



THE WOOD

Catholic Charities Neighborhood Services

GLENWOOD OLDER ADULT CENTER

5701 AVENUE H, BROOKLYN, NY 11234 Ph(718) 241-7711 / Fx(929) 292-0323

MAY 2026

Dear CCNS Glenwood OAC Members,

This month let's take time to celebrate the strength, wisdom, love, support, and sacrifices of older Americans and mothers everywhere. We truly appreciate the devotion and the inspiration they give us each day.

Here's a quote to inspire you: "Mothers give us roots of love; older Americans teach us the wings of wisdom" as this idea is meaningful in our everyday lives.

Wishing all mothers, grandmothers, and caregivers a wonderful Mother's Day!

Nadine Aspilaire

Program Manager



MAY AWARENESS MONTH

Arthritis Awareness Month

Better Hearing and Speech Month

Healthy Vision Month

Hepatitis Awareness Month

Lupus Awareness Month

Mental Health Month

Older Americans Month



Hantaviruses what you need to know

Hantaviruses are a group of viruses that can lead to serious illness or even death. They cause diseases such as hantavirus pulmonary syndrome (HPS) and hemorrhagic fever with renal syndrome (HFRS). Most hantaviruses spread through rodents. Only the Andes virus is known to pass from person to person, and this usually happens only with close contact.

Hantaviruses can infect people anywhere in the world and may cause serious illness. People usually get infected by coming into contact with rodents like rats and mice, especially their urine, droppings, or saliva. In rare cases, the virus can spread through a rodent bite or scratch.

Hantaviruses can cause two main types of illness. In the Western Hemisphere, including the United States, they can cause hantavirus pulmonary syndrome (HPS). In the U.S., the deer mouse is the main

carrier of the hantavirus that causes HPS.

Hemorrhagic fever with renal syndrome (HFRS) is a group of similar illnesses caused by hantaviruses, mostly found in Europe and Asia. However, the Seoul virus, which also causes HFRS, is found worldwide, including in the United States.

Signs and symptoms of hantavirus pulmonary syndrome (HPS): HPS is a serious and sometimes deadly lung disease. Symptoms usually start 1 to 8 weeks after contact with an infected rodent. Early signs include fatigue, fever, and muscle aches, especially in large muscles like the thighs, hips, back, and sometimes shoulders. About half of people with HPS also have headaches, dizziness, chills, and stomach problems such as nausea, vomiting, diarrhea, or abdominal pain.

To lower your risk of hantavirus, avoid contact with rodents at home, work, or while camping. Seal any holes or gaps in your home or garage

to keep rodents out. Use traps around your home to reduce rodent numbers, and remove any food that could attract them.

Diagnosing hantavirus infection within the first 72 hours can be difficult. If the first test is done too early to detect the virus, doctors often repeat the test 72 hours after symptoms begin. Early symptoms like fever, headache, muscle aches, nausea, and fatigue are often mistaken for the flu.

There is no specific treatment for hantavirus infection. Patients need supportive care, such as rest, staying hydrated, and managing symptoms.

Andes Virus

A hantavirus spread by rodents in South America that can cause a severe respiratory disease in people called Hantavirus Pulmonary Syndrome (HPS).

How does Andes virus spread?

- Through contact with rodents or their urine, droppings, or saliva.
- Through an object touched by a rodent.
- Through close contact with someone who has the virus.

Is there a treatment?

No. There is no specific antiviral treatment or vaccine currently available. Early medical care is critical and focuses on supportive treatment.

What are the symptoms?

Signs and symptoms of infection appear 4 to 42 days after exposure.

Early symptoms can look like flu and include:

- Headache
- Fever
- Muscle aches/back pain
- Nausea or vomiting
- Chills
- Cough
- Chest pain
- Loss of appetite
- Difficulty breathing

Avoid areas infested with rodents while visiting countries in South America.

Avoid spread between people by:

- Washing hands frequently
- Avoiding kissing and sexual contact with someone who may have Andes virus
- Maintaining distance from someone who may have Andes virus

Typically, people are only infectious while they have symptoms.

