



July 2026

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

BEST LIFE OLDER ADULT CENTER

118-35 Farmers Blvd

St. Albans, NY 11412

929-268-3326

Funded by NYC Aging



Join us for coffee or tea

Mon-Fri 8am-2:30pm

Lunch: 12:00 pm -1:00 pm

The recommended voluntary contribution is \$2.00.

Guest and staff under 60 years of age \$4.00



Your voluntary and confidential contributions are greatly appreciated and go towards all the activities you enjoy with us.

No one shall be denied a meal for the inability to contribute.

CCNS/Best Life OAS

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Funded by NYC Department for The Aging

BEST LIFE OLDER ADULT CENTER

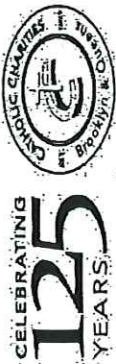
Lunch Begins 12:00 - 1:00PM

(929) 268-3326

Funded by the NYC Aging

MENU July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
C L O S E D				
6	7	8	9	10
Pork Spare Ribs Mashed Potatoes Steamed Carrots and Green Beans Bread/Milk/Fruit	Zesty Chickpeas Stew Brown Rice California Blend Vegetables Bread/Milk/ Fruit	Chicken Fajitas Steamed Corn on the Cob Steamed Broccoli Bread / Milk / Fruit	Mushroom Gravy Roast Beef Mashed Potatoes Garden Salad Bread/Milk/Fruit	Baked Fish Marsala w/ Mushrooms Pasta Normandy Blend Bread/Milk/Fruit
13	14	15	16	17
Citrus Braised Pernil (Pork Shoulder) Mashed Potatoes Steamed Kale Bread / Milk /Fruit	Mama's Pasta Fagioli Baby Spinach Salad w/ Balsamic Vinaigrette Italian Blend Vegetables Bread/Milk/ Fruit	Curry Chicken Brown Rice w/ Kidney Beans California Blend Veg. Bread / Milk /Fruit	Italian Meatballs w/ Beef and Turkey Penne Garden Salad Bread/Milk/Fruit	Spanish Style Baked Fish Baked Red Potato Wedges Cooked Cabbage w/ Shredded Carrots Bread / Milk /Fruit
20	21	22	23	24
Pork Loin w/ Oyster Sauce White Rice/Quinoa Steamed Broccoli Bread/Milk/ Fruit	Chickpeas Rasta Pasta Italian Blend Vegetables Bread/Milk/ Fruit	Brown Stew Chicken Black Beans & Rice Cooked Cabbage w/ Shredded Carrots Bread / Milk / Fruit	Spanish Beef Stew Mashed Sweet Potatoes Prince Edward Blend Vegetables Bread/Milk/Fruit	Apricot Glazed Fish Pasta Baby Carrots & Parsley Bread/Milk/Fruit
27	28	29	30	31
Italian Pork Sausage Patties Onion and Peppers Pasta Steamed Broccoli Bread / Milk /Fruit	Chili-Spiced Pinto Beans Ragout Brown Rice Steamed Carrots Bread/Milk/ Fruit	Chicken w/ Tomato Sauce Red Beans & Brown Rice Cauliflower w/ Carrots and Parsley Bread /Milk / Fruit	Beef Stew Mashed Potatoes Garden Salad w/ Chickpeas Bread/Milk/ Fruit	Coconut Breaded Fish Cous Cous California Blend Vegetables Bread/Milk/ Fruit



