

125+
YEARS OF CHANGING LIVES



Expressions @The Duke

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



A MESSAGE FROM LETICIA



We are deep into the Summer which will be ending soon. Enjoy your warm days, indulge in vacationing or engage in some outdoor activities. Speaking of outdoor activities, why not come over to our new state of the art center to see what we are up to. We are the so called **“new kids”** on the block with the same fun activities but a new place and new lovely faces. We don't mean to brag, but this new center is so comfortable and friendly. We gladly service the Brownsville Community just like we did at 230 Riverdale. You trust us with your social needs and we provide the excitement. Riverway was an experience, but this is our classy expressions. We just got better with age.

You might want to get a tour, say hello or just stop by to have some lunch with us. No matter what your need is, we are here for you. We also want to invite you out to meet and welcome our newer members on **August 26** at 9:30AM for our Welcome Breakfast.

We request all members return to your home from home and get into the swing of things. We miss you and want to socially engage with you once more. Great things are happening at Gail P. Duke OAC!!!!!!

Pick up and drop off service is still available at the center. Please call ahead to set up a trip.

Immunizations - Vaccines



IMMUNIZATIONS (VACCINES)

<https://www.cdc.gov>

Also called: Immunization, Vaccination

What are vaccines?

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. For example, there are vaccines to protect against:

1. [Viruses](#), like the ones that cause the [flu](#) and [COVID-19](#)
2. [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.

What happens in an immune response?

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.

What are immunizations and vaccinations?

Immunization is the process of becoming protected against a disease. But it can also mean the same thing as vaccination, which is getting a vaccine to become protected against a disease.



Why are vaccines important?

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.

What is community immunity?

Community immunity, or herd immunity, is the idea that vaccines can help keep communities healthy.

Normally, germs can travel quickly through a community and make a lot of people sick. If enough people get sick, it can lead to an outbreak. But when enough people are vaccinated against a certain disease, it's harder for that disease to spread to others. This type of protection means that the entire community is less likely to get the disease.

Community immunity is especially important for people who can't get certain vaccines. For example, they may not be able to get a vaccine because they have weakened immune systems. Others may be allergic to certain vaccine ingredients. And newborn babies are too young to get some vaccines. Community immunity can help to protect them all.

Are vaccines safe?

Vaccines are [safe](#). They must go through extensive safety testing and evaluation before they are approved in the United States.

BOTTOM LINE: Get vaccinated and keep yourself and your loved one safe and sound.

What's Happening In August

Aug. 12: EPIC Program @11AM

Aug. 12: NYLAG Home Care Presentation @1PM

**Aug. 14: Special Recreation Bingo w/
Dorothy@1:30PM**

Aug. 18: Nutrition ED-Jennylyn Baptiste @12PM

Aug 19: Harmony Road Senior Care @11AM

Aug.20: Birthday Party w/ DJ @1:30PM

Aug. 26: Welcome Breakfast @ 9:30AM

**Aug. 27: Duke @ The Park -1PM-See Dorothy
for T-Shirts**

Aug. 28: Spoken Word @11AM& 2PM





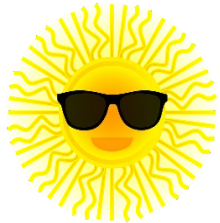
AUGUST IS SUMMER SUN SAFETY MONTH

Summer Sun Safety Month is observed in August as a reminder to keep yourself safe and healthy in the sun during the summer. Sunlight is essential for your body to produce Vitamin D, however too much of it can cause harmful effects to your skin and eyes. Excessive exposure to ultraviolet (UV) light can cause skin cancer as well as cataracts.

According to the Centers for Disease Control and Prevention (CDC), protection from UV rays is important all year, not just during the summer.

UV rays can reach you on cloudy and cool days, and they reflect off surfaces like water, cement, sand, and snow.

In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time). To reduce your risk of getting skin or eye diseases, we recommend that you take the following precautions while you're having fun in the summer.



- Staying in the shade or under an umbrella, tree, or other shelter when possible.
- When possible, wear long-sleeved shirts and pants/skirts that provide UV protection.



Creamy Broccoli Slaw Recipe

Ingredients

The base of this easy broccoli slaw is a store-bought slaw mix, which you can find in the produce department of your local supermarket. Everything else is easy to find, too.

•**Broccoli slaw mix:** This is what our Test Kitchen suggests. It usually includes shredded broccoli stalks, carrots, and cabbage, with a few little florets thrown in for good measure. A more verdant version of a traditional coleslaw mix, it can also be traded out for the cabbage-and-carrot version you grew up with, in a pinch.

