

August, 2026

Seaside Older Adult Center

125+
YEARS OF CHANGING LIVES



SEASIDE NEWS

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

Jurate Jones, Program Manager

A MESSAGE FROM JURATE

*IT'S STILL SUMMER!
WE ARE SO LUCKY TO BE
IN ROCKAWAY BEACH!*

*MAKE IT MEMORABLE!
BE HAPPY, HEALTHY,
STAY COOL AND
HYDRATED ON HOT THESE
SUMMER DAYS.*

*I WISH YOU MANY
BLESSINGS IN AUGUST AND
WE LOOK FORWARD TO
SERVING YOU!*



Happy Birthday to:

Maria Charles Elizabeth
Robbie Hector Anthony
John Joe Diana Bogdan Kimati
Marianne Beverly Francisco
Amilear Amoy Frances
Berton Peter Alan Lovette
Theresa Leslie Patricia
Patrick Bernada Katherine
Hattie Ivan Jorge
Susan Daphne Majorie
Dominic Cathleen



Funded by The NYC Aging

SEASIDE AUGUST ANNOUNCEMENTS



A message from staff/ Un Mensaje de Personal – It's still summer! We will celebrate National Senior Citizen's Day in August and we are having a party to celebrate your achievements on August 21st!. Come with your friends to enjoy activities at Seaside OAC. It is always good to socialize. 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. Catered by Russo's, our breakfast is from 8:30-10:30am and lunch is from 12-1pm.

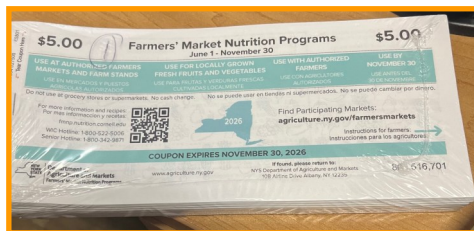
Exercise classes: Aerobics, Tai- Chi, Strength Exercise and Chair Yoga

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

Activities: Health Presentations, Workshops, Arts and Crafts, Blood pressure monitoring, Guest entertainers, Movies, Trips, Trivia, Transportation, Cultural, Holiday and Birthday Celebrations, Popcorn and treats throughout the month!

Case Assistance, Information and Referrals and Community Resources are always on site.

Seaside OAC is a Free Program for individuals aged 60 and older. Suggested meal contributions are greatly appreciated and joining take less than 30 minutes!!



Breaking News! Farmers' Market coupons are here and distribution will begin shortly. This year's coupons are green and are worth \$25.00 Now in its 34th year, the NYC Aging's Farmers'

Market Nutrition Program (FMNP) is designed to provide low-income older adults with access to locally grown fruits, vegetables, and herbs. Those who are eligible are provided coupons to redeem fresh fruits and vegetables at

participating farmers' markets, farm stands, and mobile markets. The program's purpose is to promote improved nutrition through increased consumption of locally grown fresh fruits and vegetables! You have until the end of November to use the coupons and there are two farms in Rockaway as well as many others in the five boroughs. Please keep coupons in safe place and please be sure to use them before the end of November: Think Thanksgiving!



Our trips are handled by staff and volunteers. William McKenzie, our front desk host will be helping us to plan trips! 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 must 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. A shopping trip to Gateway Mall is up next! We are also considering a trip to a local Farmer's Market. As always, please ensure you are signed up for discounts for Regal Cinemas,

NYC Ferry etc. Ask your Case Manager for help!

Briege's Word Scramble Theme: Retirement (Answers on page 14)

1. TNXAAIERLO 2. SPOIENN 3. AONCAVTI 4. ERCISU 5. VTRLEA
- 6.SLEUIER 7. BBHSEOI 8. ECBUKT TLIS 9. OPENKO 10. NUF 11. LFMAIY
12. IBECLERTOAN 13. IROSEN TRECEN 14. PTIRS 15. PASN
16. ERFE DBIR 17. ON TEGRSER 18. FJYOUL 19. GOBIN 20. LLFFEUIDL