CCNS BEST LIFE OAC - ACTIVITIES CALENDER
(929) 268-3326
July CALENDER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 9:00 - 11:00 Trivia & Games /w Corraine 11:00 - 12:00 Line Dancing w/ Shirley 12:00- 1:00 Lunch 1:00 - 2:00 Bingo w/ Denise & Kathy	7 9:00 - 10:00 Leisure Games 10:00-11:15 Jewelry Making 11:15-12:15 Chair Fitness 12:00 - 1:00 Lunch 1:15- 2:15 Sharpening of the Mind	8 9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing 11:15 -12:15 Chair Fitness 12:00- 1:00 Lunch 1:30 - 2:30 Joy of Painting	9 9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing/ w Dianne 10:30-11:30 Health Services 12:00 - 1:00 Lunch 1:00- 2:00 Line Dancing w/Anthony	10 CLOSED
13 9:00 - 11:00 Trivia & Games /w Corraine 10:00-11:00 Sewing/w Dianne 11:00 - 12:00 Line Dancing w/ Shirley 12:00- 1:00 Lunch 1:00 - 2:00 Bingo w/ Denise & Kathy	14 9:00 - 10:00 Leisure Games 10:00-11:15 Jewelry Making 11:15-12:15 Chair Fitness 12:00 - 1:00 Lunch 1:15- 2:15 Sharpening of the Mind	15 9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing 11:15 -12:15 Chair Fitness 12:00- 1:00 Lunch 1:30 - 2:30 Joy of Painting w/ Kyle	16 9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing/ w Dianne 10:30-11:30 Health Services 12:00 - 1:00 Lunch 1:00- 2:00 Line Dancing w/Anthony	17 9:00 - 10:00 Leisure Games 10:00 -11:00 Sewing/ w Dianne 10:00 -12:00 Crochet w/Celestie 11:15 - 12:15 Line Dancing w/Shirley 12:00- 1:00 Lunch 1:00-2:30 General Meeting 2:30 - 3:30 Chair Fitness
20 9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing/ w Dianne 11:00 - 12:00 Line Dancing w/ Shirley 12:00- 1:00 Lunch 1:00 - 2:00 Bingo w/ Denise & Kathy	21 9:00 - 10:00 Leisure Games 10:00-11:15 Jewelry Making 11:15-12:15 Chair Fitness 12:00 - 1:00 Lunch 1:15- 2:15 Sharpening of the Mind	22 9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing 11:15 -12:15 Chair Fitness w/John 12:00- 1:00 Lunch 1:30 - 2:30 Joy of Painting	23 9:00 - 10:00 Leisure Games 10:00 - 11:00 Sewing / w Dianne 12:00 - 1:00 Lunch 1:00 - 2:00 Line Dancing w/Anthony	24 9:00 - 10:00 Poetry Reading w/Corraine 10:00 -11:00 Sewing/ w Dianne 10:00 -12:00 Crochet w/Celestie/Sewing 11:15 - 12:15 Line Dancing w/Shirley 12:00- 1:00 Lunch 1:30 - 2:30 Chair Fitness
27 9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing/ w Dianne 11:00 - 12:00 Line Dancing w/ Shirley 12:00- 1:00 Lunch 1:00 - 2:00 Bingo w/ Denise & Kathy	28 9:00 - 10:00 Leisure Games 10:00-11:15 Jewelry Making 11:15-12:15 Chair Fitness 12:00 - 1:00 Lunch 1:00-3:00 Movie	29 9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing 11:15 -12:15 Chair Fitness w/John 12:00- 1:00 Lunch 1:30 - 2:30 Joy of Painting	30 9:00 - 10:00 Leisure Games 10:00 - 11:00 Sewing / w Dianne 12:00 - 1:00 Lunch 1:00 - 2:00 Line Dancing w/Anthony	31 9:00 - 10:00 Leisure Games 10:00 -11:00 Sewing/w Dianne 10:00 -12:00 Crochet w/Celestie 11:15 - 12:15 Line Dancing w/Shirley 12:00 - 1:00 Lunch 1:30 - 2:30 Chair Fitness w/John 2:30 - 3:30 Birthday Celebration



We offer case assistance with the following:

- . Supplemental Nutrition Assistance Program (SNAP)
- . Medicaid Application
- . Passport Application
- . Housing application
- . Senior Citizen Rent Increase Exemption (SCRIE)
- . Disability Rent Increase Exemption (DRIE)
- . Senior Citizen Homeowner's Exemption Program (SCHE)
- . Access-A-Ride
- . MTA Reduce-Fare/65 or older or qualifying disability

Call Case Manager, Ron Fitzpatrick for an appointment 929-268-3326.

