



Our Voices



CATHOLIC CHARITIES BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144

DATA

February

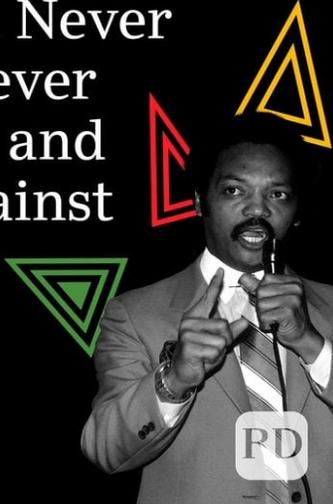
Catholic Charities Bayside Older Adult Center served **161 Meals** for our Holiday Party on 12/22/2025

Did you know Bayside Older Adult Center's average daily attendance for January 2026 is 173 as of 1/25/2026?



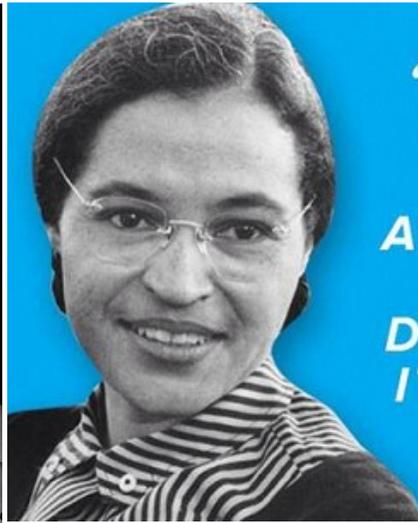
“If you fall behind,
run faster. Never
give up, never
surrender and
rise up against
all odds.”

—JESSE JACKSON,
AMERICAN POLITICAL
ACTIVIST, POLITICIAN
AND BAPTIST PREACHER



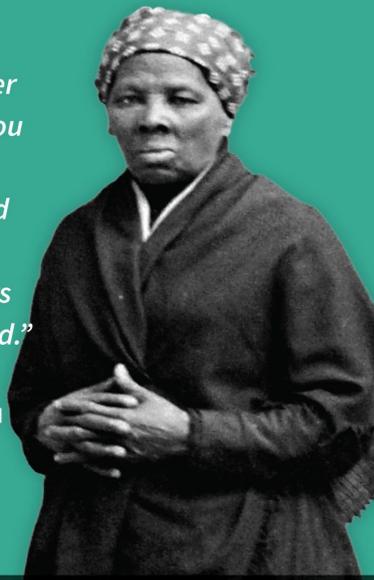
“YOU MUST
NEVER BE
FEARFUL
ABOUT WHAT
YOU ARE
DOING WHEN
IT IS RIGHT.”

ROSA PARKS



“Always remember
you have within you
the **strength**,
the **patience**, and
the **passion** to
reach for the stars
to change the world.”

HARRIET TUBMAN

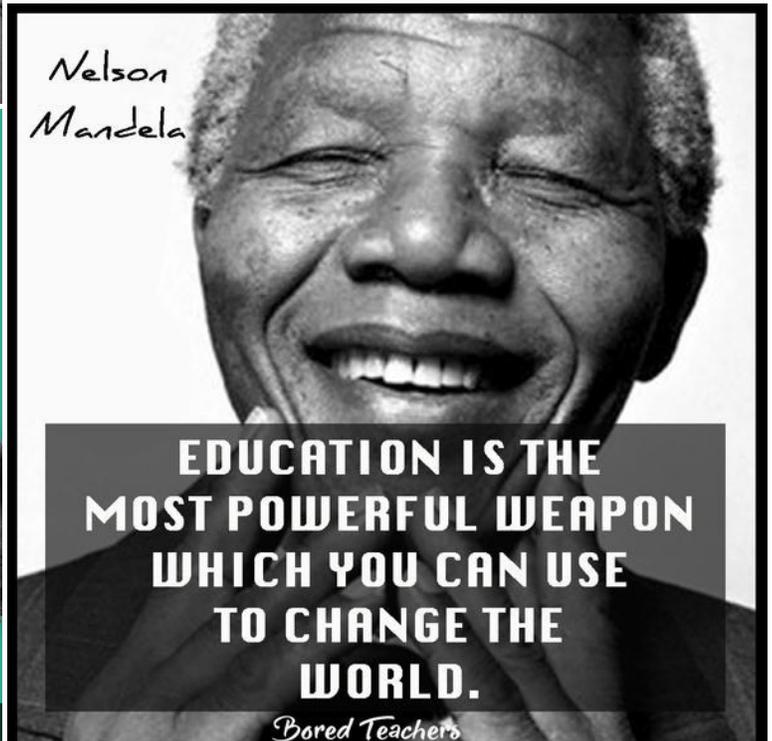


BLACK HISTORY MONTH

Nelson
Mandela

EDUCATION IS THE
MOST POWERFUL WEAPON
WHICH YOU CAN USE
TO CHANGE THE
WORLD.