AUGUST

*August
national days
word search
printable
from Always
the Holidays*

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

POTATO DAY
MEAD DAY
PLAY BALL DAY
LAZY DAY
DOG DAY
WAFFLE DAY
DOLLAR DAY

PROSECCO DAY
RUM DAY
LION DAY
VINYL RECORD DAY
BOW DAY
WATERMELON DAY
IPA DAY
OYSTER DAY

DOLL DAY
DINOSAURS DAY
CBD DAY
KIDS DAY
GEORGIA DAY
CAT DAY
GOSSIP DAY

JULY HIGHLIGHTS AT SEASIDE OAC



A very *Happy Birthday* to our July babies :)
Cheers and here's to many more!
L-R: Gemma, Marianne, David and Dolores



Happy 250 to America the Beautiful. We had an enjoyable patriotic party and fashion show. Well done to our contestants! Congrats to Elena Clarke our fashion winner and thank to our judge Fashionista Ms. Mary!



Christmas in July is a thing!! Well done to trivia winners L-R: Charlesetta and Odelvis

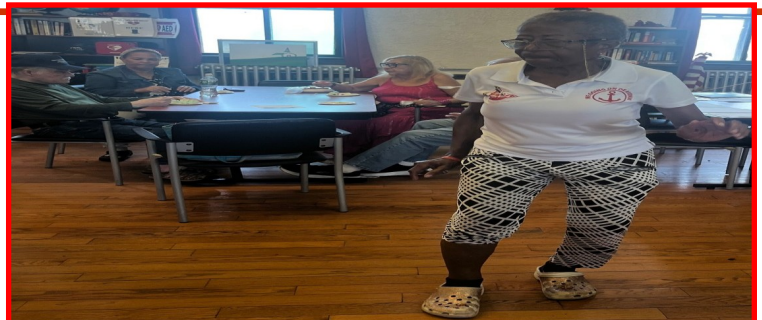


Congratulations to all our competitors in the 2026 **Talent is Timeless** show. We are so proud of you. Thank you for representing Seaside OAC and for sharing your talents! You are ALL WINNERS!

John, William, Anaisa, Cindy, Odelvis, Marcia, Charlesetta, and Barbara. Thank you to Wallace for driving, Best Life for hosting, NYC Aging for the event and thank you to all our spectators some of whom travelled with the contestants: James, Joyce and Olga.



A huge thank you to our amazing dance choreographer, Melisa from Inside Broadway! Our Seaside Groovers will miss you!!



Talented groover Ms. Gemma J showing us how to do the difficult Jerusalem dance – Practice makes perfect!

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. U.S. Passport Applications. NYC Ferry. ****

Comprehensive medical, dental and prescription coverage is so important. Sometimes it can be very confusing and it may not be clear what your plan covers and what it does not – the last thing we want is unforeseen out-of-pocket costs on top of having a medical condition that possibly requires a specialist. It is so important for every New Yorker to study plan benefits and understand if a prior authorization is needed **before** the procedure. Always know if you have a co-payment.

Do you know about the Medicare Savings Program (MSP)? MSP is a Medicaid-administered program available to Medicare consumers with limited income. This is a Lifeline Program. If you qualify, this program will pay your Medicare Part B premium. Depending upon the sub-program for which you are eligible, it may also pay for other cost-sharing expenses. You may be eligible for both **Medicaid** and the **Medicare Savings Program** also known as **D-SNP**. Depending upon your income, you may qualify for one of the following:

- 1. Qualified Medicare Beneficiary (QMB)**
- 2. Specified Low-Income Medicare Beneficiary (SLIMB)**
- 3. Qualified Individual-1 (QI-1)**

Most individuals automatically receive Medicare Part A (hospital) coverage at age 65 or older, at no cost. However, beneficiaries have to pay a monthly premium for their Medicare Part B (outpatient medical care). You will notice that this premium amount is automatically deducted from your monthly Social Security check. If you qualify for one of the Medicare Savings Programs listed above, you will no longer have to pay that monthly Medicare Part B (outpatient care) premium. Additionally, all Medicare consumers who qualify will automatically qualify for the Low-Income Subsidy (LIS) Program. This subsidy will help pay for Medicare Part D (prescription costs). It will pay for part of the prescription plan's monthly premium and other out-of-pocket expenses, such as the annual deductibles, co-payments and co-insurance for medications.

