

125+
YEARS OF CHANGING LIVES



Expressions @ The Duke



Gail P. Duke OAC
350 Livonia Avenue
Brooklyn, NY 11212
Phone:(718) 942-5345



Holidays this Month

July 4 Independence Day



A MESSAGE FROM LETICIA

After being at 230 Riverdale Avenue we were fortunate enough to be apart of a bigger dream at 350 Livonia Avenue at the Gail P. Duke OAC which is attached to the Gail P. Duke Senior Residence. We are elated to be apart of this project under Catholic Charities' Pop Management . We look on it as an opportunity to do a major reset and assist the community of Brownsville by bringing a home away from home environment and innovative programming. We are still settling in, but we are here to bring about major change in the lives of our current members and new incoming members. This center is not only beautiful but extremely relaxing as well as comfortable. Our members are pleased with their new "home" as evidenced by the smiles on everyone's faces after they visit the new site. We pledge to bring the same or even more relatable programing, resources, classes and the experience we developed at our former center Riverway OAC. New place but same commitment, fun loving atmosphere and impetus to assist older adults with living not only longer but stronger. We are here for all older adults who are looking for a place to belong and feel heard. Let us give you an opportunity to expand your skills and talents as you continue your retirement journey. Get to know of us and be one of us. Trust me you will not regret it. We will be cooking on site soon and plan a few special treats this month so listen out. Like always thanks for choosing Gale P. Duke OAC and Catholic Charities Neighborhood Services for your social needs. We are in the business of making older adults happy.

Enjoy your 4th of July!!!!!!!!!!!!!!!!!!!!!!



Meet @ the Duke for Nathan Frankfurters with all the fixings on:

Date: Tuesday- July 7th at 12PM

Place: Gail P. Duke OAC

350 Livonia Avenue

Brooklyn NY 11212

Please see Leticia if interested and sign up.

This event is to commemorate 4th of July.

Nothing is more American than a nice tasty frankfurter. Coney Island has the best but meet us at the Duke for this treat.

This event is free to all members of Gail P. Duke OAC

What's Happening in July

July 7- Senior Health @ 10AM & Nathan Hotdog Special @ 12PM

July 10-OHEL Health w/ Annie @1PM

July 15-Oxtail Day At GPD @12PM-\$3

July 16- Birthday Party w/ DJ John @ 2:00PM

July 17- 4th July Rec Bingo w/ Dorothy @ 1:30PM

July-21- CCNS RAPP GAMMA Event for Caregivers w/ DJ @10:30AM

****July 28- It's Music @1:30 PM**

July 31-Paint & Dip @ 2PM-Register w/ Dorothy

Gail P. Duke add -ons to schedule sent

7/1/2026

*We will be having our **computer class on Tuesdays July 7th** at 1PM.

*We are having **Oxtail Day on July 15th** for suggested donation of \$3 for seniors 60 and older-see flyer attached. (75 portions) -first come first served. Individuals who are under 60 must pay guest rate of \$5.00. Any senior can have lunch despite membership status providing we have enough food, because we are catered and project our meals ahead of time according to attendance trends.

***We will be having swim aerobics trip on July 29th** . Please sign up at front desk to go with Nicci to Sunset Pool @ 4200 7th Avenue Brooklyn NY 11232 for instructor led, low on the joint exercises to the beat of great music. Please bring appropriate swim gear for the pool, towel, slippers or swim shoes, bring lock for locker. We are leaving from Gail P Duke OAC at 9:00 for trip to the pool. You will have to sign up for transportation with Nicci and pay \$4 round trip as well.

Please Note*****All activities outside of information, referral or lunch require client consent form to be in place which is a part of the registration package. Trips are granted to members with consent form and trip application in place.

If you have been away for the center for a few years or months you will have to reactivate your registration status from inactive with Case Manager or Program Manager, also take a photo for upcoming id cards with QR scan.

