



Senior Voices

CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
THE BAY OLDER ADULT CENTER

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









May: A Month of Growth, Sunshine & Healthy Living

May brings warmer days, blooming flowers, and a fresh opportunity to focus on our health and happiness. It's a perfect time to enjoy the outdoors, stay active, and reconnect with ourselves and others.

This month highlights important health topics such as **Mental Health Awareness Month**, **National Physical Fitness Month**, and **Older Americans Month**—all encouraging us to live well and stay connected.

Let's take simple steps this month to:

-  Support emotional well-being through relaxation and positivity
-  Stay active with walking, stretching, or light exercise
-  Keep the mind sharp with reading, games, and learning
-  Stay socially connected with friends and community
-  Choose nutritious foods that support overall health

Small daily habits can make a big difference—let's enjoy May together! 

Message from the Center:

**Live Long
Live Well
Live Happy**

Dear CCNS The Bay OAC Members,

Welcome to May!

Spring is in full swing, bringing sunshine, fresh air, and new energy. May is a beautiful time to enjoy the outdoors, connect with others, and focus on both physical and emotional wellness.

May is especially meaningful as we celebrate **Mental Health Awareness Month** and **Older Americans Month**. It is a time to recognize the importance of staying mentally strong, socially connected, and physically active.

We encourage everyone to take advantage of the warmer days—whether it's a walk outside, participating in activities at the center, or simply spending time with friends.

Thank you for being part of our community. We look forward to another month of wellness, friendship, and positivity.

Wishing everyone a happy, healthy, and active May!



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.

31
DAYS IN
MAY

Happy
Mother's
Day!



1. May Day (May 1) has been celebrated for centuries as a festival of spring, featuring dancing, flowers, and maypole traditions in many European countries.



2. Cinco de Mayo (May 5) is often mistaken for Mexico's Independence Day, but it actually celebrates the Mexican army's victory over France at the Battle of Puebla in 1862.



MAY

Fun Facts

3. Mother's Day in the United States is celebrated on the second Sunday of May and became an official holiday in 1914 to honor mothers and motherhood.






4. Memorial Day, observed on the last Monday of May, honors U.S. military personnel who died in service. It also marks the unofficial start of summer.



5. National Nurses Week (May 6-12) celebrates the important role nurses play in healthcare, ending on the birthday of Florence Nightingale, the founder of modern nursing.



