



# Senior Voices

CATHOLIC CHARITIES  
NEIGHBORHOOD SERVICES  
THE BAY OLDER ADULT CENTER

3643 Nostrand Avenue,  
Brooklyn, NY 11229  
Phone (718) 648-2053



## April is a Special Month Focused on Overall Wellness & Prevention

🌸 **April: A Month for Wellness, Balance & Healthy Living** 🌸 April is a wonderful time to focus on overall wellness and prevention. This month highlights important health topics such as **Stress Awareness Month, Parkinson's Disease Awareness Month, and National Public Health Week**—all reminding us to care for both our body and mind. As the days grow warmer and brighter, it's a great opportunity to refresh our routines, enjoy the outdoors, and build healthy habits that support long-term well-being. Even small daily choices can have a big impact on how we feel. Let's take time this month to:

- 🌻 **Support emotional well-being** through relaxation and mindfulness
- 🚶 **Keep moving** with walks, stretching, or gentle exercise
- 📖 **Stay mentally engaged** with reading, games, and learning new things
- 👥 **Stay socially connected** by spending time with others
- 🥗 **Make healthy food choices** to nourish the body

Taking care of ourselves doesn't have to be complicated—simple steps each day can lead to a healthier, more active, and joyful life.

**Let April be your reminder to invest in your health—one small step at a time!** 🌿

**Message from the Center:**

**Live Long  
Live Well  
Live Happy**

**Dear CCNS The Bay OAC Members,**

**Welcome to April!**

**Spring is here in full bloom! It's a beautiful time to enjoy longer days, fresh air, and the vibrant colors of the season. April invites us to step outside, appreciate nature, and embrace a renewed sense of energy and positivity.**

**This month is a wonderful opportunity to focus on overall wellness and managing everyday stress. As we move through 2026, we encourage everyone to take a moment to care for both body and mind. Small, mindful changes—like staying active, getting enough rest, and taking time to relax—can greatly improve how we feel each day.**

**April is recognized as Stress Awareness Month, reminding us how important it is to find balance and practice self-care. Whether it's a walk outdoors, connecting with friends, or simply taking a quiet moment for yourself, every step toward wellness matters.**

**Thank you for being a valued part of our community. We look forward to sharing another month filled with connection, activities, and well-being.**

