

CELEBRATING  
**125**  
YEARS



# April

2026

**ST. LOUIS OLDER ADULT CENTER  
CATHOLIC CHARITIES NEIGHBORHOOD SERVICES**



230 KINGSTON AVENUE  
BROOKLYN, NY 11213

T (718) 771-7945 F (718) 467-2524



**NYC** Department for the Aging

Breakfast

9:00AM – 10:00AM

**ST. LOUIS OLDER ADULT CENTER BREAKFAST MENU**

**April 2026**



230 Kingston Ave  
Brooklyn NY 11213  
Tel: (718) 771-7945

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MENU MAY CHANGE WITHOUT PRIOR NOTICE</b></p>	<p><b>WHOLE WHEAT BREAD &amp; MILK 1% SERVED DAILY</b></p> <p><b>COFFEE &amp; TEA SERVED DURING BREAKFAST</b></p> <p>9:00AM – 10:00AM</p>			
<p>6 Banana Nut Muffins Non-Fat Yogurt Granola Bar Peaches</p> 	<p>7 Scrambled Eggs Home Fries Apple Sauce</p>	<p>8 Grilled Cheese Cream of Wheat Banana</p>	<p>9 Broccoli Cheddar Cheese Quiche Oatmeal Banana</p> 	<p>10 Salmon Cakes Cheesy Grits Fruit Cocktail</p>
<p>13 Healthy Harvest Muffins Non-Fat Yogurt Apple Sauce</p>	<p>14 Pancakes Oatmeal Canned Pears</p>	<p>15 Potato Spinach Frittata Multigrain Cheerios Mandarin Orange</p>	<p>16 Cheddar &amp; Potato Bake Grits Banana</p>	<p>17 Grilled Cheese Cream of Wheat Canned Mandarin Orange</p>
<p>20 Blueberry Muffins Non-Fat Yogurt Granola Bar Diced Peaches</p>	<p>21 Omelet w/Spinach &amp; Mozzarella Cheese Overnight Oat w/Berries</p>	<p>22 Corn Muffins Multigrain Cheerios Stringy Cheese Stick Canned Pears</p>	<p>23 Hard Boiled Eggs Oatmeal w/Mixed Berry Cantaloupe</p> 	<p>24 Pancakes Oatmeal Kiwi</p>
<p>27 Healthy Harvest Muffins Cottage Cheese Granola Bar Sliced Peaches</p> 	<p>28 Pancakes Scrambled Eggs Apple Sauce</p>	<p>29 Stewed Chicken Liver Grits Grapes</p>	<p>30 Hard Boiled Eggs Oatmeal Grapes</p>	



Funded by NYC Aging

Lunch Menu----->Other Side-->

Lunch  
12:30PM – 1:30PM



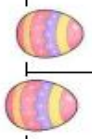
**ST. LOUIS OLDER ADULT CENTER LUNCH MEALS**

