

# SEASIDE NEWS

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

Jurate Jones Program Manager

*A message from Jurate*



*FUNDED BY NYC Aging*



## Happy Birthday to:

Cyprian Andrei John Julio

Miriam Susan Sylvia Anna Susan

Jean Luz Kwame Robert Enola

Margaret Patricia A.J. Loretta

Florentina Miguel Linda Annie

Nancy Beata Doug

Bonita Lynette



# SEASIDE ANNOUNCEMENTS JUNE, 2026



Summertime and the livin is easy! We are so ready for some sunshine and clear blue skies. It's time to explore, take a stroll on our Boardwalk, relax by the beach, feel the sand on our feet, dip our feet in the ocean, and visit the concessions. Treat yourself to a great beach read. *How about Eat Your Ice Cream: Six Simple Rules for a Long and Healthy Life* ( Ezekiel J. Emanuel MD ) and *How the Penguins Saved*

*Veronica* (Hazel Prior:) This summer, come with your friends to enjoy activities at Seaside OAC It is always good 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 beverages.

Lunch, is served from 12-1pm both catered by Russo's.

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

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

Activities: Health Presentations, Workshops, Arts and Crafts, Blood pressure monitoring, Guest entertainers, Trips, Trivia, Word Searches and Scramble competitions Transportation, Cultural, Holiday and Birthday Celebrations,  
Art class and crochet every Tuesday after lunch with Virginia!



## Case Assistance, Information/Referrals and Resources

Seaside OAC is a free program for individuals aged 60 and older.

Suggested meal contributions are greatly appreciated. We are here for you and we support you. We want you to enjoy being a member of our center and spread the word! Joining take less than 30 minutes.

OPEN HOUSE Tuesday June 23, from 10am – 2pm

Show your neighbors how much fun life can be! Popcorn will be served!



Our trips are handled by staff and volunteers. William McKenzie, our front desk host will be helping. 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 muse 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.

Coney Island and the movies coming soon! Make sure you are signed up for discounts for Regal Cinemas.



Seaside will be **closed** on Friday June 19 in honor of Juneteenth. On

Thursday June 18, we are having a Potluck Party to mark this important holiday. If you would like to donate an item such as fruit or a soft drink, please bring a day or two before.

**\*\*Ice cream will be served. Pease wear yellow for a group photo!\*\***

Melisa from Inside Broadway teaches a fun Zumba dance class every Monday at 10am, and will continue through June. Please wear comfortable shoes and bring a bottle of water.

**\*\*You will be notified of any schedule changes in June.\*\***

Zumba

# Father's Day Word Search

Can you find the Father's Day-related words in the puzzle below?

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

Family  
Hugs  
Love  
Heart

Kisses  
Dad  
Father  
Parent

Gift  
Loving  
Children  
Caring

Giving  
Cake  
Together  
Memories



# MAY HIGHLIGHTS AT SEASIDE



## a y irth ay

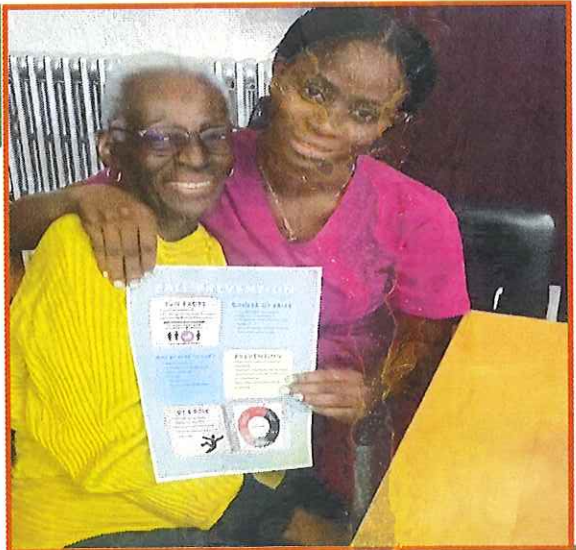


↑ Happy Mother's Day! Seaside hosted a Mother's Day Celebration for all our hardworking iconic mothers and mother figures. There's nobody like your mother :)

↑ A very *Happy Birthday* to all our May Babies!  
L-R: Wilfredo, Peggy Ann, Oyetunde and Dorethea.



