



Senior Voices

CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
THE LODGE OLDER ADULT CENTER

77-11 18th Ave,
Brooklyn, NY 11214
Phone (718) 621-1081

August: A Month of Wellness, Prevention & Healthy Aging

August is a wonderful time to continue embracing healthy habits while enjoying the final weeks of summer. Longer days and warm weather provide great opportunities to stay active, spend time with loved ones, and focus on preventing illness through healthy lifestyle choices. This month encourages us to prioritize **preventive health, healthy aging, cognitive wellness, heart health, and staying socially connected**. Small daily actions can help improve energy, maintain independence, and support both physical and emotional well-being.



Let's focus on healthy choices this month by:

-  Scheduling preventive health screenings and routine medical checkups
-  Staying physically active with walking, stretching, or gentle exercise
-  Keeping the brain active through reading, learning, puzzles, and lifelong education
-  Enjoying nutritious seasonal foods rich in vitamins, fiber, and antioxidants
-  Supporting heart health by staying hydrated and choosing heart-healthy meals
-  Strengthening friendships and participating in community activities to promote emotional well-being

Healthy aging begins with prevention. Every healthy choice you make today helps build a stronger, healthier tomorrow.  

Message from the Center

Dear CCNS The Lodge OAC Members,

Welcome to August!

As we enjoy the final weeks of summer, August offers a wonderful opportunity to continue prioritizing our health, wellness, and connections with one another. The warm weather encourages us to stay active, enjoy the outdoors, and participate in programs that support both physical and emotional well-being.

This month is a great reminder to focus on preventive care, healthy aging, and maintaining positive daily habits. Whether you're attending a wellness class, joining a social event, taking a morning walk, or learning something new, every activity contributes to a healthier, more independent lifestyle.

We encourage everyone to make the most of the season by staying physically active, eating nutritious foods, keeping up with routine health appointments, and spending time with family and friends. Together, we can continue building a strong, supportive, and healthy community.

Thank you for being an important part of CCNS The Lodge OAC. We look forward to another month of learning, laughter, friendship, and wellness with all of you.

Wishing everyone a happy, healthy, and wonderful August! 🌻💙





SUMMER WELLNESS & HEALTHY AGING

Why It Matters

Healthy aging involves maintaining physical function, cognitive health, emotional well-being, and independence. During August, continued exposure to high temperatures increases the risk of **dehydration, electrolyte imbalance, heat exhaustion, and cardiovascular stress**, particularly among older adults and individuals living with chronic medical conditions.

Adopting healthy lifestyle behaviors helps reduce the risk of chronic disease progression while supporting mobility, immune function, and overall quality of life.



Healthy August Recommendations

- 💧 Consume **6–8 glasses of water daily** (unless otherwise directed by your healthcare provider).
- 🥗 Choose nutrient-dense foods rich in **fiber, antioxidants, vitamins, and minerals**, including seasonal fruits and vegetables.
- 🚶 Engage in **at least 150 minutes of moderate physical activity each week**, as tolerated.
- ☂️ Prevent heat-related illness by wearing lightweight clothing, limiting outdoor activities during peak heat, and resting in shaded or air-conditioned areas.



Wellness Program: Healthy Aging & Summer Wellness Education



PREVENTIVE HEALTH & CHRONIC DISEASE MANAGEMENT

Why It Matters



Preventive healthcare plays an essential role in reducing morbidity and maintaining independence. Routine medical evaluations allow for the early detection and management of conditions such as:

- Hypertension
- Type 2 Diabetes Mellitus
- Hyperlipidemia
- Osteoporosis
- Cardiovascular Disease
- Chronic Kidney Disease

Effective management of these conditions can significantly reduce the risk of heart attack, stroke, kidney failure, and disability.

Prevention Tips

- Schedule annual wellness examinations.
- Monitor blood pressure, blood glucose, and cholesterol levels.
- Take medications exactly as prescribed.
- Follow a heart-healthy, low-sodium diet.
- Remain physically active and maintain a healthy body weight.

 **Program Highlight:** Preventive Health Screening & Chronic Disease Education



COGNITIVE HEALTH & BRAIN WELLNESS

Why It Matters

Normal aging can affect memory and processing speed; however, regular cognitive stimulation may help preserve **executive function, attention, learning, and memory.**

Research suggests that mentally stimulating activities, lifelong learning, and social engagement may reduce the risk of cognitive decline and dementia.