April 2026



230 Kingston Ave  
Brooklyn NY 11213  
Tel: (718) 771-7945

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WHOLE WHEAT BREAD &amp; MILK 1% SERVED DAILY COFFEE &amp; TEA SERVED DURING LUNCH 12:30PM – 1:30PM</b>	<b>MENU MAY CHANGE WITHOUT PRIOR NOTICE</b> 100% Juice served w/ Plant Based Meals Fish Meals Special Meals	1 General Tso's Chicken Garlic Mashed Potatoes Zucchini w/Peppers & Onions Canned Peaches	2 Tuna Salad Asian Cucumber Salad Cabbage Carrots Slaw Orange Apple Juice	3 <b>Good Friday</b> <b>St. Louis OAC</b> <b>Closed</b>
6 Pineapple Glazed Salmon Baked Sweet Potato Broccoli Cantaloupe Grape Juice	7 Rotini w/Spinach & Chickpeas Garden Salad Orange Pineapple Juice Orange	8 <b>Easter's Lunch Special</b> Turkey Wings Yellow Rice w/Pigeon Peas String Beans Apple Juice Jell-O 	9 Sweet & Sour Chicken Breast Egg Noodles Broccoli Spears Canned Mandarin Orange	10 Teriyaki Baked Fish Baked Red Potato Wedges w/Peppers & Onions Italian Blend Vegetables Apple Cranberry Juice
13 BBQ Chicken Legs Mashed Potatoes Broccoli Spears w/Toasted Garlic Apple	14 Fried Brown Rice w/Vegetables Creamy Corn w/Peppers & Onions Italian Blend Vegetables Grape Juice Canned Pears	15 Sliced Turkey Sweet Potato Baby Carrots Honeydew Melon	16 Pork Sir Fried w/Vegetables Perfect White Rice Italian Blend Vegetables Pear	17 Baked Salmon Corn on the Cob String Beans Cranberry Juice
20 Oven Fried Chicken Legs Homemade Mashed Potatoes String Beans Cantaloupe	21 Aromatic Pumpkins & Chickpeas Curry White Rice Orange Pineapple Juice Canned Apricot	22 Baked Pork Chops Egg Noodles Steamed Collard Green Apple	23 Jerk Chicken Quarter Leg Brown Rice Steamed Cabbage Cantaloupe	24 Baked Salmon Penne Pasta w/Peppers & Onions Italian Blend Vegetables Canned Pears Apple Juice
27 BBQ Chicken Legs Baked Red Potato Wedges Capri Blend Vegetables Canned Pears	28 Lentil Sloppy Joe Garden Salad Hamburger Bun Grape Juice Canned Apricot	29 Bistec Encbollado (Puerto Rico Steak & Onions) Yellow Rice California Blend Vegetables Fruit Cocktail	30 Curry Chicken Legs Caribbeans Rice w/Red Beans Baby Carrots w/Parsley Honeydew	




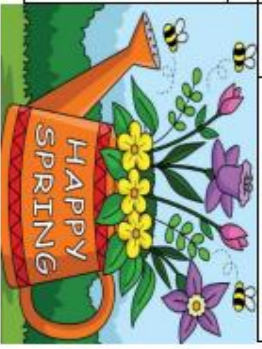
Funded by NYC Aging



**Funded by NYC Aging**

April 2026

Monday		Tuesday		Wednesday		Thursday		Friday	
Easter Monday		Senior Self Defense		April Fool's Day		Holy Thursday/Autism Day		Good Friday	
6	7	8	9	10	11	12	13	14	15
9:00 Breakfast 11:00 Nutrition Presentation 11:30 Self Defense 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O.	9:00 Breakfast 10:00 Su-Casa 10:30 Walking Club 11:00 Emergency Preparation 12:30 Lunch 1:15 B.I.N.G.O. 	9:00 Breakfast 10:00 Tech Class 11:30 Social Security Benefit 12:30 Lunch 1:15 Line Dancing w/Anthony 2:00 Advisory Board Meeting 2:30 B.I.N.G.O.	9:00 Breakfast 10:30 Storytelling w/Robin 11:00 Health First 12:30 Lunch 2:00 Advisory Board Cake & Ice Cream Fundraiser	9:00 Breakfast 11:00 Spanish Class 12:30 Lunch 1:45 Movie: Sanctioning Evil 2:00 Choral	9:00 Breakfast 10:00 Su-Casa 10:30 Walking Club 11:30 Lunch 1:15 B.I.N.G.O.	9:00 Breakfast 10:00 Tech Class 11:30 Mark Homecare 12:30 Lunch 1:15 Line Dancing w/Anthony 2:00 B.I.N.G.O.	9:00 Breakfast 10:30 Storytelling w/Robin 11:00 Lunch 12:30 <b>Game Day</b>	9:00 Breakfast 11:00 Spanish Class 12:30 Lunch 1:45 Movie: The Lies We Bury 2:00 Choral	9:00 Breakfast 11:30 Self Defense 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O.
9:00 Breakfast 11:00 Jokercise 11:30 Self Defense 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O.	9:00 Breakfast 10:00 Su-Casa 10:30 Walking Club 11:30 Lunch 1:15 B.I.N.G.O.	9:00 Breakfast 10:00 Tech Class 11:30 Lunch 1:15 Line Dancing w/Anthony 2:00 B.I.N.G.O.	9:00 Breakfast 10:30 Lunch 2:00 April Birthday Celebration	9:00 Breakfast 11:00 Spanish Class 12:30 Lunch 1:45 Movie: The Lies We Bury 2:00 Choral	9:00 Breakfast 10:00 Su-Casa 10:30 Walking Club 11:30 Lunch 1:15 B.I.N.G.O.	9:00 Breakfast 10:00 Tech Class 11:30 Mark Homecare 12:30 Lunch 1:15 Line Dancing w/Anthony 2:00 B.I.N.G.O.	9:00 Breakfast 10:30 Storytelling w/Robin 11:00 Lunch 12:30 <b>Game Day</b>	9:00 Breakfast 11:00 Spanish Class 12:30 Lunch 1:45 Movie: The Lies We Bury 2:00 Choral	9:00 Breakfast 11:30 Self Defense 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O.
27	28	29	30						



