

# SEASIDE NEWS

320 BEACH 94TH STREET, ROCKAWAY BEACH, NY 11693 PHONE: (347) 926-4119

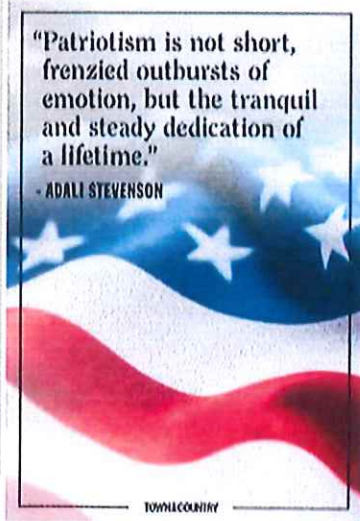
Jurate Jones Program Manager



*Happy Birthday to:*

### *A Message from Jurate*

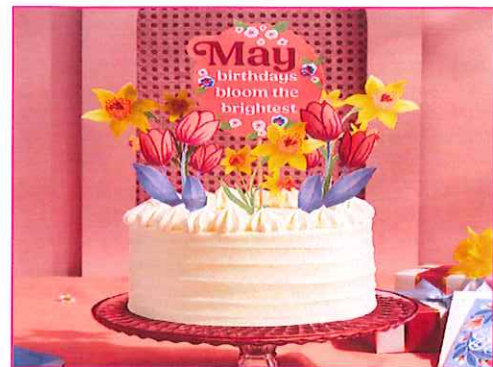
A man may work from dusk to dawn  
but a woman's work is never done.



*Happy  
Mother's  
Day*

**HAPPY  
MEMORIAL  
DAY!**

- Dorethea Millie Wilfredo Anna
- Robert Marian Oyetunde Mary
- Anasia Peggy Ann Julia
- Kathleen Diane Mary L Marsha
- Kelly Ann Gloria Leslie Esmée
- Leonic Alice Jog Susan
- Patricia Madeline Roberta Peter
- Enola Santiago Ena James
- Craig Ritchie Hilda Lorelei
- Dorothy Deborah Stephen Alan



*FUNDED BY NYC Aging*

# SEASIDE ANNOUNCEMENTS MAY, 2026



**MAY**

Spring has sprung and it is flying in so let's make the most of and enjoy our Surroundings, retirement life and don't forget to connect with nature. Connecting to nature helps us to experience a deeper sense of self, the world and each other. It is always beneficial to socialize and be part of something. Seaside OAC offers numerous benefits, including combating social isolation, promoting physical and mental well-being, health and wellness, fostering a sense of purpose, and providing access to valuable resources and activities, getting help with paperwork in a supportive community. Our goal here at Seaside OAC is to enhance your life in your retirement years. A nutritious breakfast is served from 8:30-10:30am along with tea and coffee, lunch, is served from 12-1pm both catered by Russo's

**Exercise classes:** Aerobics, Tai- Chi, Strength Exercise, Chair Yoga and Zumba dance.

**Games:** Cards, Dominoes, Pool, Bingo, Pokeno, Air Hockey.

**Activities:** Health Presentations, Workshops, Blood pressure monitoring, Guest entertainers, Trips, Trivia, Transportation, Celebrations, Case Assistance, and more!

**Seaside OAC is a free program for individuals aged 60 and older. Suggested meal contributions are greatly appreciated. We are here for you and want you to enjoy being a member of our center and spread the word! Joining take less than 30 minutes.**



**Mother's Day Potluck.** On Friday May 8th we will have our Mother's Day event to celebrate our wonderful Mothers and Mother Figures.



Our trips are handled by staff and volunteers. William McKenzie, our front desk host will be helping us to plan trips! So, let's all come together to gather fun trip ideas. It is important to keep in mind the following factors: Location, cost, senior discount and we must ensure the trip venue has disability access. Once the trip has been finalized and approved, please make sure you sign the sheet at the front desk.



