

125+
YEARS OF CHANGING LIVES



The Riverway Experience

April 2026

230 Riverdale Avenue, Brooklyn, NY, 11212

Phone #: (718) 942-5345



Holidays This Month

April 1st April Fool's Day
April 5th Easter Sunday
Stress Awareness
Autism Awareness
Irritable Bowel Syndrome Awareness

A MESSAGE FROM LETICIA



SPRING is finally here!!!! We anticipate warmer weather and showers to bring forth flowers. We are moving forth with programming and need your support to come out more to the center. Better days are coming as we prepare to relocate to our new center at 350 Livonia Avenue Gail P Duke Older Adult Center. We will keep you informed when we actually leave Riverway OAC. We want to announce the lottery for Gail P Duke Senior Residence. Please go to *NYC Housing Connect* and apply as the application is now available. If you need assistance with the application process we are here for you. Services are still going on as usual. You can give ideas and suggestions to our senior advisory board or you can come to open meetings. We are launching a **walk-a-thon** to count our steps with other centers in the five boroughs. The walk will occur every Thursday at 10AM. This will be an opportunity to bond while getting in shape. Please see Ms. Dorothy if interested.

On another note please update your profile with the center because we need to do an annual recertification for all members for the assessment with Dept. For the Aging. Also, you have to have consent on file to engage in programs such as transportation, recreation and health promotion activities. Have a fun filled month. Happy Easter to all!

Funded by NYC Aging

6. Relax Yourself by taking your mind off your stress and concentrating on breathing and positive thoughts.

Dreaming counts, along with meditation, exercise, listening to relaxing music, communicating with friends and loved ones, etc.

7. Rest Yourself as regularly as possible.

Sleep 7-8 hours a night. Rest your eyes as well as your mind.

8. Be Aware of Yourself.

Be aware of distress signals such as insomnia, headaches, anxiety, upset stomach, lack of concentration, colds/flu, excessive tiredness, etc. These can be signs of potentially more serious disorders (i.e., ulcers, hypertension, heart disease).

9. Feed Yourself / Do Not Poison Your Body.

Eat a balanced diet. Avoid high calorie foods that are high in fats and sugar. Don't depend on drugs and/or alcohol. Caffeine will keep you awake, but it also makes it harder for some to concentrate. Remember, a twenty minute walk has been proven to be a better tranquilizer than some prescription drugs.

10. Enjoy Yourself.

It has been shown that happier people tend to live longer, have less physical problems, and are more productive. Look for the humor in life when things don't make sense. Remember, you are very special and deserve only the best treatment from yourself.



Mental Health Concerns

1. Avocado & Salmon Salad with Walnuts

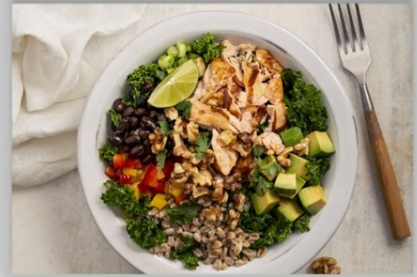
Ingredients:

- 1 ripe avocado, diced
- 1 can (5 oz) wild-caught salmon, drained and flaked
- 1/4 cup chopped walnuts
- 1 cup mixed greens (spinach, arugula, or kale)
- 1/2 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

(Optional) 1 tbsp chia seeds or ground flaxseed

Instructions:

1. Combine greens, tomatoes, and avocado in a large bowl.
2. Add salmon and walnuts.
3. Drizzle with olive oil and lemon juice.
4. Toss gently and season with salt and pepper.
5. Top with seeds if desired. Serve fresh.



2. Berry Yogurt Parfait

Ingredients:

- 1 cup plain Greek yogurt
- 1/2 cup mixed berries
- 1 tbsp honey or maple syrup (optional)
- 2 tbsp granola or rolled oats
- 1 tbsp chia seeds or ground flaxseed

Instructions:

1. In a glass or bowl, layer half the yogurt and berries.
2. Add a light drizzle of honey or syrup (optional).
3. Repeat layers.
4. Top with granola and seeds.
5. Serve immediately or chill up to 4 hours.