Brain-Healthy Habits

- Read books, newspapers, or educational materials.
- Complete crossword puzzles, Sudoku, and word searches.

- Learn a new hobby or technology skill.
- Participate in group discussions and educational programs.
- Maintain regular social interaction.

🌱 **Program Highlight:** Brain Fitness & Memory Enhancement Workshop

❤️ CARDIOVASCULAR HEALTH & ACTIVE LIVING

Why It Matters

Regular physical activity improves:

- Cardiovascular endurance
- Blood pressure control
- Blood glucose regulation
- Muscle strength
- Bone density
- Balance and coordination



Exercise also reduces the risk of falls, depression, and functional decline.

Daily Recommendations

- Walk during cooler morning or evening hours.
- Participate in chair aerobics or resistance exercises.
- Perform stretching and balance exercises.
- Drink water before, during, and after exercise.
- Stop activity immediately if you experience dizziness, chest pain, or shortness of breath.

🧘 **Wellness Program:** Senior Fitness & Fall Prevention Class

🛡️ IMMUNE HEALTH & INFECTION PREVENTION

Why It Matters

As we age, the immune system undergoes changes (**immunosenescence**) that increase susceptibility to infections and delay recovery.

Simple preventive measures help reduce the transmission of respiratory and gastrointestinal illnesses.



Ways to Strengthen Immune Health

- Wash hands frequently.
- Stay current with recommended vaccinations.
- Get **7–8 hours of quality sleep** each night.
- Eat foods rich in **Vitamin C, Vitamin D, zinc, and protein.**
- Stay hydrated and physically active.

🌸 **Wellness Program:** Infection Prevention & Healthy Immune System Education

INTERACTIVE PROGRAMMING & ENGAGEMENT

Weekly Programming

- **Mindful Monday** – Stress management, guided meditation, and breathing exercises.
- **Wellness Wednesday** – Exercise, balance training, and healthy aging education.
- **Friendship Friday** – Socialization, music, games, and community engagement.

Creative & Social Engagement

- Arts and crafts
- Gardening therapy
- Music appreciation and reminiscence therapy
- Group discussions

Cognitive Wellness

- Crossword puzzles
- Word searches
- Memory games
- Trivia
- Problem-solving activities



FINAL MESSAGE

Healthy aging is supported through **preventive healthcare, regular physical activity, balanced nutrition, cognitive stimulation, adequate hydration, and meaningful social interaction.** Even small lifestyle changes can improve cardiovascular health, reduce chronic disease risk, preserve cognitive function, and enhance overall quality of life.

We encourage everyone to stay engaged in our wellness programs and continue making healthy choices every day.

♥ **Stay healthy. Stay active. Stay connected. Age well.**



Name: _____

Date: _____

It's time to uncover some summertime words in this word search! Imagine diving into a jumble of letters that captures the spirit of the season. Can you find all the hidden words related to August? Words may lurk in any direction—forward, backward, up, down, or diagonally. When you spot a word, circle it and check it off the list.