# April Birthdays

## April's Birthday Celebration

Thursday, April 30th, 2026

At 2:00PM

Live DJ & Cake

Don't forget to bring your ticket, if you're celebrating a birthday.

- 1 Lillian Finley
- 2 Lydia Roper
- 3 Lyttleton Andries
- 4 Viva Baker
- 5 Loretta Fisher
- 6 Joan Williams
- 7 Nolda Sutton
- 8 Silma Thorpe
- 9 Barbara Marcer
- 10 Gloria Austin Smith
- 11 Joseph Marcus
- 12 Esther Tross
- 13 Donicia King
- 14 Velloir Ince
- 15 Leonard Bowen
- 16 Yolanda Stuart
- 17 Ruth Charles Williams
- 18 Robert Fisher
- 19 Grace Carter



# BIRTHDAY

Effective April 1, 2024

Due to the increase of food cost meals has increased as following:

**Seniors 60 years plus, suggested donation:**

Breakfast: \$1.00

Special Breakfast: \$2.00

Lunch: \$1.50

Special Lunches: \$3.50

**Includes:** Ribs, Oxtails, Turkey Wings and  
Holidays/Special Occasions

**Each person MUST be present when purchasing a  
Special Lunch ticket.**

**Guest under 60yrs old:**

Breakfast \$4.00

Special Breakfast: \$5.00

Lunch \$4.50

Special Lunch \$5.50

**Due to limited seating, no reserving breakfast or lunch  
tickets. Calling does not hold a ticket.**

Thank you for your continuing support  
at St. Louis Older Adult Center.



Join us for St. Louis OAC

# 70's Spring FLING

SATURDAY, APRIL 11TH, 8AM-4PM

ST. LOUIS OLDER ADULT CENTER

**LIVE MUSIC,  
SPECIAL BREAKFAST & LUNCH,  
SNACKS, CRAFTS, GAMES,  
RAFFLES & FUN!**

RSVP at the Front Desk

For more info, contact the office: (718) 771-7945



FUNDED BY DFTA - MAKE UP DAY

# SOUL TRAIN



**BEST LIFE CENTER'S  
SOUL TRAIN CELEBRATION**

**LOVE, PEACE, AND SOUL!**

**FRIDAY MAY 8TH, 2026 1:00PM**

**118-35 FARMERS BOULEVARD  
SAINT ALBANS, NEW YORK 11412**

FUNDED BY THE NEW YORK CITY DEPARTMENT OF THE AGING





Brooklyn District Attorney  
**Eric Gonzalez**



# OPERATION

# PRESCRIPTION

# DRUG TAKE BACK

Turn in your unused or expired prescription medication for safe disposal.

