

February/Febrero 2026

HIGHLIGHTS

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

WOODHAVEN-RICHMOND HILL OLDER ADULT CENTER

89-02 91st Street, Woodhaven, NY 11421

Phone # (718)-847-9200

OPEN MONDAY THROUGH FRIDAY 8:30AM TO 4:30PM

A MESSAGE FROM STAFF / UN MENSAJE DE PERSONAL

Hello everyone!

February is here, bringing with it the warmth of love, friendship, and connection despite the winter chill. This month, our senior center is delighted to offer exciting activities to celebrate the season of togetherness, from beloved favorites to brand-new experiences.

To our loyal members who brighten our days with their presence, thank you for your dedication and spirit. And to our new members, we're thrilled to welcome you to our family—thank you for choosing to be part of this wonderful community.

Let's make February a month filled with love, laughter, and beautiful memories that we'll cherish for years to come.

With love,

The Staff of Woodhaven-Richmond Hill Older Adult Center

¡Hola a todos!

Febrero ha llegado, trayendo consigo el calor del amor, la amistad y la conexión, a pesar del frío invernal. Este mes, nuestro centro para personas mayores se complace en ofrecer actividades emocionantes para celebrar la temporada de unión, desde los favoritos de siempre hasta experiencias completamente nuevas.

A nuestros miembros leales que alegran nuestros días con su presencia, gracias por su dedicación y espíritu. Y a nuestros nuevos miembros, estamos encantados de darles la bienvenida a nuestra familia; gracias por elegir ser parte de esta maravillosa comunidad.

Hagamos de febrero un mes lleno de amor, risas y hermosos recuerdos que atesoraremos por años.

Con amor,

El personal del Centro para Adultos Mayores Woodhaven-Richmond Hill



HAPPY

BirthDay

FEBRUARY BIRTHDAYS/
CUMPLEAÑOS EN FEBRERO

ELEANOR CALDWELL

CARMEN BEATO

JOSE MINAYA

CARMEN MARTINEZ

GLORIA ESTRELLA

ROSA NUNEZ PERALTA

ROSARIO RIVERA

FUNDED BY NYC AGING



* All Activities are Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Arts & Crafts (Volunteer) 1-2pm- YouTube Chair Yoga (Marisa) 2-3pm- Music App (Nick) 3-4pm- Coloring (Volunteer)</p>	<p>3</p> <p>9-10am- Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Volunteer) 1-2pm- Yoga (Pat L.) 2-3pm- Chess (Volunteer) 3-4pm- Book Club (Volunteer)</p>	<p>4</p> <p>9-10am- Wii Bowling (Nick) 10-11am Healthy Snacks (Vol.) 11-12am- Technology (Volunteer) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Crafts & Garden (Vol) 3-4pm- Brainteasers (Volunteer)</p>	<p>5</p> <p>9-10am- Healthy Snacks (Vol) 10-11am- Karaoke (Loretta) 11-12 am- Bingo (Advisory) 1-2pm- Zumba (Elaine G.) 2-4pm – Movie & Discussion (Nick)</p>	<p>6</p> <p>9-10am – Technology (Volunteer) 10-11am- Painting (Volunteer) 11-12am- Nat Geo Movie & Disc (Nick) 1-2pm- YouTube Chair Yoga (Marisa) 2-3pm – Runway Card Game (Vol.) 3-4pm- Word Search (Volunteer)</p>
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Woodhaven-Richmond Hill OAC

MENU February 2026

(Menu is subject to change.)