**Wishing you all a joyful, relaxing, and healthy April! 🌸**



**125+**  
YEARS OF CHANGING LIVES



## *Mission Statement*



*Catholic Charities of 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.*



April Showers bring May Showers comes from a poem

Tornados are more common in Spring



Meteorological Start Date  
**march 1st**

Meteorological End Date  
**MAY 31st**

Spring Equinox starts 6 months of daylight at the North Pole



# FACTS ABOUT SPRING



March April May



The Chinese New Year is a celebration of Spring according to Lunar Calendar



Honeybees swarm in Spring

Ducks hatch in Spring



The Groundhog predicts if there is going to be an early Spring

Thousands of people visit Chichen Itza in Spring to see a snake-shaped shadow



The Great Sphinx was built to point directly at the sun on the Spring Equinox



Spring is marked by the opening of the cherry blossoms in Japan

Tulips are one of the first flowers to bloom in Spring



Astronomical Start Date

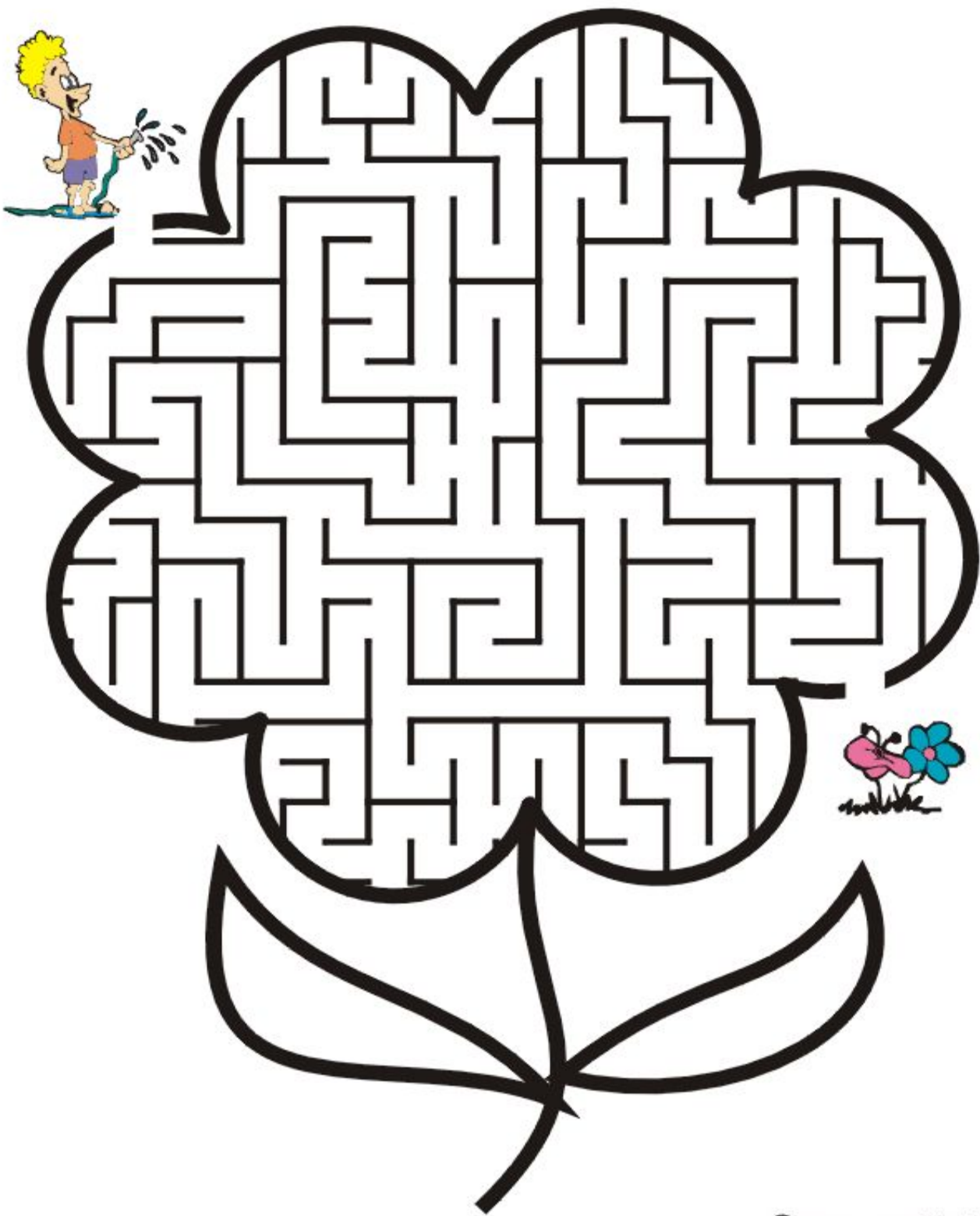
*March 20th*

Astronomical End Date