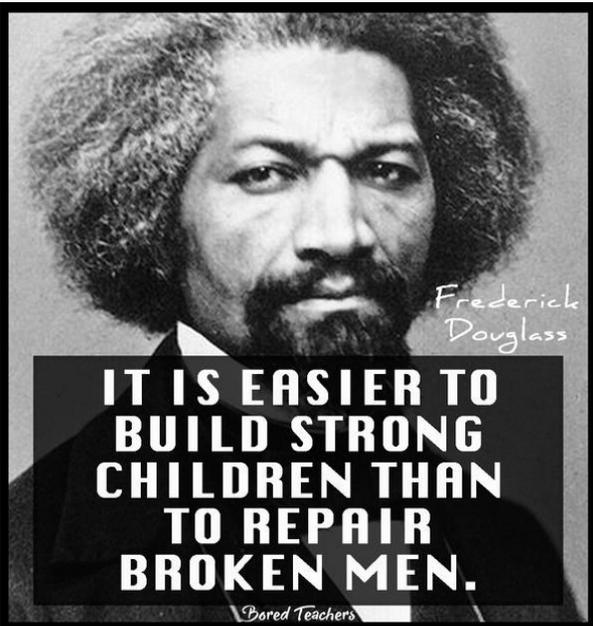
Bored Teachers



IT IS EASIER TO
BUILD STRONG
CHILDREN THAN
TO REPAIR
BROKEN MEN.

Bored Teachers

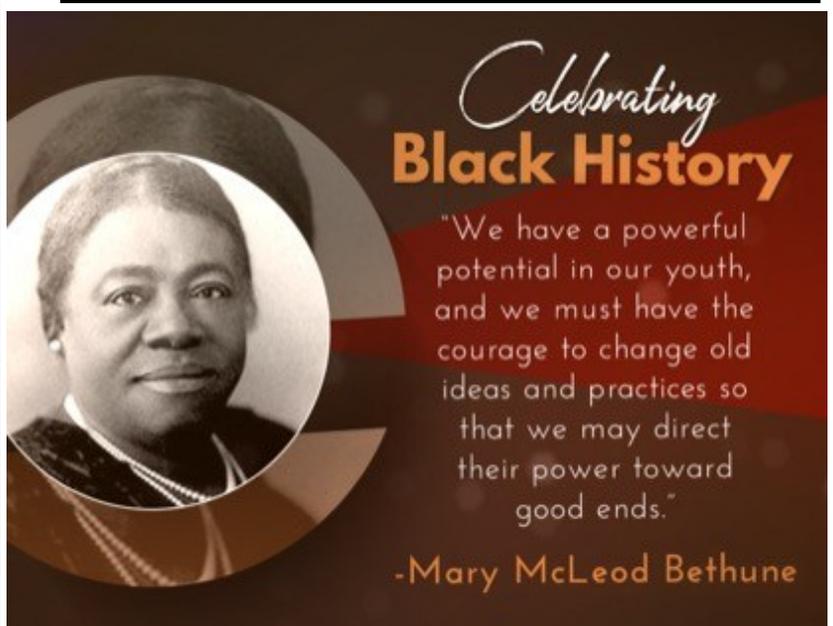
Frederick
Douglass



Celebrating
Black History

“We have a powerful
potential in our youth,
and we must have the
courage to change old
ideas and practices so
that we may direct
their power toward
good ends.”