Monday	Tuesday	Wednesday	Thursday	Friday
2 California Veggie Burger Homemade Minestrone Soup Whole Wheat Hamburger Baked Fries Garden Salad Lettuce and Tomato Tangerines	3 Baked Asian Honey Style Honey Chicken Perfect White Rice Whole Wheat Bread Sautéed Spinach Fruit Cocktail Grapes	4 Beef and Peppers Egg Noodles Whole Wheat Bread Steamed Broccoli and Cauliflower Kiwis	5 Ginger Sherry Pork Chops Whole Wheat Bread Smashed Red Potatoes Vegetable Mix Pear	6 Parmesan Baked Fish Basic Pasta Salad Garden Salad Orange
9 Arroz con Gandules (Mexican Style) Brown Rice with Pigeon Peas) Apple and Beet Salad Coleslaw Green Bean and Pepper Salad Pear	10 Deluxe Cheeseburger with Sautéed Green Peppers and Onions Whole Wheat Hamburger Bun French Fries Garden Salad Grapes	11 Garden Soup with Vegetables Chicken Salad Classic Macaroni Salad Whole Wheat Pita Tossed Salad with Dressing Apple	12 Smothered Pork Chops Whole Wheat Bread Baked Sweet Potato Broccoli and Red Peppers Orange	13 Homemade Breadcrumbs Whole Wheat Bread Home Fries with Peppers and Onions Leafy Green Salad with Apples Banana
16 	17 Baked Chicken Quarters Whole Wheat Bread Potato Salad Sautéed String Beans Peach	18 Beef Meatloaf with Mushroom Gravy Whole Wheat Bread Garden Salad Italian Cut Green Beans Parmesan Rosemary Mashed Potatoes Fruit Cocktail	19 BBQ Pork Chops Baked Macaroni and Cheese Cornbread Whole Wheat Bread Vegetarian Braised Southern Style Greens Apple	20 Breaded Fish Fillet OR Cooked Strip Cheesy Grits Spinach, Apple, and Red Onion Salad Orange
23 Black Bean Soup Brown Rice with Mushrooms Asian Style Cucumber Salad Steamed Collard Greens Canned Sliced Peaches	24 Oven Fried Chicken Cheddar Cheese Cornbread Whole Wheat Bread Baked Red Potato Wedges Garden Salad Apple	25 Pork Spareribs Baked Macaroni and Cheese Whole Wheat Bread Arugula Salad with Balsamic Vinaigrette Sweet and Tangy Collard Greens Grapes	26 Chicken Parmesan Baked Ziti with Ricotta Italian Cut Green Beans Watermelon	27 Tuna Salad with Eggs Basic Pasta Salad Whole Wheat Hamburger Bun Beet, Arugula, and Feta Salad Banana

Easy Ways to...

Use the Nutrition Facts Label

1. Start with serving size.

Check the number of servings per container and the size of each serving. The Nutrition Facts are based on one serving.

2. Aim to meet your daily calorie goal.

Visit choosemyplate.gov/MyPlatePlan to calculate your personal calorie needs.

3. Limit:

- Saturated fat
- Trans fat
- Cholesterol
- Sodium
- Added sugars

4. Eat enough:

- Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

5. Pay attention to the % (Percent) Daily Value (DV):

- 5 percent or less is LOW
- 20 percent or more is HIGH

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount Per Serving

Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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

For healthy recipes, visit jsyfruitveggies.org.

This material was funded by the United States Department of Agriculture (USDA) Supplemental Assistance Program (SNAP).

3.19

NYC
Health

Just Say Yes to Fruits and Vegetables

FUNDED BY NYC AGING

Maneras sencillas de...

leer las etiquetas de información nutricional

1. Comience con el tamaño de la porción.

Verifique la cantidad de porciones por envase y el tamaño de cada porción. La información nutricional está basada en una porción.

2. Intente alcanzar su objetivo de calorías diarias.

Visite choosemyplate.gov/MyPlatePlan para calcular sus necesidades calóricas particulares.

3. Limite:

- Las grasas saturadas
- Las grasas *trans*
- El colesterol
- El sodio
- Los azúcares añadidos

4. Consuma suficiente:

- Fibra
- Vitamina D
- Calcio
- Hierro
- Potasio

5. Preste atención al % (porcentaje) del valor diario (VD):

- 5 % o menos es BAJO
- 20 % o más es ALTO

Información nutricional

8 porciones por envase

Tamaño de la porción 2/3 taza (55g)

Cantidad por porción

Calorías 230

	% del valor diario*
Grasas totales 8g	10 %
Grasas saturadas 1g	5 %
Grasas <i>trans</i> 0g	
Colesterol 0mg	0 %
Sodio 180mg	7 %
Total de carbohidratos 37g	13 %
Fibra alimentaria 4g	14 %
Azúcares totales 12g	
Incluye 10g de azúcares añadidos	20 %
Proteínas 3g	6 %
Vitamina D 2mcg	10 %
Calcio 280mg	20 %
Hierro 8mg	45 %
Potasio 235mg	6 %

*El % del valor diario (VD) indica cuánto de un nutriente en una porción de alimento contribuye a una alimentación diaria. Se usa un valor de 2000 calorías diarias como recomendación general de nutrición.

Para obtener consejos de alimentación saludable, siga a Eat Healthy, Be Active NYC en Facebook, en [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

Para más información sobre los Stellar Farmers Markets, visite nyc.gov y busque "farmers markets" (mercados de agricultores).

Para obtener recetas saludables, visite jsyfruitveggies.org.

Este material fue financiado por el Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés) del Departamento de Agricultura de Estados Unidos (USDA, por sus siglas en inglés).