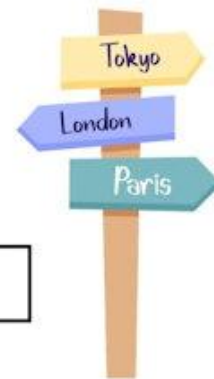
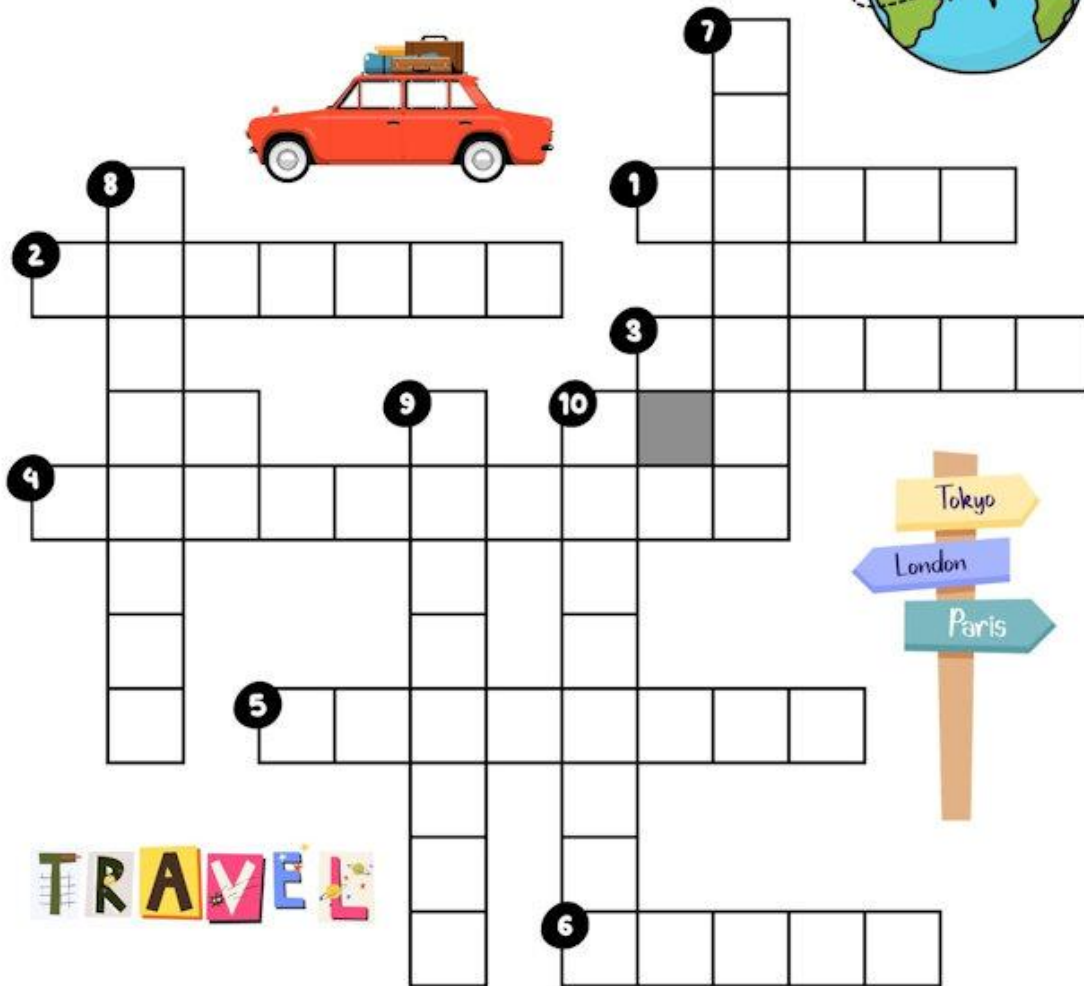
Bonus Fun Facts About May!

-  Birthstone: Emerald – symbolizes love and renewal.
-  Flower: Lily of the Valley – a symbol of sweetness and happiness.
-  Spring is in full bloom – more sunshine, more energy, and nature at its best!



TRAVEL FUN

COMPLETE THE CROSSWORD WITH WORDS RELATED TO TRAVEL.



TRAVEL

ACROSS

1. PERSON WHO SHOWS TOURISTS AROUND
2. DAY SET ASIDE TO CELEBRATE, RELAX, OR TRAVEL
3. PROVES PAID PERMISSION TO ENTER
4. WHERE CUSTOMERS DINE
5. POPULAR TRAVEL BAG
- T. TO COACH OR TEACH



DOWN

7. SOMEONE VISITING FOR PLEASURE
8. SOMETHING PURCHASED TO REMEMBER A PLACE
9. CARRIES PERSONAL POSSESSIONS
10. CERTIFIES IDENTITY