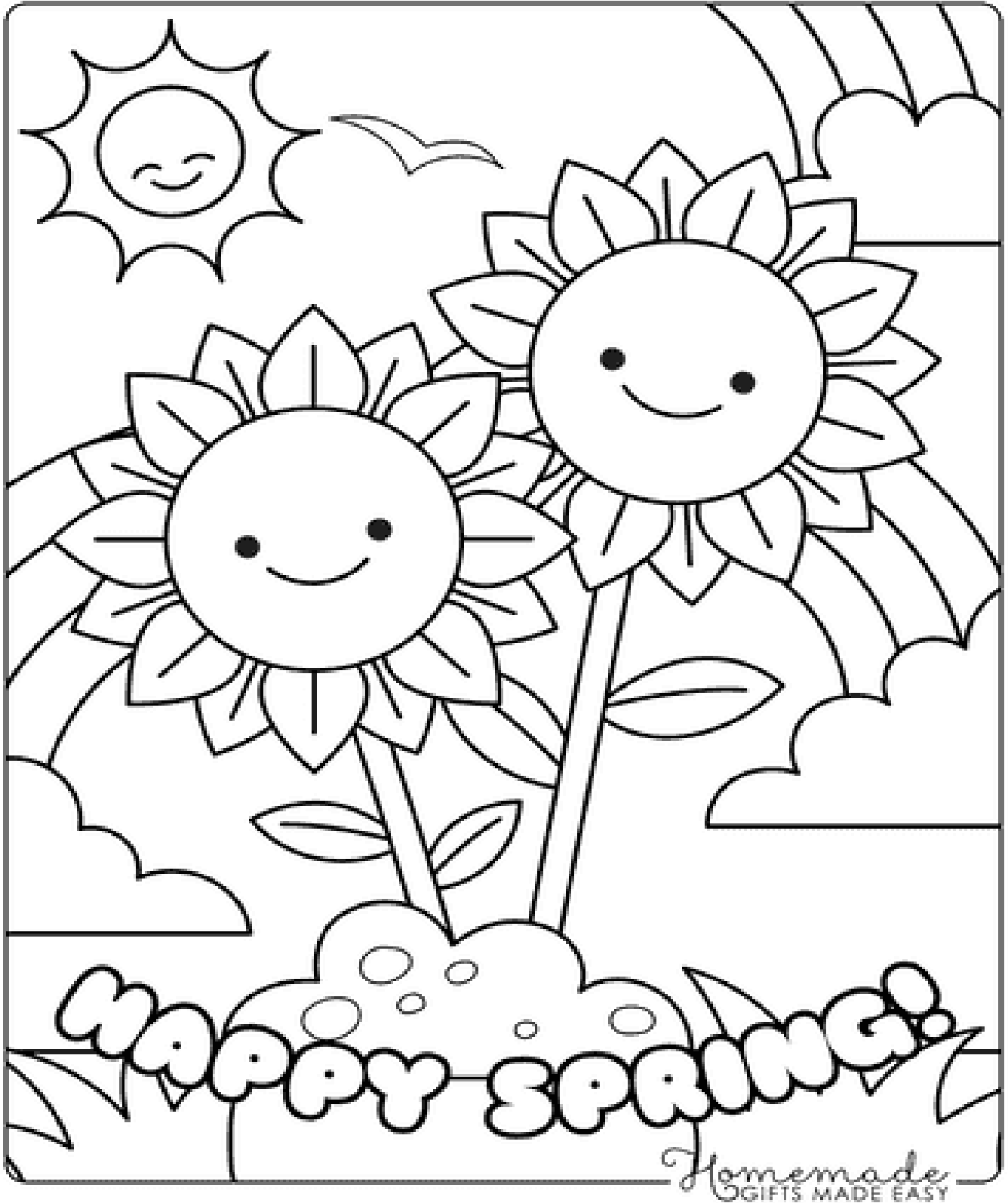
*June 22nd*



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CraftProfessional.com



Spring Word Search

Name: \_\_\_\_\_

# SpringTime



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

Word list:

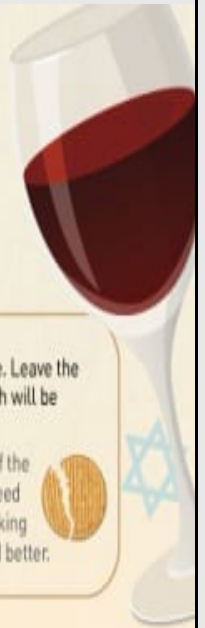
- BLOOM
- FLOWER
- GRASS
- GREEN
- GROW
- NEST
- PARK
- RAIN
- SEED
- WARM



SunCatcherStudio.com

# THE PASSOVER SEDER

CHEAT SHEET



## 1 KADEISH ♦ קַדֵּשׁ

We begin the Seder with Kiddush recited over a full cup of wine, just as we do at the beginning of Shabbos and festivals. We drink wine while reclining, to highlight our status as free people, part of a royal nation.

Throughout the Seder, we drink 4 cups of wine which correspond to the 4 stages of our redemption from Egypt. Our national redemption from Egypt was a gradual process; so too, our personal redemptions from our own struggles and limitations must come in stages. You usually can't stop a bad habit cold turkey; you need to make a plan to change gradually, and in a sustainable and healthy way.



