



THE WOOD

Catholic Charities Neighborhood Services

GLENWOOD OLDER ADULT CENTER

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

JULY 2026

Dear CCNS Glenwood OAC Members,

July has arrived, bringing the perfect chance to enjoy the season. Let's make the most of the sunshine, longer days and all the fun outdoor activities with family and friends. We're especially looking forward to welcoming you at Glenwood OAC, where we have plenty of exciting activities to keep you busy all summer. As you enjoy the season, don't forget to protect yourself from the sun's UV rays. Remember to wear sunscreen, a wide-brimmed hat, and sunglasses, and try to stay in the shade when you can so you can enjoy the outdoors safely all summer.

Nadine Aspilaire

Program Manager



JULY AWARENESS MONTH

UV Safety Month

Eye injury prevention

Fireworks Safety Month

World Hepatitis Day (July 28)

National Minority Mental Health
Awareness Month

Herbal/Prescription Drug Interaction
Awareness Month



Legionnaires' disease - What You Need To Know

Legionnaires' disease is a serious type of pneumonia caused by *Legionella* bacteria. Certain people are at increased risk for this infection. Legionnaires' disease is treatable with antibiotics. People can get Legionnaires' disease by breathing in mist containing *Legionella* bacteria. In general, it isn't spread person to person. Know if you're at risk of Legionnaires' disease and talk to your healthcare provider if you're concerned.

Types - *Legionella* most commonly causes one of two diseases:

Legionnaires' disease is a type of severe pneumonia

Pontiac fever is mild illness that can include fever, muscle aches, and headaches

Rarely, *Legionella* can cause infections outside of the lungs, such as heart or wound infections. **Symptoms** - Legionnaires' disease symptoms usually develop 2 to 14 days after exposure to *Legionella* bacteria, but it can take longer. The symptoms of Legionnaires' disease are

similar to other types of pneumonia.

Symptoms include: / Cough / Fever / Headaches / Muscle aches / Shortness of breath. Other symptoms, such as confusion, diarrhea, or nausea can also occur. Risk factors - Most healthy people exposed to *Legionella* don't get sick. However, certain factors put people at increased risk for developing Legionnaires' disease. **Causes** - A type of bacteria called *Legionella* causes Legionnaires' disease. People can get Legionnaires' disease when they breathe in mist that contains the bacteria.

Prevention - The key to preventing Legionnaires' disease is to reduce the risk of *Legionella* growth and spread. In buildings and public hot tubs. Building owners and managers can use a water management program to help control *Legionella*. At home - There are steps people can take to help protect themselves from waterborne germs in their home. **In motor vehicles** - *Legionella* can grow in the windshield wiper fluid tank of a vehicle, particularly if the tank is filled with water.

To prevent growth and spread of *Legionella*, only use genuine windshield cleaner fluid and follow the vehicle manufacturer recommendations, if available.

Testing and diagnosis - A chest x-ray can confirm if someone has pneumonia. Other tests are needed to see if *Legionella* is causing someone's pneumonia: Urine test - Laboratory test that involves taking one of the following samples:

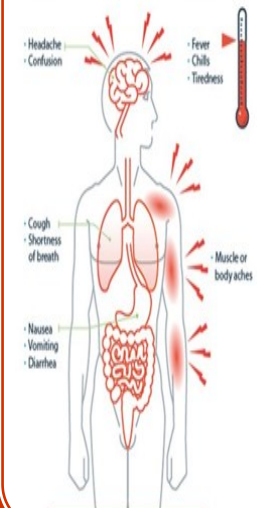
Sputum (phlegm).