Please refer to key office staff if you have any questions or need assistance outside of the scope of the Title V volunteers assisting with cleaning or assisting at the front reception desk. Key staff are in the CCNS office suite. We will be more than happy to assist you.

Thanks for choosing Gail P Duke OAC for your social needs.

NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH



MORE GOOD DAYS *together*

Your mind and body need
time to rest and reset.

Taking care of yourself isn't selfish.

It's how you keep going.

For more tips, tools, and resources, explore MHA's BIPOC Mental Health Toolkit at mhanational.org/july and visit the BIPOC Mental Health Resource Center at mhanational.org/bipoc.



If you need immediate help, call or text 988 to reach the 988 Suicide & Crisis Lifeline. You can also chat at 988lifeline.org[External Link Disclaimer](#) to speak with a trained crisis counselor.

July is National Minority Mental Health Awareness Month. It is a time to bring awareness to the unique challenges that racial and ethnic minorities in the United States face when it comes to mental illness. In 2020, fewer than one in every two African American adults got care for mental health. In 2018, Asian Americans were 60 percent less likely to receive mental health treatment than non-Hispanic Whites. Obstacles for many include a lack of health insurance, less access to treatment, and stigma.

Mental illness can affect women of all races and ethnicities. Show your support this month and beyond by learning more about mental health. You can also use and share the resources below to help spread awareness about mental health in your communities and families.

What Is Mental Health?

Mental health includes emotional, mental, and social well-being. Mental health impacts how a person thinks and feels. It also affects how you act, manage stress, and make choices. When you take care of your mental health, you are better able to cope with stress or challenges. Sometimes it can be hard to manage your mental health. If you have noticed a change in thoughts, behaviors, or moods that disrupts your life, talk to your health care provider. You can also contact a mental health specialist or a trusted loved one for help if you have noticed these changes in yourself or in a loved one.

We are fortunate to have mental health counseling at Gail P. Duke OAC from OHEL Family Services in conjunction with NY Aging support team. Please book an appt. at your leisure with **Ms. Annie Shek From Ohel Family Services**. She conducts presentations on Fridays, has art demos for relaxation and does a Coffee Chat on Wednesdays when available.
HRS-Wed & Fri-9AM-4PM
Please feel free to book an appt.

Annie Shek, LMSW

929-625-4274

Annie_Shek@ohelfamily.org

WELLNESS SCREENING

Health is wealth!

NYC Aging | OHEL

OUR SERVICE

CONTACT US

Gail P. Duke OAC

350 Livonia Avenue

Brooklyn NY 11212

*Complete a full
wellness screening
and get a **FREE**
goodie bag!*

Heat tips for NYC from the Mayor's Office

ADDITIONAL HEALTH AND SAFETY TIPS DURING EXTREME HEAT

- Those most vulnerable to heat stress include adults aged 60 and older, and people with health conditions, including heart disease, diabetes, mental health conditions, or people with cognitive impairment. Check on people who are at-risk and help them find a cool place to stay during heat events.
- Go to an air-conditioned location, even if for a few hours.
- Stay out of the sun and avoid extreme temperature changes.
- Avoid strenuous activity, especially during the sun's peak hours: 11:00 AM to 4:00 PM. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 AM and 7:00 AM.
- Remember: drink water, rest, and locate shade if you are working outdoors or if your work is strenuous. Drink water every 15 minutes even if not thirsty (avoid beverages containing alcohol or caffeine), rest in the shade, and watch out for others on outdoor teams. Employers are required to provide water, rest, and shade when work is being done during extreme heat.
- Eat small, frequent meals.
- Wear lightweight, light-colored clothing.
- Participate in activities to keep cool, such as going to the movies, visiting museums, walking in an air-conditioned mall, or swimming at a pool or beach.
- Make sure doors and windows have tight-fitting screens and, in apartments where children live, window guards. Air conditioners in buildings more than six stories must be installed with brackets so they are secured and cannot fall on someone below.
- Never leave a child or pets in the vehicle, even for a few minutes.

