

CELEBRATING  
**125**  
YEARS



May 2026

CATHOLIC CHARITIES  
NEIGHBORHOOD SERVICES

BEST LIFE OLDER ADULT CENTER

118-35 Farmers Blvd

St. Albans, NY 11412

929-268-3326

Funded by NYC Aging



Join us for coffee or tea

Mon-Fri 8am-2:30pm

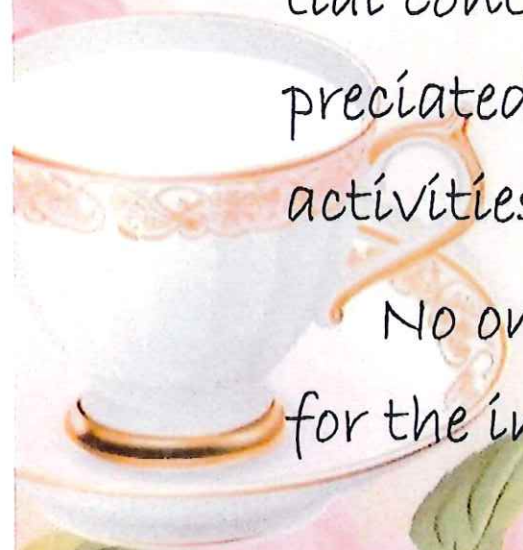
Lunch: 12:00 pm -1:00 pm

The recommended voluntary contribution is \$2.00.

Guest and staff under 60 years of age \$4.00

Your voluntary and confidential contributions are greatly appreciated and go towards all the activities you enjoy with us.

No one shall be denied a meal for the inability to contribute.