August

Word Search



AUGUST

BBQ

BEACH

BOATING

CAMPFIRE

CAMPING

FISHING

FLIP-FLOPS

FOREST

HEAT

HIKING

ICE CREAM

LEMONADE

OCEAN

PICNIC

RELAXATION

ROAD TRIP

SAND

SEASHELLS

SUMMER

SUN

SUNGLASSES

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



SUNSHINE

SURFING

SWIM

TANNING



TRAVEL

VACATION

WATERMELON

WILDLIFE

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Name: _____ Date: _____

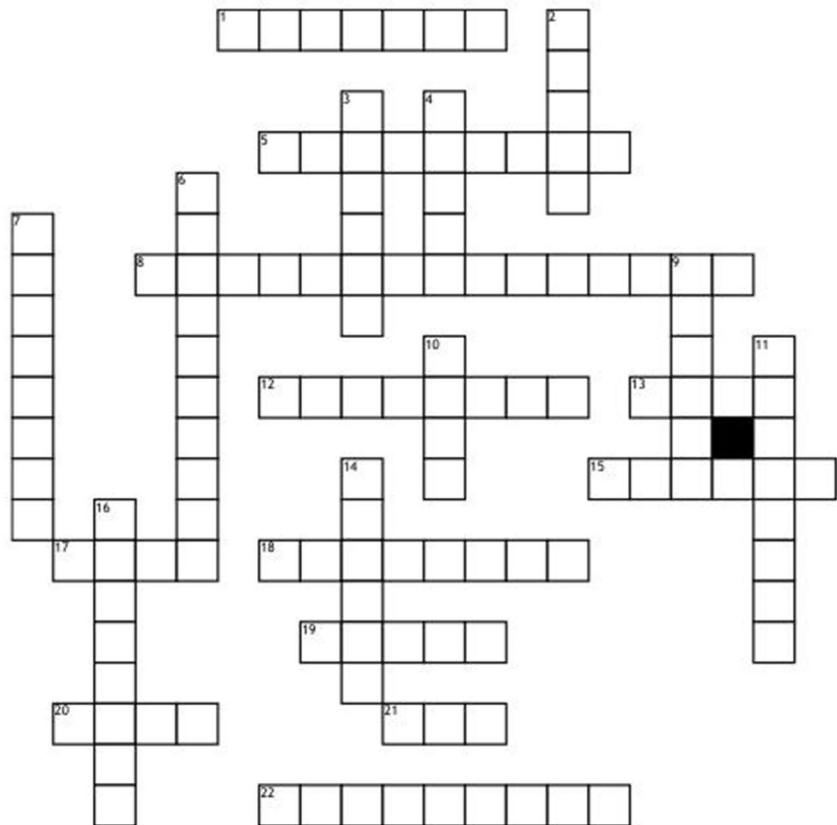
Summer Crossword

Across

1. An outdoor activity that usually involves a tent
5. Common meat product to grill that goes inbetween 2 buns
8. Holiday in July
12. If you dont put on sunscreen you will get.....
13. First month of summer
15. Common meat product to grill that goes inbetween a bun
17. An open body of water you can go swim at
18. We sit around it usually at night and it produces a lot of heat
19. The shore of the sea, or lake, which is washed by the waves
20. A closed body of water you can swim at
21. What is the star at the center of the solar system?
22. To prevent a sunburn you want to put on

