doctor

Heart *valve* disease is one of the other types of heart disease. The medical experts said it can happen at any age, regardless of race or gender—and adults over 65 are at the highest risk.

**Heart Valve Failure Starts With Aortic Stenosis** - One of the most common types of heart valve disease in the US is called aortic stenosis. It's also the most dangerous. Over time, it can progress to heart valve failure, a condition that's as deadly as some cancers.

They said Aortic stenosis occurs when the flaps (or leaflets) of the aortic valve become stiff due to calcium buildup, preventing them from properly opening and closing. This makes the heart work much harder to push blood through the tight valve opening. Many people are diagnosed only after their symptoms are put in the hospital. By the time your heart sends up warning signs, it might be too late.

**Heart Valve Failure Can Cause A Sudden "Drop Off" In Your Health.** Things can go from bad to worse quickly—even

without symptoms. An echocardiogram could be your only chance of finding out if you have heart valve failure. Talk to your doctor today about your risks

**What Doctors Look For When Examining People For Heart Valve Failure.**

a) How are you and your family? - The cause of heart valve failure varies from person to person. Review your health history and family history with your doctor and discuss whether you have any **risk factors**. Are you over 65? Then you could be at risk!  
b) How do you sound? - Doctors are trained to listen to your heart for murmurs by using a stethoscope. A murmur may be the only clue that you have heart valve failure.

A murmur could be an "SOS" from the heart.  
c) How do you feel? - Common symptoms like fatigue, shortness of breath, chest pain, and dizziness can make catching heart valve failure a real challenge. Do not dismiss these symptoms as normal signs of aging or other medical issues.

Feel something? Say something .  
Let your doctor know

how you've been feeling, no matter how minor something may seem. If you have any of the risks or signs associated with heart valve failure, you need to ask for an echocardiogram.

**Timing Is Important - With severe aortic stenosis (heart valve failure), every week matters.** Even if you don't have symptoms, heart valve failure can get worse quickly and unpredictably. Waiting can be deadly. Every delay shrinks your treatment window. With a timely diagnosis and medical intervention, you can take the necessary steps to avoid the worst of this deadly condition.

They said putting off treatment will not delay the danger - A heart valve failure diagnosis means it's GO TIME! -

There's no way to prevent heart valve failure from getting worse. Left alone, it can lead to serious complications like heart failure and stroke. These can strike suddenly, putting you in the hospital with little to no warning.



**DID YOU KNOW?**

Heart valve disease mainly affects older adults but impacts sub-populations equally, regardless of race, gender, or socioeconomic status.

**What is Heart Valve Disease?**

Heart valve disease disturbs the normal flow of blood through the heart and affects the overall health.

# When is the Best Time To Enroll In Part D

Find out the best times to enroll in Part D to avoid penalties and gaps in coverage.

If you need to enroll in Medicare Part D for the first time, typically you will do so either during your [Initial Enrollment Period \(IEP\)](#), the [Fall Open Enrollment Period](#), or if you qualify for a [Special Enrollment Period \(SEP\)](#). Additionally, you must:

Have Part A and/or Part B

And, live in the Part D plan's service area

## Part D Initial Enrollment Period (IEP)

Your Part D IEP is usually the same as your Medicare IEP: the seven-month period that includes the three months before, the month of, and the three months following your 65th birthday.

For example, let's say you turn 65 in May. Your IEP runs from February 1 to August 31.

The date when your Part D coverage begins depends on when you sign up:

Enrolling during the first three months of the IEP means coverage begins the first day of the fourth month.

Enrolling during the fourth month of the IEP or any of the three months afterwards means

coverage begins the month following the month of Enrollment. Note: If you are enrolled in Medicare because of a disability and currently pay a premium penalty, once you turn 65 you will no longer have to pay the penalty. This is because you will qualify for a new Part D IEP when you turn 65.