Blueberry Banana Brain-Boost Smoothie

Ingredients:

- **1 ripe banana**
- **1/2 cup frozen blueberries**
- **1/2 cup plain Greek yogurt**
- **1 tbsp ground flaxseed or chia seeds**
- **1 cup unsweetened almond milk**
- **1 tsp honey or maple syrup (optional)**

A small handful of spinach (optional)

Instructions:

1. **Blend all ingredients until smooth.**
2. **Adjust sweetness if needed.**
3. **Pour into a glass and enjoy!**

Quick Nutrition Tips for Seniors:

- **Protein supports brain and muscle health**
 - **Omega-3s (from fish, walnuts, flax) support mood and memory**
 - **Fiber helps digestion and blood sugar balance**
- Hydration is essential—drink water throughout the day**



Activities For The Month

April 2-Scams Presentation@11AM

April 8–CPA Clinic Health @10:30AM

April 9– Meal Planning@11AM

April 10-OHEL Health @1PM

April 14-Netflix movie@10AM

April 15-Social Security Presentation @11AM

April 16-Birthday Party @1:30PM

April 17-Special Bingo @1:30PM

April 21-Nutrition & Mental Health @12PM

April 23-Elder Abuse @11:15AM

April 24-Spring Fling @1:30PM

April 28-It's Music Event@ 1:30PM

April 30-Nutrition Exercise/Survey @11AM

Recreation Corner Diamond Painting

Diamond Art is a specialty craft where tiny faceted resin diamonds are placed on pre-glued color coded canvas for a mosaic art design or pattern. The final project is always rewarding. This form of art is relaxing, improves concentration, eye and hand coordination and also enhances home décor. Members of Riverway highly enjoy this project. The best part is the art can be done individually or in groups. The idea of creating something beautiful build anticipation. The art itself is a great conversation piece. It appears tedious at first but became fun. Why not give it a try!!!



SPRING

BY GERARD MANLEY HOPKINS

Nothing is so beautiful as Spring -
When weeds, in wheels, shoot long and lovely and lush;
Thrush's eggs look little low heavens, and thrush
Through the echoing timber does so rinse and wring
The ear, it strikes like lightnings to hear him sing;
The glassy peartree leaves and blooms, they brush
The descending blue; that blue is all in a rush
With richness; the racing lambs too have fair their fling.

What is all this juice and all this joy?
A strain of the earth's sweet being in the beginning
In Eden garden. - Have, get, before it cloy,
Before it cloud, Christ, lord, and sour with sinning,
Innocent mind and Mayday in girl and boy,
Most, O maid's child, thy choice and worthy the
winning.

WE ARE
TEACHERS

THERE'S NOTHING WRONG WITH ASKING FOR HELP

There's a new number to call for mental health crises:



Compassionate.
Accessible.
Easy-to-remember.

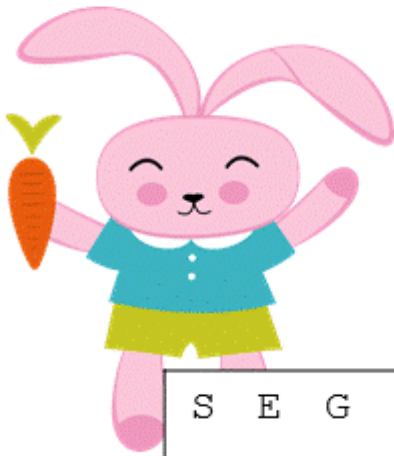
Call or text **988** to speak with a trained crisis counselor.

What happens when you call **988**?

You're connected with a crisis counselor who:

-  Listens
-  Supports
-  Shares resources

If you or someone you know is experiencing mental health- or substance use-related crisis, **call or text 9-8-8.**