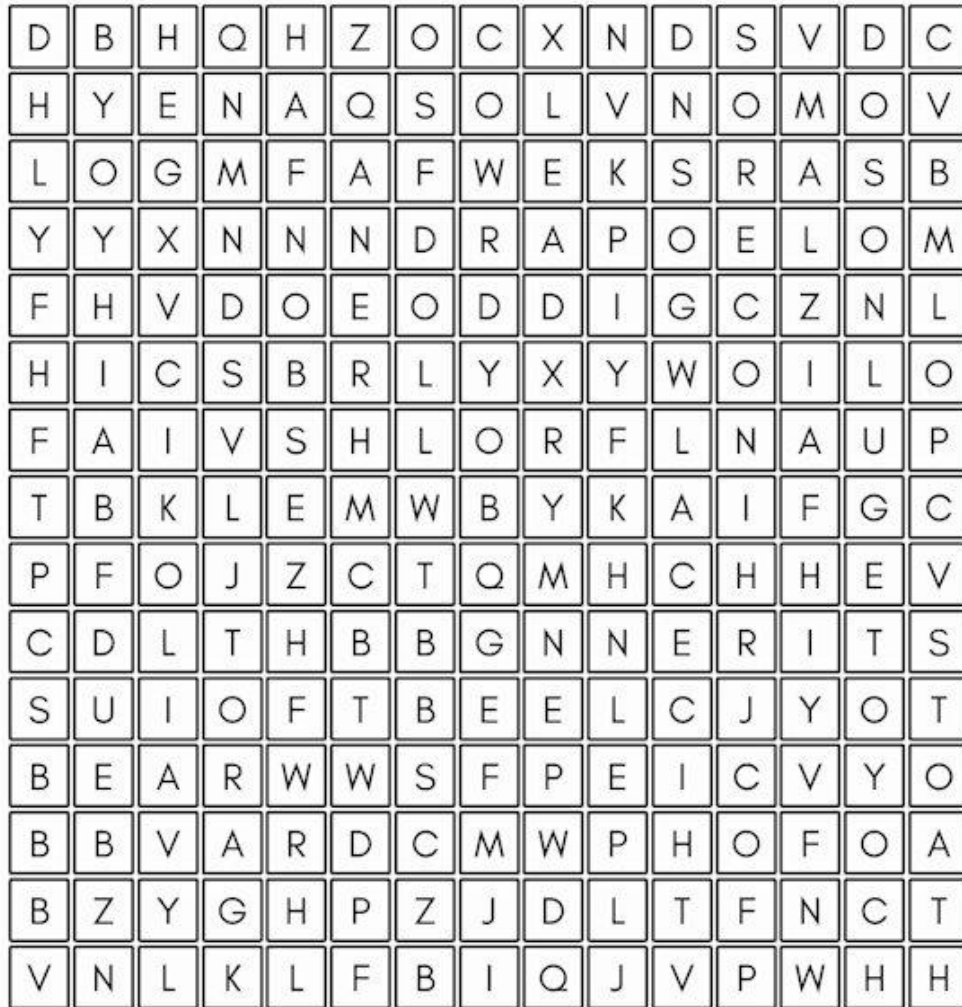




IT'S A WILD, WILD WORLD



FIND THE WILD ANIMALS HIDDEN IN THE PUZZLE.