- **NO NEEDLES OR INHALERS** -

**FRIDAY, APRIL 24, 2026**

**10:00AM - 3:00PM**

**DROP OFF LOCATIONS:**

**Brooklyn District Attorney's Office**  
350 Jay Street  
Brooklyn, NY 11201  
(Lobby)

**Bay Ridge Center for Older Adults**  
15 Bay Ridge Avenue  
Brooklyn, NY 11220

**FIAO | Il Centro Community & Fitness Center**  
8711 18<sup>th</sup> Avenue  
Brooklyn, NY 11214

**Marine Park Older Adults Center at the Carmine Carro Community Center**  
3000 Fillmore Avenue  
Brooklyn, NY 11234

**Cypress Hills - Fulton St. Senior Center**  
3208 Fulton Street  
Brooklyn, NY 11208

**Grace Agard Harewood Older Adult Club, Fort Greene Council, Inc**  
966 Fulton Street,  
Brooklyn, NY 11238

**Catholic Charities St. Louis Older Adult Center**  
230 Kingston Avenue  
Brooklyn, NY 11213

**Hope Gardens Senior Center**  
195 Linden Street  
Brooklyn, NY 11221



@brooklynda.org

@BrooklynDAOoffice

@BrooklynDA



**BREAKING  
NEWS ALERT**

It's that time of the year....

**RE-REGISTRATION TIME!!!**

**If You're Not a Member...**

**It's FREE To Join!!**

**Please Bring All Information:**

**Emergency Contacts**

**Doctor's Information**

**Medication**

**Photo ID**

**Phone Number**

**Must make an appointment**

**with Venus**

**Monday, Wednesday or Friday**

## **Case Manager Corner**



Our case manager, Venus Harrison  
is available at St. Louis OAC  
for your case management needs  
by appointment **only**  
**Mondays, Wednesdays and Fridays.**

Stop in or call the office  
(718) 771-7945  
to make an appointment



***Saturday, April 11th***

*(Make Up Day)*

***Special Breakfast***

***9:00AM - 10:00AM***

***Oven Fried Fish & Grits***

***Grapes***

***Orange Juice***

***Milk***

***Coffee or Tea***

***Special Lunch***

***12:30PM - 1:30PM***

***BBQ Spare Ribs***

***Baked Mac & Cheese***

***Collard Greens***

***Grape Juice***

***Milk***

***Coffee or Tea***

***ALT: BBQ Chicken***



*Easter Special Lunch*

*Wednesday, April 8th*

*12:30pm—1:30pm*

*Turkey Wings*

*Yellow Rice w/Pigeon Peas*

*String Beans*

*Apple Juice*

*Jell-O*

*Coffee or Tea*





# VOICES OF BROOKLYN



"VOICES OF BROOKLYN" IS A  
THEATRE PROGRAM IN YOU  
ARE INTERVIEWED ABOUT  
YOUR LIVES AND MEMORIES  
TO CREATE A PLAY



A NEW THEATRE  
PROGRAM  
CELEBRATING YOU  
AND YOUR STORIES



TUESDAY  
MORNINGS  
FROM  
MARCH TO JUNE



TUESDAY MARCH 10TH - 10AM-12.30PM  
TUESDAY MARCH 17TH - 10AM-12.30PM  
TUESDAY MARCH 24TH - 10AM-12PM  
TUESDAY APRIL 7TH - 10AM-12.30PM  
TUESDAY APRIL 28TH - 10AM-12PM  
TUESDAY MAY 5TH - 10AM-12.30PM  
TUESDAY MAY 12TH - 10AM-12PM  
TUESDAY JUNE 9TH - 10AM-12.30PM  
TUESDAY JUNE 16TH - 10AM-12.30PM



TAUGHT BY AN  
IMMIGRANT  
ACTOR AND  
THEATREMAKER



CATHOLIC  
CHARITIES  
Brooklyn &  
Queens  
ESTABLISHED 1899

CCNS ST. LOUIS OLDER  
ADULT CENTER

BROOKLYN  
ARTS  
COUNCIL

# *The Walking Club*



**Walk. Talk. Get Fit.**

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## April Walking Club Schedule

Tuesday, April 7th 10:30am - 11:30am

Tuesday, April 14th 10:30am - 11:30am

Tuesday, April 21st 10:30am - 11:30am

Tuesday, April 28th 10:30am - 11:30am

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Meet in the reception area



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**Chair Zumba  
w/Tommy the Experience**

