

# Narrows OAC Newsletter June 2026

## JUNE FUN FACTS

**This June is Observed as:** Father's Day, Cataracts Awareness Month, Juneteenth, World Elder Abuse Awareness Day, National Safety Month, Juneteenth  
And summer officially begins.

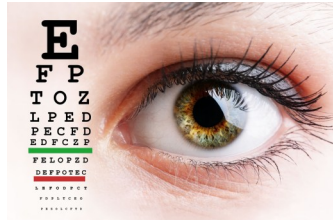
**Birthstone:** Alexandrite

**Fruits and Veggies of the Month:** Cherries, Plums, Apricot, Okra, Asparagus, Cauliflower and Broccoli.

**Flower:** Rose

**Astrological Sign:** Gemini and Cancer

**HAPPY  
FATHER'S  
Day!**



**CCNS**  
**Narrows Senior Center**  
933 54th Street  
Brooklyn, NY 11219  
Tel: 718.232.3211  
Fax: 718.232.0512



Hello everyone! As the days grow longer and the weather warms up, June arrives with a promise of sunshine and exciting opportunities.

Let's embrace the warmth and make the most of these beautiful days! Although the warmer weather is welcomed, there are precautions we must take to stay safe while enjoying the beautiful rays of the golden sun. Wear sunscreen all year round, but especially when the UV index is higher. The mornings and evening are still a bit chilly thus try to carry a light jacket or open front sweater to stay warm while enjoying outdoors. Here at the Narrows OAC, we offer a range of activities for different levels and points of interest. Remember, It's not about Aging...It is about anticipating change and adapting to our changing needs. Instead of focusing on aging, we inspire focusing on how people live their lives rather than numbers. We encourage participation in the carefully adapted activities that were requested by you. We offer, physical health programs, art projects, cognitive and technology activities to stay focused and expand knowledge. Aging is a natural process for all of us with so many possibilities. We are open to all new ideas. Our transportation service provides door to door service as well as trips. Please inquire about our full range of services as well as case management assistance for a complete screening of benefits and entitlements.

### Staff Members

Tselita McBride  
Program Manager

Tommy Lee  
Case Manager

Meng Zhou  
Administrative  
Assistant

Shakyem Berbury  
Driver

Samuel Robertson  
Driver

Gek Poh Lim  
Kitchen Aide

Joshua Rodriguez  
Maintenance

# CELEBRATING JUNE

## Father's Day

In June of every year, we honor fathers. The first Mother's Day was celebrated in 1914, but a holiday honoring fathers did not become official until 1966, when President Lyndon Johnson declared that the third Sunday in June would be Father's Day. President Richard Nixon made this proclamation permanent in 1972. But this doesn't mean that the holiday was not celebrated before this time. The idea for Father's Day is attributed to Sonora Dodd, who was raised by her father after her mother's death during childbirth. While listening to a sermon at church on Mother's day, she thought about all her father had done for her and her siblings and decided fathers should have a day, too. Because Dodd's father was born in June, she encouraged churches in her area, Spokane, Wash., to honor fathers that month. The first Father's Day was celebrated in Spokane in 1910.

## World Elder Abuse Awareness

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect, and exploitation.

## Juneteenth

Juneteenth and General Order No. 3, read on June 19, 1865 announcing that all slaves were free, is one of Galveston's most important historical moments. US President Abraham Lincoln announced the emancipation Proclamation on September 22, 1862. Juneteenth is a holiday commemorating the end of slavery in the United States. It is also called Emancipation Day or Juneteenth. The name "Juneteenth" references the date of the holiday, combining the words "June" and "nineteenth."

## Cataracts Awareness Month

This month is the time to be aware of cataract health. Cataract is when there is blurring to the eye lens that either blocks out or make it difficult for light to pass through the eyes. According to preventblindness.org, this kind of vision problems can easily be repaired by surgery unlike many other eye diseases. The signs of cataract problems, is blurred visions, double visions, or either feeling as there is a piece film laying on the surface of the eyes. Sometimes there could be something noticeable on the pupil of your eyes such as a yellowish or milky spot. If you feel something is not right with your eyes, please have it checked out by an eye doctor.