↑ Great interactive theater workshop with the Dep. of Transportation. Members their message is clear: Be very careful crossing the street.



Great to have Claudia our nutritionist back at Seaside OAC  
L-R: Claudia, Odelvis, Brenda, Margaret and Dolores.

↑ Nurse Kecia's last day (sniff sniff)  
Thank you and best of luck!

**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, ACCESS-A-RIDE, REDUCED FARE METROCARD (OMNY). Be assured we are here to screen you and help you with programs you are entitled to.



\*\*We can also help with REAL ID. Passport Applications. NYC Ferry. \*\*

**SNAP** formerly known as the Food Stamp Program is a critical federal safety net program to help low income New Yorkers eat healthy food. Purchasing healthy food is very important; there is way too much junk food available. Try to keep out of the middle isles as much as possible! The U.S. House of Representatives recently passed the **Hot Rotisserie Chicken Act**. We will let you know if and when you can buy a hot rotisserie chicken in NYC.

If you are currently enrolled in SNAP and need to recertify, please bring all correspondence from the SNAP Unit or Human Resources Administration (HRA) to your case manager so as to avoid an interruption of benefits. \*\*If you are interested in applying, please see your Case Manager (CM) to learn more, to get screened for SNAP. The process is: 1. Get Screened for SNAP. 2. Make an account on the Access NY Portal. 3. Complete an Application. 4. Complete a Telephone Interview. 5. Submit documents. 6. Decision letter will be mailed

**\*\*CHANGES TO SNAP\*\*** Able-Bodied Adults Without Dependents (ABAWDs) aged 18-64 must work or participate in qualifying training/volunteer activities for at least 80 hours per month (20 hours/week) to receive SNAP benefits for more than 3 months in a 3-year period. Failure to meet this requirement without an exemption, such as disability or caring for a dependent under 14, leads to loss of benefits! If you are in this category, please see your CM.

If applying or recertifying, please bring proof of income and a rent or maintenance statement as the latter is taken into consideration for deciding the dollar amount of your benefit. Older Adults qualify for SNAP more easily than younger adults. For example, the Gross income limit for one person is \$1,883 and for **two** people it is \$2,215. Asset amounts vary. If you qualify, the SNAP program is an entitlement and a great way to increase your monthly income. **DO NOT DELAY!**

**June is Pride Month (all month)** - Celebrate LGBTQ+ community with inclusive messaging, rainbow-themed visuals, and spotlights on LGBTQ+ creators or partners. Wishing you a joyous, vibrant month of celebration, self-expression, and unity.

**TONY Awards** June 7. Broadway's biggest night! The top contenders for Tony Awards feature a tight, unpredictable race. *The Lost Boys* and *Schmigadoon!* lead the new musical categories with 12 nominations each. The Broadway revival of *Ragtime* follows closely with 11 nods, while *Arthur Miller's Death of a Salesman* is the most nominated play.

**Juneteenth (June 19)** - Seaside OAC will be closed in honor of Juneteenth. Remember to educate on the history and support Black-owned businesses.

**Father's Day (June 21)** - Celebrate the fathers and father figures in our lives.

**Summer Solstice (June 21)** - Let's highlight the longest day of the year.



**FIFA World Cup** (Cupa Mondialo) The tournament runs from June 11 to July 19. It features 48 teams, 104 matches, and 16 stadiums spread across North America. FOX TV Sports is broadcasting as well as youtube and Peacock.

**AOH Irish Festival** June 6 and 7 at St. Camillus (100th street church parking lot). This year all proceeds going to St. Camillus for church upkeep! Rain or Shine event!

# JUNE

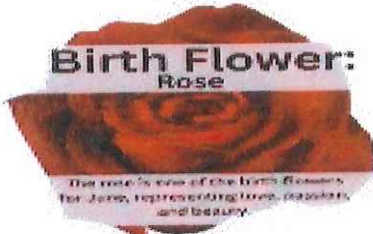
## Birthstone: Pearl

Pearls are one of the traditional birthstones for June, symbolizing purity and innocence.



## Famous People Born

- 1 Marilyn Monroe
- 3 Josephine Baker
- 9 Johnny Depp
- 12 Anne Frank
- 14 Harriet Beecher Stowe
- 18 Paul McCartney
- 25 George Orwell



## DRIVE IN THEATER

The first drive-in theater opened on June 6, 1933, in Camden, New Jersey.