-Mary McLeod Bethune



Bayside Older Adult Center Menu for February, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Classic Chicken Cacciatore Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) Whole Wheat Bread Prince Edward Blend Vegetables Apple; 1% Low Fat Milk</p>	<p>3 Chickpeas (1/2 cup) Rasta Pasta Whole wheat Bread Garden Salad Italian Blend Vegetables Banana 1% Low Fat Milk</p>	<p>4 BBQ Pulled Pork Whole Wheat Bread Yellow Rice Steamed Carrots Orange 1% Low Fat Milk</p>	<p>5 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple 1% Low Fat Milk</p>	<p>6 Baked Fish with Lemon Garlic Butter Sauce White Rice (1/2 cup) Whole Wheat Bread Sautéed Green Beans with Onions Pear 1% Low Fat Milk</p>
<p>9 Jerk Chicken Whole Wheat Bread California Blend Vegetables Homemade Mashed Potatoes Apple 1% Low Fat Milk</p>	<p>10 Chili-Spiced Pinto Bean Ragout Brown Rice (1/2 cup) Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk</p>	<p>11 Italian Style Pork Loin Tomato Sauce (pre-prepared, 1/2 cup); Penne (1/2 cup) Whole Wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Orange; 1% Low Fat Milk</p>	<p>12 Beef Stew Whole Wheat Bread Garlic Mashed Potatoes Steamed Carrots Apple 1% Low Fat Milk</p>	<p>13 Annes Lemon Garlic Sauce Baked Salmon Whole Wheat Bread Baked Sweet Potato Sautéed Green Beans with Onions Pear 1% Low Fat Milk</p>
<p>16 Center Closed "Presidents' Day"</p>	<p>17 Veg Lo Mien Salad</p>	<p>18 Pork Potstickers Rice Oriental Blend of Vegetables</p>	<p>19 Beef & Broccoli Riced Carrots</p>	<p>20 Asian Glazed Salmon Rice String Beans & Onions</p>
<p>23 Gen Tso Chicken White Rice Broccoli</p>	<p>24 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk</p>	<p>25 Annes Lemon Garlic Sauce Baked Pork White Rice (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Orange 1% Low Fat Milk</p>	<p>26 Mushroom Gravy Roast Beef Homemade Mashed Potatoes Whole Wheat Bread Garden Salad Apple 1% Low Fat Milk</p>	<p>27 Baked Fish Oreganata Whole Wheat Bread Garlic Mashed Potatoes Sautéed Green Beans with Onions Pear 1% Low Fat Milk</p>

Black History Month Word Search

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

ABOLITION
 ARMSTRONG
 BOYCOTT
 CIVIL
 WAR
 EQUALITY
 INTEGRATION
 CROW
 OWENS
 RIGHTS
 SLAVERY
 TUBMAN

AFRICA
 ASHE
 BUS
 RIGHTS
 DUBOIS
 FREEDOM
 JAZZ
 MARCH
 PARKS
 ROBINSON
 SOUL
 TUSKEGEE

ALI
 BLUES
 CARVER
 CIVIL
 EMANCIPATION
 GREENFIELD
 JIM
 KING
 RACISM
 SEGREGATION
 TRUTH
 VOTING

JinxyKids.com



HAPPY CHINESE NEW YEAR

ONE YEAR GOES BY TAKING WITH IT A SET OF HOPES AND ASPIRATIONS. ANOTHER YEAR COMES IN WITH BUNDLES OF NEW OPPORTUNITIES TO RELIVE YOUR DREAMS AND REALIZE YOUR GOALS.

© sayingImages.com

2026
HAPPY LUNAR NEW YEAR:
YEAR OF THE YANG FIRE HORSE

Chinese Zodiac

Year of the Horse

- 1906 (Fire)
- 1918 (Earth)
- 1930 (Metal)
- 1942 (Water)
- 1954 (Wood)
- 1966 (Fire)
- 1978 (Earth)
- 1990 (Metal)
- 2002 (Water)
- 2014 (Wood)
- 2026 (Fire)
- 2038 (Earth)
- 2050 (Metal)

www.FutureScopeAstrology.com

恭喜发财

Hope you are met with desired success at every step you take in the Chinese New Year.

© sayingImages.com

May wealth always come your way.
 May it be auspicious and as you wish.
 A Charm to Bring Satisfaction and Happiness Year by Year.

Happy Chinese New Year

© sayingImages.com

Why Staying Warm Is So Important for the Elderly



There are many reasons why older adults should keep warm. Lower temperatures can have an adverse impact on their wellbeing. According to the National Library of Medicine National Institute of Health, the mortality rate during the cold months is higher than that of warm months. Though it affects all ages, the elderly contribute to the majority of the cases.