## Daily Activity Calendar

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8am to 10:30am Coffee and Current Events  Technology Class	8am to 10:30am Coffee and Current Events  Technology Class	8am to 10:30am Coffee and Current Events  Technology Class	8am 10:30am Coffee and Current Events  Technology Class	8am to 10:30am Coffee and Current Events  Technology Class
9am to 11am Ping Pong	9am to 11am Mah Jong / Ping Pong	9am to 11am Ping Pong	9am to 11am Mah Jong/ Ping Pong	9am to 11am Ping Pong
10am to 11am Jewelry Making Class	10:30 11:15am Yoga Class	10:30 to 11:15am Meditation & Somatic Movements	10:30 to 11:15am Strengthening Class	10:30am to 11:30am Music Entertainment
11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate
1pm to 2pm Ballroom Dancing With Valerii Radionov	1:30pm to 3:00pm Arts & Craft	1:00PM– 2:00PM Plaster and Painting	1PM to 2PM Painting Appreciation	1pm to 2pm Computer /Technology Class with Hau-Yu
Independent Board and Card Games	Independent Board and Card Games	Independent Board and Card Games	Independent Board and Card Games	1:15pm to 2pm Cognitive Exercise Challenge
	2pm to 3:45pm Movies at the Narrows (non-transportation)		2pm to 3:45pm Movies at the Narrows (non-transportation)	BINGO  Cognitive Excercise

**Karaoke is per request. Please see staff to set up the equipment.**

**Please speak to staff before making a donation of household items or clothing as we have to follow safety guidelines.**

**As this center belongs to you, the members, please see staff for activity suggestions**

**Please call (718) 232-3211 for updates or changes.**

**June 2026 CALENDAR**

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
Italian Meatballs with Chicken (4pc) Whole Wheat Pasta Primavera Roasted Broccoli		Mama's Pasta Fagioli (8oz) Italian Blend Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette <b>Narrows &amp; Bayside</b> Tofu in Garlic Soy Sesame Sauce (3oz) White Rice (1/2 cup) Baby Spinach Salad		Baked Pork Mushroom Gravy (3pc) Yellow Rice Sauteed String Beans*		Spanish Style Beef Stew (8oz) Diced Sweet Potatoes Prince Edward Blend Vegetables <b>Brooks</b> Beef Empanada (1pc) Same Sides		Tuna Salad (3oz) Basic Pasta Salad Garden Salad (1/2 svg)	
8		9		10		11		12	
Egg Salad (3oz) Coleslaw (pre-prepared) Simple Potato Salad		Chickpeas (1/2 cup) Rasta Pasta (8oz) Garden Salad Italian Blend Vegetables		BBQ Pulled Pork (3oz) Yellow Rice Steamed Carrots		Beef Salisbury Steak Mushroom Gravy (1pc) California Blend Vegetables Garlic Mashed Potatoes		Orange Roughy with Lemon Garlic Butter Sauce (1pc) White Rice (1/2 cup) Sauteed Green Beans with Onions *	
15		16		17		18		19	
Jerk Chicken (1pc) Diced Butternut Squash Homemade Mashed Potatoes		Chili-Spiced Pinto Bean Ragout (8oz) Brown Rice (1/2 cup) Caesar Salad		Italian Style Pork Loin Tomato Sauce (pre-prepared, 1/2 cup) (3oz) Penne (1/2 cup) Tomato Sauce (pre-prepared, 1/2 cup) Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette		Beef Stew (8oz) Garlic Mashed Potatoes Steamed Carrots		Tuna Salad (3oz) Basic Pasta Salad Garden Salad (1/2 svg)	
22		23		24		25		26	
Chicken Salad (3oz) Cole Slaw Simple Potato Salad		Three Bean and Spinach Stew (8oz) Brown Rice with Black Beans Caesar Salad		Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) (8oz) Yellow Rice Sauteed Green Beans with Onions		Shephard's Pie (1 pc) Spinach		Baked Salmon with Cilantro Citrus Sauce (1pc) Garden Salad Roasted Potatoes	
29		30		1		2		3	
Baked Chicken BBQ Sauce (1pc) Mashed Potato Broccoli		Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) (8oz) String Beans & Carrots		Annes Lemon Garlic Sauce Baked Pork (3pc) White Rice (1/2 cup) Italian Blend Vegetables		Salisbury Steak (6oz) Homemade Mashed Potatoes Garden Salad *		Salmon Oreganata (1pc) Brown Rice Green Beans with Onions	