## **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.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4	5	6	7	8
<p>9:00 - 11:00 Trivia &amp; Games /w Corraine</p> <p>11:00 - 12:00 Line Dancing w/ Shirley</p> <p>12:00- 1:00 Lunch</p> <p>1:00 - 2:00 Nutrition Presentation</p> <p>2:30- 3:30 Zumba</p>	<p>9:00 -10:00 Leisure Games</p> <p>10:00-11:15 Jewelry Making</p> <p>11-15-12:15 Chair Fitness w/ John</p> <p>12:00 - 1:00 Lunch</p> <p>1:00- 2:00 Kidney Presentation</p>	<p>9:00 - 10:00 Trivia w/Corraine</p> <p>10:00-11:00 Sewing</p> <p>11:15 - 12:15 Chair Fitness w/John</p> <p>12:00- 1:00 Lunch</p> <p>1:30 - 2:30 Joy of Painting w/ Kyle</p>	<p>9:00 - 10:00 Trivia w/Corraine</p> <p>10:00-11:00 Sewing/ w Dianne</p> <p>10:00- 12:00 Soul Train Rehearsal</p> <p>12:00 - 1:00 Lunch</p> <p>1:00- 2:00 Line Dancing w/Anthony</p>	<p>9:00 -10:00 Leisure Games</p> <p>10:00 -11:00 Elder Abuse Presentation</p> <p>10:00 -12:00 Crochet w/Celestie</p> <p>11:15 - 12:15 Line Dancing w/Shirley</p> <p>12:00- 1:00 Lunch</p> <p>1:30 - 2:30 Chair Fitness w/John</p>
11	12	13	14	15
<p>9:00 - 11:00 Trivia &amp; Games /w Corraine</p> <p>10:00-11:00 Nutrition Presentation</p> <p>10:00-11:00 Sewing/w Dianne</p> <p>11:00 - 12:00 Line Dancing w/ Shirley</p> <p>12:00- 1:00 Lunch</p> <p>1:00 - 2:00 Bingo w/ Denise &amp; Kathy</p> <p>2:30- 3:30 Zumba</p>	<p>9:00 - 10:00 Leisure Games</p> <p>10:00-11:15 Jewelry Making</p> <p>11:15-12:15 Chair Fitness w/John</p> <p>12:00 - 1:00 Lunch</p> <p>2:15 -3:15 Sharpening of the Mind</p>	<p>9:00 - 10:00 Trivia w/Corraine</p> <p>10:00-11:00 Elder Abuse</p> <p>11:15-12:15 Chair Fitness w/ John</p> <p>12:00 - 1:00 Lunch</p> <p>1:30 - 2:30 Joy of Painting w/ Kyle</p>	<p>9:00 - 10:00 Leisure Games</p> <p>10:00 - 11:00 Sewing / w Dianne&amp; Wiloma</p> <p>10:00- 12:00 Karaoke</p> <p>12:00 - 1:00 Lunch</p> <p>1:00 - 2:00 Line Dancing w/Anthony</p>	<p>9:00 - 10:00 Poetry Reading w/Corraine</p> <p>10:00 -11:00 Sewing/ w Dianne</p> <p>10:00 -12:00 Crochet w/Celestie/Sewing</p> <p>11:15 - 12:15 Line Dancing w/Shirley</p> <p>12:00- 1:00 Lunch</p> <p>1:30 - 2:30 Chair Fitness w/John</p>
18	19	20	21	22
<p>9:00 - 10:00 Trivial w/Corraine</p> <p>10:00-11:00 Sewing/ w Dianne</p> <p>11:00 - 12:00 Line Dancing w/ Shirley</p> <p>12:00- 1:00 Lunch</p> <p>1:00- 200 Bingo w/ Denise &amp; Kathy</p> <p>2:00- 3:00 Elder Abuse</p>	<p>9:00 - 10:00 Leisure Games</p> <p>10:00-11:15 Jewelry Making</p> <p>11:15-12:15 Chair Fitness w/John</p> <p>12:00 - 1:00 Lunch</p> <p>1:00-2:00 Sharpening Your Mind</p>	<p>9:00 - 10:00 Trivia w/Corraine</p> <p>10:00-11:00 Sewing</p> <p>11:15 - 12:15 Chair Fitness w/John</p> <p>12:00- 1:00 Lunch</p> <p>1:30 - 2:30 Joy of Painting w/ Kyle</p>	<p>9:00 - 10:00 Leisure Games</p> <p>10:00 - 11:00 Sewing / w Dianne</p> <p>10:00- 12:00 Karaoe</p> <p>12:00 - 1:00 Lunch</p> <p>1:00 - 2:00 Line Dancing w/Anthony</p>	<p>9:00 - 10:00 Leisure Games</p> <p>10:00 -11:00 Sewing/w Dianne</p> <p>10:00 -12:00 Crochet w/Celestie</p> <p>11:15 - 12:15 Line Dancing w/Shirley</p> <p>12:00 - 1:00 Lunch</p> <p>1:30 - 2:30 Chair Fitness w/John</p>
25	26	27	28	29
<p>9:00 - 10:00 Trivial w/Corraine</p> <p>10:00-11:00 Sewing/ w Dianne</p> <p>11:00 - 12:00 Line Dancing w/ Shirley</p> <p>12:00- 1:00 Lunch</p> <p>1:00 - 2:00 Bingo w/ Denise &amp; Kathy</p> <p>2:00-3:00 Presentation by Angela Sinclair</p>	<p>9:00 - 10:00 Leisure Games</p> <p>10:00-11:15 Jewelry Making</p> <p>11:15-12:15 Chair Fitness w/John</p> <p>12:00 - 1:00 Lunch</p> <p>1:00-3:00 Movie</p>	<p>9:00 - 10:00 Trivia w/Corraine</p> <p>10:00-11:00 Sewing</p> <p>11:15 - 12:15 Chair Fitness w/John</p> <p>12:00- 1:00 Lunch</p> <p>1:30 - 2:30 Joy of Painting w/ Kyle</p>	<p>9:00 - 10:00 Leisure Games</p> <p>10:00 - 11:00 Sewing / w Dianne</p> <p>10:00- 12:00 Karaoe</p> <p>12:00 - 1:00 Lunch</p> <p>1:00 - 2:00 Line Dancing w/Anthony</p> <p>2:00- 3:00 Nutrition Presentation</p>	<p>9:00 - 10:00 Leisure Games</p> <p>10:00 -11:00 Sewing/w Dianne</p> <p>10:00 -12:00 Crochet w/Celestie</p> <p>11:15 - 12:15 Line Dancing w/Shirley</p> <p>12:00 - 1:00 Lunch</p> <p>1:30-2:30 Chair Fitness w/ John</p> <p>2:30-4:00 Birthday Celebration</p>