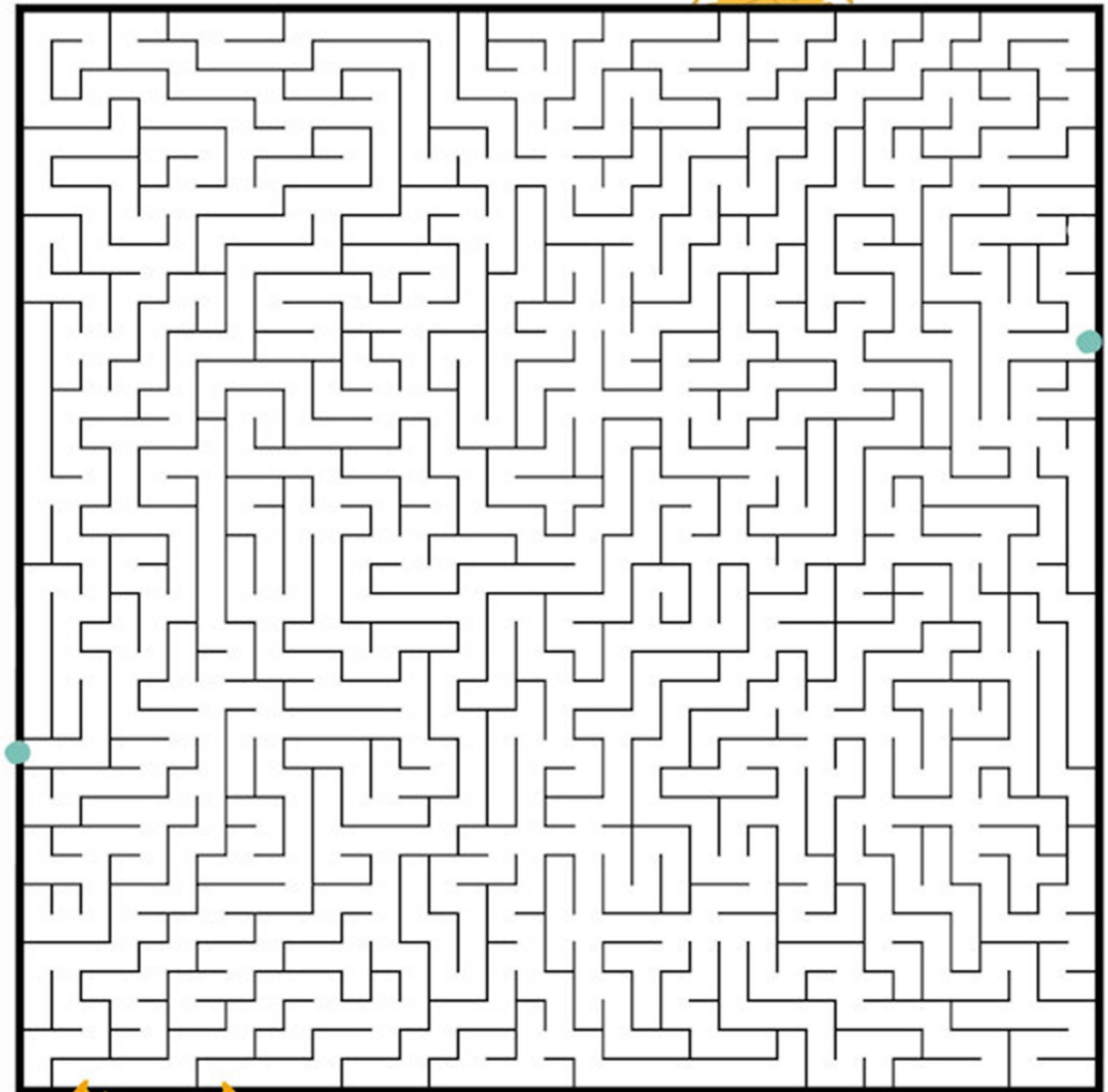
Down

2. In the summer you usually can.....in.
3. A yummy sweet treat that you roast over a fire
4. You can.....a sandcastle at the beach
6. What do you make at the beach?
7. To cook outdoors on a grill
9. Month we go back to school
10. Second month of summer
11. A sweet drink that is a mixture of lemon juice, water, and sugar
14. The season you do not go to school
16. If you walk around without shoes on its called



SEA CREATURE MAZE

FIND YOUR WAY FROM ONE SPOT TO THE OTHER
THROUGH THE MAZE



SEASONEDTIMES.COM



Healthy August Recipes for Seniors

Fresh • Seasonal • Easy • Delicious

Hello August!



1 Peach & Blueberry Spinach Salad

Sweet, colorful, and packed with nutrients!



INGREDIENTS

- 3 cups baby spinach
- 1 ripe peach, sliced
- ½ cup fresh blueberries
- ¼ cup walnuts, chopped
- ¼ cup crumbled feta cheese
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar

DIRECTIONS

1. Combine spinach, peaches, blueberries, walnuts, and feta.
2. Drizzle with olive oil and balsamic vinegar.
3. Toss gently and serve immediately.



♥ **BENEFITS:** Rich in antioxidants, fiber, calcium, and heart-healthy fats.

2 Herb-Roasted Chicken with Summer Vegetables

A satisfying and colorful summer dinner.



INGREDIENTS

- 2 boneless chicken breasts
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 1 cup cherry tomatoes
- 2 tbsp olive oil
- 1 tsp Italian herbs
- Garlic powder
- Salt & pepper

DIRECTIONS

1. Toss vegetables with olive oil and seasonings.
2. Season chicken with herbs.
3. Bake everything at 400°F for 30–35 minutes, until chicken reaches 165°F.



♥ **BENEFITS:** Lean protein supports muscle health while colorful vegetables provide vitamins A and C.

3 Peach Yogurt Parfait

A refreshing breakfast or healthy dessert.



INGREDIENTS

- 1 cup Greek yogurt
- 1 ripe peach, diced
- ¼ cup low-sugar granola
- 1 tbsp chopped almonds
- Cinnamon (optional)

DIRECTIONS

1. Layer yogurt, peaches, granola, and almonds.
2. Sprinkle with cinnamon if desired.
3. Serve chilled.

♥ **BENEFITS:** High in calcium, protein, probiotics, and vitamins for bone and digestive health.