**ALL Meals are served with: Whole Grain Bread, Margarine, Milk and A Piece of Fresh Fruit. Banana, Apple, Pear or Orange.**

# June 2026 Presentations

Monday 6/1/2026 — Pedestrian Safety  
(English 9:50am Large Room / Chinese 10:35am Small Room)

Monday 6/8/2026 10am — Military Benefits (English)  
Large Dining Room

Monday 6/8/2026 10:30am — Cooked Vs. Raw Vegetables (Chinese)  
Small Dining Room

Monday 6/15/2026 10am — Power of Attorney (English)

Monday 6/22/2026 10am — NY Connects Presentation (English)

Monday 6/29/2026 9:30am — Final Expenses (English)

Please note these presentation dates are subject to changes.

---

## Entertainment Events

Friday 6/5/2026 10am — 11:30am DJ Music With Joel Pawiak

Friday 6/12/2026 10:30am — 11:30am Maurice Zebede's Father's Day Concert

Friday 6/19/2026 10:30am — 11:30am Father's Day Party With Joel Pawiak

Friday 6/26/2026 10:30am—11:30am Estella & Peter Chan's Mini Concert

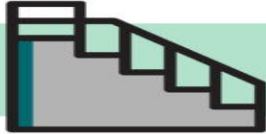
---

Please Note They Are Subject To Changes At Any Time

# 8 WAYS TO HELP REDUCE SLIPS, TRIPS & FALLS:

1

Keep floors mopped and debris swept up.

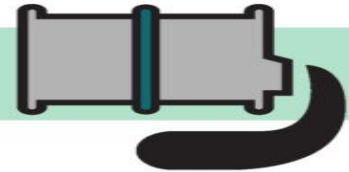


Remove obstacles and clutter from walkways and stairways.

2

3

Clean up spills immediately.

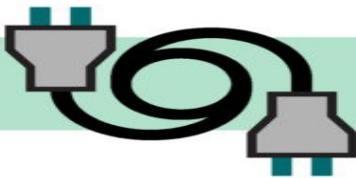


Secure mats, rugs and carpets that don't lay flat.

4

5

Keep file cabinet or storage drawers closed.



Cover cables that cross walkways.

6

7

Keep working areas and paths well-lit.



Wear the correct footwear.

8



# Seven Facts About Cataracts



avoiding UV rays,  
decreasing consumption of  
alcohol & quitting smoking  
can decrease risk



diseases like diabetes,  
hypertension and  
malnutrition can increase  
risk for cataract



cataract surgery is  
one of the most  
perfected surgeries  
in the world



cataracts cannot spread  
from eye to eye



age is the strongest correlation  
risk for developing cataract



babies can be born  
with cataracts



cataracts can occur  
in different forms –  
the shapes and  
places can differ

# The History of Father's Day

It was while listening to a Mother's Day sermon in 1909 that the idea of Father's Day suddenly struck Spokane, Washington resident Sonora Dodd. She wanted to honor her own father, William Smart, who was well-deserving of a special day as a widowed farmer left alone to raise his six kids single-handedly. One year after, residents embraced the ideas so warmly that by June 19, 1910 the first Father's Day celebration was proclaimed in Spokane because it was the month of Dodd's father's birth.

