



# Senior Voices





CATHOLIC CHARITIES  
NEIGHBORHOOD SERVICES  
HOWARD BEACH OLDER ADULT CENTER

155-55 Cross Bay Blvd.,  
Howard Beach, NY 11414  
Phone (718) 738-8100



## May: Celebrate Older Americans & Focus on Vitality

May is a time to honor our community during Older Americans Month and prioritize key health topics like National Stroke Awareness Month and Mental Health Awareness Month. This is a great opportunity to reinforce physical and emotional vitality, embracing the warmer weather to increase activity and well-being. Focusing on brain health, physical movement, and social connections can significantly enhance your quality of life. We encourage taking mindful steps toward a healthier May through:

-  **Prioritize Mental & Brain Health, including learning stroke prevention signs**
-  **Embrace Movement: Take advantage of the pleasant weather for physical activity, walking, and light exercise**
-  **Nourish Your Body: Commit to balanced nutrition and healthy habits**
-  **Strengthen Community Bonds: Stay actively connected with friends, family, and the center**

**Remember: Prioritizing your well-being, staying informed, and taking proactive steps are essential for a fulfilling life.**

Message from the Center:  
**Embrace Life**

**Stay Active**

**Celebrate You**

**Dear CCNS Howard Beach OAC Members,  
Welcome to May!**

**May brings the promise of even warmer days and is the perfect time to embrace the outdoors and focus on vitality. As we celebrate Older Americans Month, we honor the invaluable contributions of our members to the community.**

**This month, we encourage everyone to prioritize physical and mental vitality. Taking advantage of the pleasant weather to increase activity, nourish your body with healthy habits, and stay socially connected can significantly enhance your quality of life.**

**Remember that prioritizing your well-being, staying informed, and taking proactive steps are essential for a fulfilling life.**

**We appreciate your continued support and look forward to another month of friendship, wellness, and community.**

**Wishing everyone a happy, peaceful, and healthy May!!**

**Howard Beach OAC Team**



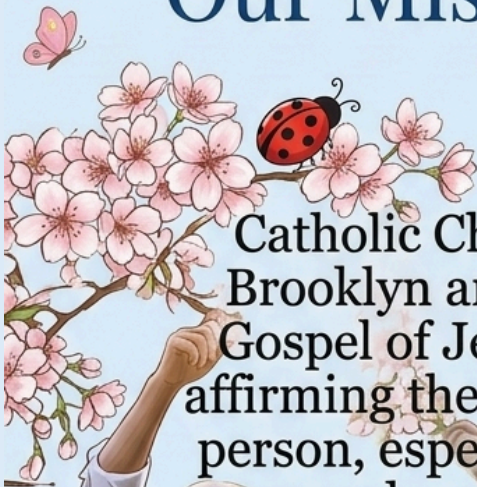


Howard Beach OAC  
May 2026 Newsletter

May

CATHOLIC CHARITIES

## Our 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.

For more info, visit: [www.ccbq.org](http://www.ccbq.org) | Howard Beach OAC Front Desk

# Aging Gracefully

**May 7**  
**11A-11:45A**

Speaker by  
Cathy Byrne, Registered Nurse

**Dining room** you'll hear  
Embracing the aging process  
with confidence, a  
positive mindset, and  
protective self care



EDUCATE & INSPIRE

# FUN FACTS & UPCOMING EVENTS

MAY 2026

## 1: STAR WARS DAY

May 4, 2026

MAY THE 4TH BE WITH YOU! A GLOBAL CELEBRATION OF STAR WARS CULTURE AND FAN EVENTS.



## 2: CINCO DE MAYO

May 5, 2026

HONORING MEXICAN HERITAGE. THE DATE COMMEMORATES THE MEXICAN ARMY'S 1862 VICTORY AT THE BATTLE OF PUEBLA.



## 3: MOTHER'S DAY

May 10, 2026

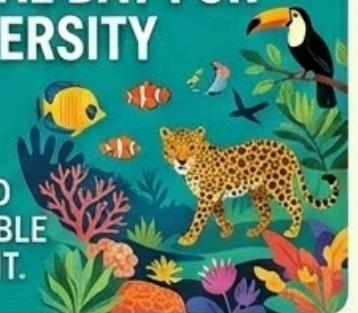
A SPECIAL DAY TO HONOR ALL MOTHER FIGURES FOR THEIR LOVE, INFLUENCE, AND SACRIFICE.