3.18
Spanish (US)

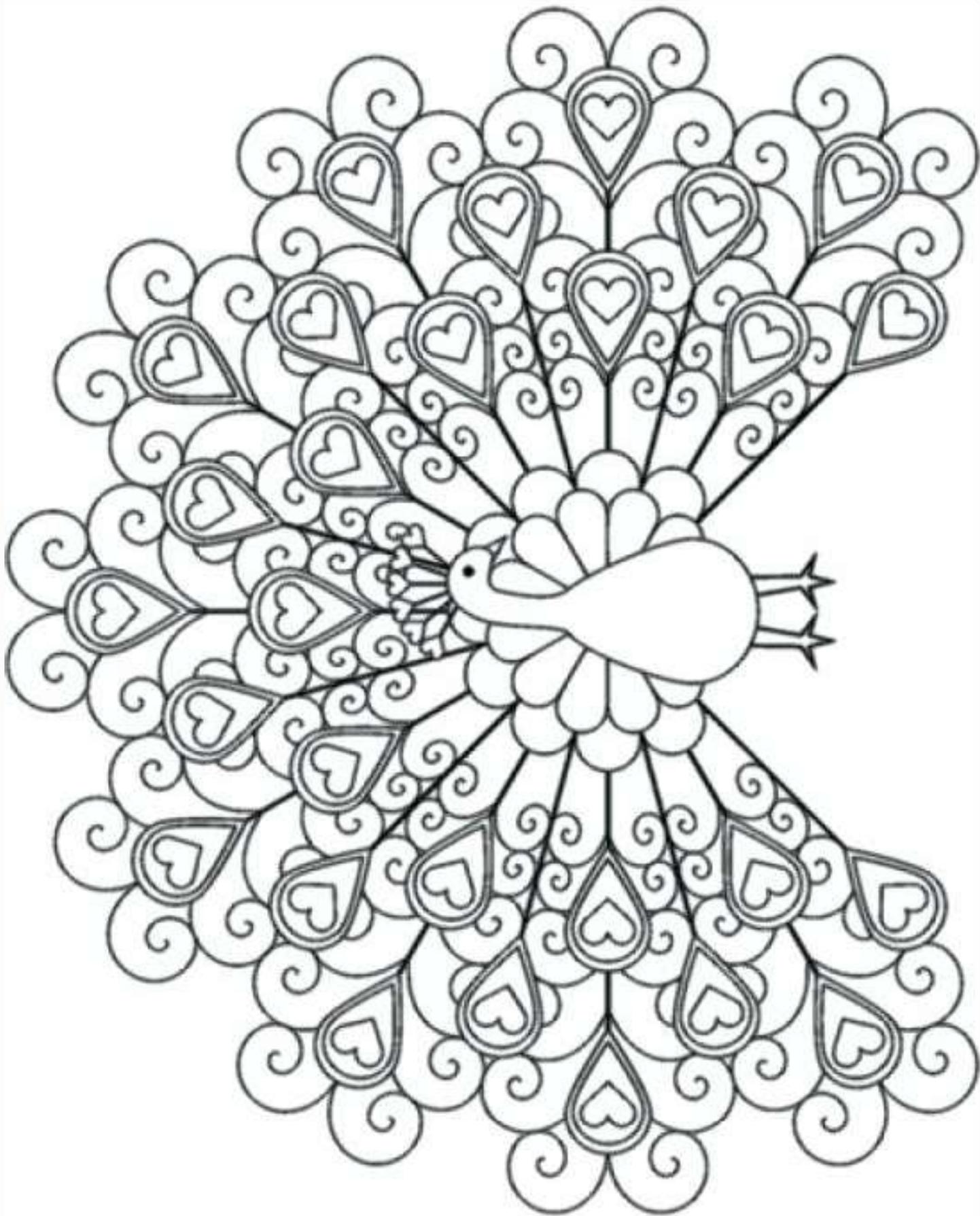
NYC
Health

Just Say Yes to Fruits and Vegetables

FUNDED BY NYC AGING











VALENTINE'S DAY WORD SEARCH

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

Anniversary Best friend Deeply loved Lollipop Obsess Wedding Date night

Heart glasses Ruby Appreciate Bouquet Candlelight dinner Friendship Hottie

Infatuated Flatter Fascinate Captivate Marriage Galentine Propose Grace

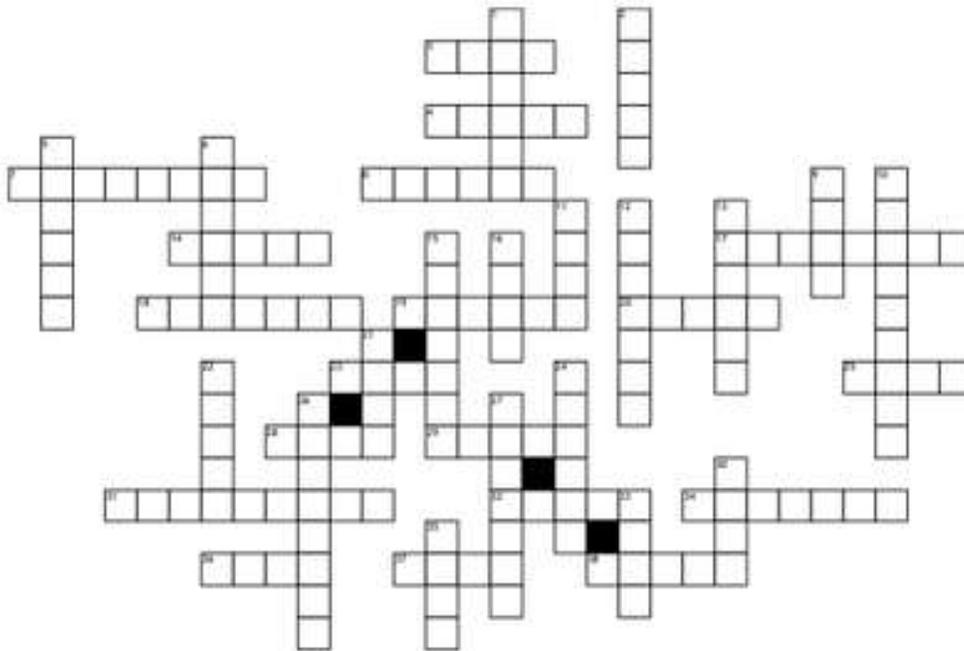
Filled with love Presents Violets are blue





FUNDED BY NYC AGING

February



Across

- 3. A design signifying deep affection, lover's
- 4. Young girls often have this
- 7. Breaking up on Facebook
- 8. Popular design on Valentine's cards
- 14. Term of endearment, very sweet
- 17. Movie title (Hugh Grant) "Love, "
- 18. Not wanting to see each other anymore
- 19. What you call a romantic pair
- 20. Person you are romantically involved with
- 23. Most popular flower to signify love
- 25. Sometimes results from being married
- 28. A romantic "appointment"

- 29. Indian wedding ceremony

- 31. Term (feathered friend) used for lovers
- 32. Married couples often wear these
- 34. Lover's argument
- 36. Jane Austen book about a young matchmaking girl
- 37. Valentine message, "Be ____"
- 38. People in love often hold

Down

- 1. Often thrown at weddings
- 2. Pretty pink sign of embarrassment
- 5. Relatives of your spouse
- 6. Line from a song: "People will say we're _____"
