



THE WOOD

Catholic Charities Neighborhood Services

GLENWOOD OLDER ADULT CENTER

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



JUNE 2026



Dear CCNS Glenwood OAC Members,
June is here, and it's a great time to get outside and enjoy the warm weather of summer. Whether you're tending to your garden or thinking about a new adventure like traveling somewhere new, we at the Glenwood OAC hope to be part of your summer. Come join us for activities that are fun, engaging, and entertaining.

Happy Father's Day to all the great dads at the Glenwood Center!

Nadine Aspilaire

Program Manager



JUNE AWARENESS MONTH



- Men's Health Month
- National Elder Abuse Month
- Immigrant Heritage Month
- National Safety Month
- National Scleroderma Awareness Month
- Scoliosis Awareness Month
- Black Music month

What to Do If Your EBT Benefits Are Electronically Stolen

According to the report on the NYC.gov website, your SNAP or Cash Assistance benefits could be electronically stolen even if you never lose your EBT card. This most commonly happens through two kinds of theft called 'skimming' and 'phishing'. Skimming: Thieves put a device on a store's card-swiping machine that copies EBT, credit, and debit card information. The thieves use the information to make fake cards (called "clones") and use them to steal money from accounts. Skimming can happen anywhere you swipe your EBT card. Phishing: is a different type of scheme where thieves trick people into clicking on a link (usually sent through text or email) that allows them to access your account information. What should I do if my benefits were stolen?

STEP 1: Report your card as stolen (even if your card itself was not stolen). To report your

a new card, and change your PIN, please go to www.connectebt.com/ or call EBT Customer Service at 888-328-6399. You will not receive any replacement benefits if you have not reported that your EBT card was stolen.

STEP 2: Get your EBT Transaction history. To submit a claim for replacement benefits, you must report the date, location, and amount of each individual fraudulent transaction (transactions made by those that stole your card and not you or your household members). How to get your EBT History:

Option 1: Check your EBT history at www.connectebt.com/ or by downloading the ConnectEBT mobile app (available for download in the Apple App Store and Google Play Store).

Option 2: Call the toll-free EBT Customer Service line at 1-888-328-6399. You can hear your last 10 transactions on the automated menu, request a printed two-

month statement of your account history from the automated menu or a customer service representative, or review your transactions with a live customer service representative.

STEP 3: Submit a claim for Replacement Benefits. Once you have identified which transactions were fraudulent, you are ready to submit a claim. There are several ways to submit a claim: 1. Online at nyc.gov/hra is the fastest, easiest way to submit a claim! We strongly recommend that you submit a claim online if possible. 2. Mail: To get a paper claim form: • Go to nyc.gov/hra and print it • Call Infoline (718-557-1399) and request a form be mailed to you. • Visit your local Center Mail completed paper claim forms to: Department of Social Services P.O. Box 02-9121 Brooklyn GPO, Brooklyn, NY 11202 Submitting a paper claim form, especially requesting a form be mailed to you, is the slowest method, and it may take longer to receive your claim and issue any replacement benefits. 3. In-Person: at a Benefits Access Center

When You File a Claim Besides the date, location, each fraudulent transaction, and amount stolen, you will also need your mailing address, Client Identification Number (CIN), and the Case Number from the time period when your stolen benefits were issued. Your CIN is listed on your permanent EBT card, and your Case Number is available on any notices from HRA, or your ACCESS HRA account (if you have one). If you still cannot locate your Case Number, call HRA Infoline (718-557-1399) or visit your local SNAP, BAC or HASA Center.



If you have had both SNAP and Cash benefits stolen, you must report them on the same claim form. There will be separate sections of the form so the transactions will not get mixed up. On the claim form itself, you will need to enter both the dates that your SNAP and/or Cash benefits were stolen, and the date you realized they were stolen, the transactions that were fraudulent, as well as the total amount stolen. Be sure to keep SNAP and Cash benefits separate and not combine the two on the form. Be sure to check the box attesting that the information you provide is true and

Learn More On Elder Abuse - To Help Someone In Need

You will learn that abuse can happen anywhere, including in the older person's home, a family member's home, an assisted living facility, or a nursing home. The mistreatment of older adults can be by family members, strangers, health care providers, caregivers, or friends. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. This mistreatment is called elder abuse.