Decades later, the first presidential proclamation honoring fathers was issued in 1966 when President Lyndon Johnson designated the third Sunday in June as Father's Day.

Father's Day in America has been officially celebrated annually since 1972 when President Richard Nixon signed the public law that made it permanent. Then the whole world celebrated it too. Due to her efforts, Sonora Dodd is known today as "the mother of Father's Day".

<https://www.facebook.com/BedeempldBrain>

# FATHER'S DAY

## WORD SEARCH

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

FATHER  
MEMORIES  
CELEBRATE  
CARING  
JUNE  
HEART

DADDY  
JOKES  
LOVING  
DAUGHTER  
FOREVER  
HAPPY

STRONG  
DEVOTED  
PROTECT  
BRAVERY  
LOVE  
HONOR

PATIENT  
RESPECT  
SUNDAY  
LAUGHTER  
SON  
THANKFUL

# Summer Safety Precautions

## For Seniors

Summer is one of the most enjoyable times of the year but also comes with the increased risk of heat-related problems. Get the most out of long summer days and stay safe with these summer safety tips.

### WEAR THE RIGHT CLOTHING

Loose clothing with breathable fabric such as cotton will keep you cool and relaxed.



### DRINK PLENTY OF FLUIDS.

Staying hydrated is important during the summer. Drink at least 8 cups of water everyday!



### APPLY SUNSCREEN EARLY AND OFTEN

Sunscreen protects skin from the sun's harmful rays. Apply sunscreen every 60 minutes and stay protected.



### STAY INDOORS AT THE HOTTEST HOURS.

The sun is at its peak in the middle of the day. Stay inside during the hottest hours to preserve energy and keep cool.



### WEAR EYE PROTECTION.

Sunglasses can reduce cumulative damage caused by the sun. Sensitive eyes should always be protected.



### CHECK YOUR MEDICATIONS.

Make sure medications don't increase sensitivity to the heat. Check with your doctor if you have any concerns.



# FRUIT SMOOTHIE RECIPES



## STRAWBERRY BLUEBERRY SMOOTHIE

- Greek yogurt
- Milk
- Banana
- Frozen strawberries
- Frozen blueberries



## BLUEBERRY BANANA SMOOTHIE

- Greek yogurt
- Milk
- Medjool date
- Banana
- Frozen blueberries



## APPLE SMOOTHIE

- Apple
- Greek yogurt
- Milk
- Cinnamon
- Frozen banana



## BERRY SMOOTHIE

- Frozen berries
- Apple juice
- Baby spinach
- Chia seeds



## STRAWBERRY COLLAGEN SMOOTHIE

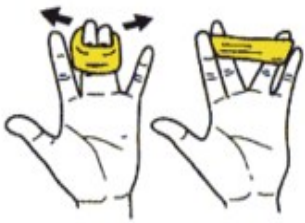
- Banana
- Frozen strawberries
- Almond milk
- Collagen powder



## FRUIT SMOOTHIE

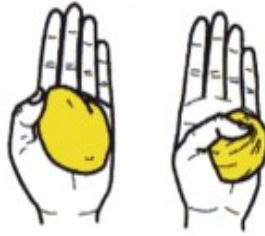
- Mango
- White grape juice
- Frozen strawberries
- Frozen pineapple

## Scissor Spread



Wrap the Thinking Putty around two fingers and try to spread them apart.

## Thumb Press



Put Thinking Putty in the palm of your hand. Push it with your thumb towards your small finger.

## Thumb Extension



Bend your thumb and loop Thinking Putty around it. Try to straighten your thumb.

## Thumb Pinch Strengthening



Squeeze the Thinking Putty between your thumb and the side of your index finger.

## Thumb Adduction



Keep your fingers and thumb straight as you press Thinking Putty between your thumb and index finger.