- 9. Color associated with feeling sad

- 10. A special someone on February 14

- 11. Something you fall in
- 12. Slang term for a kiss
- 13. Patching things up after a fight
- 15. These pretty things decorate weddings
- 16. Things used to kiss
- 21. Bird often released at weddings
- 22. Popular first date venue
- 24. Someone you date, "girl" or "boy"...
- 26. When two people are legally joined
- 27. "Tying the knot" means you are getting
- 30. Used in bouquet, also slang for friends
- 33. A lover's quarrel
- 35. A sign of affection with lips

Word Bank

Unfriend	Kids	Lips	Date	Valentine	Liplock	Mine	Spat
Hands	lover	Honey	Couple	Kiss	Movie	Buds	Rose
Actually	Blush	Quarrel	knot	Dove	in-laws	Boquet	rings
Flowers	Love	Shadi	Lovebirds	Emma	Crush	Marriage	Blue
Married	friend	Breakup	Makeup	Hearts	inlove		

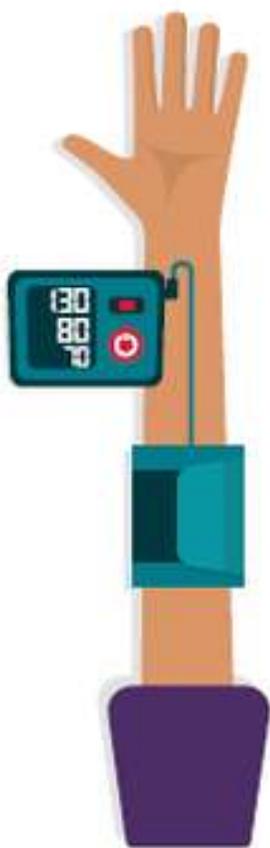
Healthy Blood Pressure for Healthy Hearts

Small Steps To Take Control



Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries. If your blood flows at higher than normal pressures, you may have high blood pressure, also known as hypertension.

High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. Millions of Americans have high blood pressure, but many people who have it don't know it. That's why it is important to have your blood pressure checked at least once a year.



High blood pressure is a "silent killer."

It doesn't usually cause symptoms, but it can damage your body over time.