If you may have had contact with a person with Andes virus and are experiencing symptoms, contact a medical professional immediately.

If you think you might have hantavirus, see your doctor or your healthcare provider right away and mention any possible contact with rodents.

Your [state or local health department](#) or contact the CDC's Emergency Operations Center at 770-488-7100.

Symptoms of hantavirus pulmonary syndrome (HPS)

Early symptoms include:

- Fever
- Stomach problems
- Fatigue

As it gets worse, you may experience:

- Trouble breathing
- Dry cough
- Rapid heartbeat

Assistance Programs Which Make Medicare More Affordable

According to an article from the Medicare Right Center, health care costs have been rising across the country, and many people will see higher premiums and out-of-pocket expenses in 2026. Medicare costs are going up too. For the first time, Part B premiums will be over \$200 a month, which could make things harder for many people.

There are cost-assistance programs with different eligibility rules and benefits that can help make Medicare more affordable. If you are having trouble paying for care, it is a good idea to learn about these programs and see if you qualify.

Medicare Savings Programs are designed for people with Medicare who have limited income and savings. If you apply and qualify, you will be placed in one of three main programs based on your income, assets, and other details from your application. Each program has its own requirements and benefits, but all of them pay the Part B premium, including any late enrollment penalties. They also automatically enroll you in Extra Help, which helps with Part D costs.

Extra Help, also called the Part D Low-Income Subsidy, helps people pay for out-of-pocket Part D costs and removes the Part D late enrollment penalty. If you have Extra Help, you can change your standalone Part D plan once a month during a Special Enrollment Period.

Many states offer State Pharmaceutical Assistance Programs to help with prescription drug costs. Each program has its own eligibility rules and benefits, and you might qualify based on your income, age, HIV or disability status, or other factors that depend on your state and the program.

Some SPAPs require you to have Part D so they can coordinate benefits with Medicare or provide Medicare-specific benefits, such as Special Enrollment Periods. In many cases, if you have both Medicare and Medicaid, you will be automatically enrolled in an MSP.

Medicaid can coordinate with Medicare in various ways for beneficiaries who are eligible for both programs. Medicaid can work with Medicare in different ways for people who qualify for both.

It can act as secondary insurance, helping to lower costs when you see providers who accept both Medicare and Medicaid. Often, having both programs means you are automatically enrolled in an MSP, which removes some premiums and penalties and greatly reduces your share of costs.

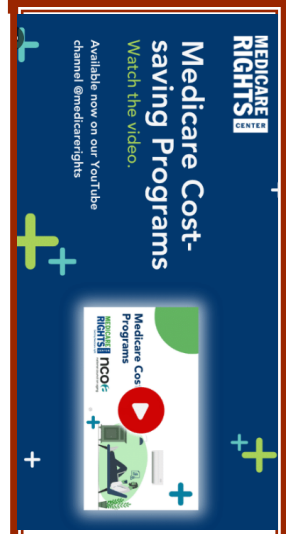
Medicaid may also pay for services that Medicare does not cover, such as routine dental care, long-term support and services, and non-emergency medical transportation.

To determine your eligibility. The tool can connect you to benefits beyond Medicare and health care coverage, including food assistance, transportation, disability services, and more.

If you need more help enrolling in an MSP or other cost-assistance programs, you can call the Medicare Rights national helpline at 800-333-4114 or contact your State Health Insurance Assistance Program.



\$
HOW
can I make Medicare more affordable?



HAPPY MOTHER'S DAY 2026

Mother's Day takes place on the second Sunday of May in the USA and many other countries. Anna Jarvis started this tradition many years ago. On this day, we usually honor mothers and mother figures with gifts or by taking them out for a special meal with family. Did you know that in the UK, Mother's Day is now called Mothering Sunday? It honors not only mothers, but also anyone who has played a motherly role throughout their lives, including those in churches. This shift means the day is about appreciating anyone who has acted as a mother figure. What do you think about this change? No matter what, let's take this Mother's Day to thank our mothers for the care and love they have given us throughout our lives. Happy Mother's Day to everyone.