## 4: INTERNATIONAL DAY FOR BIOLOGICAL DIVERSITY

May 22, 2026

RAISING AWARENESS OF BIODIVERSITY ISSUES AND ENCOURAGING SUSTAINABLE ECOSYSTEM MANAGEMENT.



## 6: WORLD BEE DAY

May 20, 2026

RAISING AWARENESS OF THE IMPORTANCE OF BEES FOR POLLINATION AND BIODIVERSITY.



## 7: EUROPE DAY

May 9, 2026

CELEBRATING PEACE AND UNITY IN EUROPE. RECOGNIZES THE 1950 SCHUMAN DECLARATION.





# MAY 2026

made with



## CELEBRATING CINCO DE MAYO: FUN FACTS



### WHAT IT'S NOT

Contrary to popular belief, Cinco de Mayo is NOT Mexico's Independence Day (which is Sept. 16th).



### THE VICTORY

Commemorates the Mexican Army's unlikely victory over the French forces at the Battle of Puebla on May 5, 1862.



### REGIONAL CELEBRATION

In Mexico, it is primarily observed in the state of Puebla, while in the U.S., it's a huge celebration of Mexican-American culture.



### THE SYMBOLS

Celebrations feature parades, mariachi music, folkloric dancing, and delicious Mexican food like tacos, mole, and ceviche.



### A HISTORICAL TRIVIA

President Abraham Lincoln expressed his support for the Mexican republic during the time of the battle, recognizing its significance.

## CINCO DE MAYO EVENTS

MAY

8

### CINCO DE MAYO DANCE

10:45A - 11:45A

Dining Room





**Fun Fact: Maypole Day**

Maypole Day is a traditional celebration of spring and fertility, typically held on May 1st (May Day). The central element is the Maypole, a tall pole decorated with flowers and streamers. The most recognized tradition is the Maypole dance, where participants weave ribbons around the pole while dancing.

# HAPPY MAY!

CINCO DE MAYO!