SEASONEDTIMES.COM

BEAR

BISON

COYOTE

ELK

FOX

HYENA

LEOPARD

LION

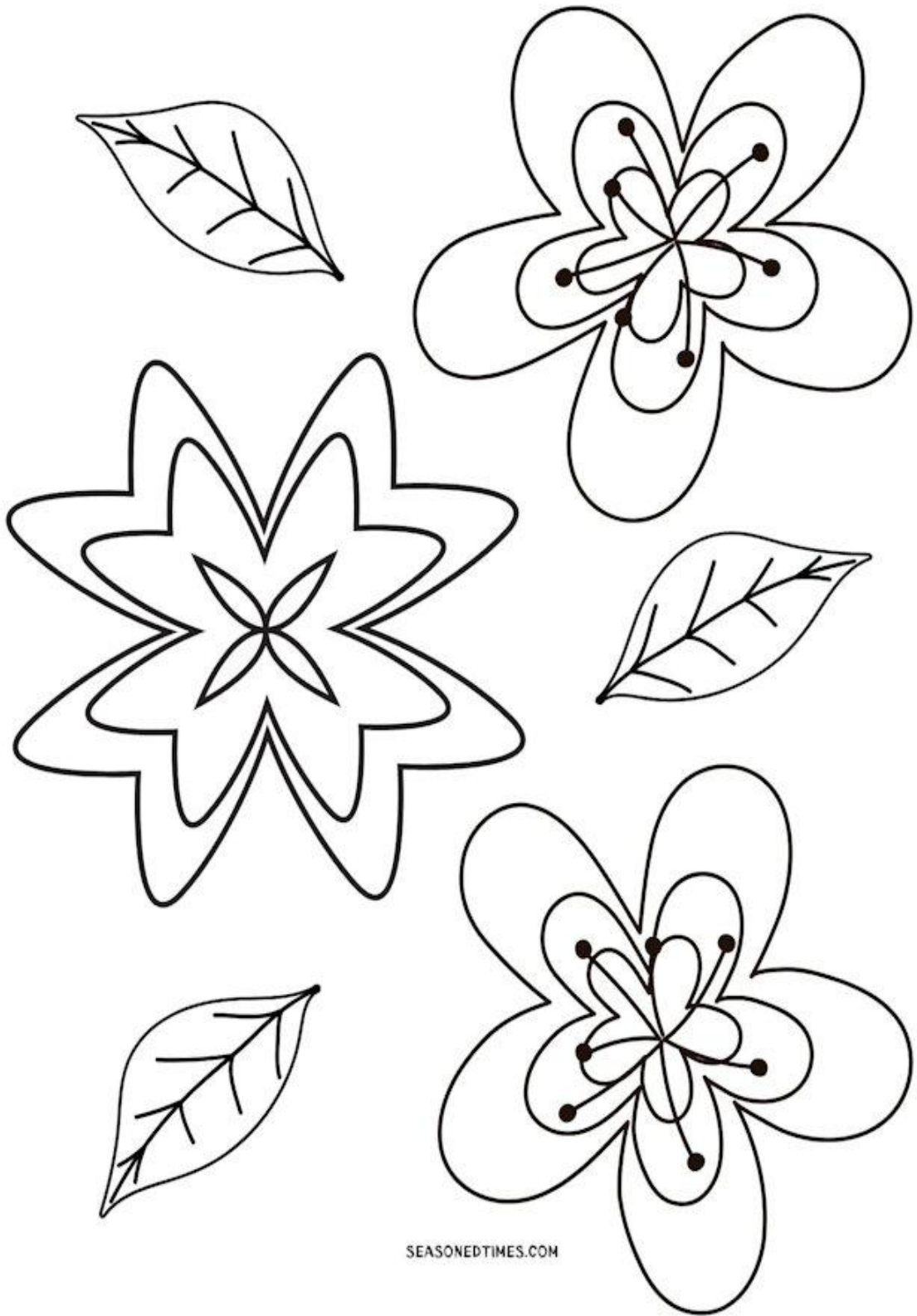
RHINOCEROS

SANDCAT

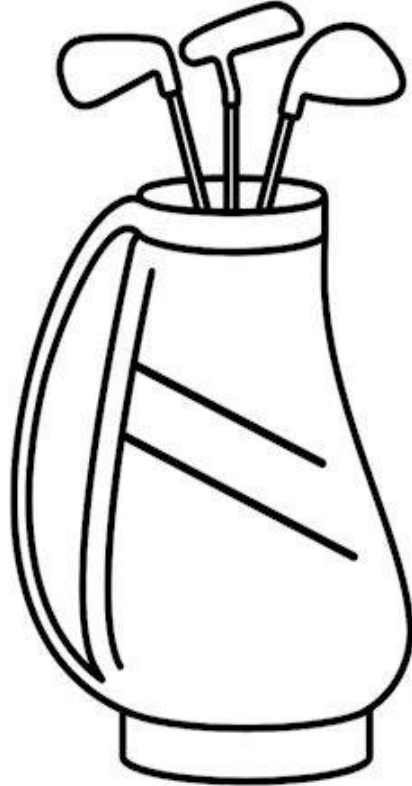
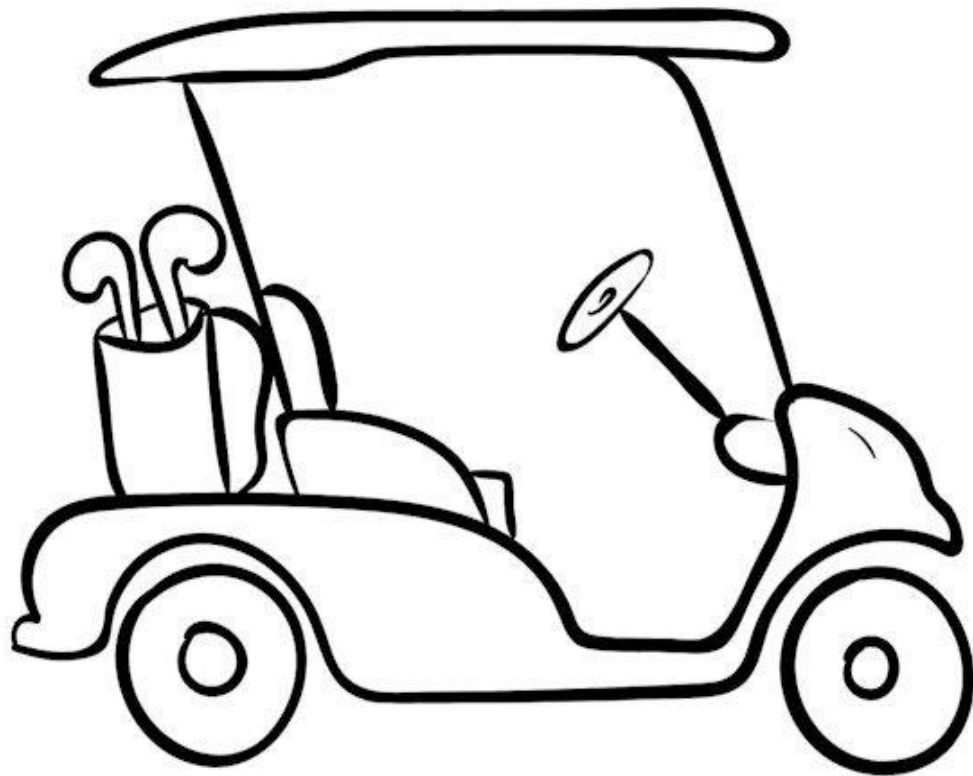
STOAT

WOLF





SEASONEDTIMES.COM



SEASONEDTIMES.COM

Mother's Day

A Tribute to Moms Everywhere

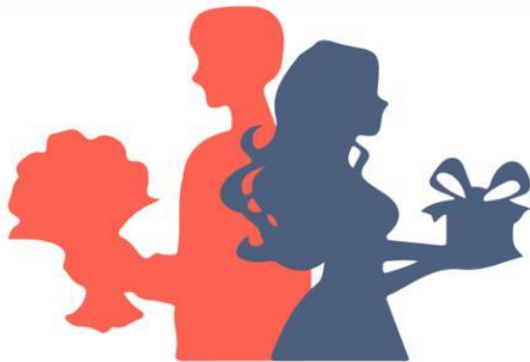
What is Mother's Day?

Mother's Day is a special occasion dedicated to honoring mothers, their contributions to society, and the vital role they play in family life. It's celebrated on the second Sunday of May in the United States, but the date varies worldwide. While the tradition of honoring mothers goes back centuries, modern Mother's Day, as we know it, began in the early 20th century.



Did You Know? Fun Facts About Mother's Day

- **Origin:** The modern version of Mother's Day was created by Anna Jarvis in 1908, in West Virginia, USA.
- **Celebration Around the World:** Over 46 countries celebrate Mother's Day on different dates, including France, Japan, and India.
- **Spending:** In the U.S., \$25 billion is spent annually on Mother's Day gifts, making it one of the top holidays for consumer spending.



Symbols of Mother's Day

- **Flowers:** Carnations are the traditional flower for Mother's Day. Red carnations represent mothers who are alive, and white carnations honor those who have passed.
- **Gifts:** Common gifts include flowers, jewelry, personalized items, and experiences like a relaxing spa day or brunch.