## Three Jaw Chuck Pinch



Using your thumb, index and middle finger, pull Thinking Putty upwards.

## Finger Hook



Create a hook as you press your fingers into the Thinking Putty.

## Full Grip



Make a fist while squeezing your fingers into the Thinking Putty.

## Finger Pinch



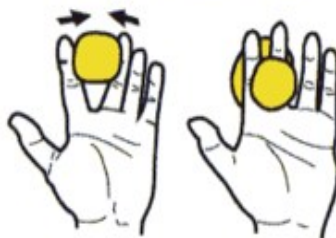
Pinch the Thinking Putty between each finger and your thumb.

## Finger Extension



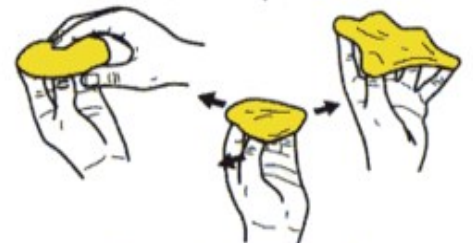
Bend your finger and loop Thinking Putty around it. Try to straighten your finger.

## Finger Scissor



Take a one inch diameter ball of Thinking Putty and place it between your fingers. Squeeze it.

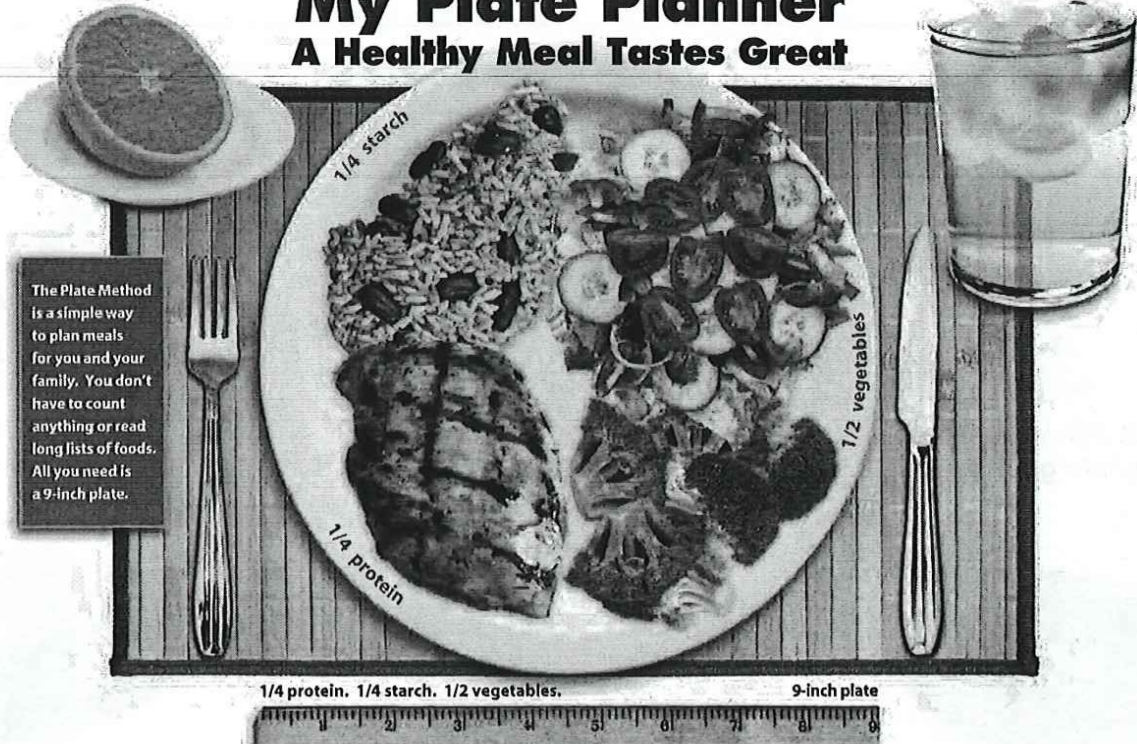
## Finger Spread



Spread a pancake of Thinking Putty over your fingers. Try to spread your fingers apart.