**Fall Open Enrollment** You should enroll in Part D as soon as you are eligible to avoid a potential [late enrollment penalty \(LEP\)](#) and gaps in coverage. If you do not enroll in Part D during your IEP, you can also enroll in or make changes to Part D coverage during the Fall Open Enrollment Period—but you may have a late enrollment penalty if you are using Fall Open Enrollment to enroll in Part D for the first time.

## Special Enrollment Periods

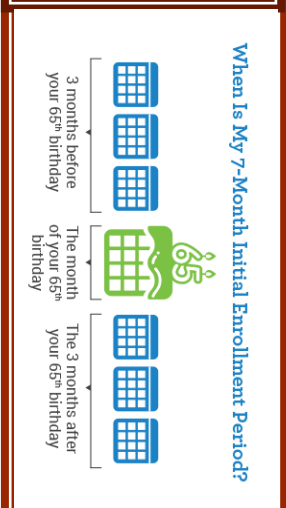
Under certain circumstances, you may have an SEP to enroll in a Part D plan, including if you:

- Had [creditable drug coverage](#)
- Have [job-based drug coverage](#) through your or your spouse's employment

Are eligible for [Extra Help](#)

## General Enrollment Period

If you enroll in premium Part A and/or Part B during the [General Enrollment Period](#) (January 1 to March 31 of each year), you have an SEP to join a Part D plan starting the date you submit your application for premium Part A or Part B. The SEP lasts for the first two months of enrollment in premium Part A or Part B. Your Part D coverage would begin the first day of the month following the month you enroll in Part D.



Part D Initial Enrollment Period (IEP)	
<ul style="list-style-type: none"> <li>When you first become eligible to get Medicare</li> <li>7-month IEP for Part D</li> </ul>	
If You Join	Coverage Begins
During the 3 months before you turn 65	Date eligible for Medicare
During the month you turn 65	First day of the following month
During the 3 months after you turn 65	First day of the month after month you apply

# HAPPY VALENTINE'S DAY 2026

February is the shortest month of the year and is the only month with several historical celebrations. Firstly, the entire month is celebrated as Black History Month here in the US to honor the history and achievements of Black people.

Valentine's Day is another popular event in February. People show love and affection by giving flowers, chocolates, and gifts. We also celebrate with a Valentine party at our center.

February additionally includes Presidents' Day, which honors four former presidents with birthdays this month. Many people also look forward to the Super Bowl, gathering to watch the big game on TV. And of course, we all hope the groundhog predicts early spring.

Stay warm!



Angela Alleyne; member and volunteer of the Glenwood OAC

# HAPPY VALENTINE'S - JUDGE SOFTLY

## JUDGE SOFTLY

Pray, don't find fault with the man that limps, Or stumbles along the road.  
Unless you have worn the moccasins he wears Or stumbled beneath the same load.  
There may be tears in his soles that hurt Though hidden away from view.  
The burden he bears placed on your back  
May cause you to stumble and fall, too.

Don't sneer at the man who is down today Unless you have felt the same blow That caused  
his fall or felt the shame That only the fallen know.  
You may be strong, but still the blows  
That were his, unknown to you in the same way, May cause you to stagger and fall, too.  
Don't be too harsh with the man that sins.  
Or pelt him with words, or stone, or disdain.

Unless you are sure you have no sins of your own, And it's only wisdom and love that your  
heart contains.

For you know if the tempter's voice  
Should whisper as soft to you,  
As it did to him when he went astray,  
It might cause you to falter, too.

Just walk a mile in his moccasins  
Before you abuse, criticize and accuse.  
If just for one hour, you could find a way To see through his  
eyes, instead of your own muse.

I believe you'd be surprised to see  
That you've been blind and narrow-minded, even unkind.  
There are people on reservations and in the ghettos Who have  
so little hope, and too much worry on their minds.  
Brother, there but for the grace of God go you and I.

Just for a moment, slip into his mind and traditions And see the world through his spirit  
and eyes Before you cast a stone or falsely judge his conditions.  
Remember to walk a mile in his moccasins And remember the lessons of humanity taught  
to you by your elders.