**April Class Schedule**

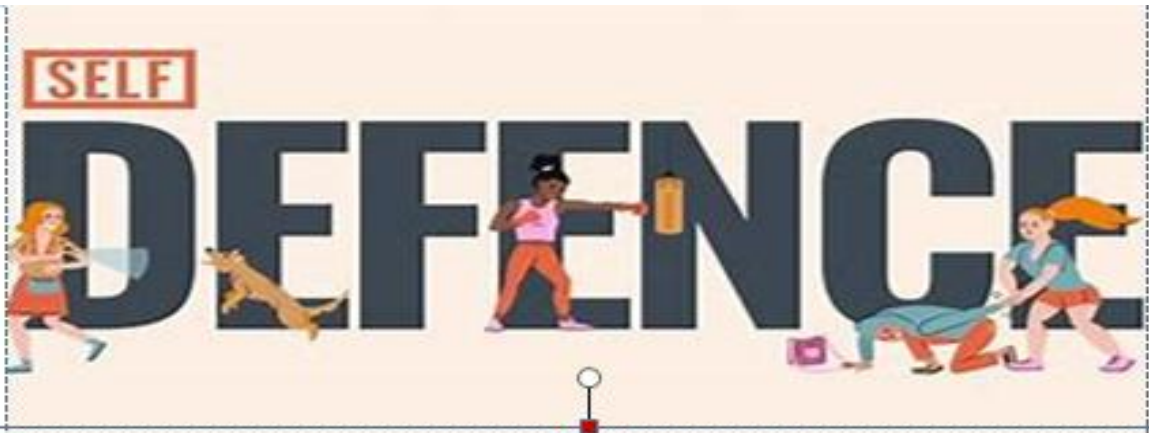
**Monday, April 6th 1:30pm - 2:30pm**

**Monday, April 13th 1:30pm - 2:30pm**

**Monday, April 20th 1:30pm - 2:30pm**

**Monday, April 27th 1:30pm - 2:30pm**

**Dining Room**



**Schedule  
Change**

## **April Class Schedule**

**Monday, April 6th 11:30am – 12:30pm**

**Monday, April 13th 11:30am – 12:30pm**

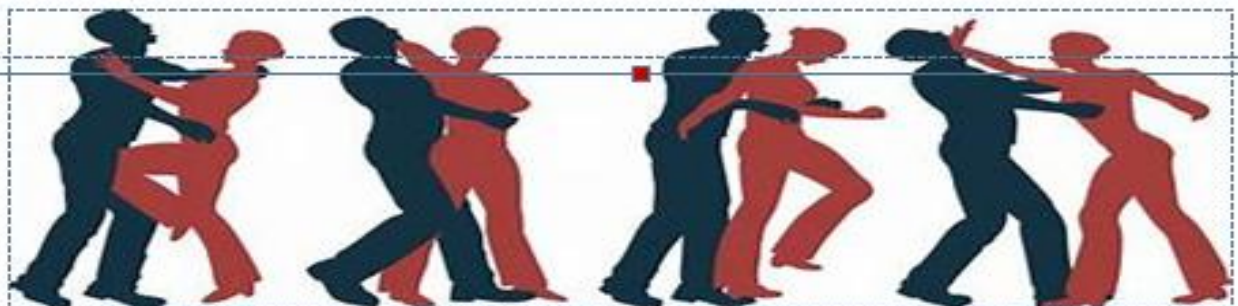
**Monday, April 20th 11:30am – 12:30pm**

**Monday, April 27th 11:30am – 12:30pm**

|

**w/Shamir**

**Arts & Craft Room**



# **Line Dancing w/Anthony**

## **April Class Schedule**

**Wednesday April 1st 1:15pm - 2:15pm**

**Wednesday, April 8th 1:15pm - 2:15pm**

**Wednesday, April 15th 1:15pm - 2:15pm**

**Wednesday, April 22nd 1:15 - 2:15pm**

**Wednesday, April 29th 1:15 - 2:15pm**

## **Arts & Craft Room**





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**Are you having difficulties navigating your devices?**