## Astrological Signs

### Gemini

May 21 - Jun 20

Geminis are recognized for their adaptability, communication skills, and curiosity.

### Cancer

Jun 21 - July 22

Cancerians are recognized for their sensitivity, intuition, and loyalty.

The first successful transatlantic balloon flight was completed by the Double Eagle II on June 11, 1978.





**Catholic Charities Seaside Senior Center**

Hours of Operation:  
Monday - Friday  
8:00 am - 4:00 pm

**347-926-4119**

Sponsored by Catholic Charities Neighborhood Services, Inc.  
Funded by the NYC Department for the Aging

**COOLING CENTER:** As always, in the event of a heat wave, Seaside OAC will be an official Cooling Center for older adults only and you do not have to be member. Beat the heat at Seaside! We will inform you about our Cooling center days and hours as needed. Always remember to drink more water, wear a sun hat and don't forget your sunblock for summer outings (see page seven for more *Beat the Heat* tips from our wellness specialist, Alina.

## Briege's word scramble Theme Juneteenth

(Answers Page)

1. IOSYTRH
2. ENITOIPNMAAC
3. EFDEMOR
4. RVSLAYE
5. NUNOI
6. SATNOGLEV
7. COEREBTNLAI
8. DNPNECIEEDE
9. DEFRELA YADHLOI
10. OEJ DIBNE
11. STGIRH
12. OABIILNOT

Attn. Brainiacs! How many words can you make from Emancipation  
Example - Opine

## Health Alert for Seniors: Preventing Heat Emergencies

**Stay Safe, Stay Cool This Summer:** Summer is in full swing, and while summer brings sunshine and outdoor fun, it also brings high heat that can be dangerous—especially for older adults. This month, we want to share simple, lifesaving tips to keep you healthy, hydrated, and safe during heat waves.

**Why Seniors Are at Higher Risk:** As we age, our bodies don't adjust as well to sudden temperature changes. Some medications and chronic conditions can also make it harder to stay cool. That's why heat-related illnesses like heat exhaustion or heat stroke can happen quickly.

### Heat Safety Tips Just for You: Consejos para el calor

#### 1. Stay Cool SEASIDE OAC IS AN OFFICIAL COOLING CENTER

- Use fans or air conditioning. If you don't have AC, visit a cooling center, mall, or library.
- Wear light-colored, loose-fitting clothes.
- Avoid going outside between 10AM and 4PM.



#### 2. Stay Hydrated

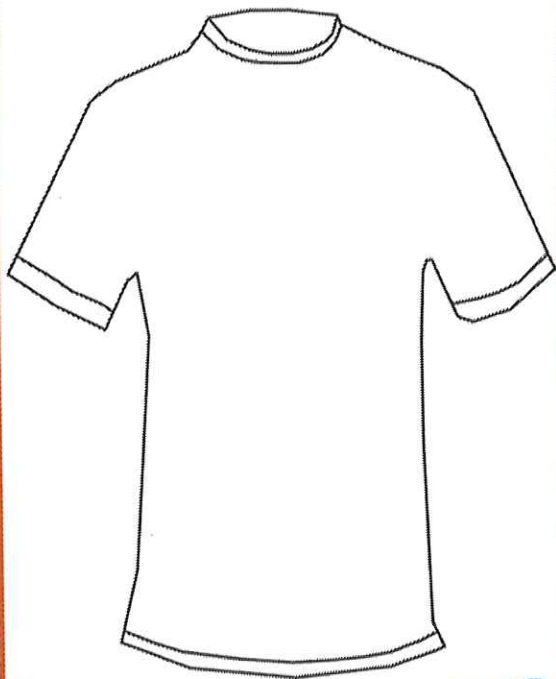
- Drink plenty of water—even if you're not thirsty.
- Avoid alcohol, caffeine, and sugary drinks.
- Keep a water bottle with you at all times.

#### 3. Know the Warning Signs cuidémonos entre todos

- **Heat Exhaustion:** heavy sweating, weakness, nausea, headache.
- **Heat Stroke:** confusion, rapid pulse, no sweating, fainting—Call 911 immediately.