We will be known forever by the tracks we leave In other people's lives, our kindnesses and  
generosity.

Take the time to walk a mile in his moccasins.  
~ by Mary T. Lathrap, 1895

Message share by Gardner Weekes, President of Glenwood Advisory Council



# BLACK HISTORY MONTH 2026

<p><b>FORTITUDE</b></p> <p><b>Jackie Robinson</b> 1919-1972</p> <p>“A life is not important except in the impact it has on other lives.”</p> <p>• Baseball Player and Civil Rights Pioneer. • First African American to play in Major League Baseball (MLB) - broke the color line in sports.</p>	<p><b>CHAMPION</b></p> <p><b>Muhammad Ali</b> 1942-2016</p> <p>“If my mind can conceive it, and my heart can believe it, then I can achieve it.”</p> <p>• Boxer, Activist, and Global Cultural Icon. • The greatest boxer of all time, three time world heavyweight champion. He opposed war and openly criticized racism, becoming a global symbol of defiance and conscience.</p>	<p><b>DETERMINATION</b></p> <p><b>Florence G. Joyner</b> 1959-1998</p> <p>“When anyone tells me I can't do anything, I'm just not listening anymore.”</p> <p>• Track and Field Athlete and Olympic Champion. • The fastest woman in history, setting enduring world records in the 100m and 200m at the 1988 Olympics.</p>	<p><b>EXCELLENCE</b></p> <p><b>Michael Jordan</b> Born 1963</p> <p>“I can accept failure, everyone fails at something. But I can't accept not trying.”</p> <p>• Professional Basketball Player and Businessman. • The greatest basketball player of all time. He won 6 NBA Championships, 5 MVP awards, and became a global cultural and sports icon.</p>
---	---	--	---

<p><b>HOPE</b></p> <p><b>Barack Obama</b> Born 1961</p> <p>“We didn't overcome the color barrier because we stayed in it. We overcame it because we stepped out of it.”</p> <p>• Former President and author of the best-selling memoirs <i>Dreams from My Father</i> and <i>The Audacity of Hope</i>. He was the first African American to become President of the United States (2009-2017).</p>	<p><b>BOLDNESS</b></p> <p><b>Shirley Chisholm</b> 1924-2005</p> <p>“If they don't give you a seat at the table, bring a folding chair.”</p> <p>• Activist, Congresswoman, and the first African American woman to be elected to the United States Congress (1968-1983).</p>	<p><b>DUTY</b></p> <p><b>Celia Powell</b> 1917-2011</p> <p>“You don't know what you can get out of a woman with a will and a strategy.”</p> <p>• Army Nurse, Activist, and the first African American woman to be promoted to the rank of Major General (1952-1981).</p>	<p><b>RESILIENCE</b></p> <p><b>Kamala Harris</b> Born 1964</p> <p>“Our country is built on strength and tenacity and diversity is our power.”</p> <p>• Attorney, Activist, and the first African American woman to be elected Vice President of the United States (2021-2025).</p>
--	---	--	--

<p><b>ACHIEVEMENT</b></p> <p><b>Nelson Mandela</b> 1918-2013</p> <p>“It is better to be hated for what you stand for than to be loved for what you do not stand for.”</p> <p>• Anti-apartheid struggle leader, statesman, and the first Black President of South Africa (1994-1999).</p>	<p><b>HUMANITY</b></p> <p><b>Thurgood Marshall</b> 1917-1993</p> <p>“Equal means giving the same thing, at the same time and in the same place.”</p> <p>• Civil rights lawyer and the first African American woman to be appointed to the United States Supreme Court (1967-1991).</p>	<p><b>TRUTH</b></p> <p><b>Sojourner Truth</b> 1775-1875</p> <p>“I am not going to sit here and be a statue. I am going to be a living star.”</p> <p>• Abolitionist and the first African American woman to speak at the Seneca Falls Convention (1848).</p>	<p><b>FOUNDATION</b></p> <p><b>Frederick Douglass</b> 1818-1895</p> <p>“If there is no struggle, there is no progress. Those who prefer to ease themselves to rest are doing themselves a greater injury than those who attempt to succeed by struggle.”</p> <p>• Abolitionist, orator, and the first African American man to be elected to the United States House of Representatives (1845-1848).</p>
--	--	---	---