Angela Alleyne, member and volunteer of the Glenwood OAC

Wonderful Mother

God made a wonderful mother,
A mother who never grows old;
He made her smile of the sunshine,
And He molded her heart of pure
gold;
In her eyes He placed bright
shining stars,
In her cheeks fair roses you see;
God made a wonderful mother,
And He gave that dear mother to me.

By Pat O'Reilly

HIGHCLAP.COM



GAME CENTER TO IMPROVE YOUR MENTAL FITNESS

Mothers in the Bible MATCH UP GAME

MATCH THE BIBLICAL MOTHERS WITH THE CORRECT CHILD/CHILDREN. EARN ONE POINT FOR A CORRECT ANSWER. THE MOST CORRECT ANSWERS WINS!

1. Mother of Cain & Abel _____
2. Mother of Isaac _____
3. Mother of Ishmael _____
4. Mother of Esau & Jacob _____
5. Mother of Joseph & Benjamin _____
6. Mother of Moses & Aaron _____
7. Mother of Samuel _____
8. Mother of Jesus _____
9. Mother of John the Baptist _____
10. Mother of King Solomon _____
11. Mother of Gad & Asher _____
12. Mother of Perez & Zerah _____
13. Mother of Joash _____
14. Mother of Rehoboam _____
15. Mother of Timothy _____
16. Mother of Manasseh & Ephraim _____
17. Mother of Adonijah _____
18. Mother of King Josiah _____
19. Mother of Booz _____
20. Mother of King Hezekiah _____

- Jedidah**
Zilpah
Zibiah
Haggith
Jochebed
Tamar
Rahab
Bathsheba
Abijah
Naamah
Hagar
Mary
Eunice
Rebekah
Elizabeth
Rachel
Sarah
Hannah
Eve
Asenath

Total Points: _____

← _____ Date: _____



Flower Shop Word Scramble

There's been a mix up at the flower shop and all of the flower names have been scrambled. Can you unscramble the letters to reveal their names?

- | | |
|-----------------|-------------------|
| RICNAATNO _____ | NZINIA _____ |
| SMROERIP _____ | PENTIAU _____ |
| GRDMLAOI _____ | YPSNA _____ |
| NAEEVRLD _____ | PENYO _____ |
| DICRHO _____ | LECSHUNKEYO _____ |
| IIRS _____ | LNUFWSREO _____ |
| ERSO _____ | ITPUL _____ |
| ILLY _____ | OVTLIE _____ |
| OPYPP _____ | ODFFDILA _____ |
| ASDYI _____ | RMNAIGEUI _____ |
| JAIMNES _____ | INTHHAYC _____ |

Sources: <https://www.pinterest.com/pin/273241902385660763/> <https://www.pinterest.com/pin/100557004176052001/> https://www.facebook.com/story.php?story_fbid=12222678564495453&id=61564863615029&rdid=GT9D4vo3PnObagTT#



MAY'S UPCOMING EVENTS / ACTIVITIES / GUEST SPEAKERS

Poetry in motion (Claire & Vilma) - (Men's Round Table Group Discussion (Lenox) - /General Membership Mtg - Advisory Mtg (Center) - Current Event Group Discussion (Vilma - Claire) / Spanish Group Discussion (Corey / Grace) - center/ audio — Creole Group Discussion (Mireille JN (center - Audio) / Strength exercise —Tommy the experience — Cardio Fusion / Yoga -Island Rhythms -Yvette / Blood pressure screening & monitoring (Claire – Maureen - Norwood– Mona– Desire– Jocelyne) / Sewing class (Ivil W—Bernice) / Loom knitting (Sonia R) - Computer Class / Exploring Smart phones (Senior Planet)Piano lesson (I. Walters) / Painting Class with Fafona- May's Birthday Celebration / Mother's day celebration / Home Safety Dekeya (Kings County Hosp)/ SU CASA Drama / Nutrition (Claudia) /Karaoke (Lenox) / Suicide Prevention (CABs) / Memorial Day Celebration