# Easy Ways to... Build a Healthy Meal

## My Plate Planner A Healthy Meal Tastes Great



Fill half of your plate with **fruits and vegetables**. Choose colorful foods to brighten your meal.

Make a least half of your grains **whole grains**. Look for the words "100% whole grain" or "100% whole wheat" on the Nutrition Facts label.

Add **lean protein**. Choose proteins like beans, nuts, tofu, fish, and lean or low-fat meat and poultry.

Add a **healthy beverage**. Drink water or plain fat-free or low-fat milk.

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](http://nyc.gov) and search for farmers markets.

For healthy recipes, visit [jsyfruitveggies.org](http://jsyfruitveggies.org).

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](http://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).

**NYC**  
Health

*Just Say Yes* to Fruits and Vegetables

**Narrows Senior  
Center**  
933 54th Street  
Brooklyn, NY  
11219  
Tel: 718-232-3211  
Fax: 718.232.0512



## *Social Work Corner*

*Please schedule an appointment to get screened for benefits and entitlements. Please inquire about our transportation service and the required eligibility for application.*

*We have SNAP, HEAP and EPIC on site Information and referrals are available upon request*

*Apply for Internship, volunteer and community service.*

*We are currently accepting volunteers for workshops and provide full college credit towards internship hours*  
***Call today!!!***

Health managements starts from the inside out. Nutritional intake is the primary key to preventative medicine. What you eat on the inside is what you wear on the outside. Call the Narrows OAC and speak with staff on our Nutrition Information and scheduled presentation.



**PAINTING AND CRAFT CLASSES EVERY  
TUESDAY, WEDNESDAY AND THURSDAY  
1PM TO 2PM**

# Kind Reminder To Narrows Members

Please remember to make sure your information with the center's office such as address, phone number(s), emergency contacts, doctor contacts, medications and etc. are all up to date and notify the Case Manager or other office staff of any changes to update your records as this is important to allow us to be able to reach out to you or your contacts for very important reasons or if there is an emergency and ultimately it is all about ensuring your safety.

Please also note if you need any assistance such as service referrals, managing/organizing/filling out important paperwork, applying for benefit programs & housing, and more, do not ever hesitate to look for Case Manager.

## Thank You

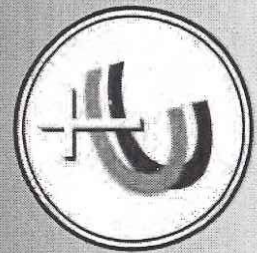




**Benson Ridge Senior Services** is funded through a grant from the New York City Department for the Aging.

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

Accredited by the Council on Accreditation for Children and Family Services



**CATHOLIC CHARITIES**  
Brooklyn &  
Queens

ESTABLISHED 1899

Are you or a loved one confined to the house due to failing health?

Do you worry about how long you will be able to live independently?

**Catholic Charities**  
**Benson Ridge Senior Services**  
can help.

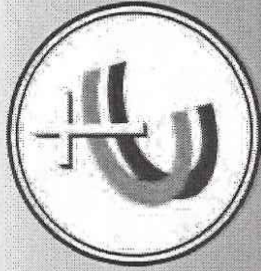
One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

Call today for a free consultation.