<p><b>FAIRNESS</b></p> <p><b>Martin Luther King Jr.</b> 1929-1968</p> <p>“Darkness cannot drive out darkness; only light can do that.”</p> <p>• Baptist Minister, Civil Rights Activist, and Political Philosopher. • He led the Civil Rights Movement and delivered the historic “I Have a Dream” speech.</p>	<p><b>COURAGE</b></p> <p><b>Rosa Parks</b> 1913-2005</p> <p>“You must never be fearful about what you are doing when it is right.”</p> <p>• Civil Rights Activist and Symbol of the Montgomery Bus Boycott. • Her refusal to move from her seat on a bus in Montgomery ignited a nationwide movement for equality.</p>	<p><b>INTEGRITY</b></p> <p><b>Malcolm X</b> 1925-1965</p> <p>“I'm for truth, no matter who tells it. I'm for justice, no matter who it is for or against.”</p> <p>• Civil Rights Activist, Minister, and Influential Voice for Black Empowerment. • Advocate for Black empowerment and human rights. The Autobiography of Malcolm X (1965) made him an ideological hero.</p>	<p><b>BRAVE</b></p> <p><b>Harriet Tubman</b> 1822-1913</p> <p>“Every great dream begins with a dreamer.”</p> <p>• Abolitionist, Humanitarian, and Conductor on the Underground Railroad. • She led enslaved people to freedom through the Underground Railroad. She served the Union as a scout and spy during the Civil War.</p>
--	--	--	---

<p><b>WISDOM</b></p> <p><b>Maya Angelou</b> 1928-2014</p> <p>“I've learned that you can't get through this world without a little bit of sass.”</p> <p>• Poet, Novelist, Actress, and Civil Rights Activist. She is best known for her autobiographies, including <i>I Know Why the Caged Bird Sings</i>.</p>	<p><b>INNOVATION</b></p> <p><b>Langston Hughes</b> 1902-1967</p> <p>“Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly.”</p> <p>• Poet, Novelist, and the first African American to be elected to the Harlem Renaissance. He was a key figure in the development of jazz poetry.</p>	<p><b>INSIGHT</b></p> <p><b>James Baldwin</b> 1924-1987</p> <p>“I'm not a Negro problem. I'm a human being.”</p> <p>• Author, Critic, and the first African American to be elected to the National Book Award (1954).</p>	<p><b>INFLUENCE</b></p> <p><b>Oprah Winfrey</b> Born 1954</p> <p>“Doing the best at what you do is the best way to get to the best place for the next step.”</p> <p>• Talk Show Host, Actress, and the first African American woman to be elected to the National Book Award (1988).</p>
---	---	---	--

<p><b>PRECISION</b></p> <p><b>Katherine Johnson</b> 1918-2020</p> <p>“The stars are just points of light in a vast, dark sky.”</p> <p>• Mathematician and NASA employee. She was the first African American woman to work for NASA and the first African American woman to be elected to the National Book Award (1988).</p>	<p><b>VISION</b></p> <p><b>Mae Jemison</b> Born 1955</p> <p>“Never be limited by other people's imaginations.”</p> <p>• Astronaut and the first African American woman to be elected to the National Book Award (1988).</p>	<p><b>INGENUITY</b></p> <p><b>Garrett Morgan</b> 1877-1963</p> <p>“If you can be the best, there is no one else to be the best.”</p> <p>• Inventor, Entrepreneur, and the first African American man to be elected to the National Book Award (1988).</p>	<p><b>CREATIVITY</b></p> <p><b>George W. Carver</b> 1845-1940</p> <p>“Education is the key to unlock the golden door of freedom.”</p> <p>• Agricultural Scientist and the first African American man to be elected to the National Book Award (1988).</p>
--	---	---	---

# GAME CENTER TO IMPROVE YOUR MENTAL FITNESS



## SENIOR FINISH THE PHRASE

Can you complete these phrases?