GUEST SPEAKERS

CHECK THE MONTHLY CALENDAR FOR THE DATE AND TIME OF EACH EVENT

GRAB YOUR PHONE, IPAD, TABLET OR PENCIL -

DO YOU NEED ASSISTANCE WITH USING THE FEATURES ON

DOMINOES

MEN'S GROUP

BINGO

The Center Is Closed on Memorial Day- May 25th, 2026

APRIL'S BIRTHDAY CELEBRATION



APRIL'S BIRTHDAY CELEBRANTS WITH THEIR TARGET GIFT CARD

GLENWOOD'S VOLUNTEERS CELEBRATION



Assembly member Jaime Williams and representative from Council member Farah Louis' office were present

CLAIRE'S FAMILY CELEBRATING HER BIRTHDAY AT THE CENTER



ERNESTINE MODELING THE SWEATER AND HAT SHE MADE

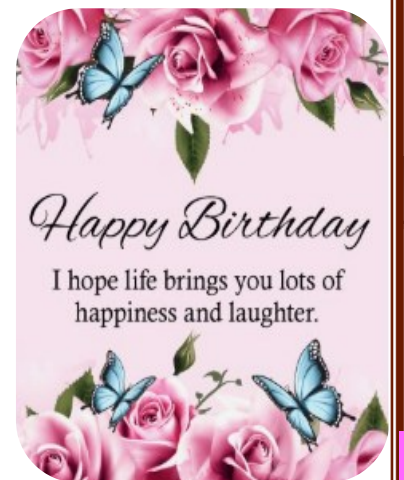


BEST WISHES TO OUR MAY'S BIRTHDAY CELEBRANTS!



Jestina Blake 5/1
 Gisele Jean 5/2
 Denise Frank 5/2
 Octavio DeLaCruz 5/3
 Jacqueline Turner 5/3
 Evelyn Bailey 5/4
 Jeanette Wiltshire 5/5
 Herman Farley 5/5
 Colvin Eastmond 5/5
 Sandra Lindie 5/6
 Geneve Green 5/8
 Luckner Pierre 5/8
 Cora Johnson 5/9
 Bernadette Donald 5/9
 Ivil Walters 5/11
 Roy McPherson 5/11
 Dulcie Billings 5/13
 Lynette McConnell 5/13
 Angela Blunt 5/13
 Michael Johnson 5/13
 George Richards 5/15

MonaLisa Jenkins 5/15
 Kathleen Hilley 5/15
 Temett Newborn 5/16
 Jennifer Howell 5/16
 Lillah McQueen 5/16
 Grace Tuitt 5/17
 Thomas McGuire 5/19
 Marie Francois 5/22
 Jean Goddard-Lawrence 5/24
 Frances Blackman 5/25
 Charles Beaumont 5/26
 Phillip Littrean 5/26
 Sylvia Reis 5/27
 Semour Byron 5/27
 Sylvia Christy 5/29
 Linda Darbeau 5/31
 Eastlyn Wickham 5/6



Muchas Felicidades!

Glenwood OAC is a free program for individuals aged 60 and older; no insurance is required. Suggested meal contributions are appreciated as they help enhance the program and its activities. We value the contributions made by our members. Enjoy your time at the center!

CASE MANAGER'S BULLETIN BOARD

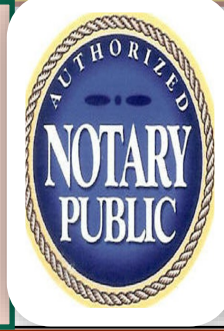
CASE ASSISTANCE - COMMUNITY INFORMATION & EVENTS

If you need assistance because you have difficulty getting around, are home isolated, or unable to come to the center, please ask to talk to Case Manager @ 718-241-7711



Do You Need Assistance To Notarize A Document — Please Call Mr. Lenox Hutson @ 718-251-5848

Also, Have A Valid ID And The Person Whose Document is Being Notarized Must Be Present With The ID.