Income eligibility (please read carefully)

Program: QMB Individuals	\$1,350	Couples	\$1,824
Program: SLMB Individuals	\$1,616	Couples	\$2,184
Program: QI Individuals	\$1,816	Couples	\$2,455

AUGUST IS IMMUNIZATION (VACCINES) AWARENESS MONTH

Vaccines are injections (shots), liquids, pills, or nasal sprays that you take to teach your body's immune system to recognize and defend against harmful germs. Vaccines are important because they protect you against many diseases. These diseases can be very serious. So getting immunity from a vaccine is safer than getting immunity by being sick with the disease. And for a few vaccines, getting vaccinated can actually give you a better immune response than getting the disease would. But vaccines don't just protect you. They also protect the people around you through community immunity. Vaccines are safe. They must go through extensive safety testing and evaluation before they are approved in the United States. For example, there are vaccines to protect against viruses, like the ones that cause flu and COVID-19 and shingles; Bacteria, including tetanus, diphtheria, and pertussis. Vaccines work in different ways, but they all spark an immune response.

The immune response is the way your body defends itself against substances it sees as foreign or harmful. These substances include germs that can cause disease. There are different steps in the immune response: When a germ invades, your body sees it as foreign your immune system helps your body fight off the germ. Your immune system also remembers the germ. It will attack the germ if it ever invades again. This "memory" protects you against the disease that the germ causes. This type of protection is called immunity. ****Always consult your doctor about vaccines. ****

125⁺
YEARS OF CHANGING LIVES



Diabetes Workshop

“Don’t Sugarcoat It”

Friday, August 28, 2026

12 PM – 1 PM

Queens Public Library at Peninsula

92-25 Rockaway Beach Blvd.

Rockaway Beach, NY 11693

Interactive workshop includes:

- Understanding the basics of diabetes and nutritional management
- Ideal lifestyle tips for diabetes management and prevention
- **FREE giveaways**
- **Bonus gift cards – FIRST COME, FIRST SERVED!**



Hosted by Catholic Charities Community Health and Wellness Program

WHAT YOU NEED TO KNOW

Legionnaires' Disease

Legionnaires' is a type of pneumonia. It is caused by bacteria, and **cannot be spread from one person to another.**

It is easily treated with antibiotics, and most people get better with early treatment.

People get sick by breathing in water vapor with the bacteria (for example, mist from contaminated cooling towers). Window air conditioners are NOT a risk.

You're at higher risk if you are aged 50 or older (especially if you smoke), have chronic lung disease, have a weakened immune system or take medicines that weaken your immune system.

Don't wait! Get help right away if you feel sick.

- If you have fever, chills, muscle aches or cough, get medical attention right away.
- This is especially important if you have a medical condition that affects your breathing or if you are a smoker.
- Tell your health care provider you are concerned about Legionnaires' disease. Your provider may need to do tests to find out if you are sick with Legionnaires' disease or a different infection.

Find more information at nyc.gov/health/legionnaires



August is National Senior Citizens Day

ATTN. Seaside Brainiacs – How many words can you make from Distinguished?



Happy National Senior Citizens Day!

August, 21. This special day was established in 1988 by President Ronald Reagan to honor and celebrate the senior citizen community.



The holiday was created to

“demonstrate our gratitude and esteem by making sure our communities are good places in which to mature and grow older.”

The holiday is devoted to recognizing and showing appreciation for the value and contributions older adults bring to home, family and society. The day is celebrated on August 21. Spend time with your friends and relatives and other special older adults in your life. Please join us at Seaside OAC all day on **Friday August 21** for a celebration. (Read the full proclamation on page 12)

Thank you for all that you do to make the world a better place! We appreciate you!