- If your blood pressure stays higher than 130/80 mm Hg for a period of time, it can cause serious health problems such as:
 - Heart disease
 - Stroke
 - Kidney disease
 - Dementia
- The only way to know whether you have high blood pressure is to have your blood pressure measured—a process that is simple and painless.
- If you find out you have high blood pressure, a health care professional can tell you how to prevent serious complications, including disability and premature death.

Some things put us at greater risk for high blood pressure.



Age: Blood pressure tends to get higher as we get older. But it can affect many of us when we're younger too.



Genes: High blood pressure often runs in families.



Sex: Before age 60, more men than women have high blood pressure. After age 60, more women than men have it.



Race or ethnicity: While anyone can have high blood pressure, African Americans tend to get it at a younger age. Among Hispanic adults, people of Cuban, Puerto Rican, and Dominican backgrounds are at higher risk.



Lifestyle habits: Eating too much salt, drinking too much alcohol, being obese, smoking, and not getting enough exercise can raise our blood pressure.

What steps can you take to lower your blood pressure?

Set targets

Work with your doctor to set blood pressure numbers that are healthy for you. Use our worksheet at nhlbi.nih.gov/hypertension to track your progress.

Take control

Make lifestyle changes such as eating healthy, staying active, and watching your weight. If you smoke, quitting can help prevent heart disease and other complications of high blood pressure.

Work together

Studies show that if you engage in heart healthy activities with people at home, at work, in your community, or online, you have a better chance of staying motivated.



NIH National Heart, Lung, and Blood Institute



www.nhlbi.nih.gov

FUNDED BY NYC AGING

Taking the first step toward a healthy blood pressure.

Making lifestyle changes now can help keep your blood pressure in a healthy range—whether you have high blood pressure or you're trying to prevent it. You don't have to make big changes all at once. Small steps can get you where you want to go. Here are some ideas to start. If you have elevated blood pressure and your doctor prescribes medications, make sure to take them as directed.



Why should I change?



Eat Healthy Foods

A diet **low in sodium and saturated fat**—like the DASH eating plan—can lower your blood pressure as effectively as medicines.



Move More

Get at least **2½ hours of physical activity a week** to help lower and control blood pressure. That's just 30 minutes a day, 5 days a week.



Aim for a Healthy Weight

Losing just **3 to 5 percent of your weight** can improve your blood pressure. If you weigh 200 lbs., that's a weight loss of 6 to 10 lbs.



Manage Stress

Stress can contribute to high blood pressure and other heart risks. If it goes on for a long time, it can make your body store more fat.



Stop Smoking

The **chemicals in tobacco smoke** can harm your heart and blood vessels. Quitting is hard. But many people have done it, and you can, too.

How can I change?

- Add **one fruit or vegetable** to every meal.
- If you get fast food, ask for a **salad instead of fries**.
- Give **Meatless Monday** a try.
- Commit to **one salt-free day a week**. Use herbs for flavor instead.

- Invite a colleague for **regular walks or an exercise class**.
- Give the elevator a day off and **take the stairs**.
- Take a break to **play outside** with your kids.
- March in place** during commercial breaks while watching television with your family.

- Join a **weight loss program** with a buddy.
- Sign "**social support**" agreements with three family members or friends.

- Practice **mindful meditation** for 10 minutes a day.
- Share a **funny video, joke, or inspirational quote** with a friend.
- Talk with your doctor** if you have trouble managing stress on your own.

- Visit Smokefree.gov or BeTobaccoFree.hhs.gov to connect with others trying to quit.
- Sign up for a **support group** at work or your local clinic.
- Join a **sewing, knitting, or woodworking group** to keep your hands busy when you get urges.

Take control of your blood pressure today! Learn more at www.nhlbi.nih.gov/hypertension



NIH National Heart, Lung, and Blood Institute



www.nhlbi.nih.gov

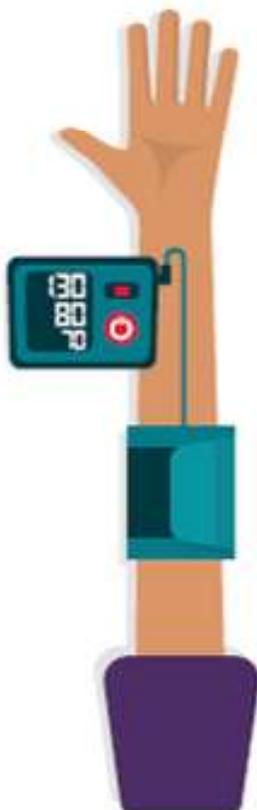
Presión Arterial Saludable para Corazones Saludables

Pequeños Pasos para Tomar el Control de su Presión Arterial



Cada vez que su corazón late, bombea sangre a través de los vasos sanguíneos (arterias) al resto de su cuerpo. Su presión arterial es la fuerza con la que su sangre empuja contra las paredes de las arterias. Si su sangre fluye a presiones más altas de lo normal, es posible que usted tenga presión arterial alta, también conocida como hipertensión.