NYC Department for the Aging

HEARING MATTERS

WHAT YOU NEED TO KNOW ABOUT HEARING LOSS AND DEMENTIA

Join us on Thursday, June 11th at 10:00 a.m.

Virtual Link: <https://us02web.zoom.us/j/83604694417> or call 1-929-205-6099 and enter code: 83604694417#

Topics covered:

- Current research about hearing loss and dementia
- Diagnosing hearing loss and working with an audiologist
- Available solutions and services to help individuals and families living with dementia and hearing loss



Speakers:

Michele Distefano, AuD, Director of Audiology Services and Dementia Certified Audiologist

Carolyn Stern, Director, Outreach at CHC

Any questions, please contact Carolyn Stern at 917-305-7812 or cgstern@chchearing.org



sanitation

OFFICIAL NOTICE

ATTENTION property owners and managers of 1-9 unit buildings: Beginning June 1, 2026, you **MUST** use an **official NYC Bin** for all trash.

This applies to:

- single-family homes
- two-family homes
- buildings with up to 9 apartments

The NYC Bin is the official trash bin for properties with 1-9 residential units and some larger buildings. NYC Bins for recycling and composting are also available, but are not required.

The official NYC Bin is durable, rat resistant, and costs less than \$50 for the most-used size!



Official NYC Bins are available for purchase at NYC Home Depot stores for pick up or through delivery from DoorDash, Instacart, and Uber Eats. Visit www.bins.nyc to learn more.



KINGS COUNTY SUPPLEMENTAL FOOD DISTRIBUTION

NYC
HEALTH+
HOSPITALS

Kings County



Commodity
Supplemental
FOOD PROGRAM

New York State Department of Health

COMMODITY SUPPLEMENTAL FOOD PROGRAM

FREE, FREE, FREE...

FREE GROCERY FOR

ALL **SENIORS ONLY**...!!!

- ⇒ **60 YEAR OR OLDER**
- ⇒ **RESIDENTS OF NEW YORK**
- ⇒ **LOW INCOME**

NOTE: IF YOU PICK UP AT NY COMMON PANTRY, or ISLAND HARVEST FOOD BANK NY, YOU ARE NOT ELEGIBLE.

IF YOU ARE 60 YEAR OR OLDER, PLEASE COME ON JOIN

June 04, 2026 and Time: From 9:00 am to 10:30 am

To 5701 Avenue H, Brooklyn, NY, 11234

Catholic Charities Glenwood Senior Center

TO APPLY:

BRING WITH YOU THE FOLLOWING DOCUMENTS:

- ⇒ **PHOTO I.D.**
- ⇒ **PROOF OF AGE**
- ⇒ **2026 PROOF OF ADDRESS**
- ⇒ **2026 PROOF OF INCOME**

IF YOU HAVE ANY ADDITIONAL QUESTIONS PLEASE
CALL US 840 Alabama Ave, Brooklyn, NY. 11207

AT Phone Number 718 -498 -9208



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.

FRESH FRUITS & VEGETABLES DISTRIBUTION WITH THE CELESTIAL CHURCH OF CHRIST

CCNS GLENWOOD OAC

FRESH FRUITS & VEGETABLES DRIVE



Fresh Fruits And Vegetables Are Donated
By The Celestial Church Of God

TUESDAYS OR WEDNESDAYS
DEPENDING ON AVAILABILITY

Call Glenwood OAC (718-241-7711)

For More Info



Glenwood OAC is sponsored By The NYC Aging

BROOKLYN ARTS COUNCIL- SUCASA PROGRAM

SU-CASA Water Within Us Poster.png

BROOKLYN **ARTS** COUNCIL

“The Water Within Us” SU-CASA Program

Taught by Eilish Henderson

Mondays from 2:30-4 pm

**except April 18 & 27*

A somatic movement-based program will engage with the language of dance as a mode for healing, deep relaxation, and emotional expression. The forms we will explore focus on connections to nature. We will write and dance to personal poetic scripts and create a final performance for Friday, June 26!