4 Fresh Corn & Avocado Salad

Light, refreshing, and perfect for warm days.



INGREDIENTS

- 2 ears cooked corn (kernels removed)
- 1 avocado, diced
- 1 cup cherry tomatoes
- ¼ cup cucumber, diced
- Fresh cilantro or parsley
- Juice of 1 lime
- 1 tbsp olive oil
- Salt & pepper

DIRECTIONS

1. Combine all ingredients in a bowl.
2. Toss with lime juice and olive oil.
3. Chill for 20 minutes before serving.

♥ **BENEFITS:** Rich in healthy fats, fiber, potassium, and hydration-supporting vegetables.



AUGUST WELLNESS TIPS



STAY HYDRATED

Drink 6–8 glasses of water daily, especially during hot weather.



EAT SEASONAL

Enjoy peaches, tomatoes, corn, cucumbers, zucchini, melons, and berries.



STAY ACTIVE

Take morning walks, join exercise classes, or enjoy gentle stretching before the hottest part of the day.



STAY CONNECTED

Spend time with family, friends, and community programs to support emotional well-being.



BEAT THE HEAT

Wear sunscreen, sunglasses, and a wide-brimmed hat, and seek shade during 10 AM–4 PM.



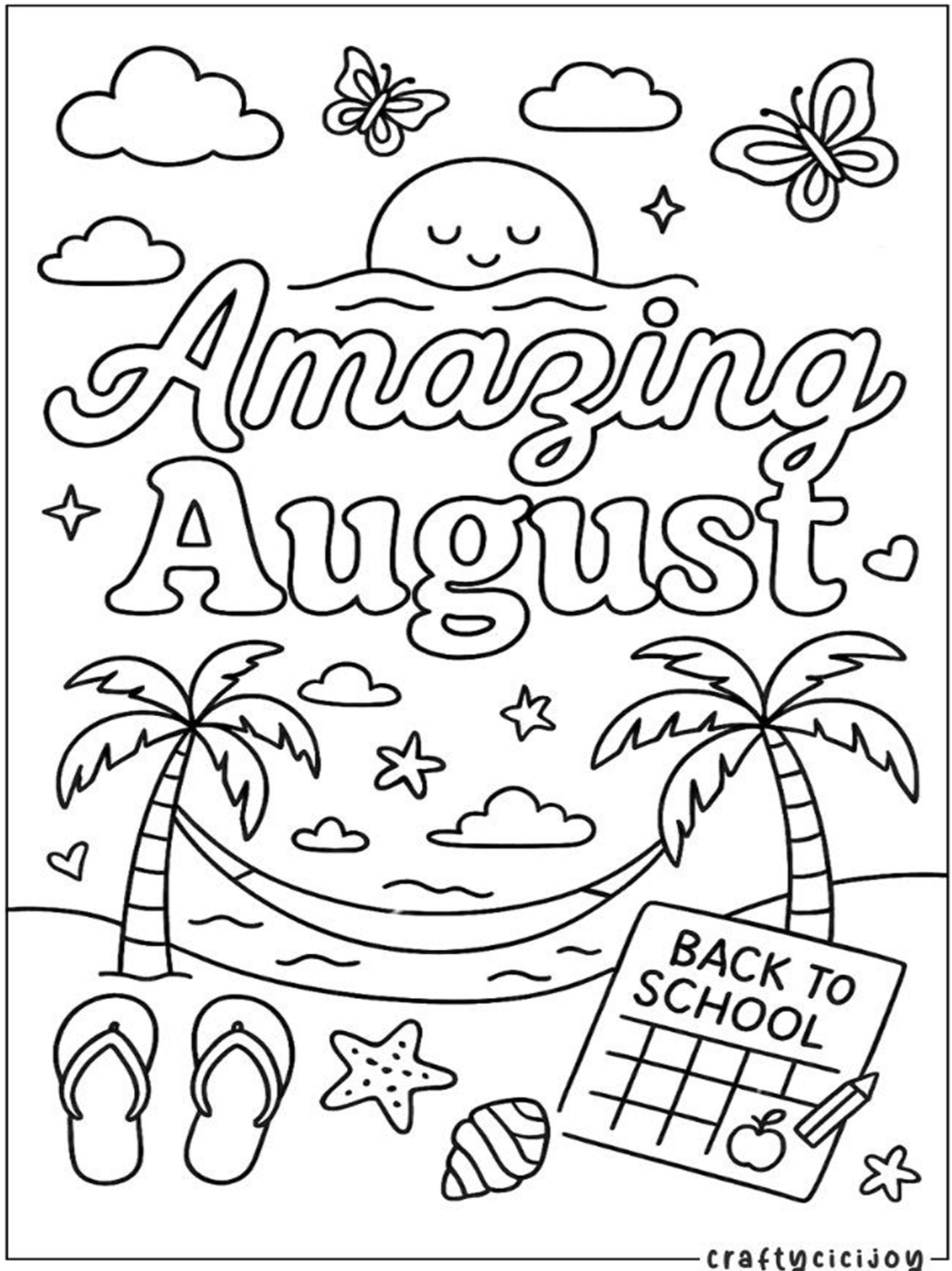
KEEP YOUR MIND ACTIVE

Read, do crossword puzzles, play games, or learn a new hobby to support brain health.



Good food. Good health.
Enjoy every sunny August day! ♥





AUGUST MILITARY NOTABLE DATES

August 7 - Purple Heart Day

National Purple Heart Day honors the men and women who have been wounded or killed in military service.

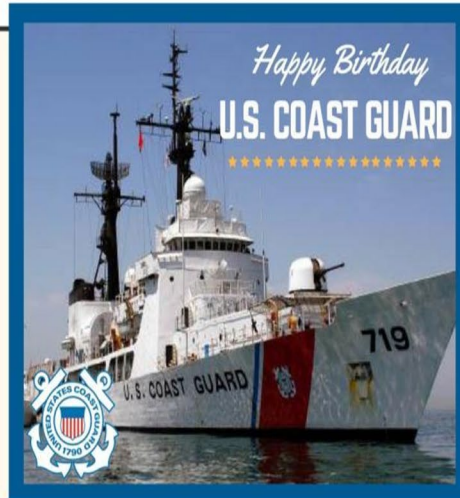
The original Purple Heart, designated as the Badge of Military Merit, was established by George Washington – then the commander-in-chief of the Continental Army – by order from his Newburgh, New York headquarters on August 7, 1782



Although never abolished, the award of the badge was not proposed again officially until after World War I.

August 4, 1790 - Coast Guard Birthday

The Coast Guard, one of America's five armed forces traces its founding to the first Congress authorizing the construction of 10 vessels to enforce tariff and trade laws, prevent smuggling, and protect the collection of federal revenue.



August 14, 1945- VJ (Victory over Japan) Day