# Learning from Games



## Spring

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

APRIL  
UMBRELLA  
THAW  
SAND  
HOT  
GARDENING  
NEW  
SPRING  
WARM

PLAY  
RAIN  
SHOWER  
MAY  
GROW  
PLANTING  
FLOWERS  
FUN

RAINBOW  
BUDS  
MUD  
OUTSIDE  
BLOSSOMS  
GARDEN  
FRESH  
BEES

## 30 Hard Word Search Puzzles for Spring



# FUN FACTS ABOUT EUROPE DAY



**MAY 9**



## UNITY IN DIVERSITY



**THE SCHUMAN DECLARATION IN 1950 CALLED FOR SOLIDARITY, PAVING THE WAY FOR THE EU.**



## TRAVEL MADE EASY



**EUROPE DAY CELEBRATES THE SCHENGEN AREA, ALLOWING FREE MOVEMENT BETWEEN MANY COUNTRIES.**



## CELEBRATIONS ACROSS EUROPE



**FROM CONCERTS & FESTIVALS TO FLAG-RAISING CEREMONIES, EUROPE DAY IS MARKED WITH JOY AND CULTURAL EVENTS.**

SHARE THE JOY

# CELEBRATE WORLD MOTHER'S DAY!



## MOTHER'S DAY TRADITIONS



## FUN FACTS AROUND THE WORLD



**SECOND SUNDAY  
IN MAY**  
(Many Countries)



**4th SUNDAY IN LENT**  
(UK - Mothering Sunday)



**CARNATIONS**  
(Popular Blooms,  
White & Pink)

## GLOBAL CELEBRATION



**CELEBRATING MOMS  
EVERYWHERE**

# WORLD BEE DAY

## HONEY: A GOLDEN BOOST FOR HEALTH FOR YOUR HEALTH!



**NATURAL ENERGY:**  
Provides long-lasting fuel



**RICH IN ANTIOXIDANTS:**  
Fights cell damage



**SUPPORTS DIGESTION:**  
A natural prebiotic

**HEALS WOUNDS:**  
Antimicrobial properties



**CELEBRATE THE POWER OF BEES AND HONEY!**

BE KIND TO BEES

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



Home	Farmers Markets	Supermarket
<p><b>Plan</b> your meals and snacks for the week and <b>make a grocery list</b>.</p> <p><b>Keep your kitchen cabinets organized and take inventory</b> to avoid buying foods you already have.</p>  <p><b>Never go shopping hungry.</b> If you are hungry, you will be tempted to buy food that is not on your shopping list.</p> <p><b>Reduce waste!</b> Cook with all parts of fruits and vegetables.</p>  <p><b>Use leftovers.</b> Make a soup, stir-fry or casserole using leftover vegetables, grains, meats or beans.</p>	<p><b>Buy fruits and vegetables in season.</b> The prices are lower and the produce tastes better when it is the right time of year.</p>  <p><b>Stock up</b> on fruits and vegetables when they are in season and <b>freeze or can them</b> for later use.</p>  <p><b>Use your EBT/SNAP benefits.</b> For every \$5 you spend at a New York City farmers market using EBT/SNAP, you <b>get a \$2 Health Bucks</b> coupon to buy fresh fruits and vegetables.</p>	<p><b>Buy fresh, frozen or canned</b> fruits and vegetables.</p> <p><b>Buy dried beans, peas and lentils</b> instead of more expensive proteins.</p>  <p><b>Buy whole foods</b> instead of convenience items. For example, buy whole apples instead of pre-cut apples.</p> <p><b>Buy less expensive store brands</b> instead of name brands.</p> <p><b>Buy items in bulk or in family packs</b>, such as oatmeal, rice, beans and flour.</p>  <p>Instead of buying sweetened beverages, <b>try tap water infused with citrus!</b></p>

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

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

For healthy recipes, visit [jsyfruitveggies.org](https://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](https://myBenefits.ny.gov). 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 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

# Maneras sencillas de... ahorrar dinero en comida



Hogar	Mercados de agricultores	Supermercado
<p><b>Planifique</b> sus comidas y refrigerios para la semana y <b>elabore una lista de compras</b>.</p> <p><b>Mantenga organizados los gabinetes de su cocina y haga un inventario</b> para evitar comprar alimentos que ya tiene.</p>  <p><b>Nunca vaya de compras si tiene hambre.</b> Si tiene hambre, se sentirá tentado a comprar comida que no está en su lista de compras.</p> <p><b>¡Reduzca los desperdicios!</b> Cocine con todas las partes de las frutas y las verduras.</p>  <p><b>Use las sobras.</b> Haga una sopa, un salteado o un guiso con las sobras de verduras, granos, carnes de res o frijoles.</p>	<p><b>Compre frutas y verduras de temporada.</b> Los precios son menores, y los productos tienen un mejor sabor cuando es el momento correcto del año.</p>  <p><b>Almacene frutas y verduras de temporada y congélelas o guárdelas en latas</b> para consumirlas en el futuro.</p>  <p><b>Use sus beneficios de EBT/SNAP.</b> Por cada \$5 que gaste en un mercado de agricultores de la ciudad de Nueva York mediante la tarjeta de transferencia electrónica de fondos (EBT, por sus siglas en inglés) o cupones del Programa de Asistencia de Nutrición Suplementaria (SNAP, por sus siglas en inglés), recibirá un cupón de <b>Health Bucks de \$2</b> para comprar frutas y verduras frescas.</p>	<p><b>Compre frutas y verduras frescas, congeladas o enlatadas.</b></p> <p><b>Compre frijoles, arvejas y lentejas secos</b> en lugar de proteínas más costosas.</p>  <p><b>Compre alimentos enteros</b> en lugar de alimentos preelaborados. Por ejemplo, compre manzanas enteras en lugar de manzanas cortadas previamente.</p> <p>En lugar de alimentos de marca, <b>compre alimentos de las marcas de las tiendas que son más baratos.</b></p> <p><b>Compre productos a granel o en paquetes familiares</b>, como avena, arroz, frijoles y harina.</p>  <p>En lugar de comprar bebidas endulzadas, <b>¡pruebe el agua la llave con una infusión de cítricos!</b></p>

Para obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook visite el sitio web [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

Para más información sobre los Stellar Farmers Markets, visite [nyc.gov](https://www.nyc.gov) y busque "farmers markets" (mercados de agricultores).

Para obtener recetas saludables, visite [jsyfruitveggies.org](https://www.jsyfruitveggies.org).