**718-680-3530**

**We care! You are not alone!**

*Program funded by the  
New York City Department for the Aging*



**CATHOLIC CHARITIES**  
Brooklyn &  
Queens

ESTABLISHED 1899

**Benson Ridge**  
**Senior Services**

6823 Fifth Avenue  
Brooklyn, NY 11220

**718-680-3530 (Tel)**  
**718-680-3654 (Fax)**



**Serving Homebound Older Adults**  
**in Bay Ridge and Bensonhurst**

# BENSON RIDGE SENIOR SERVICES

## Who are we?

Benson Ridge Senior Services is a government-funded, not-for-profit affiliate of Catholic Charities Brooklyn and Queens. For more than thirty years, it has been our privilege to meet the needs of Brooklyn seniors. Our dedicated, multi-cultural team consists of 16 experienced social service professionals. The goal of our program is to improve the quality of life for older adults and their caregivers by maximizing independent living and preserving human dignity. Recognizing the benefits of a holistic approach, we provide support and encouragement, coupled with concrete solutions, to address the problems associated with advanced age.

## Who is eligible to receive services?

The program is open to older adults, over age 60, who are homebound and live in the Bensonhurst or Bay Ridge sections of Brooklyn. While we are sponsored by Catholic Charities, Benson Ridge Senior Services is a non-sectarian agency, serving all seniors regardless of religion, race, national origin, ethnicity, sexual orientation, gender or immigration status.

## How is homebound defined?

Homebound does not mean bed-bound. Individuals who can walk outside for a few blocks, but cannot travel greater distances by themselves meet the criteria.

*"Youth is a gift of nature, but age is a work of art."*

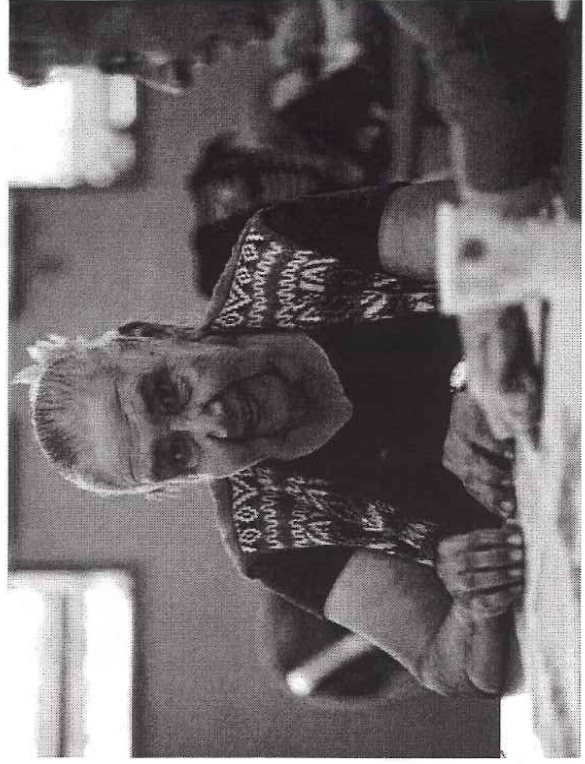
—Garson Kanin

## What services are available?

- Case management
- Home-delivered meals
- Homecare
- Housekeeping
- Transportation
- Friendly visiting
- Long-term care planning
- Benefits and entitlements
- Information and referral
- Caregiver support

## What languages are spoken?

- English
- Russian
- Spanish



## What are the hours of operation?

Monday – Friday  
9:00 AM – 5:00 PM



# Friendly Visiting Program



Volunteer your time  
and make a new  
Senior Citizen friend!

Presented by  
RiseBoro Community  
Partnership

FUNDED BY  
NYC DEPARTMENT FOR THE AGING

[riseboro.org](http://riseboro.org)

Seniors in **North and South Brooklyn's Community Districts 1, 2, 3, 4, 6, 7, 10, and 11** are seeking a compassionate individual to spend one hour per week visiting them and keeping them company.

We are looking for compassionate and caring individuals who would like to make friends with an older person in their neighborhood.

For more information or to volunteer, contact:

**Biviana Coyomani**

email: [bcoyomani@riseboro.org](mailto:bcoyomani@riseboro.org)

phone: **929-563-5596 ext. 2231**

**RiseBoro**  
COMMUNITY PARTNERSHIP