•**Toasted pecans:** For a lovely crunch.

•**Scallions:** Add richness and depth of flavor.

•**Golden raisins:** Add an unexpected hint of sweetness.

•**Mayonnaise:** Is the base of the slaw dressing.

•**Cider vinegar:** Is zippy without being too tart.

•**Lemon juice:** Adds citrus freshness.

•**Lemon zest:** Makes the final dish more fresh and invigorating.

•**Salt and pepper:** No recipe is complete without.

How To Make Broccoli Slaw

Making this creamy broccoli slaw couldn't be easier.

•**Step 1.** Stir together the mayo, pecans, raisins, scallions, vinegar, lemon juice and zest, salt, and pepper, and add the slaw. Toss to combine.

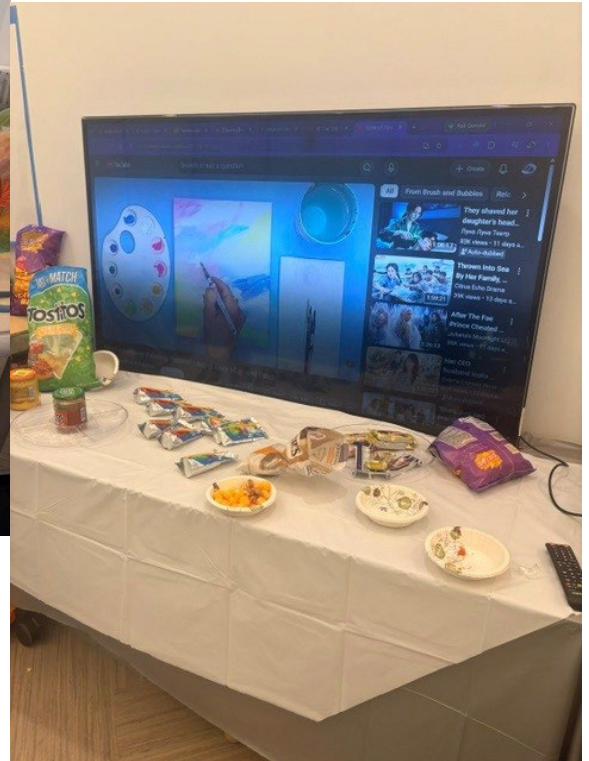
•**Step 2.** Chill 30 minutes.

•**Step 3.** Toss once more before serving.

Paint & Dip



Paint & Dip Snacks



**Ms. Gail P. Duke, Leticia
& Annie Shek**

City Island Trip July 2026



Eating Well by Color



Did you know that you can get what your body needs just by eating a colorful variety of fruits and vegetables?

Nature has found a clever way to highlight the nutrients in foods: different nutrients actually impart different colors to the foods they're in. For instance, the anthocyanins that turn blueberries blue can also keep your mind sharp, the lycopene that turns watermelon and tomatoes red may also help protect against prostate and breast cancers, and the beta carotene that makes carrots and sweet potatoes orange can help keep your bones strong, your eyes healthy and boost your immune system. While fresh fruits and vegetables are great in season, frozen ones are convenient to keep on hand and just as nutritious. So load up!

7 Colors That Should Be on Your Plate Every Day

Blue, Purple & Deep Red

Blue, purple and deep-red fruits and vegetables are full of anthocyanins and proanthocyanins, antioxidants associated with keeping the heart healthy and the brain functioning optimally.

Blackberries

Blueberries

Eggplant

Plums

Cranberries

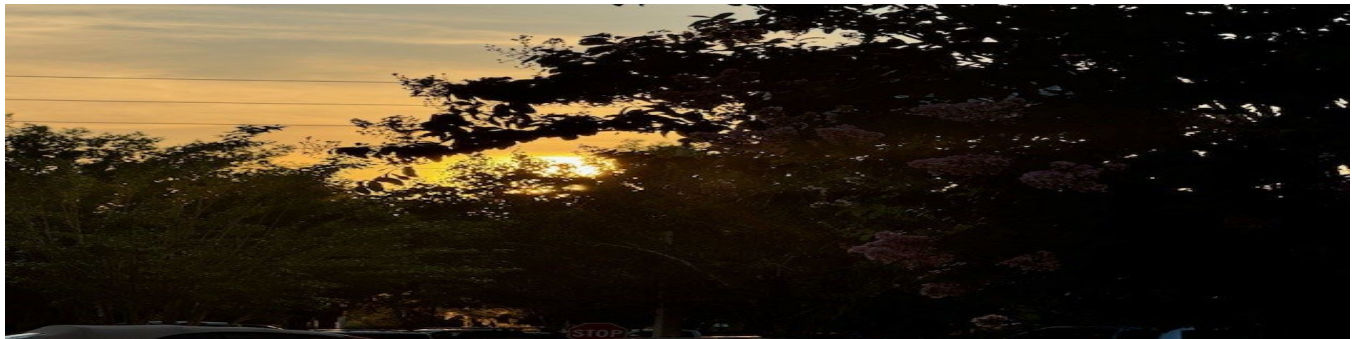
Grapes

Radishes (red)