There are many types of abuse:

Physical abuse happens when someone causes bodily harm; for example, by hitting, pushing, or slapping. Physical abuse may also include restraining an older adult against their will, such as by locking them in a room or tying them on furniture.

Emotional abuse, sometimes called psychological abuse, can include a caregiver saying hurtful words, yelling, threatening, or repeatedly ignoring the older adult. Keeping that person from seeing close friends and

relatives is another form of emotional abuse.

Neglect occurs when the caregiver does not try to respond to the older adult's needs. Neglect may include ignoring physical, emotional, and social needs, or withholding food, medications, or access to health care.

Abandonment is leaving an older adult who needs help alone without planning for their care.

Sexual abuse involves forcing an older adult to watch or be part of sexual acts.

Financial abuse happens when money or belongings are misused or stolen from an older adult. It can include forging checks, taking someone else's retirement or Social Security benefits, withholding access to money or financial information, or using a person's credit cards and bank accounts without their permission. It also includes changing names on a will, bank account, life insurance policy, or title to a house without permission.

How can someone help spot elder abuse if you live far away? If there is a primary caregiver on the scene, they can keep tabs on how things are going. Or they can ask a friend or neighbor to stop by unannounced to check on the older adult. Stay in touch with the older adult and take note of any comments or mood changes that might indicate neglect or mistreatment. Who can help? - If you think someone you know is being abused — physically, emotionally, or financially — talk with them when the two of you are alone. You could say you think something is wrong and you're worried. Offer to take them to get help, for instance, at a local adult protective services agency. If you suspect an older person is being abused, report what you see to an authority. Many older adults are too ashamed to report mistreatment. Or they're afraid if they make a report, it will get back to the abuser and make the situation worse. Therefore, family and friends must step in to address any problems.

What are signs of abuse? Become withdrawn or act agitated or violent. Display signs of trauma such as rocking back and forth. Have unexplained pressure marks, bruises, burns, cuts, or scars. Develop preventable conditions such as bedsores (open sores that can develop when a person stays in one position for a long time, such as being confined to a bed). Have hazardous, unsafe, or unclean living conditions.

Spotting the Signs of Elder Abuse

Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. Here are signs that an older adult is being abused:

- Physical:** Unexplained pressure marks, bruises, burns, cuts, or scars. Develop preventable conditions such as bedsores (open sores that can develop when a person stays in one position for a long time, such as being confined to a bed). Have hazardous, unsafe, or unclean living conditions.
- Emotional:** Become withdrawn or act agitated or violent. Display signs of trauma such as rocking back and forth. Have unexplained pressure marks, bruises, burns, cuts, or scars. Develop preventable conditions such as bedsores (open sores that can develop when a person stays in one position for a long time, such as being confined to a bed). Have hazardous, unsafe, or unclean living conditions.
- Financial:** Unexplained changes in assets, such as missing money or unexplained changes in bank accounts. Unexplained changes in living arrangements, such as moving to a nursing home or assisted living facility.
- Sexual:** Unexplained changes in behavior, such as becoming withdrawn or agitated. Unexplained changes in appearance, such as unexplained bruising or sores.

What are signs of abuse? Look messy, with unwashed hair, dirty clothes, or poor dental hygiene. Lack personal health care items such as glasses, a walker, dentures, or hearing aid. Have sudden and unexpected financial losses or unpaid bills despite having adequate financial resources. Watch for a pattern that might suggest a problem and seek help if you are con-

HAPPY FATHER'S DAY 2026

June is known as the kickoff month of summer but the official day of summer this year is Tuesday, June 21st. It's also a popular month for weddings. But that's not all, so let me take a stroll down to some of the other events in the month of June.

We have some very significant holidays in June. Namely Flag Day which is observed on June 14th. It commemorates the adoption of the American flag in 1777. Do you know that on this date we observe a holiday called World blood donor day which raises awareness of saving blood and thank unpaid blood donors? Next is Juneteenth celebrated in observance of the remaining slaves that were released on June 19th in 1865 in Galveston Texas, now a national holiday signed into law by Biden in 2021. Finally, Father's Day, which honors all fathers and father figures. These are just a few of the holidays observed in June.