La presión arterial alta es uno de los factores de riesgo más importantes para la enfermedad del corazón, que es la causa principal de muerte en los Estados Unidos. Millones de estadounidenses tienen presión arterial alta, pero muchos no lo saben. Por eso es importante revisar su presión arterial por lo menos una vez al año.



La presión arterial alta es un "asesino silencioso".

Por lo general no tiene síntomas, pero puede causar daños en su cuerpo con el paso del tiempo.

- Si su presión arterial es más alta de 130/80 mm Hg durante un período de tiempo, puede causar problemas de salud graves, como:
 - Enfermedad del corazón
 - Ataque cerebrovascular
 - Enfermedad renal (riñones)
 - Demencia
- La única manera de saber si tiene presión arterial alta es que le chequeen su presión arterial, un proceso que es simple y que no causa dolor.
- Si descubre que su presión arterial esta alta, un profesional de la salud puede decirle cómo prevenir complicaciones graves, como la incapacidad laboral y la muerte prematura.

Algunos factores nos ponen en un mayor riesgo de tener presión arterial alta.



Edad: La presión arterial tiende a aumentar a medida que envejecemos. Pero puede afectar a muchos de nosotros cuando todavía estamos jóvenes.



Genes: La presión arterial alta muchas veces se hereda de la familia.



Sexo: Antes de los 60 años, más hombres que mujeres tienen presión arterial alta. Después de los 60 años, más mujeres que hombres tienen presión alta.



Raza u origen étnico: Si bien cualquier persona puede tener presión arterial alta, los afroamericanos tienden a tener presión arterial alta cuando todavía están jóvenes. Entre los adultos hispanos, las personas de origen cubano, puertorriqueño y dominicano tienen un mayor riesgo de tener presión alta.



Estilo de vida: Comer demasiada sal, beber demasiado alcohol, ser obeso y no hacer suficiente ejercicio puede aumentar nuestra presión arterial.

¿Qué puede hacer para bajar su presión arterial?

Establezca objetivos

Colabore con su médico para establecer números de presión arterial que sean saludables para usted. Use nuestra hoja de trabajo en www.nhlbi.nih.gov/hypertension para anotar su progreso.

Tome el control

Haga cambios en el estilo de vida, como comer sano, mantenerse activo y controlar su peso. Si fuma, dejar de fumar le puede ayudar a prevenir enfermedades del corazón y otras complicaciones de la presión arterial alta.

Trabajar juntos

Los estudios demuestran que, si usted participa en actividades saludables para su corazón con personas en su familia, en el trabajo, en su comunidad, o en línea, tiene más posibilidades de mantenerse motivado.



NIH National Heart, Lung, and Blood Institute



www.nhlbi.nih.gov

Tomando el Primer Paso Hacia una Presión Arterial Saludable



Hacer cambios en su estilo de vida ahora le puede ayudar a mantener su presión arterial en un rango saludable, ya sea si tiene presión arterial alta o si está tratando de prevenirla. No tiene que hacer grandes cambios súbitamente. Pequeños pasos pueden llevarlo a dónde quiere llegar. Estas son algunas ideas para comenzar. Si tiene presión arterial elevada y su médico le receta medicamentos, asegúrese de tomarlos según las indicaciones.

¿Que debería cambiar?



Coma Alimentos Saludables

Una dieta **baja en sodio (sal) y grasas saturadas**, como el plan de alimentación **DASH**, puede bajar su presión arterial tan eficazmente como los medicamentos.



Muevase Más

Haga por lo menos **2½ horas de actividad física por semana** para ayudar a controlar su presión arterial. Es solo 30 minutos al día, 5 días a la semana.



Logre un Peso Saludable

Perder tan solo del **3 al 5 por ciento de su peso** puede mejorar su presión arterial. Si pesa 200 libras, es una pérdida de peso de 6 a 10 libras.



Controle su Estrés

El estrés puede contribuir a la presión arterial alta y a otros riesgos para el corazón. Si el estrés dura mucho tiempo, también puede hacer que su cuerpo guarde más grasa.



Deje de Fumar

Los químicos del humo del tabaco pueden dañar su corazón y los vasos sanguíneos. Dejar de fumar es difícil. Pero muchas personas lo han hecho, y usted también puede.

¿Cómo puedo hacerlo?