1. Absence makes the heart grow .....
2. Cleanliness is next to .....
3. Don't judge a book by its .....
4. Good things come to those who .....
5. If the shoe fits, .....
6. Make hay while the sun .....
7. Money doesn't grow on .....
8. No news is .....
9. Rome wasn't built in a .....
10. There's no place like .....
11. Gone with the .....
12. I'm dreaming of a white .....
13. Over the .....
14. Raindrops keep falling on my .....
15. Singin' in the .....
16. Somewhere out .....
17. The Sound of .....
18. When you wish upon a .....
19. You are my .....
20. Que Sera, .....

1



## SENIOR FINISH THE PHRASE

Can you complete these phrases?

21. A bird in the hand is worth two in the .....
22. Actions speak louder than .....
23. All's well that ends .....
24. Beauty is in the eye of the .....
25. Don't put all your eggs in one .....
26. Honesty is the best .....
27. Kill two birds with one .....
28. Look before you .....
29. Necessity is the mother of .....
30. The grass is always greener on the other .....
31. As happy as the day is .....
32. Blind as a .....
33. Clear as a .....
34. Cold hands, warm .....
35. Dead as a .....
36. Dull as .....
37. Flat as a .....
38. Light as a .....
39. Plain as the nose on your .....
40. Quiet as a .....

2

# SOLVE THE SUDOKU GAME

### Very Easy

	4		5		7			
	9	1			3			2
6	8	5			4		7	9
	3	4		6	5			
5			3				8	
	2				1			
9	5				8			4
		3	1	4				
					2			6

### Easy

	4	1	2	6				
					4			
		7	9			2		
3		2						
							5	1
		6		5	8			
					3		6	4
		9				3		
4		5			9			8

### Medium

	6		3				9	5
					7			1
2						7		8
		5			6			
		9	7					
	7			5	3	1	2	
		1			9			
				3	8		5	
	3	4		7				

### Hard

		3		7		4		
	2		9					5
						1		
	1		5				4	9
6				3		2		
		8		4	7		6	
		9					5	7
			3					
		5			2	6		



## Valentine's CANDY MATCH



Match the clue to the Candy. The player who gets the most correct answers wins!

- |          |     |                                  |    |                     |
|----------|-----|----------------------------------|----|---------------------|
| <u>D</u> | 1.  | Love you today and tomorrow      | A. | Gummy Bears         |
| <u>R</u> | 2.  | Three best friends               | B. | Almond Joy          |
| <u>K</u> | 3.  | Warm Embraces                    | C. | Conversation Hearts |
| <u>J</u> | 4.  | I like the way you roll          | D. | Now & Later         |
| <u>G</u> | 5.  | I feel richer when I am with you | E. | Snickers            |
| <u>C</u> | 6.  | I love your little notes         | F. | Red Hots            |
| <u>E</u> | 7.  | You satisfy my cravings          | G. | 100 Grand           |
| <u>Q</u> | 8.  | Over the rainbow with you        | H. | Lifesavers          |
| <u>M</u> | 9.  | You've got me twisted in love    | I. | Starburst           |
| <u>A</u> | 10. | I can't bear to be without you   | J. | Tootsie Roll        |
| <u>P</u> | 11. | I love that you make me laugh    | K. | Hershey's Hugs      |
| <u>F</u> | 12. | You light up my life             | L. | Pop Rocks           |
| <u>I</u> | 13. | You are my sweet little star     | M. | Twizzlers           |
| <u>O</u> | 14. | We are two of a kind             | N. | Milky Way           |
| <u>B</u> | 15. | You bring joy to my life         | O. | Twix                |
| <u>L</u> | 16. | You make my heart pop            | P. | Laffy Taffy         |
| <u>N</u> | 17. | You are out of this world        | Q. | Skittles            |
| <u>H</u> | 18. | I'd drift away with you          | R. | 3 Musketeers        |