Fourth of July

Word Search Puzzle



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



ADAMS	FLAG	LIBERTY
AMERICA	FOURTH	MUSIC
BARBECUE	FREEDOM	PARADE
CELEBRATION	HOLIDAY	PATRIOTIC
COLONIES	HOT DOGS	PICNIC
CONGRESS	INDEPENDENCE	REVOLUTION
FAMILY	JEFFERSON	STATES
FIREWORKS	JULY	SUMMER



Discover the art of
Crochet with Celeste
Friday 10am-12pm

Line Dancing with Shirley & Anthony

Monday @ 11am

Thursday @ 1pm

Friday @ 11:15am





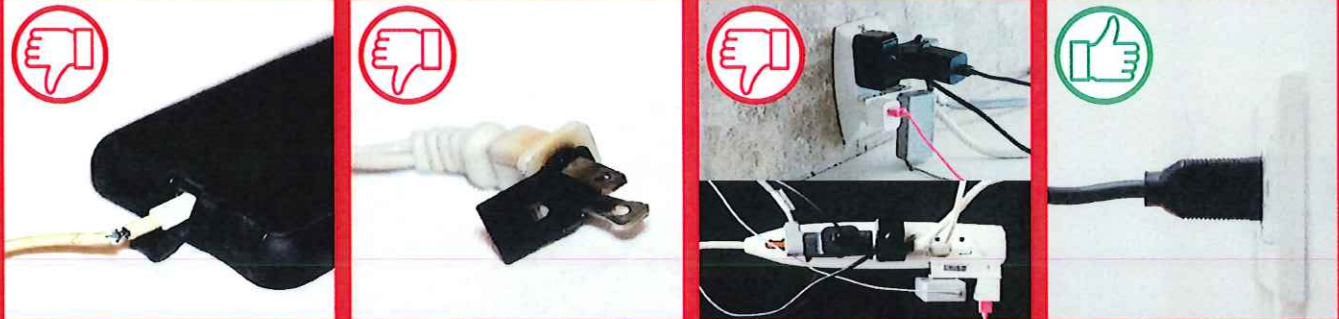
The Joy of
Painting
with Kyle
Wednesday
@1:30 PM

ELECTRICAL HOME SAFETY PLUG INTO SAFETY



OVERLOADED ELECTRICAL OUTLETS AND POWERSTRIPS ARE ONE OF THE MAJOR CAUSES OF RESIDENTIAL FIRE DEATHS

In addition, two-thirds of all electrical fires begin in plugs or cords on appliances such as refrigerators, air conditioners or lamps. Frayed cords expose the electrical wires that spark on contact with each other or anything that can ground the electrical.



Homes today are brimming with state-of-the-art technology, entertainment and computer equipment. However, when too many lights and appliances are attached to the electrical system, it will overload and then overheat. The heat causes the wire insulation to melt and ignite, resulting in an electrical fire.

MOST ELECTRICAL FIRES CAN BE PREVENTED

TAKE THE PROPER SAFETY MEASURES AND REGULARLY CHECK YOUR ELECTRICAL APPLIANCES, CORDS AND OUTLETS:

- Use light bulbs with the appropriate wattage for the size of the light fixture. A bulb of too-high wattage may lead to overheating and fire.
- Protect all electrical cords from damage. Do not run cords under carpets or rugs, or around objects, and do not hang them from nails.
- When purchasing electrical cords or appliances, be sure that the equipment has the Underwriters Laboratories (UL) mark. The UL mark shows that the product has been safety tested.
- Inspect appliances regularly to make sure they operate properly. If an appliance begins to operate with a different smell, makes unusual sounds or the cord feels warm to touch, pull the plug and discontinue use. If burning or smoking occurs from the appliance, call the Fire Department (911).
- Never use a damaged cord. Be sure to use three-pronged electrical devices in three-pronged outlets. If three-prong outlets are not available in your home, purchase a three-prong adapter from any hardware store.
- Give televisions, stereos and computers plenty of air space clearance so they won't overheat.
- To prevent overloading, never plug more than two appliances into an outlet at once or "piggyback" extra appliances on extension cords or wall outlets. Use only outlets designed to handle multiple plugs.
- Unplug appliances such as toaster ovens, hair dryers, flat irons and coffee pots when not in use.
- If outlets or light switch plates are hot to the touch, unplug cords immediately and do not use the switches. A qualified licensed electrician should check the wiring as soon as possible.
- Special attention should be given to large appliances that use high wattage, such as air conditioners, refrigerators, irons, microwave ovens, dishwashers and deep fryers. Avoid plugging them into the same outlet or circuit.

For more safety tips, follow @fdny, scan QR or visit fdnysmart.org
Call 911 quickly to report fire, smoke, fumes, odor of gas and medical emergencies!



ELECTRICAL HOME SAFETY GET WIRED!



NEVER overload power strips



POWER STRIPS

Power strips and surge suppressors don't provide more power, just more access to the same limited capacity of the circuit to which it is connected. Not all power strips are surge suppressors. Furthermore, in the event of a large surge or spike, the surge suppressor is a one-time-use protector and will likely have to be replaced. If you have a heavy reliance on power strips, it is an indication that you have too few outlets to serve your needs. Contact a licensed electrician.

EXTENSION CORDS

Extension cords are only for temporary use. Most cannot carry as much current as permanent wiring and tend to overheat. Overheating can occur at the plug, at the socket or over the entire length of the cord.

Extension cords come in a variety of wire sizes known as gauges. The most common are 18, 16, 14, 12 and 10. The lower the gauge, the more electrical current (amps) the wire can carry. Thus, 12-gauge wire is heavier than 14-gauge wire. Therefore an extension cord of 16-gauge wire can be used for a table lamp. This is in sharp contrast to a circular saw that will require more power; therefore a heavy duty extension cord of 12-gauge wire should be used.

To determine if an extension cord is properly rated for the number and type of devices being plugged in, add the total wattage of each bulb or appliance and then divide by 120 to calculate the total number of amps. If the total amps is equal to or greater than the maximum rating of the cord, you must use a higher rated extension cord. Cord that is heavier than what is required, never lighter.



NEVER use an extension cord with large appliances



EXTENSION CORD TYPES	GAUGE	AMPS	TOTAL WATTS	VOLTS
LIGHTWEIGHT CORD (lamp, radio)	18 gauge	7 AMPS	875 watts	125 volts
MEDIUM USE CORD (small electrical equipment)	16 gauge	13 AMPS	1625 watts	125 volts
HEAVY DUTY CORD (computer, printer)	14 gauge	15 AMPS	1825 watts	125 volts
HEAVY DUTY CORD (electric power tools)	12 gauge	20 AMPS	5000 watts	220 volts

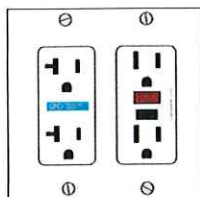
The ability of any cord to carry electricity decreases as the cord's length increases. So, in situations where you might otherwise be able to use a medium duty, 14-gauge extension cord, you may need to upgrade to a heavy duty 12-gauge cord when making a longer run.

NEVER use an extension cord, **regardless of the gauge** with large current appliances such as refrigerators, freezers, air conditioners, clothes dryers or space heaters. These large current appliances generate increased heat in the cord, causing it to overheat, melt or ignite.

GROUND FAULT CIRCUIT INTERRUPTERS

Water mixing with electricity can be a shocking experience. A ground fault circuit interrupter (GFCI) will protect against accidental electric shock or electrocution by acting immediately to shut off the circuit.