Discover the art of  
Crochet with Celeste  
Friday 10am-12pm



# Sewing Together!

Growing Together

With Loma & Diane

1st & 4th Thursday

10:00AM-12:00PM

# Line Dancing with Shirley &

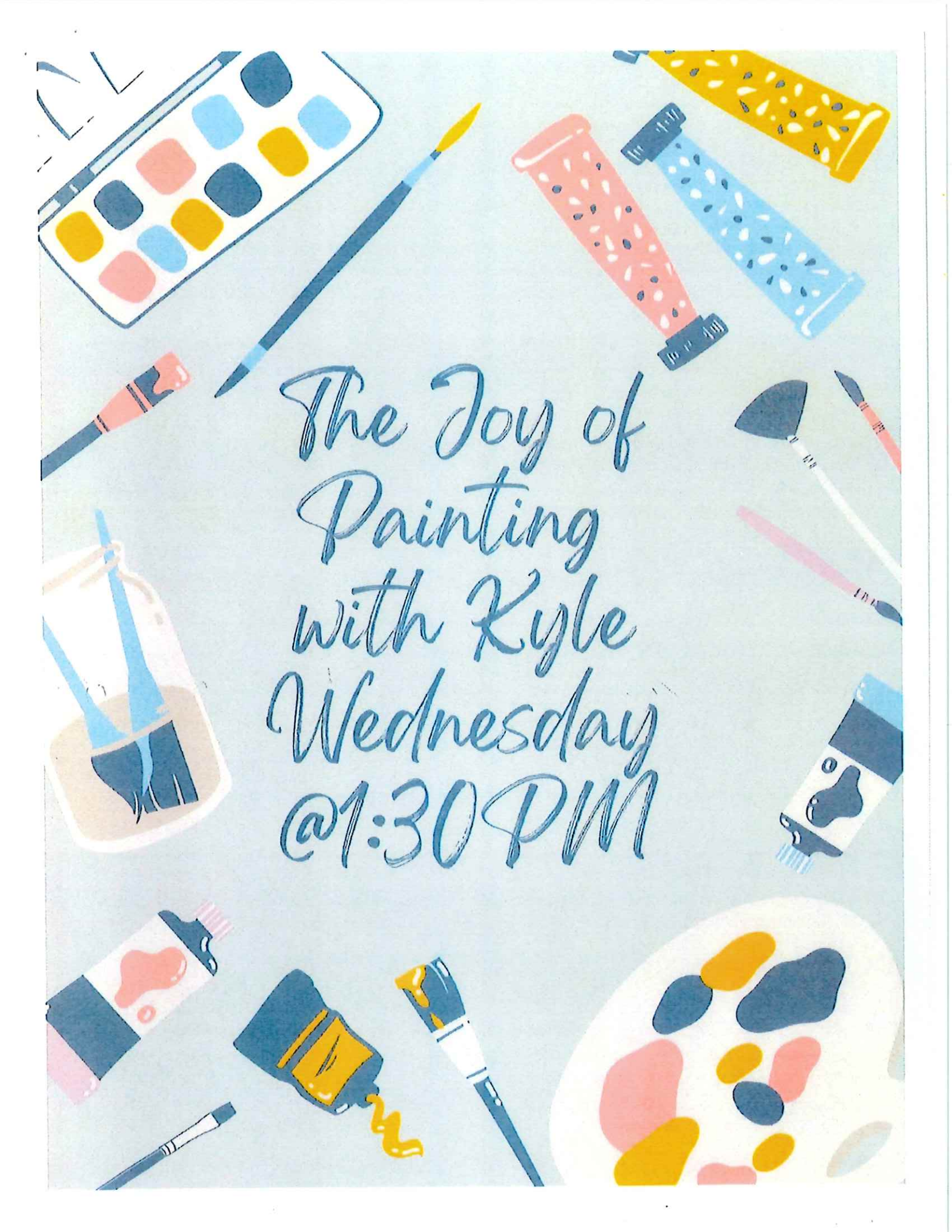
## Anthony

Monday @ 11am

Thursday @ 1pm

Friday @ 11:15am





The Joy of  
Painting  
with Kyle  
Wednesday  
@1:30 PM

# SOUL TRAIN



## Best Life Center's Soul Train Celebration

**Love, Peace & Soul!**

Friday, May 8<sup>th</sup>, 2026 @ 1PM

118-35 Farmers Blvd.