Washing from the lung -

Reporting cases - If someone is diagnosed with Legionnaires' disease, the healthcare provider or lab that did the testing will report the case to the local or state health department. People can also report their case by contacting the health department of the state where they believe they were exposed. The health department will determine if an investigation is needed. Find more information about how to contact health departments at [CDC's health department directory](https://www.cdc.gov/legionella/about/index.html). **Treatment and recovery** - Legionnaires' disease requires treatment with certain antibiotics. Most cases of this illness can be treated successfully. Identifying and treating the illness early can in-

Identifying and treating the illness early can increase the chances of getting better. Healthy people usually get better after being sick with Legionnaires' disease, but they often need care in a hospital. Complications - Possible complications of Legionnaires' disease include: Lung failure / Death

Legionnaires' disease symptoms



Resources: General resources / Fact sheet: [Legionnaires' disease](#) Infographic: [How Legionella affects building water systems and people](#)

SUN SAFETY PRECAUTION TIPS FOR THE SUMMER

While you enjoy your summer days, keep in mind that ultraviolet (UV) rays from the sun can be harmful to your skin and eyes.

Sun Safety Background: A little sunlight can be pleasant, but too much can be harmful. Too much ultraviolet (UV) radiation from the sun can cause sunburn and lead to serious health issues like skin cancer, early skin aging, cataracts, eye damage, and a weaker immune system. This page shares easy ways to help you and your children avoid getting too much UV exposure.

Many people do not realize that skin cancer is the most common type of cancer in the United States, even though it is often preventable. By taking a few simple steps, you can enjoy the sun and protect yourself from too much exposure. The U.S. Environmental Protection Agency (EPA) suggests these tips to help you and your family stay Sun Safe.

Here are some key tips to help you stay safe in the sun:



Do Not Burn - Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.



Avoid Sun Tanning and Tanning Beds - UV radiation from tanning beds and the sun causes skin cancer and wrinkling.



Generously Apply Sunscreen - to cover all exposed skin 15 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 15 and provide broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.



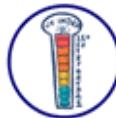
Wear Protective Clothing - Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.



Seek Shade - Seek shade when possible, and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.



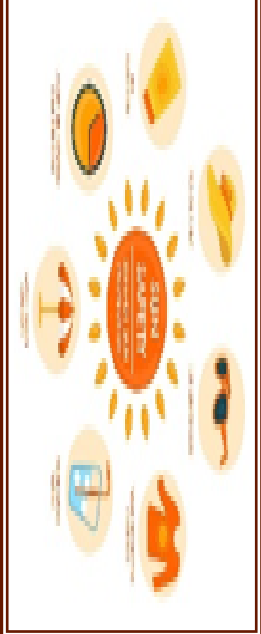
Use Extra Caution Near Water, Snow and Sand - Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.



Check the UV Index - The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA.



Get Vitamin D Safely - Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.



HAPPY SUMMER 2026

First, June was a great month at the center. International Day was a fantastic event with delicious food, pastries, cake, and more. Everyone seemed happy. July began with some very hot and rainy weather, and it might feel too warm. Still, let's focus on the positives and make July even better than June.

We already celebrated Independence Day on July 4th. Next, we have the Lobster Fest coming up soon, sponsored by the Advisory Board. It should be a lot of fun.

Did you know July is full of important events around the world? Our nation became independent on July 4th, 1776. Bastille Day is celebrated in France on July 14th, and Apollo 11 landed on the moon on July 20th, 1969. These are just a few of the many historical events in July.

Our center is a cooling center, so you can stay longer to enjoy the air conditioning. Watch TV, play cards or dominoes, and take part in other activities while saving on your utility bill.

As we wrap up, let's enjoy the summer and appreciate everything it brings. Let's remember to be thankful each day.

Have a wonderful summer!



Angela Alleyne; member and volunteer of the Glenwood OAC

Watermelon
Popsicle
Sailboat
Sunset
Adventure

NYC Aging Daily/Weekly Awareness Of Summer Events

SPOT THE DIFFERENCE?

CAN YOU FIND 5 DIFFERENCES?

A



B



COMMENT YOUR ANSWER! 🍷💖

GAME CENTER TO IMPROVE YOUR MENTAL FITNESS

SUMMER Word Scramble



ebahc	_____
wiustsim	_____
riecceema	_____
danelome	_____
cgaimnp	_____
picpsloe	_____
laensdscta	_____
rteavl	_____
bbrcaeeu	_____
ntavioca	_____
ursmem	_____
cneao	_____
gfnisih	_____
asndlas	_____
olop	_____



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SUMMER WORD SCRAMBLES

UNSCRAMBLE THE WORDS!