Raspberries

Strawberries





Summer's End

*It seems I barely knew you. As quickly as you came,
you went. And I weep at the thought of losing you.*

*You; the nighthawk
late night feeder,
your voice, like a horn blow of a
midnight train*

*You; the locust
lone choir singer,
your mournful note, like a serenade to sleep in the
moonlit dusk*

*You; the golden trumpet vine
fragrant and wild,
your fingers clinging to the highest branch, like a child to
his mother*

© Kiesha Shepard

Health Awareness Page

All About Health Awareness Days in August 2026

Between hot weather and the frantic rush to adjust to school schedules, your community is switching gears this month: use this free health content planning tool to connect!

As a healthcare marketer, you know that late summer can be a challenging time to grab your audience's attention.

To help you plan, we've released our August 2026 health calendar. This comprehensive free content tool provides medically reviewed articles, vibrant graphics, and heart-healthy recipes designed to boost your online engagement.

Let's take a look at the important health days in August 2026 and see how you can use these seasonal themes to connect with your community.

Key Monthly August Health Observances 2026

National Immunization Awareness Month

With families focused on getting ready for back to school, August is the prime time to talk about vaccinations. This August 2026 health awareness month observance allows hospitals to educate parents on required childhood vaccines and catch-up schedules.

Psoriasis Action Month

August's hot weather and late summer vacations mean people are spending more time outdoors. However, summer sun, heat, and pool chlorine can trigger flare-ups for those living with chronic skin conditions.

For this August health awareness month 2026 focus, you can share tips on sun safety and skin care, while guiding followers to your hospital's dermatology services.

Summer Heart and Heat Safety

August often brings some of the highest temperatures of the year. Extreme heat poses a serious risk for heatstroke, especially among seniors and outdoor athletes.

This seasonal theme is a great opportunity to share the warning signs of heat exhaustion and dehydration, and to remind your audience how to protect their hearts when it's hot outside.



Bird Word Search

DIRECTIONS: Find and circle all of the bird names. They may be horizontally, vertically, or diagonally placed.

ALBATROSS
BLUE JAY
CANARY
CARDINAL
COCKATOO
CRANE
DOVE
EAGLE
EMU
FALCON
FLAMINGO
HAWK
HERON
HUMMINGBIRD
IBIS
KIWI
MAGPIE
MOCKINGBIRD
OSTRICH
PARAKEET
PARROT
PARTRIDGE

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

PELICAN

PENGUIN

PIGEON

QUAIL

RAVEN

ROADRUNNER

ROBIN

SHRIKE

STORK

TOUCAN

VULTURE

WOODPECKER



August Crossword



Across

20. Insect that glows at night
21. Activity with a rod and reel
24. Place to swim that's not a beach
25. Going to different places
28. Small summer fruit

1. Sandy spot by the ocean
2. Time away from school or work
3. Activity in a pool or lake
5. Sleeping in a tent outdoors
6. Protection from UV rays
7. Eighth month of the year
8. Sport played in the summer
9. Outdoor meal on a blanket
11. Sculpture made at the beach

Down

13. Cold treat on a hot day
16. Casual summer footwear
18. Unwind during the summer break
19. Headwear for sun protection
22. Temperature in the summer sun
23. Diving underwater with gear
26. Bright celestial body in the sky
27. Outdoor cooking on a grill

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OPEN Monday – Friday 8:30am -4:30pm

SENIOR CENTER STAFF

Ron Carson – Dir. Of Field Operations

Leticia Knowles – Program Director

Dorothy Craig – Case Manager

Nicci Parnell – Administrative Asst.

Paul LaRue – Driver/Kitchen Aide

vacant - Driver

Jamella Thomas – Kitchen Aide

vacant - Maintenance

SENIOR ADVISORY BOARD

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Mildred Jasper-Board Advisor/Treasurer

Maxine Irby – Treasurer

Gemma Williams– Secretary

Luz Roman –Bd Member

Vanessa Swain-Bd Member

Board Helpers

L. Anderson

Donnett Abrams

Lorna Bynoe

Elena Pascal

Gina Spallina

***HAPPY
BIRTHDAY to
August
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