DRINK THE 1ST CUP OF WINE FOR KIDDUSH



## 2 UR'CHATZ ♦ וְרַחֵץ

Wash your hands without reciting any blessing.

According to Jewish law, we are required to wash our hands (without a blessing) before touching any vegetable that was dipped in water. We therefore wash our hands now before touching the Karpas that will be dipped in salt water.



## 3 KARPAS ♦ כַּרְפָּס

Eat a vegetable (e.g. potato, radish, celery, cucumber) dipped in salt water.

The salt water reminds us of the salty tears the Jews shed in Egypt from their backbreaking labor. The word "Karpas" is also reminiscent of Joseph's special "Kesonos Passim" (tunic made of fine wool) which was dipped in blood, as Karpas is dipped in salt water. Joseph's brothers' jealousy of this special tunic was what instigated the Jewish people's journey down to Egypt in the first place.



DON'T EAT MORE THAN A K'ZAYIS (olive-sized) OF KARPAS\*



WHEN YOU SAY "HA'ADAMAH" HAVE IN MIND THE MARROR (BITTER HERBS)

\* We eat less than a k'zays (olive-sized) piece of the Karpas vegetable, to avoid the need to say an after-blessing (Borei Nefashos). We do not want to say an after-blessing on the Karpas because we want its initial blessing (Ha'adamah) to also cover the Marror (bitter herbs). We don't want to make a new blessing on the Marror because it is a halachic dispute whether or not Marror requires a blessing; Marror is so bitter that it might not be considered an edible food, and therefore might not require its own blessing.

## 4 YACHATZ ♦ יַחַץ

Break the middle Matzah from the 3 Matzos on the Seder plate. Leave the smaller piece, and hide the larger piece for the Afikoman which will be eaten later.

Breaking the Matzah symbolizes the broken spirit and bodies of the Jews in Egypt. It also symbolizes the fact that we sometimes need to break parts of ourselves (such as bad habits or negative thinking patterns) in order to rebuild ourselves into someone bigger and better.



## 5 MAGGID ♦ מַגִּיד

In this lengthy part of the Seder, we tell over the story of our exile and redemption from Egypt. The Sages encourage us to flesh out the story of the Exodus and make it very real and alive for ourselves and for our families. We focus not only on our redemption from Egypt long ago, but also on our future redemption which we hope and pray will come very soon. Throughout all the generations, God has stood by us to protect us from our enemies, and that is how the Jewish nation continues to survive today.

The Haggadah opens with the Four Questions and includes many more curious stories and facts. We encourage all questions at the Seder, because questioning is the best way to learn.



DRINK THE 2ND CUP OF WINE AFTER MAGGID



## 6 RACHTZA ♦ רַחֲצָה

Wash your hands in preparation for eating the Matzah. Recite the blessing "Al Netilas Yodayim" as you would any time before eating bread or Matzah.



## 7 MOTZI ♦ מוֹצִיא

Recite the blessing "Hamotzi" over the Matzah. In this blessing we thank God for the food we are about to eat, and recognize that He is the Source of our sustenance.

המוציא לחם  
מן הארץ



NCJY  
Inspiring the Jewish Future

# What's on the Seder Plate?

Although the history of the Seder goes back thousands of years, each item on the Seder Plate still has deep significance to our personal lives today.

## EGG

Reminds us to **mourn** that we can no longer offer the **Korban Chagigah** (Holiday sacrifice) since we no longer have the Temple. An egg is a sign of **mourning** because it is round, symbolizing the cycle of life from birth to death.

We yearn for God to **redeem us from our present exile** so that we will be able to serve God in the most optimal way.

## LETTUCE

A form of Marror. Lettuce is not always bitter, but it **can become hard and bitter** if left in the ground for too long before being harvested. This hardening process parallels the **transformation in attitude** that the Egyptians had toward the Jews: Just as lettuce starts out soft and ends up hard and bitter, so too, the Egyptians originally welcomed Jacob and the Jewish people to Egypt with open arms, but **later turned their backs on the Jewish people** and subjected them to backbreaking labor.

The lettuce reminds us to remain **loyal and appreciative** toward the people who help us. We should not be like the Egyptians and the lettuce, which are soft at first but later become hard and bitter.