Homes built since the 1970s are required to have GFCIs installed whenever an electrical outlet is within six feet of a water source such as a sink, tub or pool. However if your home was built before 1975, it is suggested that you have GFCI installed in your bathrooms and kitchen.



HOW TO SPOT A COUNTERFEIT EXTENSION CORD

Counterfeit UL certified products pose a serious public safety concern. These extension cords have far less copper wiring than certified cords and cannot handle high levels of electricity. While spotting a fake may be difficult, the best indication is the price. Extension cords that sell for .99 cents are most likely unsafe counterfeit products.



For more safety tips, follow @fdny, scan QR or visit fdnysmart.org
Call 911 quickly to report fire, smoke, fumes, odor of gas and medical emergencies!



Home Fire Safety Checklist



Cooking Safety

- ☐ "Keep an eye on what you fry." Stay in the kitchen when frying, grilling or using an open flame.



Fireplaces, Space Heaters, Baseboards, etc.

- ☐ "3 feet from the heat." Furniture, curtains, dish towels and anything that could catch fire are at least 3 feet from any type of heat source.



Smoking Safety

- ☐ Never smoke in bed.



Electrical and Appliance Safety

- ☐ Large and small appliances are plugged directly into wall outlets.



Children Playing

- ☐ Matches and lighters are locked away.



Smoke Alarms

- ☐ Make sure you have working smoke alarms. Different types of smoke alarms, ionization and photoelectric, detect fire in different ways. Experts recommend having both types in your home.
- ☐ Change smoke alarm batteries every year unless it has a long-life battery.
- ☐ Replace smoke alarms every ten years.
- ☐ A combination of working smoke alarms and fire sprinklers decreases the risk of dying in a home fire.

Home Fire Escape Plan

At least twice a year, use your home fire escape plan to practice your 2-minute drill with all your family members. Practice makes perfect! After each fire drill, mark down your escape time.

Practice your 2-minute drill.

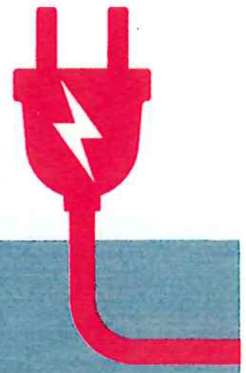
Make sure everyone can escape in 2 minutes or less.

Drill 1

Drill 2



Eat Safe Food after a Power Outage



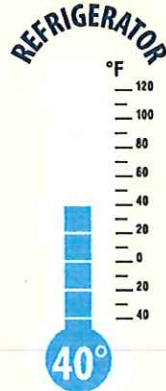
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.



Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.

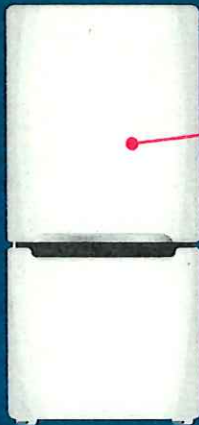


Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.



During

KEEP
Refrigerator
& Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. When in doubt, throw it out.

- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture**.
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40°F or below.
- You can **safely refreeze or cook** thawed frozen food that still contains ice crystals or is at 40°F or below.



www.cdc.gov/foodsafety

Food Safety at Home



U.S. FOOD & DRUG
ADMINISTRATION

1. Clean

Always wash your food, hands, counters, and cooking tools.

- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives, and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- **Do not** wash meat, poultry, fish, or eggs. If water splashes from the sink in the process of washing, it can spread bacteria.
- Clean the lids on canned goods before opening.



2. Separate (Keep Apart)

Keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods. Do this in your shopping cart, bags, and fridge.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.
- Use a special cutting board or plate for raw foods only.



3. Cook

Foods need to get hot and stay hot. Heat kills germs.

- Cook to safe temperatures:
 - Beef, Pork, Lamb 145 °F
 - Fish 145 °F
 - Ground Beef, Pork, Lamb 160 °F
 - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done. You can't always tell by looking.