KNOW THE WARNING SIGNS OF HEAT ILLNESS

- ***Call 911 immediately if you or someone you know has:***
- Hot dry skin
- Trouble breathing
- Rapid heartbeat
- Confusion, disorientation, or dizziness
- Nausea and vomiting
- If you or someone you know feels weak or faint, go to a cool place and drink water. If there is no improvement, call a doctor or 911.

KEEPING YOUR PETS SAFE

- Avoid dehydration: Pets can dehydrate quickly, so give them plenty of fresh, clean water.
- Walk your dog in the morning and evening: When the temperature is very high, do not let your dog linger on hot asphalt. Your pet's body can heat up quickly, and sensitive paw pads can burn.
- Know when your pet is in danger: Symptoms of overheating in pets include excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, unresponsiveness, or even collapse.

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Maryland Style Crabcakes

- **Lump crab meat.** Jumbo lump blue crab meat is my preference for crab cakes.
- **Old Bay.** You simply cannot make Maryland crab cakes without Old Bay! It can be found on Amazon if you don't have it in your local grocery store.
- **Parsley.** Fresh or dried will work.
- **Mustard.** Today we're using prepared yellow mustard. Just a teaspoon! Dijon mustard would also work.
- **Filler.** This helps to bind the crab cake together. I recommend plain panko or crushed saltines, though I find panko is a bit crispier.

1. **Whisk** together all ingredients except the crab, panko, and butter.

2. **Gently fold in the crab meat and panko** bread crumbs. Be careful not to break up the crab lumps, since we want those to remain intact!

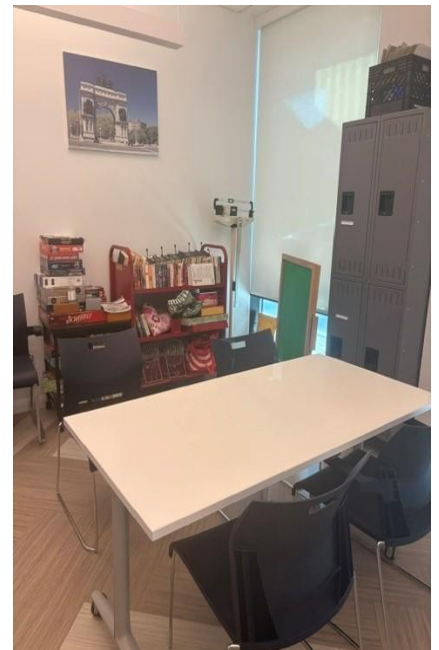
3. **Scoop** the crab mixture into a 1/3 cup measuring cup or scoop, then place on a buttered baking sheet. Do NOT flatten, we want them to be mounds.

4. **Dot** the top of each crab cake with butter. You could do this *after* refrigerating, especially since the plastic wrap obnoxiously likes to stick to the butter



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Oxtail Day @ The Duke July 15 @12PM

SPECIAL LUNCH OXTAIL DAY

•Oxtail

•Peas & Rice

•Steamed Cabbage

Salad Bar

•Carrot Cake

Must sign up in advance,

First come first served. Limited amount



Name: _____ Date: _____



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

4TH OF JULY

ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS
FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION
PARADE
REVOLUTION
RIGHTS

