



Senior Voices

CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
THE BAY OLDER ADULT CENTER

3643 Nostrand Avenue,
Brooklyn, NY 11229
Phone (718) 648-2053



September: A Time for Healthy Aging, Fall Prevention & Wellness

September brings the transition from summer to fall and is a wonderful time to renew our commitment to healthy aging. At CCNS The Bay OAC, we encourage our members to focus on maintaining strength, independence, and overall well-being as we enter a new season. September is especially meaningful as we recognize **Healthy Aging Month** and **Falls Prevention Awareness**, reminding us that preventive healthcare, regular physical activity, good nutrition, and a safe environment all play important roles in maintaining quality of life as we age. **Let's make the most of September by:**

-  **Preventing falls** by practicing balance and strengthening exercises, wearing supportive footwear, and keeping living spaces free of tripping hazards.
-  **Staying physically active** with walking, stretching, chair exercises, dance, or fitness classes to support strength, mobility, and cardiovascular health.
-  **Keeping up with preventive healthcare** by attending routine medical appointments and monitoring blood pressure, cholesterol, blood sugar, vision, and hearing as recommended.
-  **Choosing nutritious seasonal foods** such as apples, pears, squash, leafy greens, and sweet potatoes to provide fiber, vitamins, minerals, and antioxidants.
-  **Supporting brain health** through reading, puzzles, games, educational programs, learning new skills, and meaningful conversations.
-  **Practicing medication safety** by keeping an updated medication list and discussing medications, vitamins, and supplements with your healthcare provider or pharmacist.
-  **Staying socially connected** by participating in programs and activities at The Bay OAC, spending time with friends and family, and remaining involved in the community.

Healthy aging is about maintaining physical strength, mental well-being, independence, and meaningful connections. Small healthy choices made every day can help reduce health risks and support a better quality of life. Let's welcome September at The Bay OAC with a commitment to staying active, safe, connected, and well! 🍂❤️🍎

Dear friends,

Is it my imagination or did this summer just fly by quickly? I have to say that except for a few extremely hot days it was not an extremely oppressive summer and we even had some picture-perfect day. I hope that means that we will have a pleasant winter as well.

I want to remind everyone that we have a driver and a van that would be happy to pick seniors up or transport them home just ask in the office or call 718 648 2053. We also go on trips, first come first serve to many local places. We are open to your suggestions as to where to go.

Please join us for our new yoga class on Fridays at 10.

The members who go seem to enjoy it very much.

For those of you who celebrate the Jewish New Year I want to wish you all a healthy and happy new year and a pleasant and safe holiday season.

Love always.

Sharon Retkinski

Program manager,



*** The Bay Senior Center *** 3643 Nostrand Ave, Brooklyn NY

Conference Calls (701) 802-5238 enter code 3235213 #

Transportation is available to take seniors to Senior Center and back home

The Bay Senior Center (718) 648-2053) **for Special Events**

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Closed Yom Kippur</u>	Blood Pressure @ 10:30	>Current Events Discussion Hybrid @ 10	<u>Moving Meditation Exercise</u> (Qi Gong) 10:00 AM	NEW Chair Yoga class at 10:00
<u>*Coping with Your Feeling- Monday@10AM Hybrid</u>	<u>Current events 9:00</u>	<u>~*Cardio Dance Exercise@10:30 am</u>	Current Events Discussion 10:00	~ Trivia Pursuit Live & Hybrid Calling 10:00
<u>*Alert and Alive Monday at 11:00 Hybrid</u>	<u>NEW Musically Stretching exercise at 10:45</u>	Special Events Trips on requests	Local Trip - arranged with office	~ Yiddish Hour at 11:00 am Live & Hybrid
Ballroom Dancing @ 9:00	<u>Trip September 15 trip to FIT 15,2026</u>	Local Trip to Mall Scheduled 9-9-2026	Sharing Reflection discussion by BPL Live & Hybrid Calling at 10:30	<u>Lunch 11:30 am</u>
<u>Emergence Safety workshop</u> <u>September 28 @ 10:30</u>	<u>Jewelry Making Class @ 12:30</u>	* Lunch 11:30 Movie and discussion @12:30 – [after lunch]	<u>Lunch 11:30</u>	~*Oneg Shabbat Class~ (sing-a long class) 12:30
Lunch starts at 11:30	<u>*Health Lecture workshop 4th Tuesday of every month- September 29 @11:00</u>	Social Hour: 12:30-2:00		Social Hour 1:00-3:00
Social Hour 12:30-3:00	<u>Sponsored By Chateau Adult Home</u>	Age-Tastic! Rummikub Board Games available	Social Hour 1:00-3:00 Board Games available	Board Games Available
Board Games -Sudoka CONNECT 4 , Scrabble	<u>Social Hour 12:30-3:00</u>	Sudoka , Rummikub, BINGO	Age-Tastic, Rummikub, Bingo	Rummikub, Age-Tastic Cards, Apples to Apples
Age –Tastic, Rummikub, Connect 4, Apples to Apple				Brain Teaser, Sudoka are available