- Agregue **una fruta o una verdura** a cada comida.
- Si compra comida rápida, pida **una ensalada en vez de papas fritas**.
- Pruebe **Lunes sin Carne**.
- Comprométase a **un día sin sal a la semana**. Use hierbas para darle sabor.

- Invite a un compañero/a de trabajo a **una caminata frecuente** o a **una clase de ejercicios**.
- Dele al ascensor un día libre y **use las escaleras**.
- Tómese un momento **para jugar afuera** con sus hijos.
- Durante los comerciales de televisión, **levántese y marche en su lugar** con su familia.

- Únase a un **programa de pérdida de peso** con un amigo/a.
- Firme **acuerdos de "apoyo social"** con tres familiares o amigos/as.

- Practique **meditación consciente** durante 10 minutos al día.
- Comparta **un video divertido, una broma o una frase inspiradora** con un amigo/a.
- Hable con su médico** si tiene problemas para controlar su estrés.

- Visite <https://espanol.smokefree.gov/> para conectarse con otras personas que intentan dejar de fumar.
- Inscríbese en un **grupo de apoyo** en su trabajo o en su clínica local.
- Únase a un **grupo de costura, tejido o carpintería** para mantener sus manos ocupadas cuando sienta ganas de fumar.

¡Tome el control de su presión arterial hoy! Obtenga más información en <https://www.nhlbi.nih.gov/health-topics/espanol/presion-arterial-alta>



NIH National Heart, Lung, and Blood Institute



www.nhlbi.nih.gov

HAPPY BIRTHDAY!

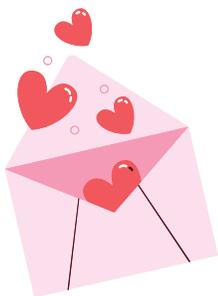
**January Birthday Party Fiesta
de Cumpleaños de Enero**



What's Happening at the Center?



FUNDED BY NYC AGING



What Will Be Happening In February?



**February 12th ,2026
@ 10am**

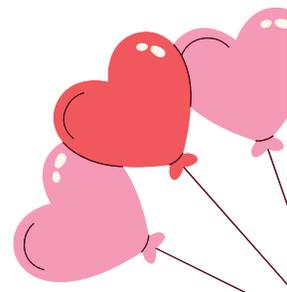
**February 19th ,2026
@ 10am**



**February 26th ,2026
@ 10am**



FUNDED BY NYC AGING



WOODHAVEN-RICHMOND HILL OLDER ADULT CENTER

89-02 91st Street
Woodhaven, NY 11421

Phone: (718) 847-9200
Open Monday-Friday 8:30am-4:30pm

SENIOR CENTER STAFF

Annie Liu Director of Operations
Nicholas Theodorou..... Program Manager
Karina Munoz Case Manager
Loreta Mendoza Administrative Assistant
Maria Garnica Transportation
Coordinator
Vacant Maintenance
John Tsang Driver
Vacant Driver

ADVISORY COMMITTEE

Roopmarie Koomah President
Manjila Budraja Vice President
Susan Tommaso..... Secretary
JoAnn Bartos Treasurer
Patricia Carman Advisory
Luis Heywood Advisory

Jocelyn Celifie Fire Guard

**IN PERSON ACTIVITIES AND CONGREGATE MEALS
ARE BACK AT WOODHAVEN-RICHMOND HILL OLDER
ADULT CENTER. FOR MORE INFORMATION PLEASE
CALL 718-847-9200. THANK YOU!**

We welcome seniors ages 60 and up. The Center is
wheelchair accessible.

Dmos la bienvenida a personas mayores de 60 años en
adelante. El Centro es accesible para sillas de ruedas.

ENGLISH, CHINESE, & SPANISH SPOKEN/ SE HABLA INGLÉS, CHINO Y ESPAÑOL

Catholic Charities Mission Statement

Catholic Charities of the Diocese of 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.

Caridades Católicas Brooklyn Y Queens | Nuestra Misión

Caridades Católicas de la Diócesis de Brooklyn y Queens traduce el Evangelio de Jesucristo en acción al afirmar la dignidad y el valor de cada persona, especialmente de los miembros más vulnerables de nuestra diversa sociedad. Caridades Católicas desarrolla respuestas efectivas a las necesidades humanas y se une a todas las personas de buena voluntad para abogar por un orden social que promueva la justicia y abrace el desarrollo humano.

FUNDED BY NYC AGING

**WOODHAVEN-RICHMOND HILL
OLDER ADULT CENTER**

89-02 91ST STREET, WOODHAVEN, NY 11421

PHONE # (718)-847-9200

OPEN MONDAY THROUGH FRIDAY 8:30AM TO 4:30PM

Case Manager Reminders



Discover the support you deserve at our center! Our dedicated Case Manager offers a range of vital services, including:

🍴 SNAP Assistance: Ensure access to nutritious food with our guidance through the SNAP program, providing eligible seniors with essential nutrition support.