St. Albans, NY 11412

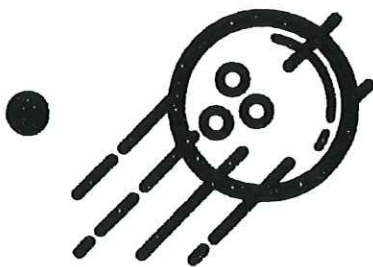
Funded By N.Y.C. Dept. of Aging

# Mother's Day Bowling

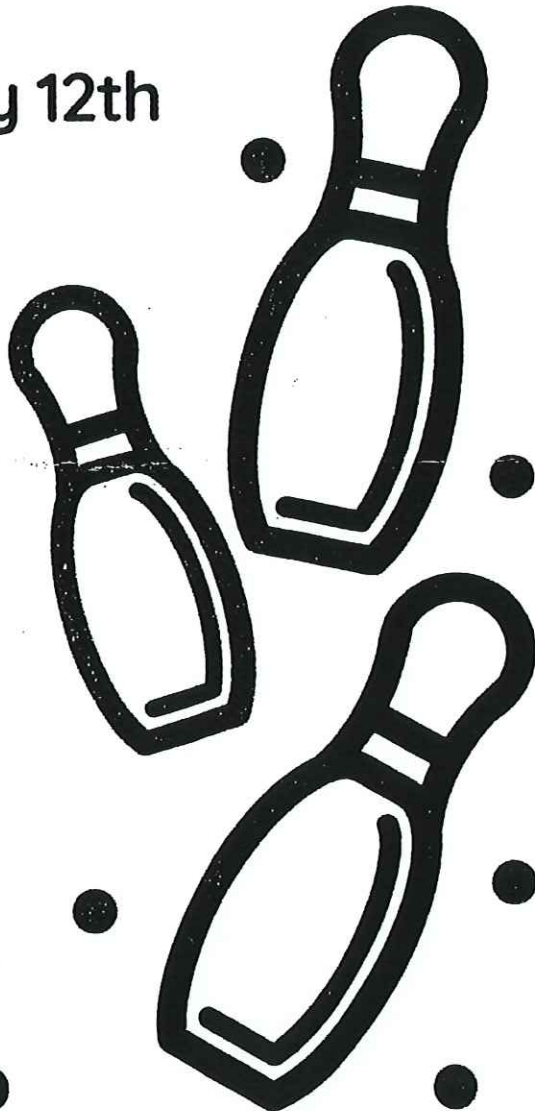
Tuesday, May 12th  
1pm

Dani's Strike Zone  
20 Village Avenue  
Elmont, NY 11003

Women Members: \$10  
Men: \$25  
Non-Members: \$25



You are responsible  
for your own  
transportation.