THIS PROGRAM IS SUPPORTED, IN PART, BY PUBLIC FUNDS FROM THE NEW YORK CITY COUNCIL DEPARTMENT OF CULTURAL AFFAIRS IN PARTNERSHIP WITH THE NEW YORK CITY COUNCIL.

NYC Cultural Affairs



New York City Council

NYC Department for the Aging



NUTRITION EDUCATION MONTHLY POST

Easy Ways to Enjoy Fresh Greens



1. Buy

- ❖ Choose greens with crisp, bright leaves with no yellow or brown spots.

2. Store

- ❖ Before storing:
 - Lettuce and salad greens: Wrap leaves in a dry paper towel.
 - Bunched greens with stems (kale, collard greens): Chop off ends of stems and wrap ends in a damp paper towel.
 - Herbs: Wrap entire bunch in a slightly damp paper towel.
- ❖ Keep all greens in the refrigerator, unwashed, in a sealed plastic bag.



3. Wash

- ❖ Place greens in a bowl and cover with water.
- ❖ Shake greens under the water to loosen any dirt. Allow dirt to settle.
- ❖ Gently lift out greens and discard water. Repeat as needed.

4. Prepare

- ❖ Sauté onions and garlic in oil. Add leafy greens and cook until tender.
- ❖ Blend spinach or kale with frozen fruit to make a smoothie or with beans to make a delicious dip.
- ❖ Add chopped leafy greens to soups, stews and pasta sauces. Cook until tender.
- ❖ Add fruits, other vegetables, nuts or beans to raw chopped greens for a hearty salad.



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](https://www.nyc.gov) and search for "Farmers markets."

For healthy recipes, visit [jayfruitveggies.org](https://www.jayfruitveggies.org).

NYC
Health

Just Say Yes to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Nutrition 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 800-540-2009 or go to [ny.gov/health](https://www.ny.gov/health). USDA is an equal opportunity provider and employer. 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 305-N, White House Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 800-795-5964 (voice and TDD).

HAPPY MOTHER'S DAY 2026 HAPPY MEMORIAL DAY 2026



Sources: <https://www.pinterest.com/pin/77968637295826429/> / <https://www.pinterest.com/pin/21110692000567183/>

GLENWOOD SENIOR CENTER STAFF

Samira Alieva	Vice President Of OAS
Ron Carson	Director Of Field Operations
Nadine Aspilaire	Program Manager
Vacant	Case Manager
Andra Daniel	Administrative Assistant
Gwen Moultrie	Head Cook
Vacant	Assistant Cook
Andre Fils Fresnel	Maintenance Worker
Julius Alford	Kitchen Aid

COMMITTEES: Sunshine --Sonia Ryce, Inez Walters
 Nutrition Chair person --- Sonia Ryce, Daisy Barrett, Beulah Reid
 Travel & Fundraising --- Gardner G Weekes
 Entertainment / music --- Claire Brisport / Gardner Weekes/
 Grievance --- Gardner G Weekes / Sonia Ryce
 Hostess ---- Ison, Hackett, Brisport, Ryce, Vialva

GLENWOOD ADVISORY BOARD MEMBERS

Gardner Weekes	-----	President Advisory Council
Carol Hackett	-----	VP Advisory Council
Vilma Griffith	-----	Treasurer
Fay Vialva	-----	Recording Secretary
Lucille Murray	-----	Sergeant at Arm
Sonia Chambers	---	Corresponding Secretary

Thank you to: Mireille Jean Noel - Claire Brisport— Vilma Griffith - Lenox Hutson — Gabriel Weekes—Beulah Reid—Daisy Barrett — Sonia Chambers, Sonia Ryce— Bettie Ward and to all the volunteers for their support of the center’s activities.

Catholic Charities Neighborhood Services, Inc.

“Catholic Charities 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 that promotes justice and embraces human

Catholic charities Mission Statement

FUNDED BY THE NYC AGING