4. Chill

Put food in the fridge right away.

- 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.
- Never thaw food by simply taking it out of the fridge. Thaw food:
 - In the fridge
 - Under cold water
 - In the microwave
- Marinate foods in the fridge.



Food Safety at Home

Why should you care about food safety?

Each year millions of people get sick from food illnesses. Food illness can cause you to feel like you have the flu. Food illness can also cause serious health problems, even death.

Think you have a food illness?

Call your doctor and get medical care right away.

- Save the food package, can, or carton.
- Call USDA at 1-888-674-6854 for meat, poultry, or eggs.
- Call FDA at 1-866-300-4374 for all other foods.
- Call your local health department if you think you got sick from food you ate in a restaurant or other food seller.

Who is at risk?

Anyone can get sick from eating spoiled food. Some people are more likely to get sick from food illnesses.

- Pregnant women
- Older Adults
- People with certain health conditions like cancer, HIV/AIDS, diabetes, and kidney disease

Some foods are more risky for these people. Talk to your doctor or other health provider about which foods are safe for you to eat.

This fact sheet was developed by the FDA Office of Women's Health.

To get other women's health resources, go to

www.fda.gov/womens



How do you get online?

Your voice matters! Help the City make internet access easier for New Yorkers. Answer our short survey today.



**Win a \$20
e-gift card!**
Enter a raffle after
finishing the survey.

Take our
survey by
July 30.

Scan the QR code or visit:

on.nyc.gov/nycinternetsurvey 

SCAM ALERT



NYPD
New York City Police Department

Scammers will **CONTACT** you in different ways:



Call or Text

Email

In person



You will be asked for **MONEY** through:



It will be:

Unsolicited

About a problem or prize

Urgent

Venmo/Zelle

Western Union and wire transfers

Gift Cards

Cryptocurrency

Be on alert for people claiming to represent:

Government agencies and utilities

Banks and retail companies

Dating app connections

Safety tips:

Don't respond to unknown calls or texts

Use official websites to submit information

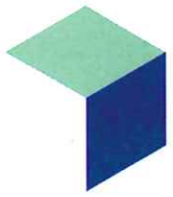
Don't let others use your phone

Be aware of your surroundings

Check in with family about scams

Only use gift cards for shopping, not payments

For more information, call the NYPD at (646) 610-SCAM



**Lighthouse
Guild**

lighthouseguild.org
800-284-4422

NYC
Department for
the Aging

July:
Summer Safety Month

Tips for Protecting Your Eyes from the Sun



When: Tuesday, July 28, 2026 • 10-11 AM EST
Where: via Zoom
Meeting ID: **93364901298**
One tap mobile
+16465588656,,93364901298# US (NYC)
+16469313860,,93364901298# US

Presenter: Lisa Beth Miller, LCSW-R, BCD

Learn from Lighthouse Guild professionals about:

- **Sun exposure** and your eyes—the potential impact of sun on vision
- **General tips for protecting your eyes** to prevent vision loss
- **The benefits of sunglasses and tips on selecting sun wear** for the best protection
- **Low vision rehabilitation** to help you adjust and make the most of your vision in daily activities – and how to get connected with services

SUPPORT FOR OLDER ADULTS 60+ IMPACTED BY CRIME

Have you or someone you know been directly affected by a crime?
Need help accessing resources and support services?



Call Aging Connect at 212-AGING-NYC (212-244-6469)
to reach NYC Aging's Crime Prevention and Support Services (C-PASS)

Speak Confidentially and Get Assistance:

- ☐ Accessing mental health counseling services
- ☐ Receiving crisis intervention and safety planning services, including referrals to community-based elder abuse services
- ☐ Obtaining a free copy of your police report
- ☐ Connecting with your local NYPD precinct and other law enforcement officials
- ☐ Filing NY State Office of Victim Services applications for crime-related losses
- ☐ Filing financial fraud complaints with state and federal agencies
- ☐ Referrals to NYC Aging's Legal Assistance for Older New Yorkers: housing issues, legal representation, assistance with public benefits applications



*Crime Prevention and Support Services (C-PASS) is partially funded by
the New York State Office of Victim Services*



Need Immigration Legal Help?

