

HEART HEALTHY FOODS

PREVENT HEART DISEASE NATURALLY



WHAT to EAT?
FRUITS and VEGETABLES



WHAT to AVOID?
PROCESSED and GMO FOODS

* **Good fats**
monounsaturated fats
polyunsaturated fats
mega-3 fatty acids

* **Bad fats**
saturated fats
trans fats

↑ **VITAMINS**
MINERALS
ANTIOXIDANTS
DIETARY FIBERS

↓ **SALT**
BAD FATS
CALORIES
CHOLESTEROL



LIST of HEALTHY PRODUCTS



+ fibers
+ folic acid
+ potassium
+ **vitamin C**



healthy protein
+ fibers
+ good fats



+ potassium
+ folic acid
+ **vitamin C,A**
anti inflammation



+ Q10 co-enzyme
+ fibers
+ **vitamin A, C**
reduce inflammation



+ antioxidants
+ fibers
+ good fats



+ antioxidants
- cholesterol
- blood pressure
anti inflammation



+ **vitamin C,A**
+ antioxidants
+ potassium
- cholesterol



+ **vitamin B**
+ fibers
+ good fats



+ fibers
+ potassium
+ good fats
+ **vitamin C,B**



Spinatch

+ Q10 co-enzyme
+ antioxidants
+ potassium
- cholesterol
- toxins



+ antioxidants
+ fibers
+ potassium
- cholesterol
- blood pressure



+ fibers
+ antioxidants
- cholesterol



+ **vitamin A, C**
+ potassium
+ fibers



Brown rice

+ fibers
+ antioxidants
+ **lignans**



+ **vitamin C, B**
+ antioxidants
- cholesterol



+ antioxidants



+ **vitamin A, C**
+ fibers



+ **vitamin A,B,C**
helps with
cholesterol
blood flow

SUPPORT FOR OLDER ADULTS 60+ IMPACTED BY CRIME

Have you or someone you know been directly affected by a crime?
Need help accessing resources and support services?



Call Aging Connect at 212-AGING-NYC (212-244-6469)
to reach NYC Aging's Crime Prevention and Support Services (C-PASS)

Speak Confidentially and Get Assistance:

- Accessing mental health counseling services
- Receiving crisis intervention and safety planning services, including referrals to community-based elder abuse services
- Obtaining a free copy of your police report
- Connecting with your local NYPD precinct and other law enforcement officials
- Filing NY State Office of Victim Services applications for crime-related losses
- Filing financial fraud complaints with state and federal agencies
- Referrals to NYC Aging's Legal Assistance for Older New Yorkers: housing issues, legal representation, assistance with public benefits applications



*Crime Prevention and Support Services (C-PASS) is partially funded by
the New York State Office of Victim Services*



We offer case assistance with the following:

- . Supplemental Nutrition Assistance Program (SNAP)
- . Medicaid Application
- . Passport Application
- . Housing application
- . Senior Citizen Rent Increase Exemption (SCRIE)
- . Disability Rent Increase Exemption (DRIE)
- . Senior Citizen Homeowner's Exemption Program (SCHE)
- . Access-A-Ride
- . MTA Reduce-Fare/65 or older or qualifying disability

Call Case Manager, Ron Fitzpatrick for an appointment 929-268-3326.



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



CATHOLIC CHARITIES
Brooklyn & Queens

ESTABLISHED 1899



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

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
- Breezy Point
- Belle Harbor
- Neponsit
- Bayswater
- Arverne
- Edgemere
- Rockaway Park
- Rockaway
- Far Rockaway



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!

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



Best Life Older Adult Center

118-35 Farmer Blvd

Saint Albans, NY

11412

929-268-3326

Ron Carson, Director of Field Operation

Carmen Rojas, Program Manager

Corraine Lashley, Administrative Assistant

Ron Fitzpatrick, Case Manager

John Moy, Kitchen Aide

Roderick Delph, Maintenance

Open Monday – Friday

8:00 am – 4:00 pm

Lunch 12:00 am – 1:00 pm