~ The Bay Senior Center ~

Our Center provides you with many exciting programs and events. This is the place for meet old friends and meet new ones. Join us and participate in all our activities.

It is the place to enjoy hot kosher lunches, Zumba exercise, Aerobics, Moving Meditation, (Qi Gong Exercise) current events, arts and crafts, nutrition lectures, movies & discussion, parties entertainments live, bingo, trips and much more. Some fees apply.

If you have trouble getting to and from the Center, we can provide transportation. We are also handicapped accessible. Please call the center for transportation.

We are non-denominational. Members of our staff speak a variety of languages: English, Russian, Spanish, Yiddish, and Hebrew. Come in and look around. See what interests you. . . .

If you wish to play a board and card games, please ask staff for access to these games.

Stay Safe and Peace on Earth

Robert Sultanik

Case Manager

Message from the Center:

Live Long
Live Well
Live Happy

Dear CCNS The Bay OAC Members,

Welcome to September! 🍁

As summer comes to a close and we welcome the beginning of fall, September brings a refreshing opportunity to focus on **healthy aging, safety, and maintaining our independence**. The changing season is a wonderful time to renew healthy routines, stay physically and socially active, and continue participating in activities that support both physical and emotional well-being.

September is especially meaningful as we recognize **Healthy Aging Month** and **Falls Prevention Awareness**. These observances remind us that staying strong and independent involves many small but important steps—regular physical activity, balanced nutrition, preventive healthcare, medication safety, and maintaining strength and balance to help reduce the risk of falls.

At **CCNS The Bay OAC**, we encourage everyone to make September an active and enjoyable month. Take part in a fitness or wellness class, challenge yourself with a puzzle or educational program, enjoy a walk in the cooler weather, or simply spend time connecting with friends. Staying socially engaged is just as important to healthy aging as taking care of our physical health.

As we transition into fall, remember to keep up with routine medical appointments, eat nutritious seasonal foods, stay hydrated, and make your home environment as safe as possible. Most importantly, continue doing the activities that bring you happiness, purpose, and connection.

Thank you for being such a valued part of **The Bay OAC community**. We look forward to another month filled with friendship, wellness, learning, laughter, and memorable experiences together.

Wishing everyone a happy, healthy, safe, and wonderful September! 🍁 🍂



September Fun Facts

www.slidedad.com



September comes from 'septem,' Latin for seven, originally the 7th month in the Roman calendar

Birth Flowers

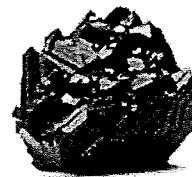


Aster



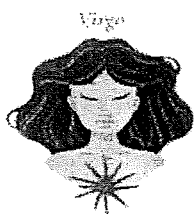
Morning Glory

Birthstone

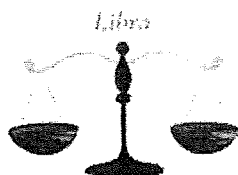


Saphire

Zodiac Signs



Virgo



Libra

August 23-September 22 September 23 - October 22



30

Days in the Month

September-Born Personality Traits

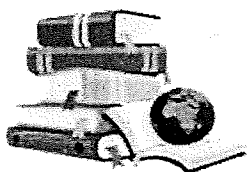
Virgos are said to be analytical, hardworking, kind, and loyal, while Libras value harmony, diplomacy, intelligence, and kindness