# FEBRUARY'S UPCOMING EVENTS / ACTIVITIES / GUEST SPEAKERS

Poetry in motion (Claire & Vilma) - (Men's Round Table Group Discussion (Lenox) - /General Membership Mtg - Advisory Mtg (Center) - Current Event Group Discussion (Vilma - Claire) / Spanish Group Discussion (Corey / Grace) - center/ audio - Creole Group Discussion (Mireille JN (center - Audio) / Strength exercise - Tommy the experience - Cardio Fusion / Yoga -Island Rhythms -Yvette / Blood pressure screening & monitoring (Claire - Maureen - Norwood- Polidore- Desire- Jocelyne) / Sewing class (Ivil W-Bernice) / Loom knitting (Sonia R) - Computer Class / Piano lesson ( I. Walters) / Painting Class with Flovil- February's Birthday Celebration / identity Theft & Scam- 53rd Precinct / Emergency Preparedness / Qualification for Assisted Living- (Four Seasons) / Ash Distribution on Ash Wednesday/Valentine's Day Celebration / Black History Celebration



GUEST SPEAKERS

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

GRAB YOUR PHONE, IPAD, TABLET OR PENCIL -

DOMINOES

MEN'S GROUP

DO YOU NEED ASSISTANCE WITH USING THE FEATURES ON

BINGO

The Center Is Opened For The Whole Month Of February 2026

# JANUARY BIRTHDAY CELEBRATION AND CELEBRANTS



# NEW YEAR'S CELEBRATION



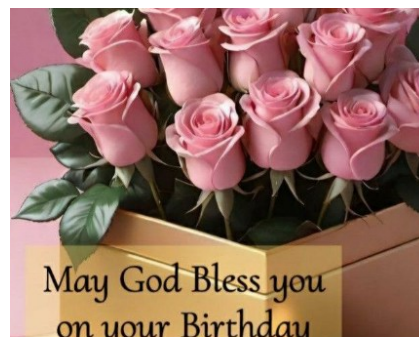
# HAITIAN'S INDEPENDENCE DAY CELEBRATION



# BEST WISHES TO OUR FEBRUARY'S BIRTHDAY CELEBRANTS!



- |                      |                                 |
|----------------------|---------------------------------|
| Gloria Dabreo 2/1    | Karen Hodnett 2/22              |
| Juliette Cooper 2/1  | Gloria Grant 2/19               |
| Baron Ashman 2/2     | Marlene Evanson 2/20            |
| Bazil Morris 2/2     | Marjorie Fongyit 2/21           |
| Ana Huaylinos 2/3    | Brunet Michel 2/21              |
| Miriam Campbell 2/4  | Lois Morris 2/22                |
| Joyce Dowridge 2/6   | Marie Jean Cayo 2/22            |
| Norma Hinckson 2/5   | Leonora Rudkowski 2/25          |
| Evelyn Hawkins 2/6   | Walterrine Barton 2/25          |
| Earl Thompson 2/7    | Claudia Hutchinson 2/26         |
| Cheryl Meisles 2/7   | Doris Hercules 2/27             |
| Jennifer Codling 2/9 | Valerie Calliste 2/27           |
| Violet Palmer 2/10   | Daphne Jones 2/28               |
| Maria Peralta 2/11   | Lydia Akobi 2/28                |
| Yvonne Hamilton 2/12 | Allene Bryant 2/29              |
| Dorothy Belton 2/15  | Utilder Valerie Granderson 2/11 |
| Carl Stephens 2/16   | Verna Marshall 2/1              |
| Edlin Gibson 2/16    |                                 |
| Connie Ward 2/18     |                                 |
| Daniel De Leon 2/21  |                                 |



**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

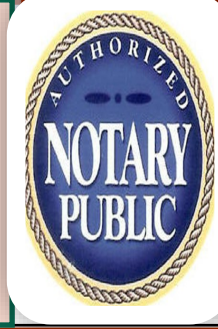
## CASE ASSISTANCE - COMMUNITY INFORMATION & EVENTS

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.