In closing, I wish all fathers a happy Father's Day and a happy summer to all. Keep safe.



Angela Alleyne; member and volunteer of the Glenwood OAC

To Each

To each is given the power to choose
go left go right determine not to lose
summoned strong faith navigating
through the night brings thee to the
morning light .

To each is given a bag of tools
a shapeless map and a book of rules
so, each can make before life is blown
a stumbling block or a steppingstone

To each is given a manifest to see
through the obstacles placed before thee
bravely declaring with a triumphant smile
that was good – what next awaits thee

To each is given experiences to solve
while pondering to its resolve
where clasp hands and bent knees
not begging – just saying please



John Stokes, ex– president of the Glenwood Advisory Council

Week At A Glance (6/11-6/14)

Events

<p>Thursday, 6/11</p>	<ul style="list-style-type: none"> • World Cup Game: Mexico v. S. Africa – Mexico City • World Cup Game: Korea v. Czech Republic -- Guadalajara • Fan Fest – USTA, QN • DOT Watch Party – 34th Ave Plaza, QN • NY Philharmonic in the Park – Cuningham Park, QN • Martin Garrix Concert – Barclays Center, BK • Mets Game – Citi Field, QN • Open Air Viewing Party - Intrepid Museum, MN
<p>Friday, 6/12</p>	<ul style="list-style-type: none"> • World Cup Game: Canada v. Bosnia & Herzegovina – Toronto • World Cup GAME: USA v. Paraguay – Los Angeles • Fan Fest – USTA, QN • Mets Game – Citi Field, QN
<p>Saturday, 6/13</p>	<ul style="list-style-type: none"> • World Cup Game: Brazil vs. Morocco – MetLife Stadium, East Rutherford NJ • World Cup Game: Qatar v. Switzerland - San Francisco • World Cup Game: Haiti v. Scotland - Boston • Brooklyn Pride Parade – BK • Fan Fest – USTA, Queens • Fan Fest – Bronx Terminal Market, BX • Brooklyn Fan zone – Brooklyn Bridge Park, BK • Mets Game – Citi Field, QN
<p>Sunday, 6/14</p>	<ul style="list-style-type: none"> • World Cup Game: Australia v. Turkey - Vancouver • World Cup Game: Germany v. Curacao – Houston • World Cup Game: Netherlands v. Japan - Dallas • World Cup Game: Cote d' Ivoire v. Ecuador - Philadelphia • World Cup Game: Sweden v. Tunisia - Monterrey • National Puerto Rican Day Parade - MN • Fan Fest – USTA, Queens • Fan Fest – Bronx Terminal Market, BX • Brooklyn Fan zone – Brooklyn Bridge Park, BK • Mets Game – Citi Field, QN

GAME CENTER TO IMPROVE YOUR MENTAL FITNESS



Vegetable Word Search



- LETTUCE
- TOMATO
- CARROT
- ONION
- POTATO
- CUCUMBER
- ZUCCHINI
- PEAS
- PEPPERS
- BROCCOLI
- ASPARAGUS
- CORN
- CABBAGE
- CELERY
- RADISH
- OKRA
- SPINACH
- BEETS
- GARLIC