Easter Sunday

Sunday following the first
full moon after the Spring equinox

S	E	G	D	U	C	K	S	Y	D	Y	E	E	I
U	B	R	T	E	U	Q	U	O	B	S	A	R	C
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D	N	T	S	E	E	T	E	I	T	H	I	P	R
A	N	I	D	G	N	E	D	E	I	C	S	A	S
Y	Y	T	C	U	N	O	R	L	K	P	T	R	N
R	T	U	H	H	F	I	D	S	R	E	E	A	A
A	E	D	Y	F	U	R	S	I	R	P	N	D	E
B	K	E	A	J	E	R	N	S	R	O	N	E	B
B	S	D	O	N	S	G	C	A	E	H	O	E	Y
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T	B	L	G	O	E	G	R	A	S	S	B	I	L
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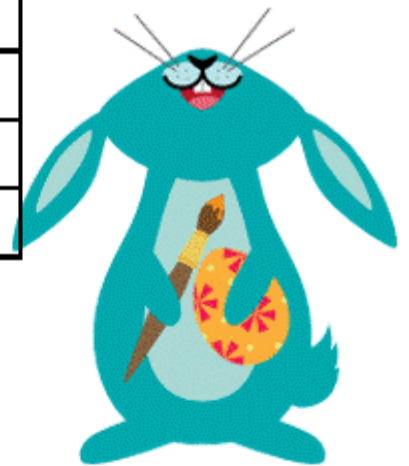
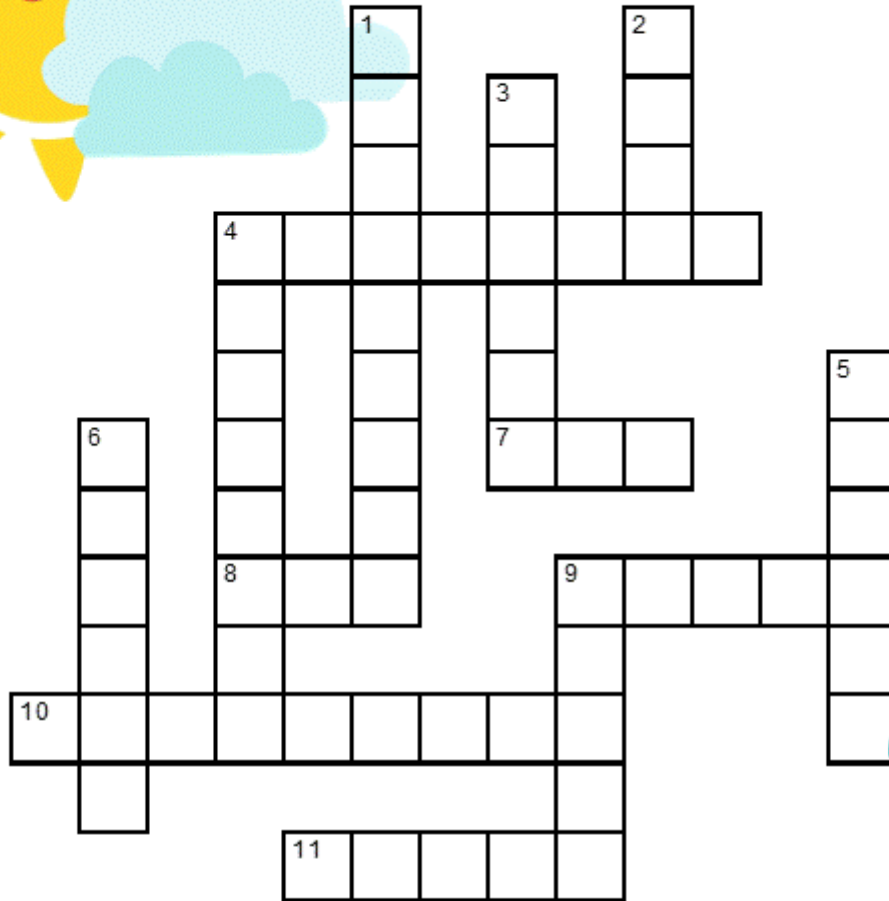
BASKET
BLESSINGS
BONNET
BOUQUET
BUNNY
CHICKS
CHILDREN
CHOCOLATES
CHURCH

DAFFODILS
DUCKS
DYE
EASTER
EGGS
FLOWERS
GRASS
GRATITUDE
HOPE

HUNT
JELLYBEANS
JOY
LIFE
PARADE
RABBIT
SPRING
SUNDAY



Easter Crossword



ACROSS

- 4. You might do this to eggs for Easter
- 7. A hen makes this
- 8. Used to color eggs
- 9. The hen's baby
- 10. Colorful candy you might find in an Easter basket
- 11. Peter Cottontail is one

DOWN

- 1. Eggs might be made from this
- 2. Look for eggs
- 3. Easter Day event
- 4. Yellow or white spring flower that grows from a bulb
- 5. What the Easter Bunny brings
- 6. A pretty hat worn on Easter
- 9. Don't eat too much of this or you might get a belly ache



RIVERWAY OLDER ADULT CENTER

230 Riverdale Ave
Phone: (718) 942-5345

Open Monday—Friday 8:30am—4:30pm

OLDER ADULT CENTER STAFF

Ron Carson—**Dir. Of Field Operations (DOFO)**
Leticia Knowles—**Program Manager (PM)**
Dorothy Craig—**Case Manager**
Pamela Parnell (Nicci)—**Administrative Assistant**

Paul LaRue-Driver (**Rec trips**)
Jamella Thomas—**Kitchen Aide**
Robert Walker —**Maintenance**

Happy April Birthday to all Members!!



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.