NYC Department for the Aging



## Feel Like Talking?

Enjoy Regular, Friendly Calls At Your Convenience

Call (718)-748-0650 For More Info

Brought to you by our student social work interns pursuing a Masters in Social Work who are excited to chat and listen! Join us to brighten your day and nurture your well-being, everyone deserves a friendly voice to share their thoughts and feelings with!

### What Can You Expect

- You will contact when it is convenient for you to accept a call
- A quick check-in to see how you are doing
- Help you connect with benefits and services you may need
- A chance to meet new people
- A time to talk about you - your week, hobbies and interests
- Or just share a laugh with good company.

### How This Can Lift Up Your Day

- Sometimes a simple conversation can really brighten your day
- Creates a sense of connection
- Sparks positive emotions
- Sometimes just talking things over with someone can help you see things differently
- Feeling understood may not solve everything but can lighten your load.

## Tax Help 2026

Tax Day is Wednesday, April 15, 2025



Brooklyn Public Library is hosting free tax help to Individuals and households earning \$97,000 or less with dependents OR \$68,000 or less without dependents in 2025.

Sessions are in-person and by appointment only (except for Greenpoint that is walk-ins only).

Visit [bklynlib.org/taxhelp](https://bklynlib.org/taxhelp) or scan the QR code for information on how to make an appointment and what documents you need to bring.

Tax Services are offered at multiple Brooklyn Public Library branches, including:

- Brighton Beach
- Bushwick
- Central
- Coney Island
- Crown Heights
- Flatbush
- Greenpoint
- Jamaica Bay
- Macon
- Rugby
- Sheepshead Bay

Can't find tax help at your neighborhood library? Check out NYC's Department of Consumer and Worker Protection Free Tax Help Map to find a location near you: [tinyurl.com/TaxHelpNYC](https://tinyurl.com/TaxHelpNYC)

**Bklyn**  
Public Library

# KINGS COUNTY SUPPLEMENTAL FOOD DISTRIBUTION

NYC  
HEALTH+  
HOSPITALS

## Kings County



Commodity  
Supplemental  
FOOD PROGRAM

New York State Department of Health

### COMMODITY SUPPLEMENTAL FOOD PROGRAM

FREE, FREE, FREE...

FREE GROCERY FOR

ALL SENIORS ONLY...!!!

- ⇒ 60 YEAR OR OLDER
- ⇒ RESIDENTS OF NEW YORK
- ⇒ LOW INCOME

**NOTE: IF YOU PICK UP AT NY COMMON PANTRY, or ISLAND HARVEST FOOD BANK NY, YOU ARE NOT ELEGIBLE.**

IF YOU ARE 60 YEAR OR OLDER, PLEASE COME ON JOIN

**February 5, 2026 From 9:00 am to 10:30 am**

**To 5701 Avenue H, Brooklyn, NY, 11234**

**Catholic Charities Glenwood Senior Center**

#### TO APPLY:

#### BRING WITH YOU THE FOLLOWING DOCUMENTS:

- ⇒ PHOTO I.D.
- ⇒ PROOF OF AGE
- ⇒ 2026 PROOF OF ADDRESS
- ⇒ 2026 PROOF OF INCOME

IF YOU HAVE ANY ADDITIONAL QUESTIONS PLEASE

CALL US 840 Alabama Ave, Brooklyn, NY. 11207

AT Phone Number 718-498-9208



#### ATTENTION

Must Bring PHOTO ID, Shopping  
Cart /Shopping Bags.....