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



Healthy Foods word search

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



- Fish
- Greens
- Broccoli
- Cherries
- Potatoes
- Bread

- Peanuts
- Orange
- Protein
- Strawberries
- Granola
- Water

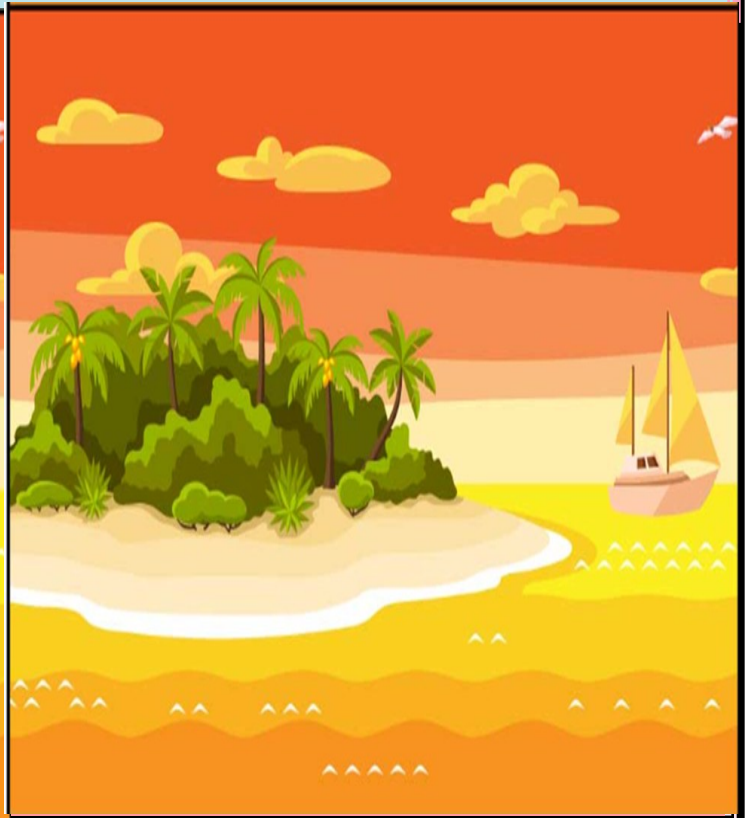
- Almonds
- Blueberries
- Fruit
- Grapes
- Yogurt
- Carrots

- Chicken
- Banana
- Dairy
- Salad
- Grains
- Cheese

- Eggs
- Apple
- Watermelon
- Tomatoes
- Meat
- Milk



Sources: <https://www.pinterest.com/pin/952652127416219680/> <https://woojr.com/wp-content/uploads/2022/04/summer-ftd-4.jpg>



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 / Pooled Trust (BNV) / Piano lesson (I. Walters) / Painting Class with Fafona- June's Birthday Celebration / Father's day celebration / Home Safety Dekeya (Kings County Hosp)/ SU CASA Drama / Nutrition (Claudia) / Karaoke (Lenox) / Medicare Services (Four Seasons) / Community Medicaid (OAK Street Health/



GUEST SPEAKERS

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

GRAB YOUR PHONE, IPAD, TABLET OR PENCIL -

DOMINOES

DO YOU NEED ASSISTANCE WITH USING THE FEATURES ON

BINGO

MEN'S GROUP

The Center Is Closed on Juneteenth Day- June 19th, 2026

MAY BIRTHDAY CELEBRATION



MAY'S BIRTHDAY CELEBRANTS WITH THEIR TARGET GIFT CARD

MOTHER'S DAY CELEBRATION



MOTHER'S DAY CELEBRATION



MOTHER'S DAY CELEBRATION



BEST WISHES TO OUR JUNE'S BIRTHDAY CELEBRANTS!

Inez Walters 6/1

Marie Laguerre 6/5

Stafford Stephenson 6/5

Theresa Douglas 6/5

Alice Thompson 6/8

Ernestine Walkes 6/9

Myrtle Jones 6/10

Kathleen Palmer 6/10

Eulyn Henry 6/12

Allister Belgrave 6/11

Rufus Canty 6/15

Cecilia Alexis 6/15

Marie Obas 6/18

Maria Williams 6/19

Delphys Dixon 6/21

Sylvan Roban 6/21

Vincent Nappa 6/22

Gary Mass 6/22

Linda Brown 6/23

Muriel Johnson 6/25

Seymour Thomas 6/25

Yvonne Duran- graham
6/25

Beatrice Muschett 6/28

Bernard Clemens 6/29

Cynthia Ennis Douglas
6/30

Maria Morano 6/19

Lenora Carter 6/7



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

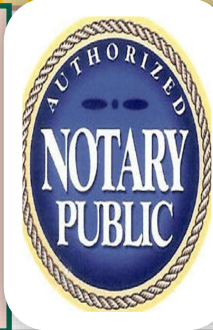
CASE ASSISTANCE - COMMUNITY INFORMATION & EVENTS

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.