1. NSHSUINE	_____	11. UWSTRABRREIES	_____
2. EABCH	_____	12. OLPPO	_____
3. WVAES	_____	13. SFRUIG	_____
4. FLSIP OLPFS	_____	14. KIHNGIA	_____
5. CRFIMEA NOEC	_____	15. AMHMOCK	_____
6. ANSLCATEDS	_____	16. BEEZRE	_____
7. OUCRNOT	_____	17. ADONABEDGER	_____
8. UUNGASLSSES	_____	18. VBACAITON	_____
9. SBKRAEOADR	_____	19. CIPNIC	_____
10. MENLOADAE	_____	20. SMEMRU	_____



MAY'S UPCOMING EVENTS / ACTIVITIES / GUEST SPEAKERS

Poetry in motion (Claire & Vilma) - 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- July's Birthday Celebration / / Pod Health (Jessy M)/ Nutrition (Claudia) /Karaoke (Lenox) / JASA Care (Pooled Trust/ Medicaid / Senior Scam (Senior Services of North America / Life insurance (Primerica)



GUEST SPEAKERS

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



The Men's group discussion is closed for the summer and will resume in September

JUNE BIRTHDAY CELEBRATION



**BIRTHDAY CELEBRATION FOR THE
MEMBERS BORN IN JUNE**

FATHER'S DAY CELEBRATION

FATHER'S DAY CELEBRATION



*Thank you for being part of
this amazing event.*



@reallygreatsite

THE WATER WITHIN US - SU CASA PERFORMANCE



BY SU CASA ARTIST EILISH HENDERSON

CARIBBEAN AMERICAN POTLUCK 2026



BEST WISHES TO OUR JULY'S BIRTHDAY CELEBRANTS!



Happy
Birthday

Joyce Burke 7/3

Marie Tabuteau 7/3

Lam Wing 7/4

Altagracia Beliard 7/4

Wilfred Morris 7/7

Richard Graham 7/8

Joan Hay 7/10

Catherine Calliste 7/10

Marie Desrouilleres 7/11

Daisy Barrett 7/12

Marie Jean 7/13

Gwen Moultrie 7/15

Carmen Lewis 7/16

Shirley George 7/16

Cleo palmer 7/17

Martine Pierre 7/17

Eric Eatmond 7/18

Chyrel Robinson Bur-
row

Merilyn Henry

Vilma Griffith 7/20

Lorna Wagstaffe 7/20

Leslie Robertson 7/21

Hazel Bentley 7/21

Sandra McRae 7/22

Paul Williams 7/22

Averil Daniel 7/22

Gaszella Scott 7/23

Lenox Hutson 7/23

Kern Lewis 7/24

Shirley Williams 7/25

Betty Gaunt 7/25

Claudia Charles 7/26

Denise Bernard 7/28

Mavis S. Miller 7/30

Junie Rousseau 7/31

Devina Adams 7/31



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

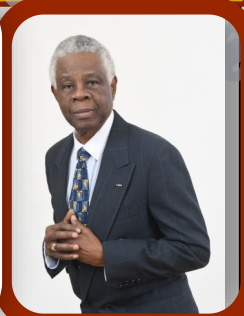
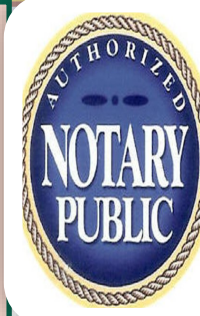
CASE ASSISTANCE - COMMUNITY INFORMATION & EVENTS

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.



Starting August 1 the 30th Street Shelter Intake Center is moving.

STARTING AUGUST 1

MEN'S SINGLE ADULT INTAKE

will be located at 8 East 3rd Street
between Bowery and 2nd Avenue
in Manhattan

ADULT FAMILY INTAKE

will be located at 333 Bowery
between East 2nd and East 3rd
Streets in Manhattan



With a passport
your journey begins
Are you ready?