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

# FRESH FRUITS & VEGETABLES DISTRIBUTION WITH THE CELESTIAL CHURCH OF CHRIST

**CCNS GLENWOOD OAC**

**FRESH FRUITS &  
VEGETABLES DRIVE**



Fresh Fruits And Vegetables Are Donated  
By The Celestial Church Of God

**TUESDAYS OR WEDNESDAYS  
DEPENDING ON AVAILABILITY**

Call Glenwood OAC (718-241-7711)  
For More Info











Glenwood OAC is sponsored By The NYC Aging

# NUTRITION EDUCATION MONTHLY POST

## Easy Ways to ... Eat the Whole Plant

Reduce waste! Cook with all parts of fruits and vegetables.

Part of Plant	Fruit or Vegetable	Ways to Cook
<b>Roots</b> 	Celery root	Roast, mash or stew
<b>Stems</b> 	Asparagus, beets, broccoli, cauliflower, chard, collards, fennel, kale	Braise or sauté; use woody part of asparagus in soup stocks; use peeled broccoli and cauliflower stems in soups or stir-fries
<b>Greens or Tops</b> 	Beets, carrots, cauliflower, celery, fennel, kohlrabi, leeks, onions, radishes, turnips	Sauté, blend in green smoothies, flavor and garnish salads and soups
<b>Flowers</b> 	Arugula, chives, cilantro/coriander, dill, fennel, garlic scapes, lavender, mustard, zucchini	Sauté or add to a salad, use garlic scapes to make pesto
<b>Seeds</b> 	Pumpkin and other winter squashes	Roast and add spices and herbs for flavor
<b>Peels</b> 	Citrus (lime, lemon, orange), potato	Bake potato peels for snacks; use citrus for zest
<b>Rinds</b> 	Watermelon and other melons (cantaloupe, casaba, honeydew)	Shave outer peel and use in place of cucumber in salads
<b>Cobs</b> 	Corn	Simmer to make a stock

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at

[facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

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

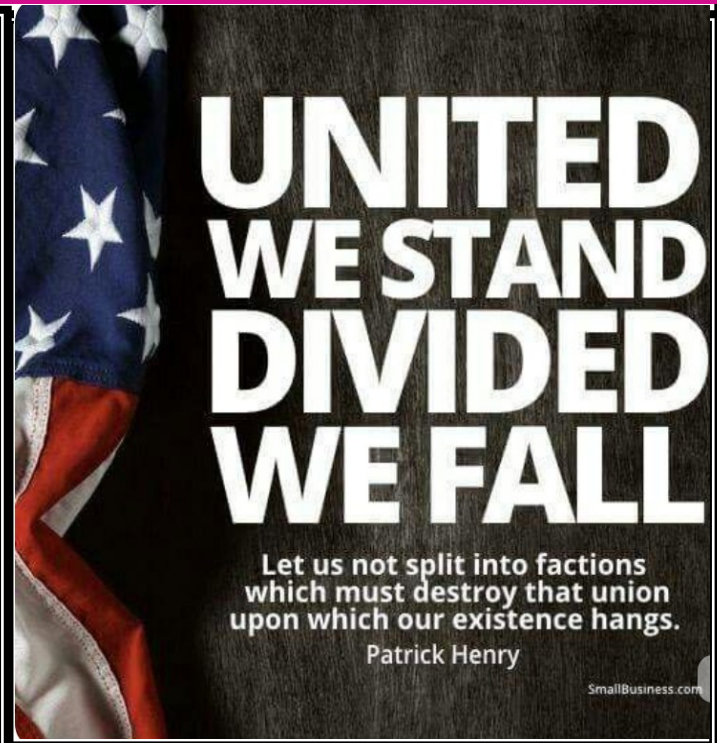
For healthy recipes, visit [jsyfruitveggies.org](http://jsyfruitveggies.org).

**NYC**  
Health

Just Say Yes to fruits and vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-242-2000 or go to [myfood.usda.gov](http://myfood.usda.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 800-795-5064 (voice and TDD).

# PRESIDENT'S DAY 2026



Sources: [Pin on America](#) / [Pin on What I like](#)

## 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
Vacant	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**