The facts are clear; if an older person stays warm, their health improves drastically.

1. Improves Memory

Research shows that mental performance and overall alertness are at their age when the body temperature is right. Staying warm in a warm room or dressing warmly keeps one alert and improves the memory.

You can surely keep the body warm even when the temperature outside is chilly, but don't make your granny wear seven layers of clothing when you can turn on the thermostat.

2. Better for their Heart and Lungs

Cold air makes it hard to breathe. It makes their body tremble, besides causing their lungs to experience a burning-like sensation.

Slower breathing means less oxygen into a system, which impacts how your heart works. When an older adult stays warmer, their hearts and lungs remain healthier.

3. Improves the Immune System

Cold temperatures reduce the body's immune response. When they stay warm, it keeps their immune response at the right level and prevents it from dropping.

A lowered immune system leaves their body more vulnerable to sickness, which could be dangerous.

4. Keeps Them Comfortable

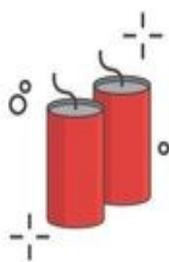
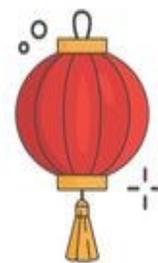
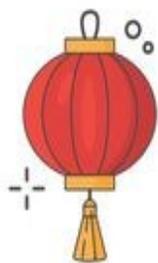
According to studies the mortality rate is significantly higher in cold climates or cold weather. People with suitable housing or access to heat are least affected

For those struggling with staying warm, the winter and cold weather put their lives at risk. Older adults should live in warm houses.

125+
YEARS OF CHANGING LIVES



Happy Chinese New Year



lantern firecrackers family parade money envelopes alter
dance monkey red spirits nap food happy dragon

Valentine's Trivia

1. What state produces a majority of America's roses?

- A. Florida
- B. California
- C. Texas

2. What is the most popular way to say "Be Mine"?

- A. Flowers
- B. Cards
- C. Candy

3. What fruit is also known as the "love apple"?

- A. Red Apples
- B. Tomatoes
- C. Blood Oranges

4. Who was the first television couple to share a bed on air (instead of twin beds)?

- A. Lucy and Ricky Ricardo
- B. Fred and Wilma Flintstone
- C. Mike and Carol Brady

