

125+
YEARS OF CHANGING LIVES



The Riverway Experience

March 2026

RIVERWAY OLDER ADULT

230 Riverdale Avenue, Brooklyn, NY, 11212

Phone #: (718) 942-5345



March

International Women's Day

Leticia's Message

March 2026

Dear Riverway Members and Friends,

We are in March now and still moving forward with our goals of building Riverway . We had a few issues due to a major leak in the apartments above us but we are fully repaired and back in force. We are still awaiting the elevator to be fixed so we use the emergency exit staircase to go downstairs or sometimes the community room next door. The front desk person will guide you when you come in.

We have numerous community partners ready to give information and presentations at Riverway. Whether it is homecare, nutrition, exercise, health insurance, transportation or food security –we have a partner that can help. Also, remember we are sponsored by Catholic Charities which has a whole network of services. Just inquire with Dorothy Craig, Case Manager or office staff for assistance.

We are starting to see new registrants coming to the center and we are glad to have them join our growing “center family.” We would like to get feedback on what programs are working or not working so we can plan classes or workshops that are of interest. We usually share ideas at lunchtime, during recreation classes or open meetings with the Senior Advisory Board. Please let your voices be heard. Riverway OAC thrives to be that beam of light in the Brownsville and Ocean Hill community.

For April 2026, we will be celebrating our volunteers and the Spring in full form. Please look out for the sign up sheet the end of March for Walking Club starting 1st week of April 2026 .We plan to be open one Saturday in April –date to be announced.

Remember Great Things are Happening at Riverway!!!!!!!!!!!!!!!!!!!!

March National Nutrition Month:

celebrated each year during March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Look Great Feel Great

Fruits

1. Berries: blueberries, blackberries, raspberries ect..
2. Apples
3. Bananas
4. Oranges
5. Avocados: *The blacker the better*
6. Limes & Lemons: *Find the heavy ones... They'll have more juice*



Nuts & Seeds

Unroasted, Unsalted, Unsmoked Nuts. RAW. Store in Fridge

19. Almonds
20. Walnuts
21. Flaxseeds
22. Sesame Seeds



Meat, Fish, and Poultry

23. Boneless, Skinless Chicken Breasts
24. Roast Turkey Breast
25. Boneless Lamb Loin
26. Wild Salmon
27. Fresh Sole



Eggs & Dairy

33. Omega-3 Organic Eggs
34. Feta Cheese
35. Plain Nonfat Yogurt



Staples

40. Almond Butter
41. Cashew Butter
42. Extra-Virgin Olive Oil
43. Green Tea Bags
44. Rice Vinegar, Unseasoned



Vegetables

7. Baby Spinach
8. Baby Mixed Greens
9. Broccoli
10. Carrots
11. Tomatoes: *Vine ripened or hot house*
12. Cucumbers
13. Beans
14. Peas
15. Onions
16. Garlic
17. Herbs (bunches): *Rosemary, Flat-leaf Parsley, Cilantro, Tarragon*
18. Peppers



Frozen

28. Frozen Shrimp Cooked
29. Frozen Mixed Berries



Organic Soy Product

30. Plain, Unsweetened Soymilk
31. Plain, Unsweetened Soy Yogurt
32. Tofu



Whole Grains

36. Brown Rice, Long Grains
37. Whole Rye or Flax Bread
38. Steel-Cut Oats
39. Quinoa



Drinks

45. Bottled Water



Extras

46. Dark Chocolate
47. Cocoa Powder



March Healthy Recipes

Eat Well for Energy & Strength



March is the perfect time to refresh your meals with lighter, nutrient-rich recipes that **boost energy, digestion, and overall wellness**. As we age, balanced nutrition becomes even important for maintaining **bone health, heart protection, and mental clarity**.

Heart-Healthy Vegetable Soup

Low sodium - High fiber - Easy to digest

- Bra 1 tbsp olive oil
- 1 chopped onion
- 2 carrots (aliced)
- 2 celery stalks.
- 1 chopped zucchinj
- 1 can low-sodium diced tomatoes.
- 4 cups low-sodium vegetable broth
- 1 cup beans (white or kidney)
- Garlic & herbs to taste



Directions Sauté onion in olive oil. Add vegetables and broth. Simmer 20 minutes. Add beans and cook 5 more minutes:

Richer fiber supports digestion and colon health. Beans provide plant-based protein for muscle strength.

Baked Lemon Herb Salmon

Benefits: Omega-3 for heart & brain health

Ingredients:

- Salmon fillet
- Lemon slices
- Olive oil
- Garlic powder
- Dill or parsley

► Bake at 375°F for 15-18 minutes.



High-Fiber Breakfast Oatmeal

Supports digestion & steady blood sugar





- ½ cup oats
- 1 cup low-fat milk or almond milk
- Berries
- Chopped nuts
- Cinnamon

► Bake at 375°F for 15-18 minutes.