Flatbush Development Corp and Liberty Dental present:

Dental Screening Workshop



Tuesday, June 16, 2027

5:30pm - 7:00pm

5816 Farragut Road, Brooklyn, NY 11234

Free for Adults and Seniors

Free screening will be provided



NYC

Department for the Aging



2026

Healthy Aging Fair

SAVE THE DATE!

Thursday, September 17

9:00am - 12:00pm

Asphalt Green

555 East 90th Street

New York, NY 10128



Sponsors:



Rethink Food

Call Aging Connect:
212-AGING-NYC (212-244-6469)

HAPPY JUNETEENTH'S DAY

Juneteenth

They said we were free
back in '63,
yet chains still clung
so heavily.

The papers came,
the word was late,
like freedom paused
outside the gate.

To Galveston town
the soldiers came,
speaking **freedom** in
God's great name.

June 19th, eighteen
sixty-five, truth finally
stood bold and alive.

General Granger loud
and clear, spoke words
our ancestors longed
to hear.

"All slaves are free,"
the message spread,
while tears of joy were
quietly shed.

Freedom delayed,
but not denied,
our faith in God still
stood with pride.

We prayed through nights
filled with despair,
yet **hope** and **strength**
were always there.

So now we celebrate
history bright,
a people sustained
by faith and **fight**.

Strength that held
and did not bend,
love and courage that
would not end.

Happy Juneteenth

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Why Is It Called Juneteenth?

THE NAME. THE DATE. THE FREEDOM.

The word "Juneteenth" is a powerful blend of two simple words that changed history.



JUNE + 19 = NINETEENTH
The Month The Day

Juneteenth



★ June 19, 1865
The day freedom arrived in Texas. The day enslaved people finally learned they were free—more than two years after the Emancipation Proclamation.



MIDGEO.COM

More Than a Name. It's a Legacy.

- FREEDOM
- RESILIENCE
- HERITAGE
- CELEBRATION

Juneteenth reminds us that freedom is worth celebrating, remembering, and never taking for granted.

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



FATHER'S DAY CELEBRATION - PROGRAM

GLENWOOD OAC WISHES YOU *Father's Day* PROGRAM DRAMA

DULCY	THE TWINS
ANNE	THANK YOU STEPDAD
CAROL	THE FATHER'S REDEMPTION PLAN
AILEEN DAVIS	A FAITHFUL FATHER
DULCY	A FATHER'S FAITH
EASTMOND	A FATHER'S ROLE
CHARION	THE LORD'S PRAYERS (SONG)
MURIELLE	HAPPY FATHER'S DAY
GWEN	- LET JESUS LEAD YOU ALL THE WAY

