

# SEASIDE NEWS

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Jurate Jones, Program Manager

## *A message from Jurate*

*To the exquisite women with the exclusively women's holiday! On March 8th and indeed all month, consider all the wonderful things you've done for your friends and family, which would have never happen without you. Despite failures - you stand up. Despite sorrow - you cheer up. Despite the pain - you keep fighting! Keep dreaming to fly higher and reach new heights.*

*Congratulations!*

*W-wonderful,  
O-outstanding,  
M-marvelous,  
A-amazing,  
N-nice!*

*Happy Women's Day to all the incredible, beautiful and amazing women! Shine!....*

*Not just today but every day!*

*FOUNDED BY The NYC Aging*



## *Happy Birthday to:*

- |             |           |
|-------------|-----------|
| Brenda      | Ambo      |
| Helena      | David     |
| Lydia       | Gem       |
| Charlesetta | Lorraine  |
| Angela      | Zdzislawa |
| Gerard      | David     |
| Odelvis     | Patricia  |
| Ambo        | Pablo     |
| Maria       | Nathanie  |
| Amalia      | Krystyna  |
| Patricia    | David     |
| Mary Ellen  | Minerva   |
| Gazeta      | Sarah     |
| Danielette  | Rosenda   |
| Jack        | Shannon   |



# SEASIDE ANNOUNCEMENTS MARCH, 2026



Greetings, Spring is just around the corner! Thank goodness February is a short month. Snowstorms and cold snaps be gone!! Spring in New York City is always so special Think: Central Park, The Brooklyn Botanic Garden's cherry blossoms which bloom from late March to mid-May! This spring, we encourage you to spend time with us and let us help you

enrich your life. We are open for breakfast, lunch, exercise, recreation, Pokeno, Bingo, parties, presentations, trivia and trips. Located in the heart of Rockaway Beach, Seaside

OAC is your *home away from home*. Bring a friend and get a free lunch! Same day memberships available. Joining our center is free and takes less than 30 minutes. New members just need to bring ID to show they are aged 60 or over and sign our consent paperwork. Our center is Wheelchair Accessible. Languages spoken by staff include, English, Spanish, Bulgarian, Russian, Lithuanian, Ukrainian and Polish.

Look through our Activity Calendar for the month of March.



The luck of the Irish! Join us to celebrate on Friday 3/14. Treats will be served along with ice cream. If you would like to donate an item for this event, please bring it on or before the party, fruit or a soft drink would be much appreciated. Wear green or an Irish sweater for our fashion show! We are all Irish in March!

Don't forget the Rockaway St. Patrick's Parade will take place on Saturday March 7 at 1pm sharp beginning at Beach 130th street and Newport.



Our driver Daniel is looking forward to transporting you on trips. Our new front desk person, William McKenzie, will be helping us to plan trips!

So, let's all come together to gather fun trip ideas. It is important to keep in mind the following factors : Location, cost, senior discount and if the trip venue has disability access. Once the trip has been finalized and approved, please make sure you sign the sheet at the front desk. We know that life happens -please let us know if you have to cancel!



March focuses on preventive care, healthy eating, and protecting ourselves from falls Nurse Kecia Brown will be giving Health presentations. Check our calendar for times/ dates as her work schedule varies.

## Word Scramble Theme: Ireland (Answers page 8)

1. ykcul hcmar
2. cmahr sdmanse
3. adprea
4. kmorshca
5. ielnoecbtra
6. ginpsr
7. ados daebr
8. diernla
9. wniroba
10. opt fo dglo
11. lcpuernhae
12. rofu fela vrelco
13. nytoer
14. eregn
- 11.15. tsian tpracik
16. rea nlisug
17. oehrssoeh
18. csmui
19. nseginus
20. radmlee lsei

How many words can you make from *achievements*?

# St. Patrick's Day Wordsearch

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

Blarney	Emerald	Lucky	Rainbow
Celebrate	Green	March	Saint
Charm	Gold	Parade	Shamrock
Clover	Ireland	Patrick	Shillelagh
Coins	Leprechaun	Pinch	Wishes



# FEBRUARY HIGHLIGHTS AT SEASIDE OAC



↑ Cheers & Happy birthday to our February Babies. L-R: Hortense, Winston, Eulene, David and Adolph!



↑ Sylvia and her husband Adolph showing off their dance moves, Susan in the background also a great dancer!