Healthy Cooking Tips for Seniors

Refresh Your Meals for Spring

-  Add one extra vegetable daily
-  Replace red meat with fish twice this week
-  Drink more water
-  Cook one homemade meal instead of processed food

March Healthy Eating Challenge:

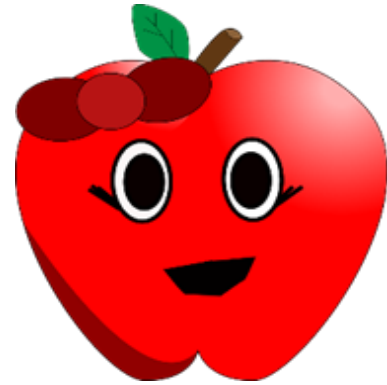
♥ **Refresh Your Meals for Spring**

- ♥ Adding on extra vegetable daily
- ♥ Replace red meat with fish twice this week
- ♥ Drink more water



Remember: Good nutrition protects your heart, bones, muscles and brain, small daily choices make a big difference!

Warm Apple Winter Smoothie



Ingredients

for 1 serving

1 red apple cored and diced

2 tablespoons oats

¼ teaspoon cinnamon

¼ teaspoon nutmeg

½ tablespoon maple syrup

1 cup milk of choice

Preparation

In a blender, combine the apple, oats, cinnamon, nutmeg, maple syrup, and milk. Blend on high speed for 3 minutes, or until completely smooth.

Transfer the apple mixture to a small saucepan and heat over medium-low heat until just warmed through. Do not boil.

Pour into a mug and serve immediately.

Enjoy!

What's happening at Riverway OAC in March???!!!

March 4-Health First Presentation @11AM

March 10-@Benefits of Olive Oil by Leticia @10AM

March 11-Let's Talk w/Dorothy @11AM

March 13-All About Sleep Hygiene w/Annie@1PM

March 19-Birthday Party @1:30PM

March 20- Women History Jazz Consortium @12PM

March 20- Rec Bingo @ 1:30PM

March 24-Nutrition Smoothies @10AM

March 25-Women History Program w/ Riverway Chorus
@1:30PM

March 26-Open Meeting with Advisory Bd at !:30PM



When Is St. Patrick's Day 2026?

St. Patrick's Day is on Tuesday, March 17, 2026. It is not a federal holiday in the United States. However, in Ireland, it is a public holiday when most businesses and schools are closed.

Who Was St. Patrick?

St. Patrick, who lived during the fifth century, is the [patron saint of Ireland](#) and its national apostle. Born in Roman Britain, he was kidnapped and [brought to Ireland as a slave](#) at age 16. He later escaped but returned to Ireland and is credited with spreading [Christianity](#) among its people.

In the centuries following [Patrick's death](#) (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in Irish culture. Perhaps the most well-known [legend of St. Patrick](#) is that he explained Christianity's Holy Trinity—the Father, Son and Holy Spirit—using the three leaves of a native Irish clover, [the shamrock](#).



Happy International Women's Day

Here is a poem dedicated to the women of the world,
To all the mothers, wives and every young girl,
To all women that work hard to make a living,
To the kind women that spread kindness by giving,

Happy International Women's Day i bid to all of you,
Women of the world that helped build a society so true,
Women that have helped bring our society into existence,
Women that have given mankind their indispensable assistance,

Woman's day is more than a day to show love and appreciation,
It is also a day to strive for equality for women in every nation,
Be it social achievements, politics, economics or sports,
Be it in the workplace, education or even laws in courts,

We have come a very long way from the ancient times of old,
When women weren't encouraged to go to school or work for gold,
I hope we keep up the progress and strengthen equal rights,
So that the mankind as a whole can achieve even greater heights.

Daya Nandan



“
THERE IS NO LIMIT TO
WHAT WE, AS WOMEN,
CAN ACCOMPLISH.
- MICHELLE OBAMA

“**Don't be afraid.
Be focused.
Be determined.
Be hopeful.
Be empowered.**”
**MICHELLE
OBAMA**
FORMER FIRST LADY OF
THE UNITED STATES
**WOMEN'S
HISTORY
MONTH**





Honey Lemon Garlic Salmon

Ingredients:

1 lbs. Wild Salmon cleaned

2-3 pats butter

Mixture of

1tbs honey

1tsp Dijon mustard, garlic powder & black pepper

1. Preheat your oven to 400 degrees F.
2. Generously season your salmon with the amazing lemon garlic honey
3. marinade.

Line a large [baking sheet](#) with parchment paper or foil and grease lightly with olive oil or nonstick cooking spray.

1. Place salmon skin side down on baking sheet. Pour/brush marinade over the top of the salmon.
2. For every inch of thickness, bake for 15 minutes. My salmon is usually perfect around 16-18 minutes. Flake salmon with a fork and serve!