SUMMER MOVIE SUGGESTIONS

1. Grease
2. Beaches
3. Mystic Pizza
4. Fried Green Tomatoes
5. Jaws
6. Private Benjamin at Seaside OAC on 8/5 at 12:30PM!!
7. The Truman Show
8. On Golden Pond
9. Casablanca
10. The Parent Trap
11. Mamma Mia
12. Thelma and Louise
13. Dirty Dancing
14. Stand by Me
15. Weekend at Bernie's
16. Summertime
17. How Stella Got her Groove Back
18. Under the Tuscan Sun
19. Roman Holiday
20. Shirley Valentine



Popcorn will be served at our Seaside flicks :)



AUGUST

Word Search Puzzle



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

Find these words related to the month of August

BOAT
GARDEN
CAMPFIRE
BIKING
FLOATIE
FISHING
RIVER
AUGUST

KAYAK
BARBECUE
OCEAN
CANOE
PICNIC
BEACH
ICE (as in ice cream)



SUN
SHADE
VACATION
SWIMSUIT
SWIMMING
POPSICLES
READING

WARM
LAKE
TOWEL
POOL
PARK
CAMPING
SUNSET



AUGUST

Birthstone: Peridot

The peridot is the traditional birthstone for August. It symbolizes strength, protection, and is known for its vibrant green color.

In August 1492, Christopher



Columbus set sail on his first voyage to the Americas.

Famous People Born

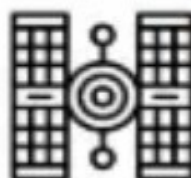
- 4 Barack Obama
- 6 Alfred, Lord Tennyson
- 15 Napoleon Bonaparte
- 18 Robert Redford
- 19 Coco Chanel
- 20 H.P. Lovecraft
- 29 Michael Jackson

Birth Flower: Gladiolus

The gladiolus is one of the birth flowers for August, representing strength, integrity, and remembrance.



International Youth Day
Aug 12th

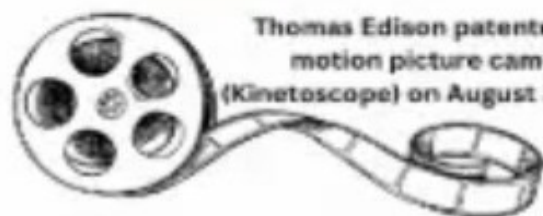


The first photograph of Earth from the moon was taken by the Lunar Orbiter on August 23, 1966.

National
Aviation Day
Aug 19th



Women's
Equality Day
Aug 26th



Thomas Edison patented the motion picture camera (Kinetoscope) on August 31, 1897.



The Berlin Wall was erected on August 13, 1961, dividing East and West Berlin.

Astrological Signs

Leo

July 23 - Aug 22

Leos are recognized for their confidence, generosity, and charisma.



Virgo

Aug 23 - Sept 22

Virgos are recognized for their practicality, attention to detail, and analytical nature.



SEASIDE MEMBERS SECTION

Welcome to our *Spotlight on Seniors* section, embracing all who attend Seaside OAC



Dobrogniewa "Daga"

Hometown: Poznań in western Poland. I've been in America for 36 years.

Occupation before retirement:

Line cook in many restaurants and Resort World Casino.

Favorite color: Red (good energy)

Zodiac sign: Capricorn

Favorite book: *A Tree Grows in Brooklyn* by Betty Smith

Favorite movie: *Forrest Gump*

Advice for the youth of today: Follow your instincts and pursue your own dreams.

Life mantras: The will of God is never wrong and Everything in life happens for a reason. Be sure to have private moments with yourself.

Hobbies and Pastimes: Gardening, reading, exercising, painting, travelling, road trips, trying different recipes and foods from different countries, book club and writing poetry.

Fun facts about you: I've travelled extensively in Asia with my daughter, my work has been published three times in *Nowy Dziennik*, a Polish daily newspaper and I have a garden on my balcony!

Favorite thing about Seaside OAC:

The exercise classes, and it's a great place to make friends, socialize and exchange useful information.

Dzienkuje Thank you Daga!

We are praying for strength and a return to good health for the following members:

Cookie Dorethea James John
John Lydia Susan Idilia Kathleen
Julia Frances Lunetta Sylvia



MAINTAIN YOUR HEALTH and FITNESS GOALS AT SEASIDE OAC:

In person Aerobics every Monday at 11AM with Anna

In person Strength Exercise/Movement class with Tommy every Tuesday and Thursday at 11:15AM

NEW In-person Golden QIGong with Alexandra every Wednesday at 11AM

Chair Yoga with Janelle every Friday at 11AM

AUGUST 2026 EVENTS

CHECK ACTIVITIES CALENDAR:

Bingo every Monday, Wednesday and Thursday at 12:45pm Joyce, Barbara, Liz, William and Brenda – Thank you to our callers
Lunch time sing-along with award winning singer/songwriter, **John Joe Baxter** on Wednesdays.