🏠 SCRIE Enrollment: Protect your home and budget with SCRIE assistance, helping seniors maintain affordable housing by freezing rent increases.

🔗 Housing Connections: Find your ideal living situation with our expert housing connections, tailored to the unique needs and preferences of seniors.

🏠 Public Benefits Forms: Ensure you're receiving all the benefits you're entitled to by letting us assist with filling out forms for public assistance programs.

Take the first step toward a brighter future! Visit us today and let's explore how our services can enhance your quality of life.

Schedule your appointment now and take the first step towards a brighter tomorrow!

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**WOODHAVEN-RICHMOND HILL
OLDER ADULT CENTER**

89-02 91ST STREET, WOODHAVEN, NY 11421

PHONE # (718)-847-9200

◆ **OPEN MONDAY THROUGH FRIDAY 8:30AM TO 4:30PM** ◆

Case Manager Recordatorio



Descubre el apoyo que mereces en nuestro centro. ¡Nuestro dedicada Case Manager ofrece una variedad de servicios vitales, que incluyen:

👤 Asistencia SNAP: Asegura el acceso a alimentos nutritivos con nuestra orientación a través del programa SNAP, brindando apoyo nutricional esencial a personas mayores elegibles.

🏠 Inscripción en SCRIE: Protege tu hogar y presupuesto con la asistencia de SCRIE, ayudando a los adultos mayores a mantener viviendas asequibles congelando los aumentos de alquiler.

🔗 Conexiones de Vivienda: Encuentra tu situación de vida ideal con nuestras conexiones expertas en vivienda, adaptadas a las necesidades y preferencias únicas de las personas mayores.

📄 Formularios de Beneficios Públicos: Asegúrate de recibir todos los beneficios a los que tienes derecho dejándonos ayudarte a completar los formularios para programas de asistencia pública.

Da el primer paso hacia un futuro más brillante. ¡Visítanos hoy mismo y exploremos cómo nuestros servicios pueden mejorar tu calidad de vida!

Programa tu cita ahora y da el primer paso hacia un mañana más brillante.

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Southwest Queens Senior Services

Is funded by the New York City Department for the Aging

Who are we?

Southwest Queens Senior Services is a program of Catholic Charities Brooklyn and Queens. We have had the privilege of serving older adults in Queens for over 30 years. The goal of our program is to help older adults to live as independently as possible in their own homes.

The program is sponsored by Catholic Charities Neighborhood Services Affiliate of Catholic Charities Brooklyn and Queens

Accredited by the Council on Accreditation for Children and Family Services

Catholic Charities Southwest Queens Senior Services can help.

Our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

Call today for a free consultation.
718-217-0126

Serving Homebound Older Adults in Southwest Queens



Southwest Queens Senior Services

183-16 Jamaica Avenue
Hollis, NY 11423
T: 718-217-0126 • F: 718-217-0495

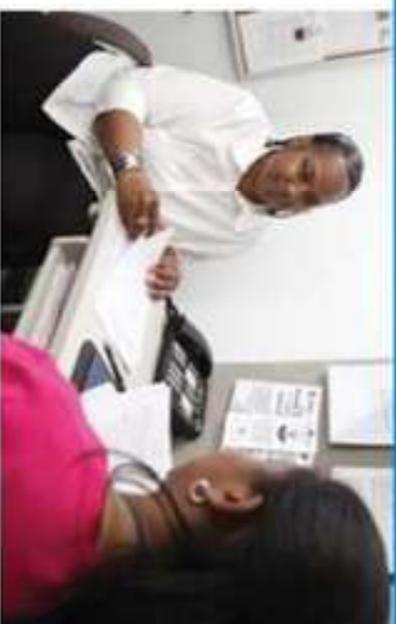
FUNDED BY NYC AGING

Who is eligible to receive services?

Our program is open to people age 60 and over who need some assistance to continue living safely in their own homes. Catholic Charities is non-sectarian, serving all older adults regardless of religion, national origin, ethnicity, income, sexual orientation, gender or immigration status.

We serve the neighborhoods of:

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens



What do we do?

The staff of Southwest Queens Senior Services help seniors obtain needed in-home services. We also provide referrals to other community services.

What services are available?

- Care Management
- Home-delivered Meals
- Home Care
- Housekeeping
- Transportation
- Long-Term Care Planning
- Benefits and Entitlements
- Information and Referral
- Caregiver Support

We care! You are not alone!

*Programs funded by the New York City
Department for the Aging*