## HORSERADISH

Reminds us of the **bitter enslavement** of our forefathers in Egypt. Many people eat **LETTUCE (see above)** for Marror instead of horseradish.

## ROASTED BONE

Reminds us of the **Korban Pesach** (Paschal Lamb) that was eaten at the seder in the times of the Temple. Since we no longer have our Temple, we can't offer the Korban Pesach any more, and we don't eat this meat, either.

The Korban Pesach was **roasted** because roasted meat is considered something eaten only by **royals**; poor people are more likely to just boil their meat. The Korban Pesach reminds us to celebrate that God elevated us from a nation of slaves to a **holy nation of royalty**. We are not just regular people, we are **children of the King!**

## CHAROSET

A mixture of apples, cinnamon, nuts, and wine. Its appearance reminds us of the **bricks and mortar** the Jews used in Egypt.

We dip the bitter Marror into the Charoset to sweeten the bitterness of the Marror. This is a reminder that we can always find a **spark of goodness** and something to appreciate within every challenge we face in life. Every dark cloud has a silver lining.

## KARPAS

A vegetable like celery or a potato. We dip the Karpas into **saltwater** to remind us of the **salty tears** the Jews shed from the backbreaking labor in Egypt.

When God saw the Jews' tears and heard their cries, God's mercy was aroused and He brought the Jews out of Egypt. The **salty tears** therefore remind us of **God's tremendous mercy**, and the **power of prayer** to save us from even the most difficult of circumstances.

We dip the Karpas into saltwater



# Happy Easter!

**90** chocolate Easter bunnies are made every year  
**MILLION**



**120** cards will be sent, exchanged or given on Easter  
**MILLION**



To fulfill demand Easter Eggs are produced for **8 MONTHS** IN A YEAR



**76%** of people eat the ears of an Easter bunny first





# Healthy Easter Recipes for Seniors

Light • Nutritious • Easy to Prepare

## 1 Roasted Spring Vegetables

- Carrots, asparagus, zucchini
- Olive oil
- Garlic, salt, pepper


 **Directions:** Toss vegetables with olive oil and seasoning. Roast at 400°F for 20~25 min.

 Rich in fiber and easy to digest



## 2 Baked Lemon Herb Chicken

- Chicken breast
- Lemon juice
- Garlic, oregano


 **Directions:** Bake at 375°F for 25~30 minutes until tender.

 High protein, low fat



## 3 Fresh Spring Salad


- Spinach or mixed greens
- Strawberries
- Walnuts
- Feta cheese


 Mix and drizzle with olive oil or light vinaigrette.



## 4 Healthy Deviled Eggs


- Boiled eggs
- Greek yogurt

 **Directions:** Replace mayo with yogurt, mix, and fill egg halves.

 Gentle on digestion & naturally sweet



### EASTER WELLNESS TIPS FOR SENIORS

- ✓ Eat smaller, balanced meals
- ✓ Stay hydrated
- ✓ Take a light walk after meals
- ✓  Enjoy time with family and community

# APRIL HEALTH & WELLNESS NEWSLETTER

**Renewal • Movement • Awareness • Connection**

 **Dear Members,**

April is a beautiful time of renewal, fresh air, and new beginnings. As spring arrives, it's the perfect opportunity to focus on both physical and emotional well-being. Let's take small steps together toward a healthier, happier lifestyle.



## STRESS AWARENESS MONTH

### Why It Matters

Stress can affect heart health, sleep, memory, and overall well-being—especially for older adults.

### Simple Ways to Reduce Stress

- Practice deep breathing for 5 minutes daily
- Take relaxing walks outdoors
- Listen to music or read
- Stay socially connected with friends



 **Activity Highlight:** Guided Relaxation & Breathing Session

## PARKINSON'S DISEASE AWARENESS MONTH


### What to Know

Parkinson's disease affects movement, balance, and coordination.

### Early Signs

- Tremors or shaking
- Muscle stiffness
- Slower movement



 **Workshop:** Balance & Fall Prevention Class

## STD AWARENESS (FOR ALL AGES)

### Important Reminder

Health screenings are important at every age.