On August 14, 1945, it was announced that Japan had surrendered unconditionally to the Allies, effectively ending World War II. Since then, both August 14 and August 15 have been known as "Victory over Japan Day," or simply "V-J Day."

On September 2, 1945, a formal surrender ceremony was performed in Tokyo Bay, Japan, aboard the battleship USS Missouri.



August 29, 1916 - Marine Forces Reserve Birthday

The Marine Forces Reserve is tasked with the mission of augmenting and reinforcing active duty Marine forces during a war or open hostilities, national emergencies, and contingency operations.



World Senior Citizens Day

♥ — Honouring the wisdom, love, and contributions of older adults — ♥

**AUGUST
21**

What is World Senior Citizens Day?

It is observed on August 21 to recognise and appreciate the contributions of senior citizens in society.

Why It Matters



- Respects the elderly
- Celebrates their life experience
- Promotes care, dignity, and inclusion
- Spreads awareness about elder well-being

Values We Learn



- Kindness
- Gratitude
- Patience
- Respect
- Responsibility



How to Celebrate



- Spend time with grandparents
- Help older people in daily tasks
- Organise school or community events
- Share stories and memories
- Promote healthy ageing

Importance of Senior Citizens



- They guide families and society
- They pass on traditions and knowledge
- They inspire younger generations
- They strengthen communities

Ways to Support Them



- Offer respect and companionship
- Ensure good healthcare and safety
- Encourage active and happy living
- Create age-friendly environments

Quick Highlights



**Honours
older adults**



**Celebrates
wisdom and
experience**



**Promotes
love and care**



**Encourages
healthy ageing**



**older adults
honours**



**experience
wisdom and
celebrates**



**love and care
promotes**



**healthy ageing
encourages**



Quick Highlights



- Responsibility
- Respect
- Patience
- Gratitude



- Create age-friendly environments
- Encourage active and happy living
- Ensure good healthcare and safety
- Promote healthy ageing

WATERMELON

NUTRITION FACTS



Supports digestion with its fiber and water content.