NYC's Free Legal Hotline is confidential, and in your language.

800-354-0365

Spanish
Español

¿Necesita ayuda legal
de inmigración?

La línea de asistencia legal de la
Ciudad de Nueva York es
gratuita, confidencial y está
disponible en su idioma.

Arabic
العربية

هل تحتاج إلى مساعدة قانونية في الهجرة؟
الخط الساخن للمساعدة القانونية في
مدينة نيويورك مجاني، وسري، وبلغتك.

Bangla
বাংলা

অভিবাসন-সংক্রান্ত আইনি সহায়তা দরকার?

নিউ ইয়র্ক সিটির বিনামূল্যের হটলাইনটি
গোপনীয়তা রক্ষা করে এবং আপনার নিজ
ভাষায় সেবা প্রদান করে।

Haitian
Creole
Kreyòl
Ayisyen

Èske ou bezwen èd legal
pou imigrasyon?

Li y Dirèk Legal Gratis Vil
Nouyòk la konfidansyèl epi li
disponib nan lang ou.

Chinese
(Simplified)
简化字

需要移民法律帮助?

纽约市免费法律热线是保密
的并用您的语言提供。

French
Français

Besoin d'aide juridique
à l'immigration ?

La ligne d'assistance juridique
gratuite de New York est
confidentielle et disponible dans
votre langue.

Chinese
(Traditional)
正體字

需要移民法律援助?

紐約市免費法律熱線是保密
的並用您的語言提供。

Korean
한국어

이민 법률 도움이 필요하세요?

뉴욕시의 무료 법률 핫라인은 비밀이
보장되며, 여러분의 언어로 제공됩니다.

Polish
Polski

Potrzebujesz pomocy prawnej
w sprawach imigracyjnych?

Bezpłatna Infolinia Pomocy
Prawnej Miasta Nowego Jorku jest
poufna i w Twoim języku.

Learn more on our website or scan our QR
www.nyc.gov/knowyourrights



125+
YEARS OF CHANGING LIVES



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

FOOD PANTRY Locations and Hours

Our Lady of Angels

330 73rd Street, Brooklyn, NY 11209
Wednesdays, 9:30 AM - 12 PM and 1:30 PM - 3 PM

Our Lady of Miracles

757 East 86th Street, Brooklyn, NY 11236
Saturdays, 10 AM - 11:30 AM

Our Lady of Solace

2866 West 17th Street, Brooklyn, NY 11224
Mondays, 9:30 AM - 1:30 PM

St. Marks

2609 East 19th Street, Brooklyn, NY 11235
1st and 3rd Thursday of the month, 9 AM - 11 AM

St. Gregory the Great

224 Brooklyn Ave., Brooklyn, NY 11213
Every other Wednesday, 12 PM - 1 PM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204
Every other Friday, 9 AM - 11 AM

St. Michael/St. Malachy

Beginning September 26, 2025
286 Warwick Street, Brooklyn 11207
Every Friday, 9:30 AM - 11:30 AM

St. Rose of Lima

130 Beach 84th Street, Rockaway Beach, NY 11693
Tuesdays, 10 AM - 12 PM

St. Teresa

50-20 45th Street, Woodside, NY 11377
Tuesdays, 4 PM - 6 PM

BVM St. Mary-Winfield

70-31 48th Ave., Woodside, NY 11377
Thursdays, 9:30 AM - 12 PM

Our Lady of the Angelus

63-63 98th Street, Rego Park, NY 11374
1st and 3rd Saturday of every month, 10 AM - 11:30 AM

St. Raphael

35-20 Greenpoint Ave., Long Island City, NY 11101
Thursdays, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