Just Say Yes to Fruits and Vegetables

El Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés) del Departamento de Agricultura de Estados Unidos (USDA, por sus siglas en inglés) financió este material. El SNAP, conocido anteriormente como Programa de Cupones para Alimentos (FSP, por sus siglas en inglés) de Nueva York, ofrece asistencia nutricional para personas con bajos ingresos. Puede ser útil para comprar alimentos nutritivos a fin de mejorar su alimentación. Para obtener más información, llame al 800-342-3009 o visite [mybenefits.ny.gov](https://www.mybenefits.ny.gov). El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. De conformidad con la ley federal y la política del USDA, esta institución prohíbe la discriminación por motivos de raza, color de piel, nacionalidad, sexo, edad, religión, opiniones políticas o discapacidad. Para presentar una denuncia de discriminación, escriba a USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 o llame al 202-720-5964 (llamada de voz y TDD).

Spanish (US)

# MAY HEALTH & WELLNESS NEWSLETTER

**Vitality • Movement • Awareness • Connection**

 **Dear Members,**

May brings the promise of warmer days and is the perfect time to embrace the outdoors and focus on vitality. As we celebrate Older Americans Month, let's take proactive steps toward a healthier, happier lifestyle.

## MENTAL HEALTH AWARENESS MONTH

### **Why It Matters**

Mental vitality is key to overall well-being and brain health.

### **Simple Ways to Boost Mood**

- Engage in social connections
- Practice mindfulness daily
- Get adequate sleep
- Focus on brain health exercises

## NATIONAL STROKE AWARENESS MONTH

### **What to Know**

Recognizing stroke signs is crucial for prevention and quick action.

### **Prevention Focus**

- Learn the F.A.S.T. warning signs
- Manage blood pressure
- Maintain healthy habits



## **NOURISH YOUR BODY & CELEBRATE YOU**

### **Important Reminder**

Older Americans Month is a time to celebrate your contributions and prioritize well-being.

### **Key Points**

- Commit to balanced nutrition
- Stay actively connected with friends and family
- Prioritize your well-being



## **EMBRACE MOVEMENT THIS MAY**

### **Stay Active, Stay Independent**

Take advantage of the pleasant weather to increase activity.

### **Easy Daily Activities**

- Walking groups outdoors
- Light exercise
- Gentle stretching
- Chair exercises



## **INTERACTIVE ACTIVITIES FOR MAY**



### **Weekly Ideas:**

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

## **Creative Engagement:**

- May-themed arts & crafts
- Gratitude journaling
- Music & memory sessions

## **Brain Health:**

- Puzzle corner
- Trivia games
- Memory exercises

## **FINAL MESSAGE**

We welcome May with a renewed focus on physical and emotional vitality. Small daily habits can lead to big improvements in our health and happiness.





## Southwest Queens Senior Services

is funded by the New York City Department for the Aging



### Who are we?

Southwest Queens Senior Services is a program of Catholic Charities Brooklyn and Queens. We have had the privilege of serving older adults in Queens for over 30 years. The goal of our program is to help older adults to live as independently as possible in their own homes.

The program is sponsored by  
Catholic Charities Neighborhood Services  
Affiliate of Catholic Charities  
Brooklyn and Queens

Accredited by the Council on Accreditation  
for Children and Family Services

Catholic Charities Southwest Queens Senior Services can help.

Our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

Call today for a free consultation.  
718-217-0126



**CATHOLIC CHARITIES**  
Brooklyn & Queens  
ESTABLISHED 1899

## Southwest Queens Senior Services

183-16 Jamaica Avenue  
Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495

*Serving Homebound Older Adults in Southwest Queens*

## 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**



## HOWARD BEACH STAFF

**Annie** Director of Operations  
**Oleksandr** Program Manager  
**Wendy** Case Manager  
**Kamani** Administrative Assistant  
**Tracy** Cook  
**Shamel** Assistant Cook  
**Maria** Kitchen Aide  
**Jeremy** Maintenance

155-55 Cross Bay Blvd.  
Howard Beach, NY 11414  
PHONE: (718) 738-8100  
Monday—Friday  
8:30 A.M.—4:30 P.M.

125+  
YEARS OF CHANGING LIVES



## HOWARD BEACH ADVISORY COUNCIL

**President:** Joyce Taraby  
**Vice President:** Grace Derza  
**Treasurer:** Pat McKeever  
**Secretary:** Elaine Anderson  
**Councilmembers:**  
Florence Carbone  
Yvonne Whittingham  
Matilde Diaz  
Dee Martins

**Councilmembers:**

Nancy Lopez  
Nieves Gonzalez  
Hilda Spirmer  
Richard Tabakoff  
Corrie Pionegro  
Lorraine Trotta  
Linda Mastrangelo

**Wishing everyone a happy, healthy, and  
prosperous May!**