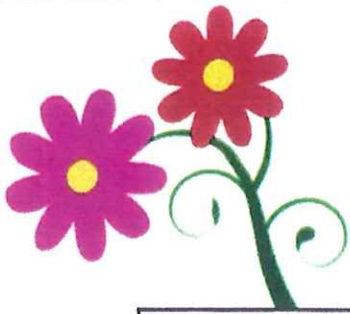
*Melisa from Inside Broadway will be taking up residency at Seaside OAC for ten weeks! The fun Zumba class will take place every Monday at 10am, and will continue until July.*

*\*\*Please wear comfortable shoes and bring a bottle of water\*\**

*Briege's word scramble: Theme Seaside OAC Activities*

1. AUBMZ \_\_\_\_\_
2. EOSDMNIO \_\_\_\_\_
3. SIPTR \_\_\_\_\_
4. ROFNT SDEK \_\_\_\_\_
5. FBATSEKRA \_\_\_\_\_
6. CRESEIEX LSSACSE \_\_\_\_\_
7. EMRTEIRTN \_\_\_\_\_
8. SOPWRHOKS \_\_\_\_\_
9. SACE ESATASNISC \_\_\_\_\_
10. EIRTPAS \_\_\_\_\_
11. HULCN \_\_\_\_\_
12. ONGIB \_\_\_\_\_
13. BREMESM LNYO \_\_\_\_\_
14. NOMDOISE \_\_\_\_\_
15. WSENTETRLRE \_\_\_\_\_
16. VTIIRA \_\_\_\_\_
17. YMTMO \_\_\_\_\_
18. LCRETIC DLSIE \_\_\_\_\_
19. TAR \_\_\_\_\_
20. MOHE RFMO EHMO \_\_\_\_\_

**Attn. Brainiacs! How many words can you make from Appreciation**  
Example – Pirate



# Mother's Day

Second Sunday of May



APPRECIATION  
BEAUTIFUL  
BREAKFAST  
CANDY  
CHARMING  
COMFORT  
DEVOTED  
FLOWERS  
FORGIVING  
GIFTS

GUIDANCE  
HUGS  
JEWELRY  
JOY  
KISSES  
LAUGHTER  
LOVE  
MATERNAL  
MOM  
MOTHER

NURTURE  
PERFUME  
PROTECTIVE  
SHARE  
TELEPHONE  
TENDER  
THE BEST  
WARM  
WISE





# APRIL HIGHLIGHTS AT SEASIDE OAC



↑ A very *Happy Birthday* to all our April Babies!  
L-R: Alice, Grazyna, Barbara, Russel, MarieGold and Margaret



↑ The birthday girl Grazyna pictured with her beautiful Easter-themed painting- Such talent!



↑ Exercise guru *Gerard* surprises us with a visit during the art class! We hope to see more of Gerard this spring and summer! !



↑ What a fun Zumba class taught by Melisa from Inside Broadway please join us every Monday at 10am. Bring a bottle of water and wear comfy shoes



Our art classes are fun and creative. Thank you to our instructor Virginia and our participants.

**CASE MANAGER'S CORNER:** Examples of programs you may be entitled to are: SNAP, SCRIE, DRIE, STAR, ENHANCED STAR, SCHE, MEDICAID, MEDICARE SAVINGS PROGRAM, HEAP, LIFELINE, ACESSS-A-RIDE, REDUCED FARE METROCARD (OMNY). Be assured we are here to screen you and help you with programs you are entitled to.



**HEAP COOLING ASSISTANCE PROGRAM IS OPEN!**

Did you know the Cooling Assistance benefit pays for the cost and installation of one air conditioner or fan worth up to \$800. The benefit is paid to the vendor who installs the air conditioner or fan for you.

- Air conditioners are given on a first-come, first-served basis to eligible applicants. If an air conditioner cannot be safely installed, a fan will be provided.
- Applicants are only eligible for a Cooling Assistance benefit **once every five years**.

**HEAP Eligibility info is below - Please read carefully.**

1. Someone in your household is a U.S. Citizen or has satisfactory immigration status.
2. You do not have a working air conditioner. Or, the one you have is five years old or older.
3. You did not get a HEAP-funded air conditioner in the last five years.
4. **One of these:** You get SNAP benefits, Temporary Assistance (TA), or Code A Supplemental Security Income (SSI Living Alone). You're getting a Regular HEAP benefit of \$21 or more in the current program year and live in government subsidized housing (like NYCHA) with heat included in your rent. The maximum gross income for one person is a generous maximum gross income of **\$3,473** and two people it is **\$ \$4,542**.

**\*\*Please see your Case Manager to learn more, to get screened and to apply. Please bring proof of income. This is a benefit and not a benefit so do not delay - APPLY NOW**

**MAY IS OLDER AMERICANS MONTH  
OTHER NOTABLE EVENTS IN MAY**

- May is Mental Health Awareness Month
- May is Asian American and Pacific Islander Heritage Month
- International Workers' Day (May 1st)
- 153rd Kentucky Derby (May 2nd)
- World Labyrinth Day (May 3rd)
- Melanoma Monday Day (May 5th)
- Cinco de Mayo (May 5th)
- Mother's Day (May 10th)
- National Women's check-up day (May 11th)
- Memorial Day (May 25th)
- National Senior Health & Fitness Day (May 27th)



**Melba's Guac**

Described in **The Rockaway Times** as "fit for a king" it certainly is muy deliciosa!