St. Patrick

39-38 29th Street, Long Island City, NY 11106
3rd Saturday of every month, 10 AM - 12 PM

Church of the Incarnation

89-28 207th Street, Queens Village, NY 11427
Fridays, 12 PM - 2 PM

St. Benedict the Moor

171-17 110th Ave., Jamaica, NY 11434
2nd and 4th Tuesday of the month, 10 AM - 11:30 AM

Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., Jamaica, NY 11432
1st and 3rd Wednesday of every month, 5 PM - 6 PM

Ocean Bay

411 Beach 54th Street, Arverne, NY 11692
1st and 3rd Thursday of every month, 12 PM - 2 PM

St. Michael

136-76 41st Ave., Flushing, NY 11355
Tuesdays and Wednesdays, 9 AM - 11 AM

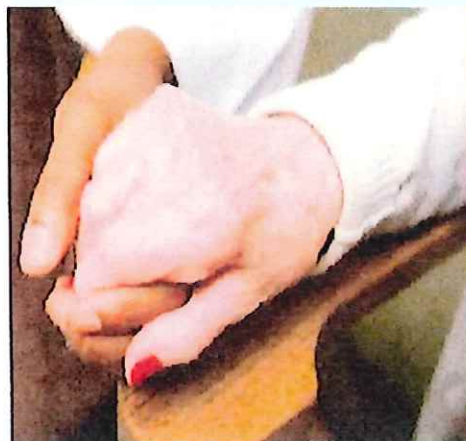
Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368 (Church Parking Lot)
Beginning May 9, 2024: 2nd Thursday of the month,
2 PM - 5 PM

For the full list of affiliate locations, visit:
www.ccbq.org/service/food-pantry-network



If you are struggling to put food on the table, you can get help paying for groceries with the Supplemental Nutrition Assistance Program. SNAP benefits are sometimes called food stamps, and come on an EBT debit card that you can use at many grocery stores and farmers markets. For more information and to apply visit access.nyc.gov. To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit www.ccbq.org.



Southwest Queens Senior Services

is funded by the New York City Department
for the Aging



Who are we?

Southwest Queens Senior Services is a program of Catholic Charities Brooklyn and Queens. We have had the privilege of serving older adults in Queens for over 30 years. The goal of our program is to help older adults to live as independently as possible in their own homes.

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

Accredited by the Council on Accreditation
for Children and Family Services

Catholic Charities Southwest Queens Senior
Services can help.

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.
718-217-0126



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

ESTABLISHED 1997

Serving Homebound Older
Adults in Southwest Queens

Southwest Queens Senior Services

183-16 Jamaica Avenue
Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495

Who is eligible to receive services?

Our program is open to people age 60 and over who need some assistance to continue living safely in their own homes. Catholic Charities is non-sectarian, serving all older adults regardless of religion, national origin, ethnicity, income, sexual orientation, gender or immigration status.

We serve the neighborhoods of:

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens
- Breezy Point
- Belle Harbor
- Neponsit
- Bayswater
- Arverne
- Edgemere
- Rockaway Park
- Rockaway
- Far Rockaway



What do we do?

The staff of Southwest Queens Senior Services help seniors obtain needed in-home services. We also provide referrals to other community services.

What services are available?

- Care Management
- Home-delivered Meals
- Home Care
- Housekeeping
- Transportation
- Long-Term Care Planning
- Benefits and Entitlements
- Information and Referral
- Caregiver Support

We care! You are not alone!

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



STAFF

Best Life Older Adult Center

118-35 Farmer Blvd

Saint Albans, NY

11412

929-268-3326

Ron Carson, Director of Field Operation

Carmen Rojas, Program Manager

Corraine Lashley, Administrative Assistant

Ron Fitzpatrick, Case Manager

John Moy, Kitchen Aide

Roderick Delph, Maintenance

Open Monday – Friday

8:00 am – 4:00 pm

Lunch 12:00 am – 1:00 pm