**Bring your device**

**April Class Schedule**

**Wednesday, April 1st 10:00am -11:00am**

**Wednesday, April 8th 10:00am -11:00am**

**Wednesday, April 15th 10:00am -11:00am**

**Wednesday, April 22nd 10:00am -11:00am**

**Wednesday, April 29th 10:00am -11:00am**

**with Mr. Randall**

**Arts & Craft Room**

# Storytelling w/Robin

Thursday, April 9th

&

Thursday, April 23rd

10:30am - 12 Noon



*Come and showcase your vocals on  
Fridays*

*2:00pm - 3:30pm*

*with Ms. Hellen and St Louis Choir*



## April Class Schedule

**Friday, April 3rd Center Closed**

**Friday, April 10th 2:0pm - 3:30pm**

**Friday, April 17th 2:0pm - 3:30pm**

**Friday, April 24th 2:0pm - 3:30pm**

**Arts & Craft Room**

**It's never too late to try something new!!  
So, why not learn a second language??  
Learn English or Spanish**



## **March Class Schedule**

**Friday, April 3rd St. Center Closed**

**Friday, April 10th 2:0pm - 3:30pm**

**Friday, April 17th 2:0pm - 3:30pm**

**Friday, April 24th 2:0pm - 3:30pm**

**w/Ms. Hellen**

**St. Louis Older Adult Center  
Advisory Board  
Fundraiser**

**Cake & Ice Cream w/Music  
Thursday, April 9th  
1:45pm - 3:30pm**



**Price \$5.00**

**All money collected goes towards supporting  
St. Louis OAC.**

BE  
Kind  
FOR  
Everyone  
YOU MEET  
Fighting IS  
A HARD  
BATTLE

# NATIONAL DRUG TAKE BACK DAY

**April 8, 2026  
10-11 AM**

- ✓ **PREVENT DRUG MISUSE AND ACCIDENTAL POISONING**
- ✓ **REDUCE ENVIRONMENTAL HARM**
- ✓ **SAFELY DISPOSE OF UNUSED OR EXPIRED MEDICATIONS**

**CLICK TO JOIN THE MEETING**  
**MEETING ID: 863 5365 3523**  
**PASSCODE: 445787**  
**PHONE #: 1-929-436-2866**



**HOSTED BY STUDENTS &  
FACULTY FROM  
ST. JOHN'S UNIVERSITY  
COLLEGE OF PHARMACY  
AND HEALTH SCIENCES**



**NYC**  
Department for  
the Aging



  
**ST. JOHN'S  
UNIVERSITY**



**Friday, April 3rd**

**St. Louis OAC Closed**

**Friday, April 10<sup>th</sup> 1:45pm Dining Room**

**Sanctioning Evil 2022 (Amazon) 1hr 50min**

After being dishonorably discharged from the military, a Staff Sergeant finds his way back into society through a charismatic politician with a covert military operation to eliminate an underground criminal entity on U.S. soil.

**Friday, April 17<sup>th</sup> 1:45pm Dining Room**

**Mindcage 2022 (Amazon) 1hr 32min**

In this spellbinding thriller, two detectives (Martin Lawrence and Melissa Roxburgh) seek the help of a brilliant serial killer (John Malkovich) when a copycat killer strikes.

**Friday, April 24<sup>th</sup> 1:45pm Dining Room**

**The Lies We Bury 2025 (Amazon) 1hr 28min**

A young lawyer is drawn into a dangerous world of murder and corruption when she investigates a twenty-five-year-old case she believes led to a wrongful conviction—unearthing secrets that powerful people would kill to keep buried.

The Prime Video logo, featuring the words "prime video" in a blue, sans-serif font. Below the text is a blue curved arrow pointing to the right, resembling a smile.