**RECIPE:**

- 4 avocados (make sure they are ripe but not too soft) Smash well.
- Pinch of salt (optional)
- White onion diced very small or use a blender
- Juice from 1/2 a fresh lemon
- Tablespoon of olive oil
- Blend all ingredients in a bowl very well and cover.
- Serve promptly with wholewheat crackers!



Please join us for our Memorial Day Parade on 5/22/ 26 before lunch.

Thank you to our veterans  
Happy Memorial Day!





# MAY IS STROKE AWARENESS MONTH



May is World Stroke Month. Many health and heart organizations come together every May to raise awareness about the causes and effects of stroke. One of their biggest campaigns is FAST, teaching the world to know the symptoms of stroke and how to respond quickly to help save a life.

**Face** – By asking the person to smile you can tell if one side of the face droops.

**Arm** – Ask the person to raise both arms and see if one arm drifts lower than the other.

**Speech** – Slurred speech is a symptom of stroke. Ask the person to repeat a single sentence.

**Time** – Call 911-Fast! Time may be the difference between life and death/partial and full recovery.

## You can help prevent stroke by making healthy lifestyle choices.

**Healthy Diet:** Healthy meals can help you prevent stroke. Try to eat plenty of fresh fruits and vegetables and foods low in saturated fats, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting **salt** in your diet can also lower your blood pressure. High cholesterol and high blood pressure increase your chances of having a stroke.

**Healthy Weight:** Being overweight increases your risk for stroke. To determine whether your weight is in a healthy range, you can ask your doctor to calculate your body mass index (BMI)

**Physical Activity** can help you stay at a healthy weight and lower your cholesterol and blood pressure levels. For adults, the Surgeon General recommends two hours and 30 minutes of moderate-intensity aerobic physical activity, such as a brisk walk, each week.

**No Smoking:** Cigarette smoking greatly increases your chances of having a stroke. If you do smoke, quitting will lower your risk for stroke.

**Limited Alcohol:** Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than two drinks per day, and women only one.

Eating well after a stroke is key to recovery. Choosing healthy foods can help control blood pressure, body weight, reduce a person’s risk of having another stroke, and may help with and other daily activities. Incorporate healthy eating strategies with frequent check-ups with your physician and taking your medications as prescribed.

## HOW SAFE IS YOUR HOME? PLEASE DO A CHECK AND REMOVE ANY HAZARDS

Falls in the home can be serious. Falls happen in an instant but CAN have a lasting impact that can lead to loss of independence and a lower quality of life.

**TIPS:** Be super careful of wires. Wear supportive shoes. Reduce clutter. Install grab bars in the bathroom. Have good lighting in your home (especially hallway) if you get up to go to the bathroom at night. Get your eyes checked to make sure your prescription is correct. Do some physical activity to keep you strong—join our exercise classes with Tommy, Anna, Arthur and Melisa to help improve balance and get more confident. Keep medicines in a safe (reachable) place and be sure to read directions and dosages. Make sure your carbon monoxide and fire alarm are working. Unplug electrical devices after use. Be very careful bathing and keep your cell phone near as much as possible. Ask a family or a friend to do a walk-thru in your home to check it is safe for you.

~ ~ ~

**ALLERGIES:** Many people are affected by spring allergies. It is wise to monitor daily pollen counts, keep windows closed, and use an air purifier to maintain a clean indoor environment.

1. **Monitor Pollen Counts & Limit Exposure:** Check local forecasts and stay indoors on high-pollen, windy days. Keep windows closed in the house and car, using air conditioning instead.
2. **Practice Immediate Hygiene:** Change clothes and shower immediately after outdoor activities to wash away pollen from skin and hair.
3. **Improve Indoor Air Quality:** Use an air purifier to capture indoor allergens.
4. **Use Caution with Medications:** Seniors should consult a doctor before using over-the-counter antihistamines or decongestants, as first-generation antihistamines can cause dizziness and drowsiness, while decongestants can spike blood pressure.
5. **Clean Frequently:** Dust with a damp cloth and vacuum regularly to prevent pollen accumulation

# SEASIDE MEMBERS SECTION



We continue to pray for strength and a return to good health for our dear members:

Dorethea James Barbara John  
Idilia Kathleen Julia  
Frances Lunetta Sylvia Daniel

“Happy Mother’s Day – there’s nobody like your Mother.”  
*John Baxter*

“A very happy and healthy Mother’s Day; please continue to be awesome and appreciated.”  
*Patricia Schneider*



## Spotlight on Cindy Escobar



**Hometown:** Far Rockaway  
**Job before retirement:** Waitress and a buyer for women’s accessories.  
**Favorite song:** Gareth Brook’s cover of “Shameless.”  
**Favorite film:** *The Wizard of Oz.*  
**Favorite phrase:** Let Go, and let God.