5. Conversation hearts were first made by what company?

- A. Necco
- B. Hershey's
- C. Wonka

6. If a woman sees a robin on Valentine's Day, what kind of a man will she marry?

- A. A Sailor
- B. A Singer
- C. A Butcher

7. What state has a town called Valentine?

- A. California
- B. Vermont
- C. Nebraska

8. Who is Mickey Mouse's valentine?

- A. Goofy
- B. Daffy
- C. Minnie

9. In what year did Valentine's Day be declared an official holiday?

- A. 1537
- B. 1837
- C. 1937

10. How much does the average American spend on Valentine's Day?

- A. \$5
- B. \$20
- C. \$75

More on Back



Bayside Older Adult Center Activities for February, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Painting Group (9am-3pm) Belly Dance (Amira) 10am Zumba Dance (Amira) 11am Bingo (Pat) 12:30pm-1:30pm) Line Dance (1:30pm-3:00pm)</p>	<p>3 Painting Group (9am-3pm) Line Dance (Jennifer) 9am Yoga (Sharon) 10am Karaoke (David) 12:00pm Bingo (Pat) 12:30pm Latin Dance (Yukari) 1:30pm</p>	<p>4 Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Mah Jong (12:30pm) Latin Dance (Yukari) 1:00pm</p>	<p>5 Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00pm Mah Jong (12:30pm) Line Dance (Harrison) 1:00pm</p>	<p>6 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm) Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>9 Painting Group (9am-3pm) Belly Dance (Amira) 10am Zumba Dance (Amira) 11am Bingo (Pat) 12:30pm-1:30) Line Dance (1:30pm-3:00pm)</p>	<p>10 Painting Group (9am-3pm) Line Dance (Jennifer) 9am Yoga (Sharon) 10am Karaoke (David) 12:00pm Bingo (Pat) 12:30pm Latin Dance (Yukari) 1:30pm</p>	<p>11 Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) 10:30am "Nutrition and Healthy Food" (Dao Du) Mah Jong (12:30pm) Latin Dance (Yukari) 1:00pm</p>	<p>12 Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00pm Mah Jong (12:30pm) Line Dance (Harrison) 1:00pm</p>	<p>13 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm) Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>16 Center Closed "Presidents' Day"</p>	<p>17 Painting Group (9am-3pm) Line Dance (Jennifer) 9am Yoga (Sharon) 10am Karaoke (David) 12:00pm Bingo (Pat) 12:30pm Latin Dance (Yukari) 1:30pm</p>	<p>18 Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Mah Jong (12:30pm) Latin Dance (Yukari) 1:00pm</p>	<p>19 Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00pm Mah Jong (12:30pm) Line Dance (Harrison) 1:00pm</p>	<p>20 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm) Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>23 Painting Group (9am-3pm) Belly Dance (Amira) 10am Zumba Dance (Amira) 11am Bingo (Pat) 12:30pm-1:30pm) Line Dance (1:30pm-3:00pm)</p>	<p>24 Painting Group (9am-3pm) Line Dance (Jennifer) 9am Yoga (Sharon) 10am Karaoke (David) 12:00pm Bingo (Pat) 12:30pm Latin Dance (Yukari) 1:30pm</p>	<p>25 Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Mah Jong (12:30pm) Latin Dance (Yukari) 1:00pm</p>	<p>26 Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00pm Mah Jong (12:30pm) Line Dance (Harrison) 1:00pm</p>	<p>27 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) 10:30am "NYC Aging Presentation" Origami (Rose) 12:00-1:15pm) Live DJ and Social Dancing (1:00-3:00pm)</p>



Please be mindful the following are just superstitions. They are regarded as the “right” practices as an omen of luck for the new year.

16 Things You Should Never Do during Chinese New Year

Chinese People regard their right practice during [Chinese New Year](#) as an omen of luck for the coming year. Not only observing the festival by adhering to ancient rules, they would also try to avoid violating various taboos.

Some of those Chinese New Year taboos will only sustain for first few days of the festival, while others may be kept till the [Lantern Festival](#) on the 15th day of the 1st lunar month, or even for a whole month. Hereunder are 16 things you should never do during the Chinese New Year.



1. Taboo Words:

The first thing you should pay attention to is your words. Words with negative meaning should be avoided in daily conversation, such as breaking, running out, death, ghost, killing, sickness, pain, losing, and poverty. All these words should be replaced by euphemisms during the whole of Spring Festival.



2. Taking Medicine or Going to Hospital:

People should not take medicines, or see the doctor till the Lantern Festival; otherwise they may suffer from disease all the year round, and barely gain recovery. Although it is considered a practice of Chinese New Year superstitions, it is better to observe this tradition if you are not badly ill.



3. Breaking:

Never break a bowl, plate, glass, vase, or mirror, because breaking may result in money loss and family split in the future. If shattering one unheedingly, the fragments should be collected and wrapped by a red paper or cloth, and then littered on the fifth day of the New Year. Another remedy is to say, “Sui Sui Ping An,” which means safe and sound every year. The pronunciation of Chinese character Year (岁 Sui) and Broken (碎 Sui) are the same, so people use the homophones to expel bad luck.



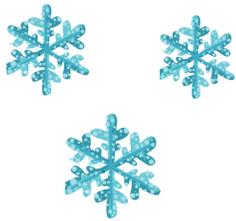
4. Washing Clothes:

The first two days of the Chinese New Year are considered the birthday of the Water God. So, if you wash clothes during these two days, the god will be offended.



5. Sweeping and Dumping:

On the 1st day of the 1st lunar month, there is a Chinese New Year taboo on sweeping the house and dumping the trash. Otherwise, all the savings and valuables will be swept away. If it is really necessary, the house owner should start the sweeping from outside to inside of the house, which intimates collecting money. Besides, pouring water outside should also be avoided, as flowing water indicates movement of money; in this case, money leaving the home.



6. Crying:

It is believed that the cry of children forebodes disease and misfortune, which may bring bad luck to the whole family. Therefore, to avoid children's crying during the festival, parents should not punish their kids, even if they make mistakes or are naughty.



7. Lending and Borrowing:

Do not lend or borrow anything on the first day of lunar January, especially money. Lending money is an unlucky omen, which means economical loss, so people should not offend friends or neighbors by borrowing something from them. Asking for return of debts owed is also a Chinese New Year taboo.