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

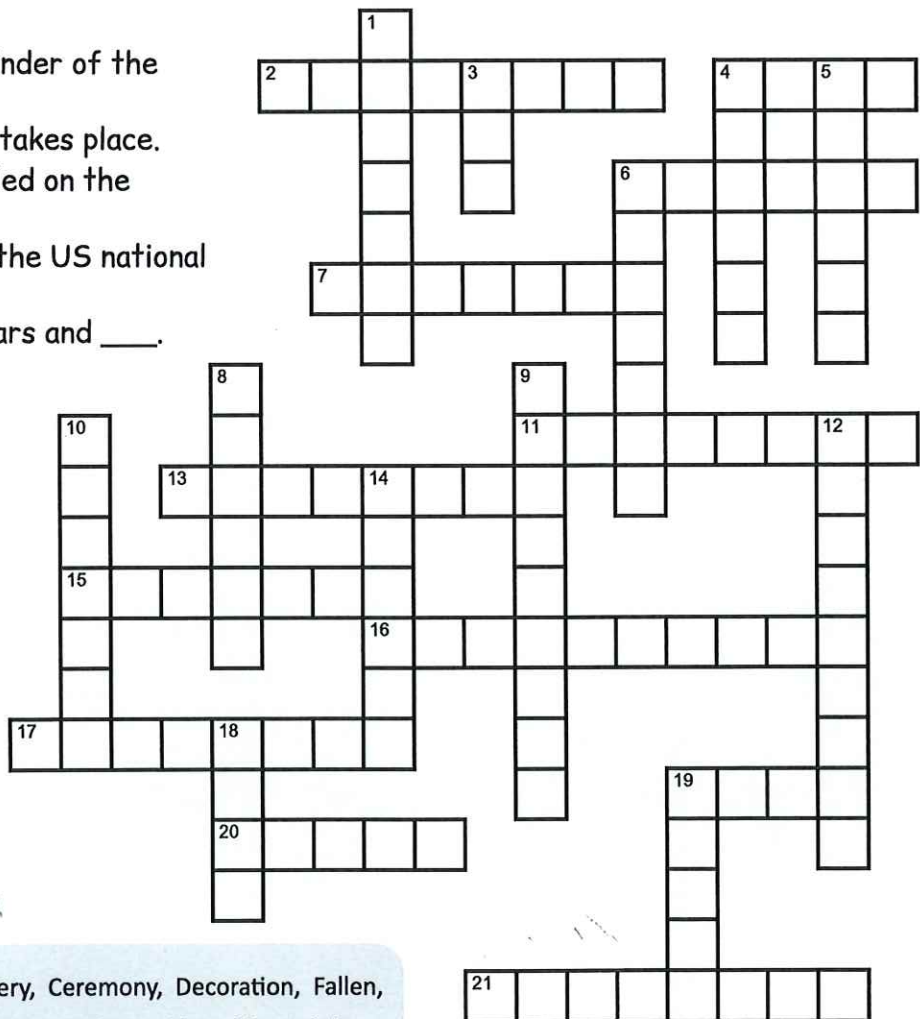
**ACROSS**

- 2. Ritual performed to mark a formal occasion.
- 4. The Stars and Stripes.
- 6. A 21 gun \_\_\_ might be a part of Memorial Day ceremonies.
- 7. Member of the US Army.
- 11. US Citizen.
- 13. Describes a flag's position on the pole as a symbol of mourning.
- 15. Person who formerly served in the military.
- 16. Memorial Day was originally called \_\_\_ Day.
- 17. Possible gathering place on Memorial Day.
- 19. A person idolized for their courage.
- 20. Flower symbolizing Memorial Day.
- 21. Something that is created to honor and remember people or events.



**DOWN**

- 1. Memorial Day serves as a reminder of the sacrifices made for our \_\_\_.
- 3. Month in which Memorial Day takes place.
- 4. Describes someone who has died on the battlefield.
- 5. The Star-Spangled Banner is the US national \_\_\_.
- 6. Nickname for the US flag: Stars and \_\_\_.
- 8. These are often decorated with small American flags on Memorial Day.
- 9. Devoted to one's country
- 10. Time spent in the armed forces.
- 12. US military cemetery located near Washington DC.
- 14. Day of the week on which Memorial Day is celebrated.
- 18. Song played on the bugle at military memorial services.
- 19. Respect paid to a person for their qualities or actions.



American, Anthem, Arlington, Cemetery, Ceremony, Decoration, Fallen, Flag, Freedom, Graves, Half Mast, Hero, Honor, May, Memorial, Monday, Patriotic, Poppy, Salute, Service, Soldier, Stripes, Taps, Veteran

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

Date: \_\_\_\_\_

# Word Search

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.



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

BATTLE  
CELEBRATION  
CINCO DE MAYO  
CULTURE  
DANCE  
FESTIVAL  
FIESTA  
FLAG  
FOLKLORE

FOOD  
GUACAMOLE  
HISTORY  
HOLIDAY  
INDEPENDENCE  
MARACAS  
MARIACHI  
MEXICO  
MUSIC

PARADES  
PINATA  
PUEBLA  
SALSA  
SOMBRERO  
TACOS  
TRADITION  
UNITY  
VICTORY

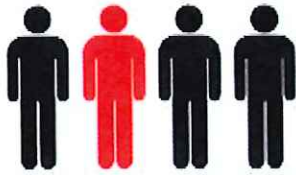
# STROKE AWARENESS



CONTACT US AT: ☎ 016 - 9022893

📍 Reactive Physio

✉ reactivephysiocentre@gmail.com



**Globally 1 in 4 adults over the age of 25**  
will have a stroke in their lifetime.

## RISKS FACTORS

- High blood pressure
- Smoking
- Obesity
- High cholesterol
- Harmful use of alcohol
- Stress



## KEY SIGNS OF STROKE

**F**

### FACE

Facial drooping

**A**

### ARM

One sided  
body  
weakness

**S**

### SPEECH

Slurred speech

**T**

### TIME

Time to call  
999

Recognize stroke symptoms quickly and act FAST.

## 2 MAJOR TYPES OF STROKE



Ischemic

This happens when a blood vessel supplying the brain is blocked, which can be due to a blood clot forming in the vessel or a clot from another part of the body traveling to the brain.