Our local heat of *Talent is Timeless* will take place on **Friday May 22** after lunch. Please sign up and share your talent and

most of all remember to have fun. Now in its fourth year, the Talent is Timeless competition shows the beauty and creativity of our older New Yorkers. From dance classes at Older Adult Centers to this finale, we believe that it is critical to invest in spaces where older New Yorkers can build community, stay active, and nurture their unique talents,” said Deputy Mayor for Health and Human Services Suzanne Miles-Gustave in 2025. Do not be shy!

Please let Jurate or Brieger know if you want to sign up. Seaside is **full of stars!**

## May Songs

- “First of May” – Bee Gees
- “May-December: – The Pointer Sisters
- “Wake Up Little Susie” – The Everly Brothers
- “Sweet Caroline” – Neil Diamond
- “Then Came the Last Days of May” – Blue Öyster Cult

**Life mantra:** Be all you can be.  
**Person you most admire:** My grandmother because she taught me to be a good human.  
**Activities you enjoy:** Dancing, drawing, coloring, dominoes, vintage fashion, set design and trips.  
**Most valuable life lesson you’ve learned in life:** Be a good person and pay it forward – Be kind.  
**Favorite thing about Seaside OAC:** The setting, the members, staff and activities, it really does feel like a home from home. I love Seaside OAC.

*Thank you Cindy!*

## Mother’s Blessings An original song by John Baxter

There’s no love in the world that can ever compare  
Like the love of a mother it’s rich and it’s rare  
When she gives you her blessings don’t turn it away  
Keep it and hold it to cherish each day.

### Chorus

With mother’s dear blessings to show you the way  
You’ll never feel lost at the end of the day  
With mother’s dear blessings you’ll face any foe  
She’ll always be with you wherever you go.

### Verse

When you’re out in the cold world and feeling alone  
Remember you mother she’s waiting at home  
The blessings she gave you as you went away  
Will give you the courage to face every day.

### Chorus

If you should return from your journey unharmed  
Take your dear mother right into your arms  
Kiss her and thank her for lightening the way  
Take with you her blessings the next time you stray.

125+  
YEARS OF CHANGING LIVES



# SEASIDE OLDER ADULT CENTER

May You Be Well

May you be well.

May you be cleansed and purified  
of all that isn't health.

May every cell in your body  
wake up and fight.

May the powerful light of healing  
move into every part of you.

May you return to being purely you.

May you be well.

By Joanna Fuchs

WE WILL BE  
CLOSED  
FOR  
MEMORIAL DAY



Seaside OAC will be closed on  
Monday May 25th

### WORD SCRAMBLE ANSWERS

1. Zumba 2. Dominoes 3. Trips
4. Front Desk 5. Breakfast
6. Exercise Classes 7. Retirement
8. Workshops 9. Case Assistance
10. Parties 11. Lunch 12. Bingo
13. Members Only 14. Dominoes
15. Newsletter 16. Trivia
17. Tommy 18. Electric Slide
19. Art 20. Home from Home

## SEASIDE OAC STAFF

## SEASIDE ADVISORY BOARD

- Ron Carson—Director of Field Operations
- Jurate Jones — Program Manager
- Briege McGarrity — Case Manager
- Theresa Murgolo — Administrative Assistant
- Wallace Martin — Full Time Driver
- Andrei Simeonov — Custodian
- Melba Romero — Part Time Kitchen Aide
- Daniel Routledge — Per Diem Driver
- William McKenzie — Front Desk

- Cyprian J. Grant - President Advisory Council
- Barbara Daniels -Treasurer
- Russell Hauk - Secretary
- Katherine Brent - Member
- Dolores Koo - Member
- Edward Johnson - Member
- James Murray - Member
- John Sperling - Member
- Brenda Thomas - Member
- Kimati Chadda - Member
- Doris Knowles - Member
- Jackie Ali - Member

125+  
YEARS OF CHANGING LIVES



The mission of Catholic Charities Brooklyn and Queens is to translate 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 development.

*Funded by NYC Aging*