Ways to Celebrate Mother's Day

- Give Thoughtful Gifts
- Family Gatherings
- Acts of Kindness



Memorial Day A Look at the Numbers



**41.5
Million**



Approximately 41.5 million Americans traveled for Memorial Day in 2018, representing a five percent increase over 2017

Source: AAA NewsRoom

**Over 25 U.S.
cities**

Over 25 U.S. cities hold a major parade on Memorial Day, with the largest taking place in Chicago, New York, and Washington D.C



Source: US Census Bureau

Sales of flags in the United StatesThe National Moment of Remembrance, established by Congress, asks Americans to pause in an act of national unity at 3 PM local time on Memorial Day. However, in 2017 only 44% of Americans knew about this tradition. increase by about 15% in the weeks leading up to Memorial Day

Source: National Independent Flag Dealers Association, 2020



**18.2
Million**

living in the United States

There are approximately 18.2 million veterans living in the United States as of 2018.

Source: U.S. Census Bureau



**1.1
Million**

U.S military

More than 1.1 million U.S military servicemen and women have died in all U.S. wars.

Source: Congressional Research Service

www.companyname.com

May



Birthstone



Emerald

Birth Flower

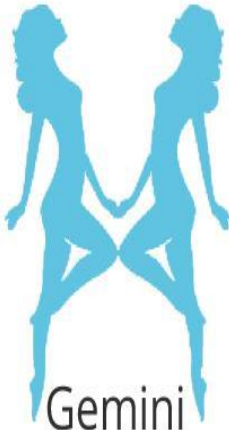


Lily of the Valley



Hawthorn

Zodiac



Gemini



Taurus

Photos Courtesy of: GIA.edu, Shutterstock.com

SILVERCREEKGLASSANDJEWELRY.COM

Healthy May Recipes for Seniors

Light • Nutritious • Easy to Prepare

Hello
May!

1

Lemon Herb Roasted Asparagus & Carrots



- Asparagus, carrots
- Olive oil
- Garlic, lemon, salt, pepper

Directions: Toss vegetables with olive oil, garlic, lemon, salt and pepper. Roast at 400°F for 20–25 min.

♥ Rich in fiber, vitamins and antioxidants



2

Lemon Garlic Baked Chicken



- Chicken breast
- Lemon juice
- Garlic, oregano, olive oil

Directions: Bake at 375°F for 25–30 minutes until chicken is cooked through and tender.

♥ High in protein, low in fat



3

Spring Berry Spinach Salad



- Baby spinach
- Strawberries
- Walnuts
- Feta cheese

Directions: Combine all ingredients in a bowl. Drizzle with olive oil or light vinaigrette.

♥ Packed with vitamins, minerals and heart-healthy nutrients



4

Avocado Egg Salad



- Hard-boiled eggs
- Avocado
- Greek yogurt
- Salt, pepper, chives

Directions: Mash avocado and eggs together. Stir in yogurt, season with salt, pepper and chives.

♥ Good source of healthy fats and protein



→ MAY WELLNESS TIPS FOR SENIORS ←



Stay hydrated



Take a light walk daily



Eat seasonal fruits & veggies



Enjoy time with family & friends



Get fresh air and sunshine

Healthy food, happy heart, better days ahead! ♥

MAY HEALTH & WELLNESS NEWSLETTER

Growth • Strength • Awareness • Connection

 **Dear Members,**



As we welcome the month of May, we are reminded of the importance of maintaining both our physical and emotional well-being. With longer days and warmer weather, this is an excellent time to engage in healthy routines, participate in community activities, and prioritize self-care.

This month, we recognize several important health observances, including **Mental Health Awareness Month**, **National Physical Fitness and Sports Month**, and **Older Americans Month**. These observances highlight the importance of staying active, connected, and informed as we continue to support overall wellness within our community.

MENTAL HEALTH AWARENESS MONTH

Why It Matters

Mental health plays a vital role in overall well-being. It can impact mood, cognitive function, sleep patterns, and physical health.