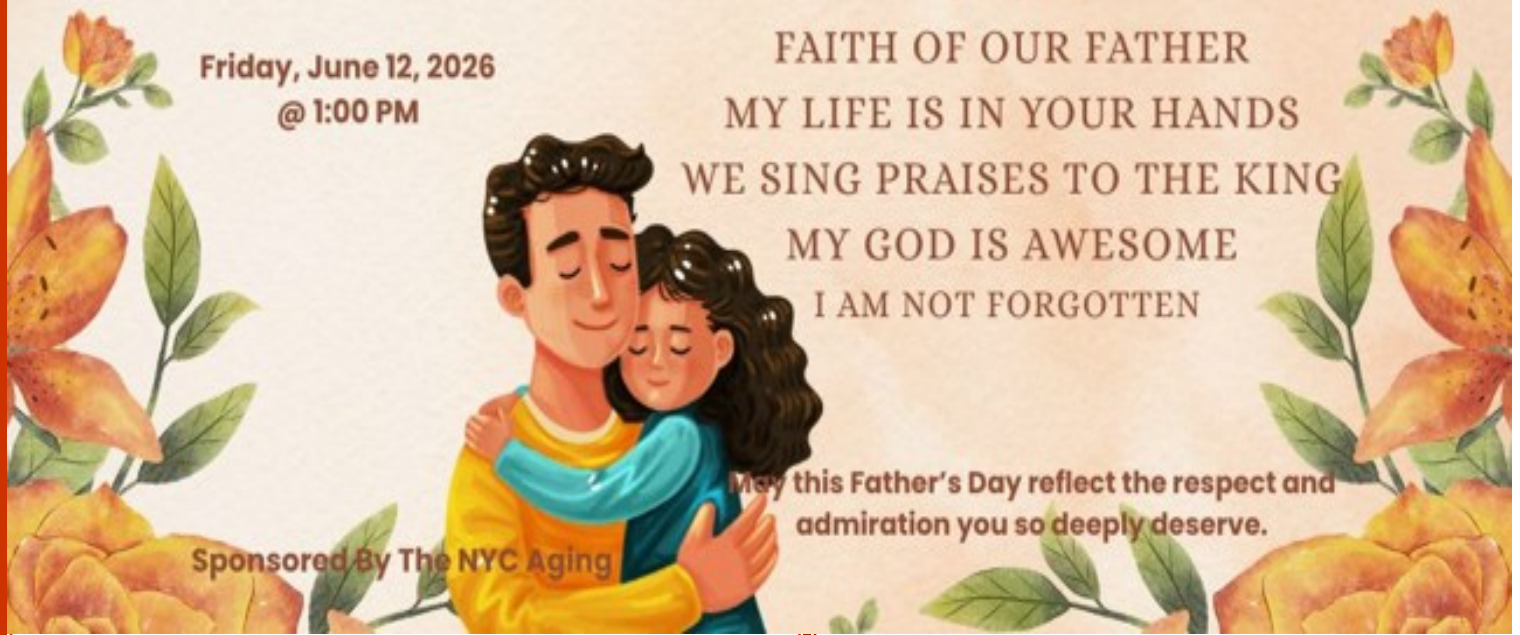
CHOIR

Friday, June 12, 2026
@ 1:00 PM

FAITH OF OUR FATHER
MY LIFE IS IN YOUR HANDS
WE SING PRAISES TO THE KING
MY GOD IS AWESOME
I AM NOT FORGOTTEN

May this Father's Day reflect the respect and admiration you so deeply deserve.

Sponsored By The NYC 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."

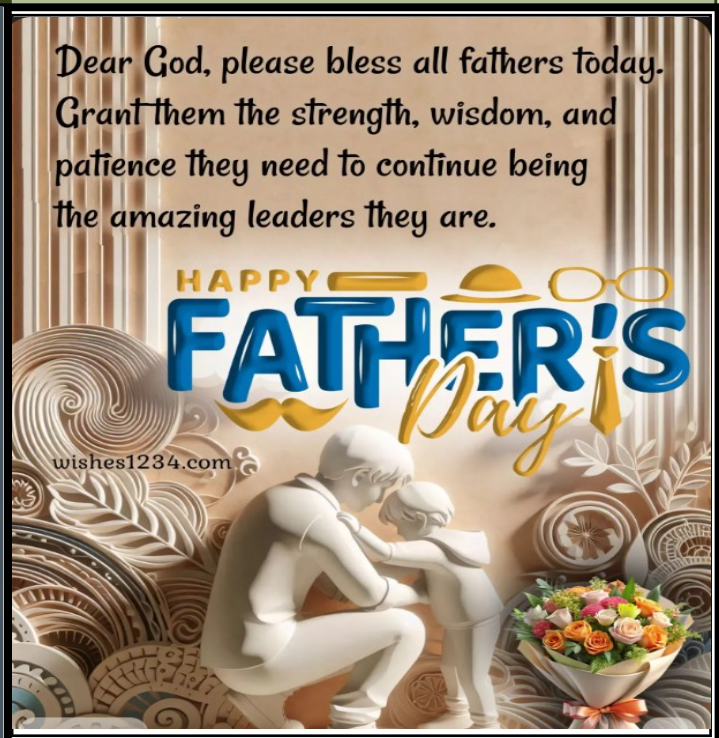
For healthy recipes, visit [jayfruitveggies.org](https://www.jayfruitveggies.org).

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 FATHER'S DAY 2028



Sources: <https://www.pinterest.com/pin/644929609183272221/>

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

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

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

**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

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