8. Married Daughter Returning Home:

If a woman gets married and lives apart with her husband's parents, she cannot visit her own parents on the first day of the New Year. Daughters are viewed as outsiders after they get married. If they return home on the first day, their parents would be stricken by poverty. Sometimes, parents live together with sons, and therefore the bad luck would also go to women's brothers.



9. Needle Work:

In some Chinese New Year superstitions, women are not expected to do needle work during the festival, which may give rise to unnecessary squabbles and quarrels with family members or neighbors. Making shoes is also a definite don't, for that may bring evil home.



10. Using Scissors:

Just like doing needlework, using scissors is also an omen for possible quarrels with others. If you want to go through the year peacefully, it is a big 'NO' to use the scissors during the first lunar month.



11. Getting a Haircut:

People should not get their hair cut during the first lunar month, for it indicates the death of their uncle (mother's brother), and of course it is a thing you should never do during the Chinese New Year. Although it sounds absurd, people are glad to abide by this tradition.



12. Porridge as Breakfast:

Porridge is a taboo for breakfast on the first day's morning. In the past, poor people could only afford rice porridge, so porridge reflects a down and out life. People usually eat dumplings as the first meal of the New Year.



13. Empty Rice Barrel:

The rice jar indicates people's living standards. If it gets empty, there may be some days of starvation waiting for them in the near future. So filling the rice jar to the brim before the New Year's Eve, is a means to attract a healthy financial situation.



14. Wakening Up Call:

People should not awaken others who are asleep on the first day of Spring Festival; otherwise, the one wakened up would be urged to do their work all the year around, exhausted and nervous.



15. Taking Afternoon Nap:

It is believed that people would become lazy all the year around if they take an afternoon nap on the first day of the Spring Festival. Besides, when there are visitors on that day, it is impolite if the host is sleeping.



16. Dressing in Rags or Wearing in Black and White:

Wearing new clothes means a brand new start, so ragged or dirty dressing symbolizes poverty and misfortune, and should be avoided. Besides, dressing in black and white is only applicable to woefully dour occasions like funerals and mourning ceremonies. Therefore, it is inappropriate to wear black or white clothes during the festival.

Spring Festival Taboos



No Breaking Objects

being apart from families



No Taking Medicine

being sick all year round



No Washing Hair

washing away wealth



No Sweeping

sweeping away good luck



No Crying

incurring misfortune



No Lending or Borrowing

suffering financial loss



No Scissors

squabbling with people



No Porridge

causing poverty



BLOOMING HEALTH Bayside Senior Center
Older Adults Survey



Do you wear layers of clothing to stay warm?

Yes -98%

No - 2%



Do you use heating devices like space heaters or electric blankets?

Yes -88%

No - 12%



Do you check the weather forecast daily?

Yes -99%

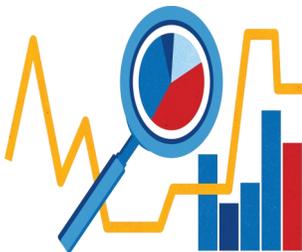
No - 0%



Do you have an emergency plan for cold weather?