St. Louis OAC Daily Activities

**Mondays**

Self Defense w/Shamir 11:30am - 12:30pm

Chair Zumba w/Tommy 1:30pm - 2:30pm

BINGO 2:30pm - 3:30pm

**Tuesdays**

~~SuCasa~~ 10:30am - 12:30pm (Until June)

Dominos 1:00pm - 3:00pm

BINGO 2:00pm - 3:00pm

**Wednesdays**

Tech Class w/Mr. Randall 10:00am - 11:00am

Line Dancing w/Anthony 1:15pm - 2:15pm

BINGO 2:30pm - 3:30pm

**Thursdays**

Karaoke or Chat & Stretch 2:00pm - 3:30pm

**Fridays**

Spanish Class w/Ms. Hellen 11:00am - 12:00 Noon

Choral w/Ms. Hellen 2:00pm - 3:30pm

Movie 1:45pm - 3:30pm

**Please respect activities start and finish times!!**



**If you're interested and would like to help your center  
please see front desk.**





Lending a helpful hand to the very Senior person;  
Giving a cup of water to the thirsty; Showing  
kindness; Sharing your baked goods; Reading to the  
blind; A smile. Inviting someone to walk with you.

A kind compliment; A phone call to the lonely.

Holding the door for the disabled. Loving the  
unlovable. Since tomorrow is not promised to no  
one. We should all learn to love and respect each  
other today and always.

By Anonymous





To be aware of what's going on at  
St. Louis Older Adult Center

We encourage you to sign up for the broadcast.

When (718) 550-0475 calls

Please save that phone number under  
"St. Louis OAC Broadcast"

**We don't want YOU to miss out on what's going on!!**

If you need help saving the phone number, come into  
the center and we will assist you.



**Wednesday  
Shopping Trips  
Are  
Canceled Until  
Further Notice**

**Our Apologies for the inconvenience**



**St. Louis OAC Presents:**

**Silver Stars Showcase**



**If your interested see Venus for  
more details.**

## Easter Egg Hunt

Thursday, April 16th 2pm



## Game Day

Thursday, April 23rd 2pm



What games do you want to play??

*Change starts with you*



**If you are interested in becoming a candidate for  
St. Louis OAC's Advisory Board**

**Please submit your name and position you want to run for:**

**Officers**

President

Vice President

Secretary

Treasurer

Sergeant of Arms



**Committees**

Decorating Committee

Nutrition Committee

Grievance Committee

Fundraising Committee

Trip Committee

Sunshine Committee

Welcoming Committee

Outreach Committee

**\*Must be willing and able to  
work\***



Love

Courage

Peace

Rest

Health

Hope

Patience



*Joycelyn Baldwin*

*Rachel Boddie*

*Syliva Garcia*

*Karen James*

*Linda Prince*

*Helen Selby*

*Patricia Washington*

*Mary Williams*



**May 2026**

5/14 Multiculture - Pot Luck

5/21 Mother's Day Fashion Show

Older Adult Month



**June 2026**

Father's Day

6/18 Juneteenth

Talent Show 6/18



**July 2026**

Talent Show

Color Table Party 7/23



**Upcoming Trips**

6/22 City Island \$70.00

7/21 Atlantic City \$65.00

8/25 Holiday Hills \$150.00

See Advisory Board regarding trips

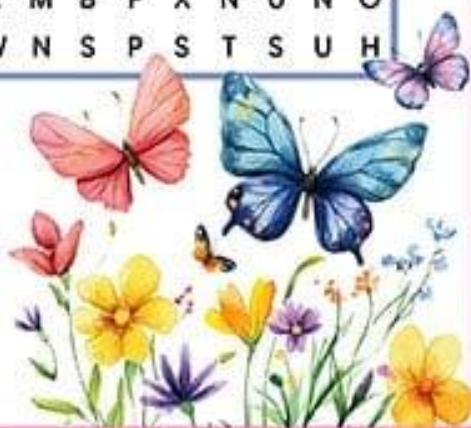
# SPRING



BIRDSONG  
BLOOM  
BLOSSOM  
BREEZE  
BUNNY  
BUTTERFLY  
CHIRPING  
DAFFODIL  
DUCKLING

GARDEN  
GRASS  
LADYBUG  
LEAFBUD  
MEADOW  
NEST  
PICNIC  
PUDDLE  
RAINBOW

RAINDROP  
ROBIN  
SEEDLING  
SPRINGTIME  
SPROUT  
SUNSHINE  
THAW  
TULIP  
UMBRELLA



# 10 Health Benefits of WALKING

From helping you lose weight to curbing your stress at bay, walking is a good form of exercise to keep the doctor away! Christee's Homecare shares these 10 health benefits of walking:



1. Improves your mood
2. Helps in weight loss
3. Lowers blood sugar levels
4. Boosts circulation
5. Promotes a healthy heart
6. Strengthens muscles
7. Improves immune health
8. Sharpens your memory
9. Aids digestion
10. Reduce stress

So, wear your walking shoes  
and go for a walk today!

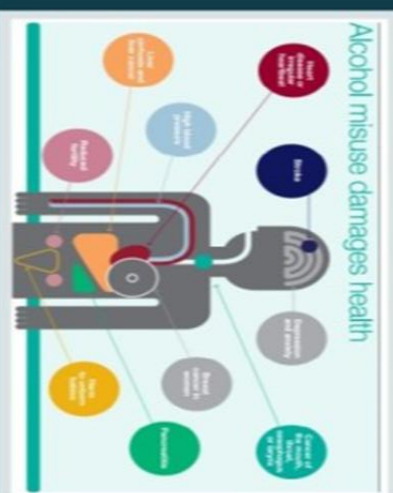
# APRIL IS ALCOHOL AWARENESS MONTH

## MYTH:

- Alcohol only affects your mood
- Alcohol is the best outlet to relax and reduce stress

## ALCOHOL MISUSE:

- The misuse of alcohol can have serious and long-lasting negative effects on your overall health
- Moderation and taking the proper steps to mitigate these issues can save lives



## REALITY:

- By cutting back on alcohol consumption, you can see changes in everyday life such as:
  - More Energy
  - Better Sleep
  - Improved mood
  - Better physical health

- Alcohol increases stress levels on the body. Adrenaline levels increase in the body as we drink. We may feel more relaxed when we drink alcohol, but the body actually comes under additional stress.

## FOR MORE INFO/HELP CONTACT:

- ADAPT: (850) 283-7511
- SAMHSA National Helpline: 1-800-662-Help



## ADDITIONAL FACTS:

- Beer, wine, and liquor all have different amounts of alcohol
- Each drink's amount of alcohol may vary
  - 12 ounces of beer (5% alcohol)
  - 8 ounces of malt liquor (7% alcohol)
  - 5 ounces of wine (12% alcohol)
  - 1.5 ounces or a "shot" of 80-proof (40% alcohol) spirits or liquor



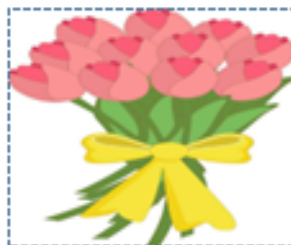
**Special thanks for sponsoring  
St. Louis OAC in March**



**Ms. Rachel Boddie donating Hangers for coat rack**

**SOS: Bingo Night**

**Those donated to the Tea Party**



## St. Louis OAC Staff

### Director of Field Operations

Ron Carson

### Program Manager

Michelle Williams

### Case Manager

Venus Harrison

### Administrative Assistant

Siew Chen Chau (KIM)

### Head Cook

Onica Cyrus

### Assistant Cook

Vacant

### Kitchen Aide

Genita Tatum

### Maintenance

Gregory King



HAPPY EASTER



## Advisory Board Officers

### President

Hellen Denman

### Vice President

Sylvia Garcia

### Secretary

Vacant

### Treasurer

Mary Williams

### Sergeant of Arms

Valerie Williams

### DFTA Volunteers

Joseph Chery

Anita Edwards

Lewis Edwards

### *Our Mission*

*Catholic Charities in 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 which promotes justice and embraces human development.*



**NYC** Department for  
the Aging