### Key Points

- Regular check-ups matter
- Speak openly with your doctor
- Don't ignore symptoms



 **Educational Session:** Preventive Health Talk

## MOVE MORE THIS APRIL

### Stay Active, Stay Independent

Regular movement improves strength, mood, and balance.

### Easy Daily Activities

- Chair exercises
- Gentle stretching
- Walking groups
- Dancing or light aerobics



 **Group Event:** Spring Dance & Movement Class

## INTERACTIVE ACTIVITIES FOR APRIL

*(Insert collage of activity photos: crafts, games, social groups)*

### Weekly Ideas:

- Mindfulness Monday – breathing & relaxation
- Wellness Wednesday – light exercise or yoga
- Friendly Friday – social games & group chats

### Creative Engagement:

April 2026

Funded by NYC Dept of Aging

- Spring arts & crafts (flower themes)
- Gratitude journaling
- Music & memory sessions

### 🌱 **Brain Health:**

- Puzzle corner
- Trivia games
- Memory exercises

### 🌸 **FINAL MESSAGE**

*(Insert small calming image: flowers or peaceful nature)*

Let's welcome April with positivity, movement, and care for one another. Small daily habits can lead to big improvements in our health and happiness.

💛 Stay active. Stay connected. Stay well.





## 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

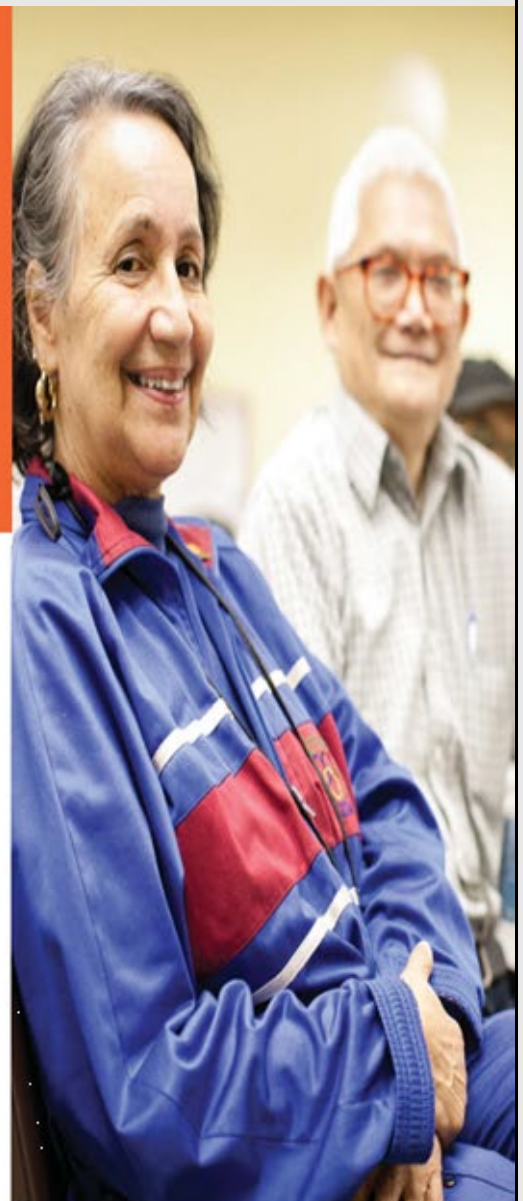
Accredited by the Council on Accreditation  
for Children and Family Services

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

*Serving Homebound Older  
Adults in Southwest Queens*



**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens

ESTABLISHED 1899

## 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*



**125+**  
YEARS OF CHANGING LIVES



**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens

# FOOD PANTRY Locations and Hours

## **Our Lady of Angels**

330 73rd Street, Brooklyn, NY 11209  
Wednesdays, 9:30 AM - 12 PM and 1:30 PM - 3 PM

## **Our Lady of Miracles**

757 East 86th Street, Brooklyn, NY 11236  
Saturdays, 10 AM - 11:30 AM

## **Our Lady of Solace**

2866 West 17th Street, Brooklyn, NY 11224  
Mondays, 9:30 AM - 1:30 PM

## **St. Marks**

2609 East 19th Street, Brooklyn, NY 11235  
1st and 3rd Thursday of the month, 9 AM - 11 AM

## **St. Gregory the Great**

224 Brooklyn Ave., Brooklyn, NY 11213  
Every other Wednesday, 12 PM - 1 PM

## **Church of the Holy Spirit**

1712 45th Street, Brooklyn, NY 11204  
Every other Friday, 9 AM - 11 AM

## **St. Michael/St. Malachy**

*Beginning September 26, 2025*  
286 Warwick Street, Brooklyn 11207  
Every Friday, 9:30 AM - 11:30 AM