#### 4. Check In and Be Checked On

- Let family or neighbors know how you're doing. Sign up for wellness calls if available in your Community.
- **Let's Look Out for Each Other.** Check on a friend, bring water to a neighbor, or remind a loved one to stay cool. Together, we can beat the heat. (**Alina Rasina CCBQ Wellness Specialist**)



**SUMMER CLOTHING** As summer arrives, it feels good to transition our wardrobes to reflect the season's lighthearted spirit. Storing away heavy winter clothing makes way for fresh, cool pieces that epitomize summer style. While the beach breeze is awesome, having a sweatshirt or light jacket on hand is advisable for cooler evenings. Incorporating pops of color can add vibrancy to any outfit. Some summer wardrobe staples to consider are pastel-colored blouses, striped tops, light-colored denims and capris, white pants and khakis, floral blouses, and summer dresses in colors such as pink, turquoise, and baby blue. Comfortable shorts, wide-leg pants, lighter pajamas, sandals, sneakers, and boat shoes are also essential, though we should be cautious in flip-flops. With America 250 fast approaching, now's the ideal time to set aside patriotic tops and accessories in red, white, and blue. Perhaps we can plan a fun day of

**America 250**

decorating plain T-shirts with creative designs like stars and stripes, and adding glitter.

# June is Cataract Awareness Month



**Ophthalmologists, optometrists, and opticians are important specialists:** You may need different types of eye care, and this may be provided by various types of vision specialists.

Ophthalmologists are medical doctors who specialize in eye and vision care, according to the American Academy of

Ophthalmology. Optometrists conduct vision tests and some related screenings, but they are not medical doctors. Opticians are specialists who fit your prescriptions to eye glasses or contact lenses. They do not treat eye diseases. Depending on your needs, you may see one or all three of these health-care providers. A cataract is a clouding of the lens of the eye, which is typically clear. For people who have cataracts, seeing through cloudy lenses is like looking through a frosty or fogged-up window. Clouded vision caused by cataracts can make it more difficult to read, drive a car at night or see the expression on a friend's face.

**\*\*Please schedule an eye exam with an Ophthalmologist. \*\***

## JUNE IS ALZHEIMER'S AWARENESS MONTH

It's time to raise awareness, share knowledge, and support one another in maintaining healthy minds as we age.

**What is Alzheimer's Disease?:** Alzheimer's is a progressive brain disorder that affects memory, thinking, and behavior. It's the most common cause of dementia, a group of conditions that impair mental functioning. While aging is the biggest risk factor, Alzheimer's is **NOT** a normal part of growing older.

**Brain Health Tips for Seniors:** Keeping your brain healthy can improve quality of life and may help reduce the risk of memory loss:

**Stay mentally active:** Puzzles, reading, learning a new skill or hobby. Hobbies are so good for your mental health why not try our art/crochet class on Tuesdays at 1pm.

**Move your body:** Physical activity improves blood flow to the brain. Dance at Seaside at our Friday social and participate in our exercise classes.

**Eat well:** A balanced diet, especially the Mediterranean or DASH diets, supports brain health.

**Socialize regularly:** Staying connected keeps your brain engaged.

**Sleep well:** Good sleep is essential for memory and mood.

**Know your numbers:** Manage blood pressure, cholesterol, and blood sugar levels. Purple is the official color of the Alzheimer's awareness movement. Whether it's wearing a purple shirt, changing your porch light to purple, or sharing information with a neighbor, your small act helps spread hope and knowledge.

**Events & Support:** This month, many communities host walks, talks, memory screenings, and educational workshops. Check with your doctor and speak with your family and check the SEASIDE calendar for a talk or workshop. You are not alone.

**Let's Support Each Other:** If you or someone you love is living with memory changes, you're not alone. Support groups and resources are available. Reach out. Connect. There is strength in community. Thank you for being part of our vibrant senior community. Let's take care of our minds, our memories, and each other.