**Kalman
YEGER**
NEW YORK STATE ASSOCIATION
Acceptance Event

in partnership with the
New York Passport Agency

When:
Wednesday, July 8, 2026

10AM-2PM

Where:
Flatlands Library Branch,
2065 Flatbush Ave. (Ave. P)

Appointments: 718-648-4700



WEBSITE: travel.state.gov FACEBOOK: www.facebook.com/travelgov TWITTER: [@TravelGov](https://twitter.com/TravelGov)

Renew
or
apply for the first time

Go to travel.state.gov/passports

- Choose I need a passport (first time) or I already have a passport (renew)
- Complete the form and print
- Bring the unsigned form to the event with a passport photo, fees (check or money order only), original citizenship and ID with photo-copies

Visit travel.state.gov for information on how to apply for a U.S. passport, required documents, fees, and photo requirements.

Routine and expedited service available

Facebook.com/TravelGov

@TravelGov

@TravelGov

With a passport
your journey begins
Are you ready?



**Sheepshead-Nostrand NORC
Acceptance Event**

in partnership with the

New York Passport Agency

When:
July 23, 2026
10:00-3:00

Where:
Kings Bay Library
3650 Nostrand Avenue
Brooklyn NY 11229

MUST REGISTER 718-769-3579

Renew
or
apply for the first time

Go to travel.state.gov/passports

- Choose I need a passport (first time) or I already have a passport (renew)
- Complete the form and print
- Bring the unsigned form to the event with a passport photo, fees (check or money order only), original citizenship and ID with photo-copies

Visit travel.state.gov for information on how to apply for a U.S. passport, required documents, fees, and photo requirements.

Routine and expedited service available

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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**

ATTENTION

Must Bring **PHOTO ID**, Shopping
Cart / Shopping Bags.....



NOTE: IF YOU PICK UP AT NY COMMON PANTRY, or ISLAND HARVEST FOOD BANK NY, YOU ARE NOT ELIGIBLE.

IF YOU ARE 60 YEAR OR OLDER, PLEASE COME ON JOIN

July 2, 2026 and Time: From 9:00 am to 11:30 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

NUTRITION EDUCATION MONTHLY POST

Stock up with... Staple Foods



Store these basic foods in your pantry to make quick and easy meals and snacks.

Fruits and Veggies



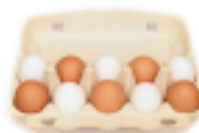
Fresh, frozen, canned and dried fruits and vegetables are all great choices. Select fresh produce when in season.

Whole Grains



Oats, bulgur, 100 percent whole grain pasta and cornmeal are quick cooking whole grains. Make brown rice when you have more time. Use 100 percent whole grain breads, tortillas and crackers.

Protein Foods



Add lean proteins to your meals. Choose:

- ✓ eggs
- ✓ canned fish, such as tuna or salmon
- ✓ nut butters, such as peanut butter
- ✓ dried, low-sodium or no salt added canned beans
- ✓ nuts and seeds
- ✓ legumes, such as lentils

Low-Fat Dairy



Keep low-fat string cheese, low-fat plain yogurt and low fat milk in the refrigerator. With fresh fruit, all make great snacks.

Herbs and Spices



Store a variety of dried herbs and spices in a cool, dark place so they last longer.

Other Ingredients



Keep vegetable oils, vinegars, low-sodium soy sauce, low-sodium or no salt added broths, and low-sodium or no salt added canned tomatoes on hand to make meals in a hurry.

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 and search for "farmers markets."

For healthy recipes, visit 52fruitsandvegies.com



Just Say Yes to fruits and vegetables

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 800-242-3009 or go to nysnapprogram.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 800-795-5264 (voice and TDD).

HAPPY INDEPENDENCE DAY 2026



Sources: <https://www.pinterest.com/pin/1094796990695086408/> / <https://www.pinterest.com/pin/4593249491768350336/>

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

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

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

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

FUNDED BY THE NYC AGING