↑ Happy Valentine's Day! Love was in the air! Thank you for joining in the fun!



↑ Thank you to Janelle for teaching such a therapeutic yoga class! As can be seen, it is getting very popular – Namaste!



↑ February was heart health month! Thank you to Shanay for a fun morning of heart health, jeopardy quiz and a fruit platter. L-R Brenda, Eddie, Dorethea and Shanay (Oak Street Health)

**CASE MANAGER'S CORNER:** Examples of programs you may be entitled to are: SNAP, SCRIE, DRIE, STAR, ENHANCED STAR, SCHE, MEDICAID, MEDICARE SAVINGS PROGRAM, HEAP, LIFELINE, ACCESS-A-RIDE, REDUCED FARE METROCARD (OMNY). We are here to help you with applications.

**ARE YOU A HOMEOWNER? CONDO OWNER? OR, DO YOU OWN SHARES IN A COOPERATIVE OR MITCHELL LAMA BUILDING?**

**Read on! THE SENIOR CITIZEN HOMEOWNERS' EXEMPTION (SCHE)** is available to homeowners, including co-ops and condos with annual income less than **\$58,399**.

**RULES:** You must own the property for at least 12 consecutive months prior to the date of filing for the exemption and you must occupy the property as your primary residence.

Additional requirements are you have to be **65** and over. For homeowners and condo owners who get accepted, you will receive a letter stating the reduction on your property tax bill and for shareholders in co-ops, your building management will receive the total rebate and they will be responsible for the disbursement of the funds to approved shareholders. The SCHE benefit must be renewed every two years. The Department of Finance will send you an application when it is time to renew your benefit.

**\*\*IMPORTANT –** If you previously applied and you have renewed correctly, you should look closely at your property tax bill or your maintenance statement from now through December, 2026. The exemption should be reflected on either of the aforementioned documents.

Note: You cannot receive both SCHE and DHE (Disabled Homeowners Exemption). If you qualify for both, you will receive SCHE. Please note you **cannot** get SCHE and SCRIE (HPD) but you can get SCHE and STAR or ENHANCED STAR..

**\*\*The deadline to apply or renew (if applicable) is March 15th! Do not delay\*\***



March is National Nutrition Month. Together let's make healthy food choices that promote health and well-being.

Focus on planning nutritious meals. Read labels carefully. Stay out of the inner aisles of supermarkets! Eat a nice apple every day!  
Eat meals as often as possible at SEASIDE OAC

**SEASIDE OAC EVENTS NOT TO MISS!**

- Bingo every Monday & Thursday at 12:45pm (snack provided).**
- Paddy's potluck party Friday March 14 after lunch**
- Pokeno Wednesday March**
- Birthday Party on Friday March at 12:45PM.**

**EXERCISE SCHEDULE AT SEASIDE OAC**

- In-person Aerobics every Monday with Anna at 11am**
- In-person Strength Exercise with Tommy on Tuesdays and Thursdays at 11:15am**
- In-person Tai Chi for Arthritis every Wednesday with Arthur at 11am**
- In-person Yoga with Janelle every Friday at 11am**

# MARCH IS FALLS AWARENESS MONTH

March is a month to focus on preventive care, healthy eating, and protecting ourselves from falls and injury. Many serious health conditions can be prevented or detected early with simple steps.

## FALL PREVENTION & BRAIN SAFETY

### **Why Falls Are Serious?**

One in four adults over 65 falls each year.

Falls are the leading cause of traumatic brain injury in seniors –even one fall increases risk of future falls.

### **Medical Causes of Falls:**

Low blood pressure. Inner ear problems (vertigo). Medication side effects. Weak leg muscles  
Vision changes. Neuropathy (nerve damage in feet). Dehydration Low blood sugar

### **Prevention Strategies:**

Annual vision exam Medication review with doctor Balance & strength exercises  
(tai chi, chair exercises) Proper footwear Remove loose rugs Install grab bars & night lights

\*If you fall and hit your head – seek medical attention, even if you feel fine.\*\*

# March is 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** 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.