# SEASIDE MEMBERS SECTION



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

**Cookie Dorethea James John  
Idilia Kathleen Julia  
Frances Lunetta Sylvia  
Maria Daniel**

## **Spotlight on William McKenzie**



**Hometown: Arverne, NY**

**Job before retirement:  
Building Superintendent**

**Favorite color: Royal  
blue**

**Favorite song: Jesus is**

**Love (Lionel Ritchie cover).**

**Favorite book: The Bible.**

**Zodiac sign: Sagittarius.**

**Favorite phrase: God is Great.**

**Advice to youth: Give your life to Christ early.**

**Life mantra: March on Christian soldier.**

**Person you most admire: Jesus Christ.**

**Activities you enjoy: Going to church, youth sports and music, painting, coloring, spoken word, writing, interacting with people, music, trips, and healthy food.**

**Favorite thing about Seaside OAC: The vibrant nature of the members, the excitement within the group even when exercising. Seaside is a very spirited place.**

*Thank you William and we all wish you the best of luck in the Regional heat of Talent is Timeless!*

*Our local heat of Talent is Timeless took place on Friday May 22 after lunch. Oh what fun! Seaside is brimming with talent. Thank you to all the competitors!*

*You are all winners in our books. CONTESTANTS advancing to the next round in July.*

**1st Place: Willam McKenzie  
(Spoken Word)**

**2nd place: (Tie) between  
singer/musicians John Baxter  
and Alan Trejo**

**3rd place: Seaside Electric  
Groovers with freestyle**

**BARBARA DANIELS**

**JEANETTE BROWN**

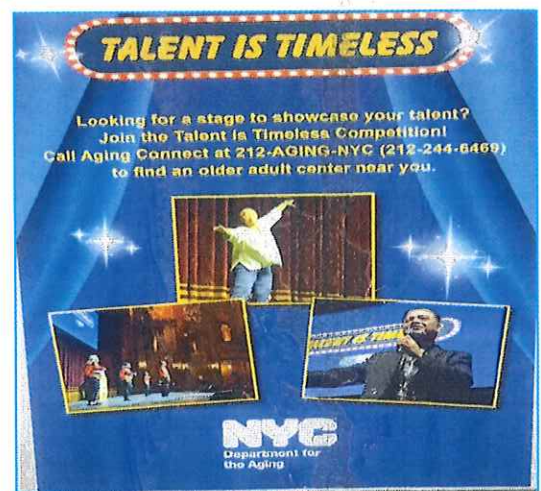
**MARIA SEMPRIT**

**SUSAN OVERKO**

**CINDY ESCOBAR**

**ODELVIS JAEN-FADDE**

**CHARLESETTA BRUNSON**



**"Happy Father's Day – Keep  
being amazing!"**

Love, Marva H.

**"Happy Juneteenth."**

Love, Julia B.



Seaside Older Adult Center is hosting an

## *Open House*

for people aged 60 and over.

Tuesday June 23 from 10am - 2pm

Meet and greet center staff and make potential new friends!

Breakfast and lunch will be served and popcorn!



Special "Try it" exercise class with  
fitness guru, Tommy at 11am!

Bring photo ID - Joining is free!

Call today to register – (347) 926 4119



320 Beach 94<sup>th</sup> Street Rockaway Beach NY 11693

# MORE MAY HIGHLIGHTS AT SEASIDE OAC



## Talent is Timeless 2026



Afterparty Thank to all our contestants, spectators and judges

125+  
MARKING CHANGING LIVES



# SEASIDE OLDER ADULT CENTER



On this radiant day,  
as the sun reaches its zenith,  
bathing us in the warmest, longest light,  
we gather in spirit,  
to celebrate the brilliance within each of  
you.

May abundant sunlight illuminate your  
paths, guiding you through academic,  
personal journeys.

Just as the sun nurtures the earth,  
may your knowledge and wisdom grow,  
nourished by dedication and passion.

[www.waterloobacademy.co.uk](http://www.waterloobacademy.co.uk)

Seaside OAC will be closed on  
Friday June 19 in honor of

*Juneteenth*

## ANSWERS TO BRIEGE'S JUNETEENTH SCAMBLE

1. History
2. Emancipation
3. Freedom
4. Slavery
5. Union
6. Galveston
7. Celebration
8. Independence
9. Federal Holiday
10. Joe Biden
11. Rights
12. Abolition

## SEASIDE OAC STAFF ADVISORY BOARD

Samira Alieva—VP of Older Adult Services  
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  
William McKenzie — Front Desk

Cyprian J. Grant - President Advisory Council

Barbara Daniels -Treasurer  
Russell Hawk - 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+  
MARKING 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.