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

STATES
THIRTEEN
UNITED



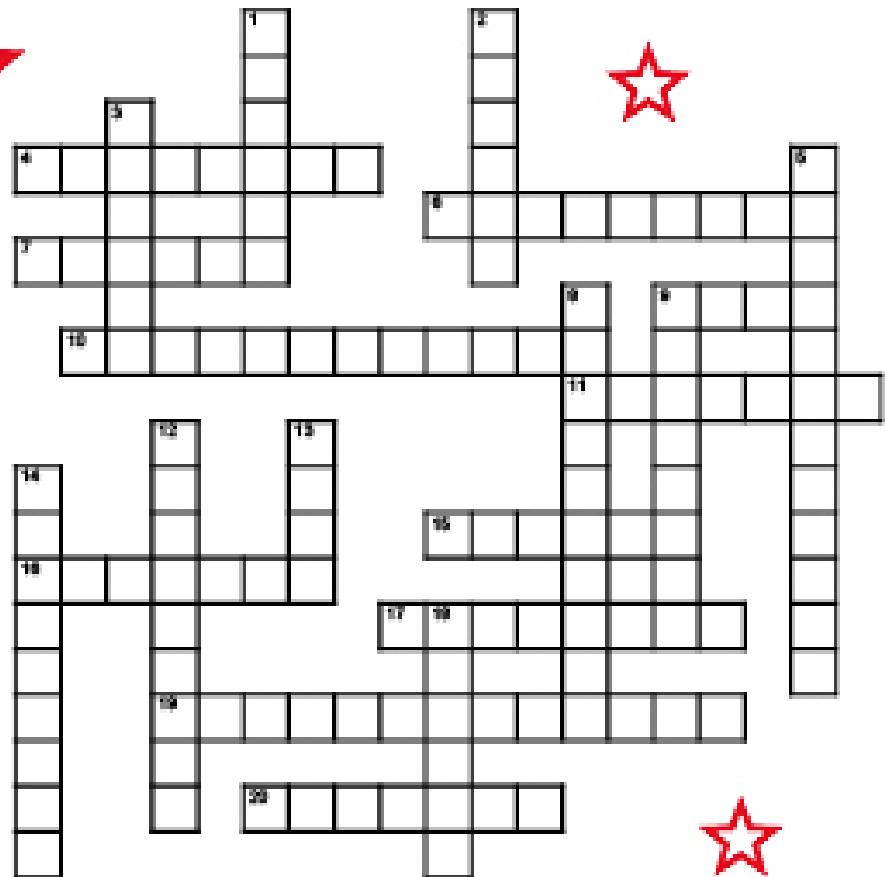
Name: _____ Date: _____

Crossword Challenge



ACROSS

4. American President who was born on July 4th, Calvin ____.
6. Founding Father and third President of the United States.
7. Public procession that might occur on July Fourth.
9. Red, white and ____.
10. City in which the Declaration of Independence was signed.
11. Nickname for the American flag, stars and ____.
15. Open air meal popular on July Fourth.
16. Symbol of freedom located in the New York City Harbor: Statue of ____.
17. Number of original colonies that declared independence.
19. Fight for American independence: The ____ War.
20. Famous signer of the Declaration of Independence: John ____.



DOWN

1. Patriotic song often sung on Independence Day: Yankee ____.
2. National anthem of the United States: The Star-Spangled ____.
3. The day of the month on which America declared its independence.
5. Founding document of the United States: The Declaration of ____.
8. First President of the United States.
9. Cooking outdoors on a grill.
12. Light show often seen on the 4th of July.
13. Month in 1776 when the Declaration of Independence was signed.

14. National bird of the United States.
18. Commonly consumed food on July 4th.

Bald Eagle
Banner
Barbecue
Blue
Coolidge
Doodle
Fireworks
Fourth
Hancock
Hot Dog
Independence

Jefferson
July
Liberty
Parade
Philadelphia
Picnic
Revolutionary
Stripes
Thirteen
Washington



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SENIOR CENTER STAFF

Ron Carson – Dir. Of Field Operations **Paul LaRue - Driver**
Leticia Knowles – Program Manager
Dorothy Craig – Case Manager
Nicci Parnell – Administrative Asst. **vacant- Maintenance**
Jamella Thomas – Kitchen Aide



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Gina Spallina

***HAPPY BIRTHDAY to all
July Members***



Catholic Charities Mission Statement

Catholic Charities of the Diocese of Brooklyn sees its mission as sharing in the promotion of unity among all persons by seeking to develop caring communities.

Funded by NYC Aging