Yes -56%

No - 42%



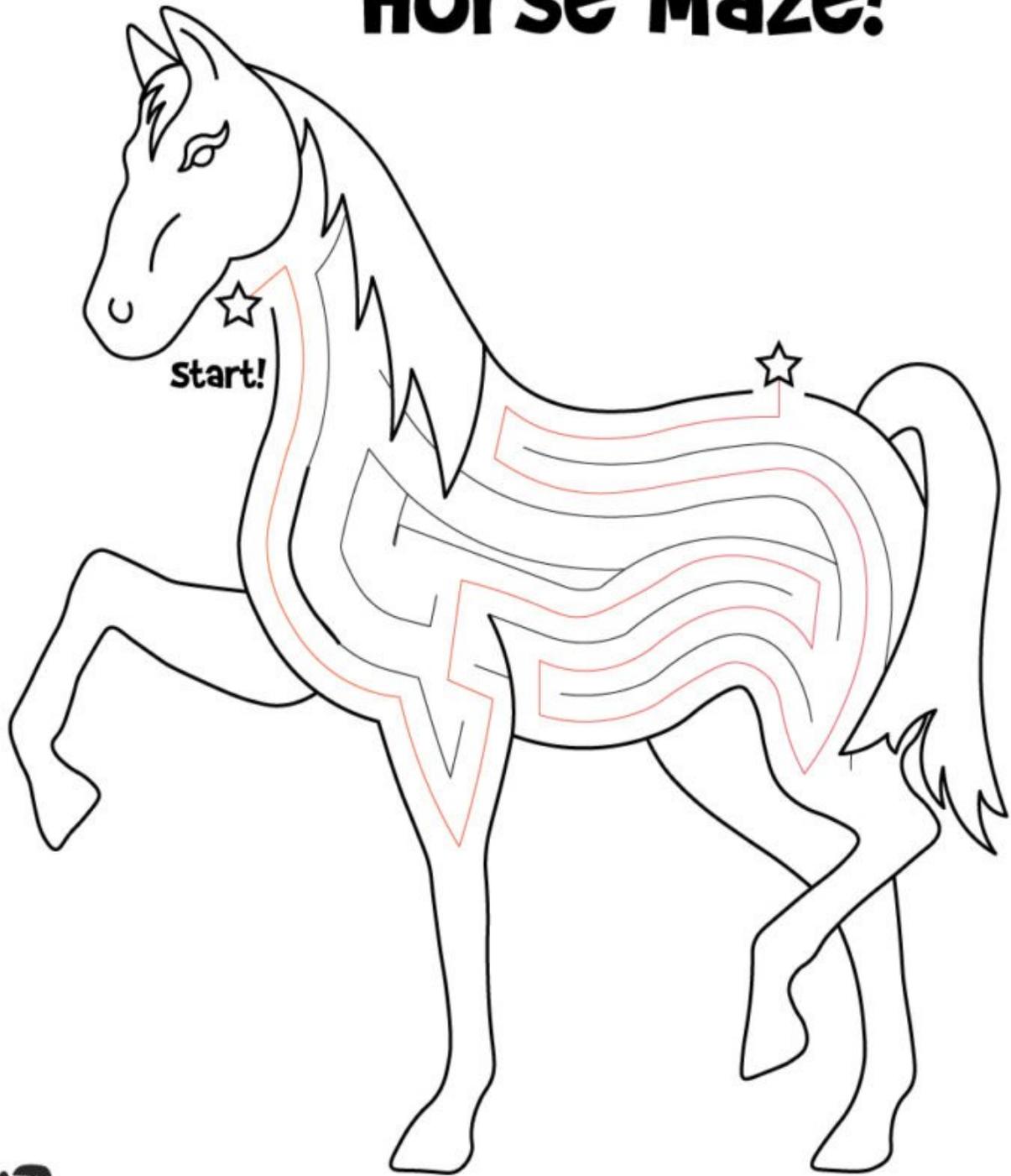
Is your home warm enough?

Yes - 86%

No - 22%



Chinese New Year Horse Maze!



Social Work Assistance

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.



Eulalia Choi - Case Manager



Services offered at mobile sales vehicles



- Apply for [Reduced-Fare](#) or get help with an application
- Get more information about [OMNY](#) and sign up
- Transfer value from MetroCard (full-fare or Reduced-Fare) to an OMNY card
- Report a lost/stolen Reduced-Fare MetroCard
- Ask our team about any OMNY-related issues
- Add money to your OMNY card

Schedule for Queens

Location	Day	Time
Forest Hills at 71 Ave-Continental Ave & Queens Blvd	1st Friday	10 a.m. – 12 p.m.
Flushing at Main St & Roosevelt Ave (Facing Roosevelt Ave)	1st & 3rd Friday	8 a.m. – 3 p.m.
Rego Park at Mall (Marshalls) (Queens Blvd & 63 Rd)	1st Friday	1 p.m. – 3 p.m.
Sunnyside at 41-02 Queens Blvd	2nd & 4th Tuesday	10 a.m. – 12 p.m.
Maspeth at Grand Ave & 69 St	2nd & 4th Tuesday	1 p.m. – 3 p.m.
Windsor Park at 73 Ave & Bell Blvd	2nd & 4th Wednesday	10 a.m. – 12 p.m.
Union Turnpike (256th & 260th Streets)	2nd & 4th Wednesday	1 p.m. – 3 p.m.
Astoria at 31 St (Between Ditmars Blvd & 23 Ave)	2nd & 4th Monday	10 a.m. – 2:30 p.m.
Bay Terrace Shopping Center (Bell Blvd & 24 Ave)	2nd & 4th Monday	10 a.m. – 12 p.m.
Fresh Meadows Shopping Center (Horace Harding Expressway & 188 St)	2nd & 4th Monday	1 p.m. – 2:30 p.m.
Rochdale at Rochdale Village Senior Center	3rd Tuesday	10 a.m.-2 p.m.
Jamaica at Allen Community – Theodora G. Jackson Senior Center	3rd Thursday	10 a.m.-12 p.m.
Locust Manor at Robert Couche Senior Center	3rd Thursday	1 p.m. – 3 p.m.



BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320



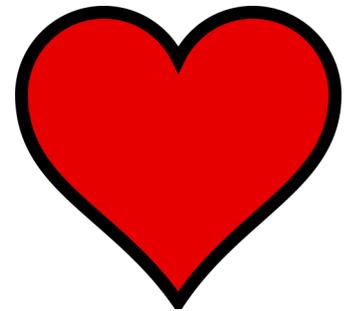
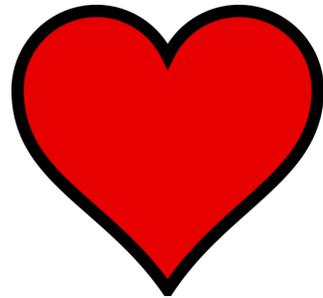
Officers:

Rosa Farmer.....President
Christina Lau... Vice President
Pat Walton Treasurer
Leo Palumbo Secretary

ADVISORY COUNCIL

Members:

Carmela Pozzi
Carl Dietz
Fraternidad Sevilla
Jane Chin



BAYSIDE OLDER ADULT CENTER STAFF

Pang F. Chu Program Manager
Kathy Lundgren Office Manager
Eulalia ChoiCase Manager
Yolanda De Martinez Custodian
Anmarie Payne Transportation Coordinator
Elizabeth Mui.....Recreational Coordinator

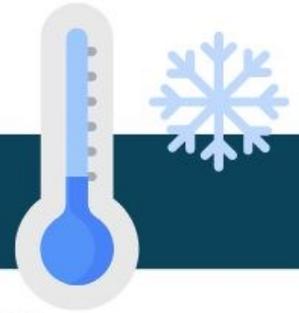
Henry Cadet Transportation
Shawn White Transportation
Laura Moy Kitchen Aide
Yung Ping Tam Kitchen Aide
Michael Mason Jr. Kitchen Aide

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.

All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.

COLD WEATHER SAFETY TIPS FOR SENIORS



Canadian winters bring extreme cold, icy conditions, and heavy snowfall, posing various risks to seniors' health.

Home Safety Measures



Ensure homes are properly insulated and sealed to keep the cold air out and maintain warmth inside.



Allow faucets to drip slightly to prevent pipes from freezing and to know how to shut off water if necessary.



Create an emergency kit with essentials like extra blankets, non-perishable food, flashlights, and a battery-powered radio in case of power outages.

125+
YEARS OF CHANGING LIVES



50 YEARS
Department for
the Aging
NYC



STAYING WARM

Dress in layers



Keep homes heated



Wear appropriate footwear



Use heating devices safely



What is the Safe Home Temperature Range for Seniors?

Many experts recommend **68-70 degrees Fahrenheit** on the thermostat *during winter*. A heating company recommends 68-74 degrees Fahrenheit indoor temperature, which is the safe home temperature range. But what is a safe range?

Safe range means a set variation where there's minimal risk. If the room temperature is below 68 degrees Fahrenheit or above 74 degrees Fahrenheit, their health is at risk because the temperatures will be outside the safe range.

The best way to maintain a continuous temperature within any household for the elderly is to have an HVAC system installed. This will have the thermostat which they can easily control, typically one that has an easy to use digital display.

A-MAZING LOVE



You gnome how to make me smile!



WELCOME



1.	Hwa Jong Kang
2.	Shelly Kum Suk Lee
3.	Steven B Levine
4.	Steve Seungyong Jhee
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18.	Zhiqiang Peng
19.	Olga Helmprecht
20.	Yan Chin Yeung
21.	Louise Rosete
22.	Alex Choong





Happy Recap!

JANUARY 2026