Blood Pressure screening with **Louis** on August 7th and 22nd.

Pokeno Wednesday August 19 at 1PM

Painting Class/Knitting/Crocheting class Tuesday at 1PM.

Join us on Friday August 21 to celebrate **National Senior Citizen's Day!** Party/Fiesta! Helpful Workshops on August 17th, 25th and 27th – DO NOT MISS!

August Birthday Party, Friday, August 28 at 12:30PM, special cake from Russo's, speeches and DJ Prezzi!

Proclamation 5847 -- National Senior Citizens Day, 1988

August 19, 1988

By the President of the United States of America

A Proclamation

Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land.

With improved health care and more years of productivity, older citizens are reinforcing their historical roles as leaders and as links with our patrimony and sense of purpose as individuals and as a Nation. Many older people are embarking on second careers, giving younger Americans a fine example of responsibility, resourcefulness, competence, and determination. And more than 4.5 million senior citizens are serving as volunteers in various programs and projects that benefit every sector of society. Wherever the need exists, older people are making their presence felt -- for their own good and that of others.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older -- places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

The Congress, by House Joint Resolution 138, has designated August 21, 1988, as "National Senior Citizens Day" and authorized and requested the President to issue a proclamation in observance of this event.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim August 21, 1988, as National Senior Citizens Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities.

In Witness Whereof, I have hereunto set my hand this nineteenth day of August, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and thirteenth.

Ronald Reagan

[Filed with the Office of the Federal Register, 10:42 a.m., August 22, 1988]

Planning a **Summer** get **together**? How about suggesting a fun potluck cheeseboard that is affordable, tasty and healthy. Also known as charcuterie or a cheese platter, the secret is having a combination of sweet and savory.

Best Fruits: Mango, apples, strawberries, grapes and dates. Did you know apples are great for helping to lower cholesterol?

Best Cheese: Low fat cheddar, mozzarella and goat's cheese.

Best jam: Any jam work especially fig or apricot jam pairs well with cheese and healthy meats such as sliced turkey breast and smoked salmon/mackerel.

Other items: Egg slices, olives, pretzels, celery and hummus. Healthy wholewheat crackers are best.

Tip: If you order pizza and don't eat the crust why not save them, pop in the freezer and you can serve with hummus or a healthy olive spread! **Enjoy!**



SEASIDE OLDER ADULT CENTER

Blackberry Picking

"Late August, given heavy rain and sun
For a full week, the blackberries would ripen.
At first, just one, a glossy purple clot
Among others, red, green, hard as a knot.
You ate that first one and its flesh was sweet
Like thickened wine: summer's blood was in it
Leaving stains upon the tongue and lust for
Picking. Then red ones inked up and that hunger
Sent us out with milk cans, pea tins, jam-pots
Where briars scratched and wet grass bleached our boots.
Round hayfields, cornfields and potato-drills
We trekked and picked until the cans were full,
Until the tinkling bottom had been covered
With green ones, and on top big dark blobs burned
Like a plate of eyes. Our hands were peppered
With thorn pricks, our palms sticky as Bluebeard's.
We hoarded the fresh berries in the byre.
But when the bath was filled we found a fur,
A rat-grey fungus, glutting on our cache.,
The juice was stinking too. Once off the bush
The fruit fermented, the sweet flesh would turn sour.
I always felt like crying. It wasn't fair
That all the lovely canfuls smelt of rot.
Each year I hoped they'd keep, knew they would not."

By famous Irish poet Seamus Heaney

ANSWERS

1. Relaxation 2. Pension
3. Vacation 4. Cruise
5. Travel 6. Leisure
7. Hobbies 8. Bucket List
9. Pokeno 10. Fun
11. Family 12. Celebration
13. Senior Center 14. Trips
15. Naps 16. Free Bird
17. No Regrets 18. Joyful
19. Bingo 20. Fulfilled

SEASIDE OAC STAFF

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
Summer Youth Program — Vanessa

SEASIDE ADVISORY BOARD

Cyprian J. Grant - President Advisory Council
Barbara Daniels -Treasurer
Russell Hauk - 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



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.