## **BONUS: SPRING HEALTH CHECKLIST**

- ✓ Schedule preventive screenings ✓ Check blood pressure regularly
- ✓ Monitor blood sugar if diabetic ✓ Review medications
- ✓ Increase daily movement ✓ Add more fiber to meals

**REMEMBER:** Preventive care, healthy nutrition, and safe movement work together to keep you independent and strong. Your health is your greatest investment. □

**\*\*Thank you to wellness expert Alina Rasina for such valuable advice.\*\***

# SEASIDE MEMBERS SECTION

*We continue to pray for strength and a return to good health for our dear members:*

**Barbara Sylvia John Celestine  
Idilia Maria Kathleen Julia  
Sarah Frances Wendy**

In 2026, daylight saving time begins on Sunday March 8, at 2:00 a.m., when clocks are set forward one hour. Yes, we will lose an hour's sleep but think of the benefits; a stretch in the evenings! **International Women's Day** is Saturday March 8, 2026.

**Women's History Month** is celebrated throughout the entire month of **March** in the U.S., U.K. and Australia.

**March is Irish American Heritage Month.** St. Patrick's Day is on March 17th and the **265th** annual New York St. Patrick's Day Parade along Fifth Avenue. It is largest St. Patrick's Day parade in the U.S.!

Did you know? Folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.

In Ireland traditional food served consists of a slow cooked lamb or beef stew, colcannon and soda bread. Irish stew is cooked slowly in a tasty gravy with hearty vegetables. Colcannon is delicious and consists of creamy mashed potatoes mixed with cabbage. Soda bread is served with **Kerrygold** pure Irish butter!

**Fun fact:** Corned beef and cabbage is not typically served on St. Patrick's Day in Ireland! It is associated with St. Patrick's Day primarily because it was a readily available and affordable food option for Irish immigrants in the United States, particularly during the Great Famine, where they adopted it as a celebratory meal to maintain a sense of cultural identity on the holiday; while not traditionally eaten in Ireland, the dish became a staple in Irish-American culture due to its accessibility and association with their heritage.



Did you know? The Irish passport, only in service just over a century, is considered the strongest globally.

(Source: **The Nomad Passport Index**)

*"Happy Women's History Month and Happy St. Patrick's Day."*

*Mr. Grant*



*Happy St. Patrick's Day to you all  
Lá Fhéile Pádraig sona daoibh go léir  
Laura Norden (Dublin native)*

*Happy Women's History Month and  
Happy Spring!  
Leslie Mahoney*



*Congratulations on a job well done to long time NYC Aging Commissioner, Lorraine Cortés-Vázquez  
Felicitaciones!*

As of early March 2026, **Dr. Lisa Scott-McKenzie** has been appointed as the new Commissioner for NYC Aging by Mayor Zohran

Mamdani. Scott-McKenzie is a veteran of the public hospital system and she previously served as COO of Wyckoff Hospital

*Good luck to Dr. Scott McKenzie*



March marks the 39th year of **Women's History Month**

The vital role of women in American history must be celebrated this month and

always! Growing out of a small-town school event in California, Women's

History Month is a celebration of women's contributions to history, culture and society.

The United States has observed it annually throughout the month of March since 1987.

**Women's History Month Colors** are: white, green, and purple. But you'll often see many shades represented, including pinks, reds and gold.

*Which women have been most influential in your life and why?*

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# SEASIDE OLDER ADULT CENTER



## WORD SCRAMBLE ANSWERS

1. Lucky Charms
2. March Madness
3. Parade
4. Shamrock
5. Celebration
6. Spring
7. Soda Bread
8. Ireland
9. Rainbow
10. Pot of Gold
11. Leprechaun
12. Four leaf clover
13. Tyrone
14. Green
15. Saint Patrick
16. Aer Lingus
17. Horseshoe
18. Music
19. Guinness
20. Emerald Isle

## SEASIDE OAC STAFF

Ron Carson—Director of Field Operations  
Jurate Jones — Program Manager  
Brieger McGarrity — Case Manager  
Theresa Murgolo — Administrative Assistant  
Wallace Martin—Full Time Driver  
Andrei Simeonov — Custodian  
Melba Romero — Part Time Kitchen Aide  
Daniel Routledge — Per Diem Driver  
Front desk: William McKenzie

## SEASIDE ADVISORY BOARD

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Dolores Koo - Member  
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James Murray - Member  
John Sperling - Member  
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Jackie Ali - Member



The mission of Catholic Charities Brooklyn and Queens is to translate 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.

**Funded by The NYC Aging**