Haemorrhagic

This occurs when a weakened blood vessel in the brain ruptures and causes bleeding.

## TREATMENT OPTIONS

### 1 Medication

### 2 Surgery

### 3 Rehabilitation

- Speech therapy
- Physiotherapy
- Occupational therapy



Good news is  
that stroke can  
be prevented

Know your risks

Exercising regularly

Live tobacco-free

Manage medical conditions

Take medications as directed

Eating a balanced diet



Don't wait until it's too late. Share this post with your friends and family to raise awareness about stroke prevention and treatment. If you have any questions or concerns, talk to your healthcare provider.



Did someone tell you to buy a gift card and give them the PIN numbers?



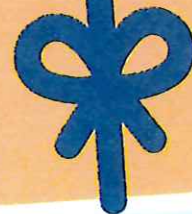
**STOP. It's a scam!**



Gift cards are only for gifts.  
Not for payments.



**HANG UP ON  
Gift Card  
Scams**



Report gift card scams  
to the gift card company.



Ask for your money back.



Then tell the FTC at

**[ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud)**

**Did someone tell you to buy a gift card and give them the PIN numbers to:**

- pay the FTC, FBI, or IRS
- keep your Social Security benefits
- keep your utilities on (electricity, water, or heat)
- pay for tech support
- help a family member in trouble
- help a servicemember needing money
- pay bail or ransom
- avoid arrest or deportation
- fix **any** problem, for any reason?

**If you answered yes, **HANG UP**. It's a scam.**

- Report gift card scams to the gift card company.
- Ask for your money back.
- Then tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud.ftc.gov)

**Contact the gift card company:**

**Amazon**

(888) 280-4331

**Apple iTunes**

(800) 275-2273

**Ebay**

ebay.com/giftcardscams

**Steam**

help.steampowered.com

**Target**

(800) 544-2943

**Walmart**

(888) 537-5503

**Learn more about gift card scams:**

[ftc.gov/giftcards](https://www.ftc.gov/giftcards)

# SCAM ALERT



**NYPD**  
New York City Police Department

## Scammers will CONTACT you in different ways:



Call or Text

Email

In person



## You will be asked for MONEY through:

Venmo/Zelle

Western Union and wire transfers

Gift Cards

Cryptocurrency

## It will be:

Unsolicited

About a problem or prize

Urgent



## Be on alert for people claiming to represent:

Government agencies and utilities

Banks and retail companies

Dating app connections

## Safety tips:

Don't respond to unknown calls or texts

Use official websites to submit information

Don't let others use your phone

Be aware of your surroundings

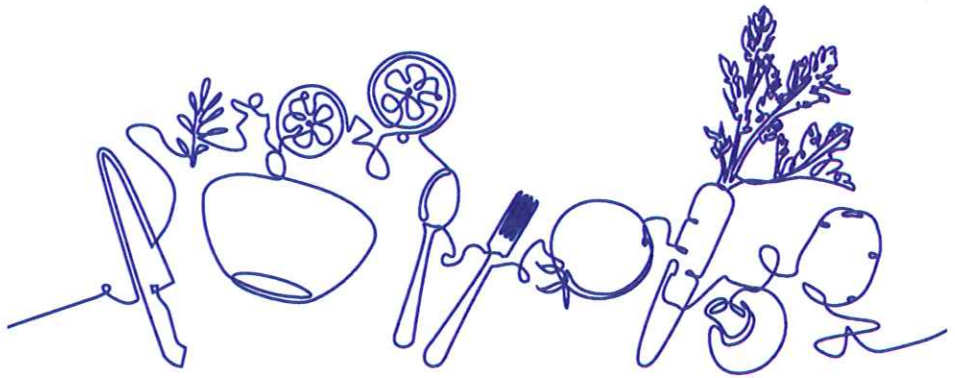
Check in with family about scams

Only use gift cards for shopping, not payments

For more information, call the NYPD at (646) 610-SCAM



# Community Food Security Initiative



EmblemHealth Neighborhood Care is here to help those in our community who are facing challenges with food insecurity.

Stop by EmblemHealth Neighborhood Care's upcoming food distribution events and low-cost farmers markets throughout New York City. Pick up fresh fruits, vegetables, and pantry staples to support your family's health and wellness.\* These events are free and open to the public. Registration is required.