As a rule of thumb, it's best to undercook rather than overcook your salmon so that it does not dry out.

□ COLORECTAL CANCER AWARENESS MONTH

Why This Is Important for Seniors

Colorectal cancer is one of the most common cancers in adults over 50. Risk increases with age. Most cases begin as small growths called polyps,

which can be removed before they become cancer. Risk Factors 

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Risk Factors

- Age 50+
- Family history of colon cancer
- Low-fiber, high-processed food diet
- Smoking
- Obesity
- Physical inactivity

Type 2 diabetes

Warning Signs

- Blood in stool (bright red or dark)
- Persistent constipation or diarrhea
- Unexplained anemia (low iron)
- Abdominal pain
- Unexplained weight loss

Feeling that bowel does not empty completely

△ Many people have **no symptoms** in early stages — that is why screening is critical.

Screening Options

- **Colonoscopy** (every 10 years if normal)
- **FIT or stool-based test** (yearly)

CT colonography (in some cases)

Talk to your healthcare provider about which test is right for you.



NATIONAL NUTRITION MONTH

As we age, metabolism slows and nutrient absorption changes.

Key Nutrients for Seniors

Protein – prevents muscle loss (sarcopenia)

Sources: eggs, fish, beans, Greek yogurt

Fiber – prevents constipation & supports colon health

Goal: 21–30 grams daily

Sources: vegetables, fruits, oats, whole grains

Calcium & Vitamin D – prevent osteoporosis

Sources: dairy, fortified milk, sunlight exposure

Vitamin B12 – important for nerve & brain function

Deficiency may cause fatigue, numbness, memory changes

Potassium – helps regulate blood pressure

Name: _____

St Patricks Day Word Search



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H	N	C	U	U	I	D	Y	J	X	F	Q	R	Y	R	J	Y
D	P	B	L	A	R	N	E	Y	I	F	J	A	Y	U	J	Z
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SHAMROCK
ST PATRICK
LEPRECHAUN
SPRING
TREASURE

LUCKY
CLOVER
GREEN
RAINBOW
GOLD

IRELAND
JIG
BLARNEY
TRADITION
PARADE



© Monsterwordsearch.com

Name: _____

March Word Search



W	N	G	G	B	H	F	J	Q	N	L	L	R	C	D	K	E
I	Y	G	X	R	S	T	P	A	T	R	I	C	K	S	D	A
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E	Q	A	H	E	C	K	J	T	L	D	C	Q	J	G	S	T
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MARCH

AUTUMN

ST PATRICKS DAY

EASTER

PASSOVER

PISCES

ARIES

GOD OF WAR

DAFFODIL

BLOODSTONE

IDES OF MARCH

SPRING

KITE

WINDY

LAMB

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RIVERWAY OLDER ADULT CENTER

230 Riverdale Ave
Phone: (718) 942-5345

Open Monday—Friday 8:30am—4:30pm

SENIOR CENTER STAFF

Ron Carson - Director of Field Operations
Leticia Knowles—Program Manager
Dorothy Craig—Case Manager
Nicci Parnell—Administrative Assistant
Paul LaRue—Driver/Kitchen Helper
Jamella Thomas—Kitchen Aide
Robert Walker—Maintenance

ADVISORY COUNCIL

Pres. Dorothy Jefferson
Vice President-Linda Caldwell
Treasurer/Advisor-Mildred Jasper
Co Treasurer-Maxine Irby
Secretary-Gemma Williams
Vanessa Swain
Luz Roman

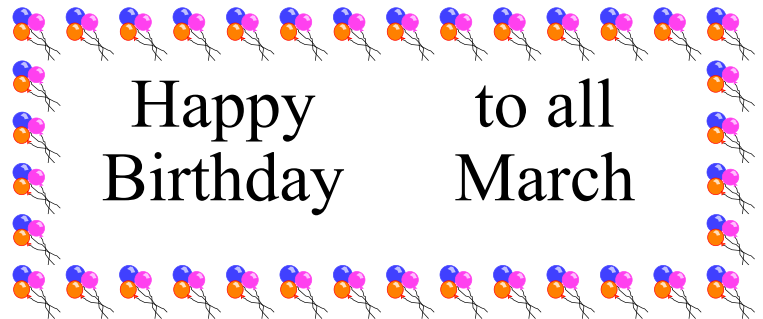
Board Helpers

Lorna Bynoe
L. Anderson
Donna Abrams
Elena Pascal
Gina Spallina
Gloria Smith



BIRTHDAYS

THIS MONTH



Happy Birthday to all
March



Catholic Charities Mission Statement

Catholic Charities of the Diocese of Brooklyn sees its mission as sharing in the promotion of unity among all persons by seeking to develop caring communities.