## **St. Rose of Lima**

130 Beach 84th Street, Rockaway Beach, NY 11693  
Tuesdays, 10 AM - 12 PM

## **St. Teresa**

50-20 45th Street, Woodside, NY 11377  
Tuesdays, 4 PM - 6 PM

## **BVM St. Mary-Winfield**

70-31 48th Ave., Woodside, NY 11377  
Thursdays, 9:30 AM - 12 PM

## **Our Lady of the Angelus**

63-63 98th Street, Rego Park, NY 11374  
1st and 3rd Saturday of every month, 10 AM - 11:30 AM

## **St. Raphael**

35-20 Greenpoint Ave., Long Island City, NY 11101  
Thursdays, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

## **St. Patrick**

39-38 29th Street, Long Island City, NY 11106  
3rd Saturday of every month, 10 AM - 12 PM

## **Church of the Incarnation**

89-28 207th Street, Queens Village, NY 11427  
Fridays, 12 PM - 2 PM

## **St. Benedict the Moor**

171-17 110th Ave., Jamaica, NY 11434  
2nd and 4th Tuesday of the month, 10 AM - 11:30 AM

## **Presentation of the Blessed Virgin Mary**

88-19 Parsons Blvd., Jamaica, NY 11432  
1st and 3rd Wednesday of every month, 5 PM - 6 PM

## **Ocean Bay**

411 Beach 54th Street, Arverne, NY 11692  
1st and 3rd Thursday of every month, 12 PM - 2 PM

## **St. Michael**

136-76 41st Ave., Flushing, NY 11355  
Tuesdays and Wednesdays, 9 AM - 11 AM

## **Our Lady of Sorrows Church**

35-34 105th Street, Corona, NY 11368 (Church Parking Lot)  
Beginning May 9, 2024: 2nd Thursday of the month,  
2 PM - 5 PM

**For the full list of affiliate locations, visit:**  
[www.ccbq.org/service/food-pantry-network](http://www.ccbq.org/service/food-pantry-network)



If you are struggling to put food on the table, you can get help paying for groceries with the Supplemental Nutrition Assistance Program. SNAP benefits are sometimes called food stamps, and come on an EBT debit card that you can use at many grocery stores and farmers markets. For more information and to apply visit [access.nyc.gov](http://access.nyc.gov). To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit [www.ccbq.org](http://www.ccbq.org).

**125+**  
YEARS OF CHANGING LIVES



## **Geriatric Mental Health Initiative** **Program**

*Providing awareness, screenings and referrals  
for seniors 55 and older in the area of  
depression, anxiety, alcohol and substance  
abuse.*

### **FREE Services Provided**

- Intervention
- Screening
- Assessment and Referral
- 6 weeks counseling

### **Convenient Appointment at Your OAC**

**Feel Free to Call at:**

**718-514-8035/929-895-2080**

**Office Location: 191 Joralemon Street 13FL Brooklyn  
NY 11201**

**Available Monday thru Friday**

**9 a.m. – 5 p.m.**

**Funded by the Office of Mental Health and Hygiene**



## THE BAY SENIOR CENTER STAFF

**Sharon** Program Manager

**Svetlana** Administrative assistant

**Robert** Case Manager

**Larysa** Cook

**Maryna** Kitchen Aide

**Yasmin** Assistant Cook

**Gennadiy** Maintenance

**3643 Nostrand Avenue,**

**Brooklyn, NY 11229**

**Phone (718) 648-2053**

**WORK HOURS:**

**MON- FRI**

**8AM-4PM**

**125<sup>+</sup>**  
YEARS OF CHANGING LIVES



**Wishing everyone will have a happy, healthy, and prosperous  
April!**



April 2026

Funded by NYC Dept of Aging