## May 2026

### **Cambria Heights (Food Distribution)**

Wednesday, May 6 | 2 to 4 p.m.

206-20 Linden Blvd, Jamaica, NY 11411

### **Flushing (Food Distribution)**

Friday, May 8 | 10 a.m. to Noon

41-61 Kissena Boulevard, Flushing, NY 11355

### **Elmhurst (Farmers Market)**

Monday, May 11 | 12:30 to 3:30 p.m.

88-31 55th Avenue, Elmhurst, NY 11373

### **Southern Blvd (Food Distribution)**

Tuesday, May 12 | 10 to 11:30 a.m.

932 Southern Blvd, Bronx, NY 10459

### **Annadale (Farmers Market)**

Tuesday, May 12 | 11 a.m. to 1 p.m.

4771 Hylan Blvd, Staten Island, NY 10312

### **East New York (Farmers Market)**

Wednesday, May 13 | Noon to 2 p.m.

101 Pennsylvania Avenue, Brooklyn, NY 11207

### **Duane Street (Food Distribution)**

Wednesday, May 13 | Noon to 2 p.m.

52 Duane Street, New York, NY 10007

### **Fordham Road (Food Distribution)**

Thursday, May 14 | 2 to 3:30 p.m.

254 East Fordham Road, Bronx, NY 10458

### **Crown Heights (Farmers Market)**

Wednesday, May 20 | Noon to 2 p.m.

546 Eastern Parkway, Brooklyn, NY 11225

### **Southern Blvd (Food Distribution)**

Thursday, May 21 | 2 to 3:30 p.m.

932 Southern Blvd, Bronx, NY 10459

### **Clove Road (Food Distribution)**

Thursday, May 21 | 11 a.m. to 2 p.m.

1050 Clove Road, Staten Island, NY 10301

### **East New York (Food Distribution)**

Thursday, May 21 | Noon to 3 p.m.

101 Pennsylvania Avenue, Brooklyn, NY 11207

### **Cambria Heights (Farmers Market)**

Wednesday, May 27 | 1:30 to 3:30 p.m.

206-20 Linden Blvd, Jamaica, NY 11411

## About EmblemHealth Neighborhood Care

EmblemHealth Neighborhood Care is open to the public and provides connections to community resources, free wellness classes to help the entire community learn healthy behaviors, and in-person customer support for EmblemHealth plan members.

For more information, email [neighborhood@emblemhealth.com](mailto:neighborhood@emblemhealth.com) or call **800-274-2950 (TTY: 711)**.

View more upcoming events at  
[emblemhealth.com/events](https://emblemhealth.com/events).



\*Free with no obligation to enroll, while supplies last.

**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).

# Easy Ways to... Save Money on Healthy Food



## Home

Plan your meals and snacks for the week and **make a grocery list**.

Keep your kitchen cabinets **organized and take inventory** to avoid buying foods you already have.



**Never go shopping hungry.** If you are hungry, you will be tempted to buy food that is not on your shopping list.

**Reduce waste!** Cook with all parts of fruits and vegetables.



**Use leftovers.** Make a soup, stir-fry or casserole using leftover vegetables, grains, meats or beans.

## Farmers Markets

**Buy fruits and vegetables in season.** The prices are lower and the produce tastes better when it is the right time of year.



**Stock up** on fruits and vegetables when they are in season and **freeze or can them** for later use.



**Use your EBT/SNAP benefits.** For every \$5 you spend at a New York City farmers market using EBT/SNAP, you **get a \$2 Health Bucks** coupon to buy fresh fruits and vegetables.

## Supermarket

**Buy fresh, frozen or canned** fruits and vegetables.

**Buy dried beans, peas and lentils** instead of more expensive proteins.



**Buy whole foods** instead of convenience items. For example, buy whole apples instead of pre-cut apples.

**Buy less expensive store brands** instead of name brands.

**Buy items in bulk or in family packs**, such as oatmeal, rice, beans and flour.



Instead of buying sweetened beverages, **try tap water infused with citrus!**

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit [nyc.gov](http://nyc.gov) and search for "farmers markets."

For healthy recipes, visit [jsyfruitveggies.org](http://jsyfruitveggies.org).



*Just Say Yes* to fruits and vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [mybenefits.ny.gov](http://mybenefits.ny.gov). USDA is an equal opportunity provider and employee. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).



## 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*



## 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