Contains lycopene, which helps protect your heart.



Watermelon is 92% water, keeps you hydrated all day.



Packed with vitamin C, it strengthens your immune system.



Supports healthy skin with vitamins A and C.

Low in calories, making it great for weight loss.



Helps reduce muscle soreness after workouts.



Keeps your kidneys healthy by flushing out toxins.

chirpy Pages



Natural sugars provide quick energy without crashes.

Rich in antioxidants, protecting cells from damage.



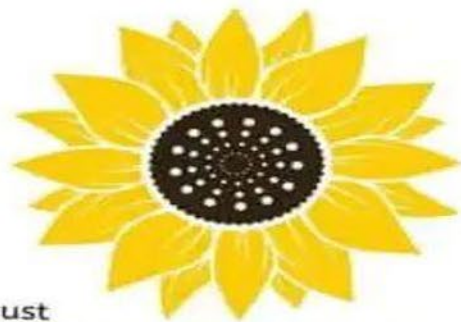
27 Holidays

TO CELEBRATE IN AUGUST

FUN HOLIDAYS IN AUGUST

- 1st - National Raspberry Cream Pie Day
- 2nd - National Coloring Book Day
- 3rd - National Watermelon Day
- 4th - National Chocolate Chip Cookie Day
- 5th - National Sandcastle Day
- 6th - National Root Beer Float Day
- 7th - National Lighthouse Day
- 8th - National Dollar Day
- 9th - National Book Lovers Day
- 10th - National S'mores Day
- 11th - Mountain Day
- 12th - World Elephant Day
- 13th - International Lefthanders Day
- 14th - National Creamsicle Day
- 15th - National Relaxation Day
- 16th - National Tell a Joke Day
- 18th - National Fajita Day
- 19th - National Potato Day
- 20th - National Lemonade Day
- 21st - National Senior Citizens Day
- 22nd - National Tooth Fairy Day
- 23rd - Cheap Flight Day
- 24th - National Waffle Day
- 25th - National Banana Split Day
- 26th - National Toilet Paper Day
- 30th - National Beach Day
- 31st - National Trail Mix Day

National Bowling Day - Second Saturday in August



AUGUST

BIRTH FLOWER

Gladiolus, Poppy



ZODIAC SIGNS



Leo

August 1 – August 22



Virgo

August 23 – August 31

BIRTHSTONE

Peridot, Spinel, Sardonyx



August 2026

Funded by NYC Dept of Aging



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

*Serving Homebound Older
Adults in Southwest Queens*



**CATHOLIC
CHARITIES**
Brooklyn &
Queens
ESTABLISHED 1899



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*



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.

125+
YEARS OF CHANGING LIVES



Geriatric Mental Health Initiative **Program**

*Providing awareness, screenings and referrals
for seniors 55 and older in the area of
depression, anxiety, alcohol and substance
abuse.*

FREE Services Provided

- Intervention
- Screening
- Assessment and Referral
- 6 weeks counseling

Convenient Appointment at Your OAC

Feel Free to Call at:

718-514-8035/929-895-2080

**Office Location: 191 Joralemon Street 13FL Brooklyn
NY 11201**

Available Monday thru Friday

9 a.m. – 5 p.m.

Funded by the Office of Mental Health and Hygiene



THE BAY SENIOR CENTER STAFF

Catherine	Program Manager
Jeffrey	Administrative assistant
Jeffrey	Case Manager
David	Kitchen Aide
Bruno	Maintenance

77-11 18h Avenue,

Brooklyn, NY 11214

Phone (718) 621-1081

WORK HOURS:

MON- FRI

8AM-4PM

125⁺
YEARS OF CHANGING LIVES



**Wishing everyone will have a happy,
healthy and prosperous August!**



August 2026

Funded by NYC Dept of Aging