Recommended Practices

- Engage in regular social interaction
- Practice mindfulness and stress-reduction techniques
- Spend time outdoors in natural environments
- Maintain open communication with trusted individuals

 **Program Highlight:** Guided Mindfulness & Relaxation Session

NATIONAL PHYSICAL FITNESS & SPORTS MONTH

Benefits of Staying Active

Regular physical activity supports cardiovascular health, improves mobility and balance, and enhances overall quality of life.

Suggested Activities

- Walking groups and outdoor activities
- Chair-based exercises
- Stretching and flexibility routines
- Low-impact aerobics classes

 **Wellness Program:** Fitness & Movement Class




OLDER AMERICANS MONTH

Purpose

This month recognizes the valuable contributions, resilience, and experiences of older adults in our community.

Ways to Participate

- Engage in group activities and discussions
- Share personal stories and experiences
- Support and encourage peer connection

 **Special Event:** Community Appreciation Gathering

ACTIVE LIVING IN MAY

Supporting Healthy Aging

Maintaining an active lifestyle contributes to improved physical health, emotional well-being, and independence.

Daily Recommendations

- Incorporate light physical activity into your routine
- Spend time outdoors when possible
- Participate in center-based programs
- Stay consistent with movement and hydration

 **Group Activity:** Spring Fitness & Social Dance Session

INTERACTIVE PROGRAMMING & ENGAGEMENT

Weekly Programming:

- Mindful Monday – relaxation and breathing exercises
- Wellness Wednesday – physical activity sessions
- Social Friday – group engagement and recreational activities

Creative & Social Engagement:

- Seasonal arts and crafts
- Gardening and outdoor activities
- Music and memory sessions

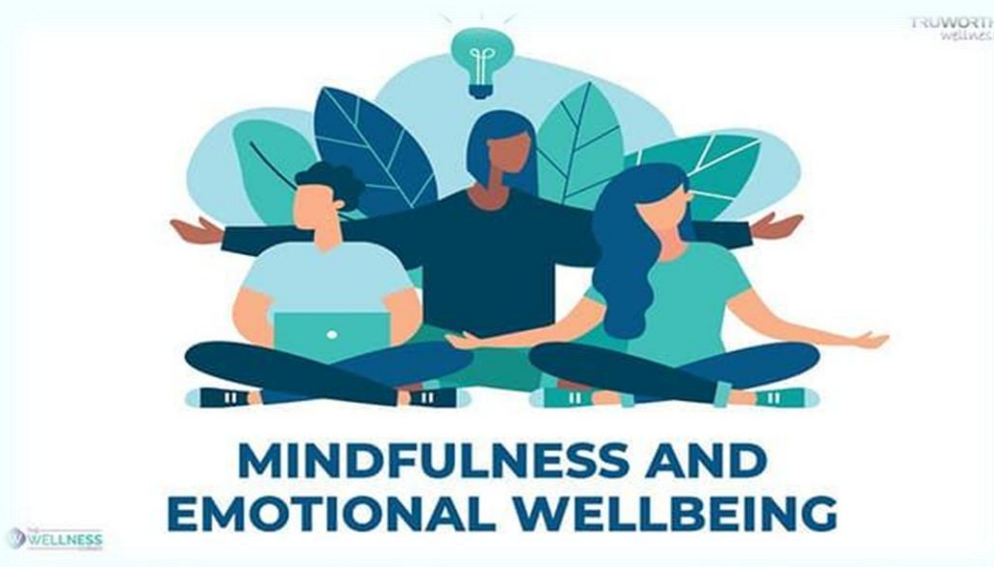
Cognitive Wellness:

- Puzzles and brain games
- Trivia and group discussions
- Memory enhancement activities

FINAL MESSAGE

As we move through May, we encourage all members to remain engaged, active, and connected. Small, consistent efforts toward health and wellness can lead to meaningful improvements in overall quality of life.

 **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



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



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. To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit 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+
YEARS OF CHANGING LIVES



NYC
Department for
the Aging

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



May 2026

Funded by NYC Dept of Aging