September's full moon, the Harvest Moon, aided in ancient night harvesting

Special Days

September 8



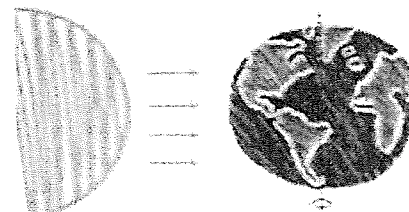
International Literacy Day

September 11



US Patriot Day: Honoring 2001 terror attack victims

September 22 or 23



Autumnal equinox: Equal day & night, autumn's star

Name _____

September Word Search

APPLE

COLOR

AUTUMN

FRIENDS

ACORN

PUMPKIN

BACKPACK

SEPTEMBER

SCHOOL

OWL

BOOK

SUNFLOWER

FALL

FOOTBALL

BUS

CLASSROOM

LEAVES

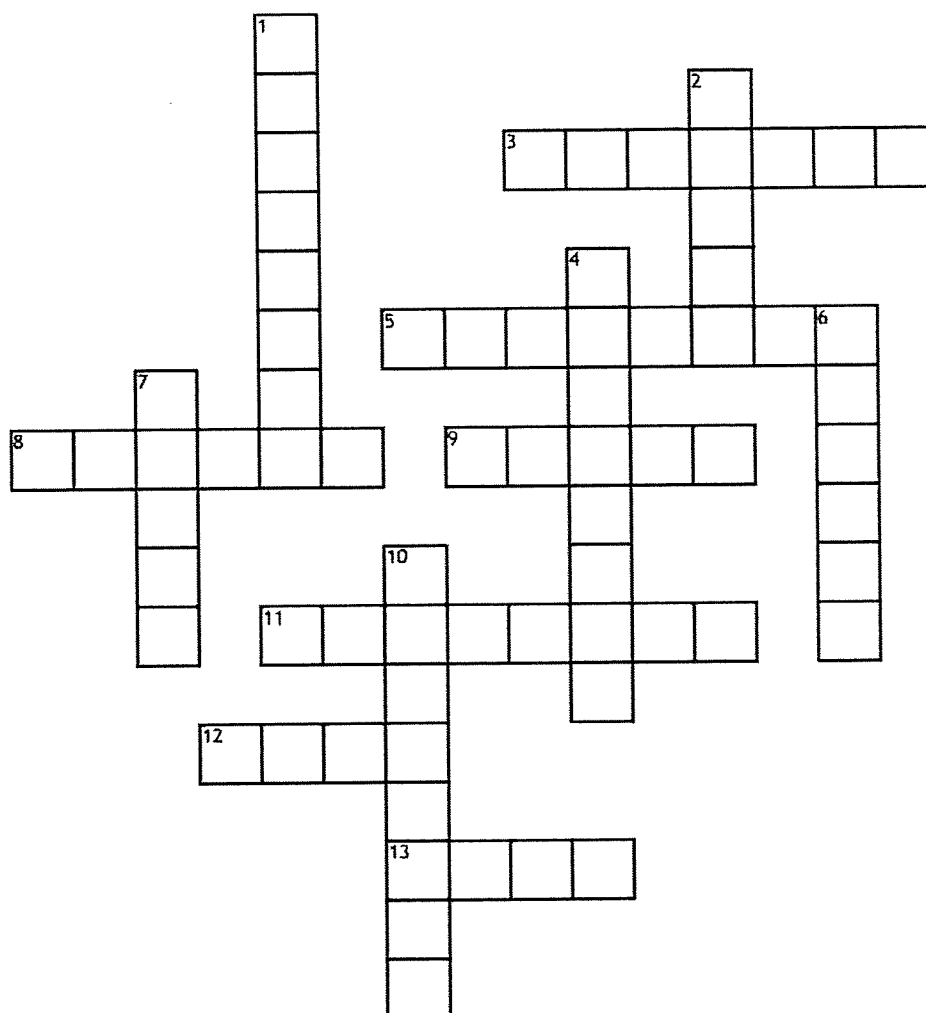
CORN

TEACHER

PENCIL

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

September



Across

- 3. Vegetable you can carve
- 5. something people wear during autumn
- 8. a little cold
- 9. fruit of the oak tree

11. popular fall sport

12. Use one of these to tidy up fallen leaves

13. the way trees look during autumn

Down

- 1. a small rodent
- 2. a crisp red fruit

4. the first monday in september

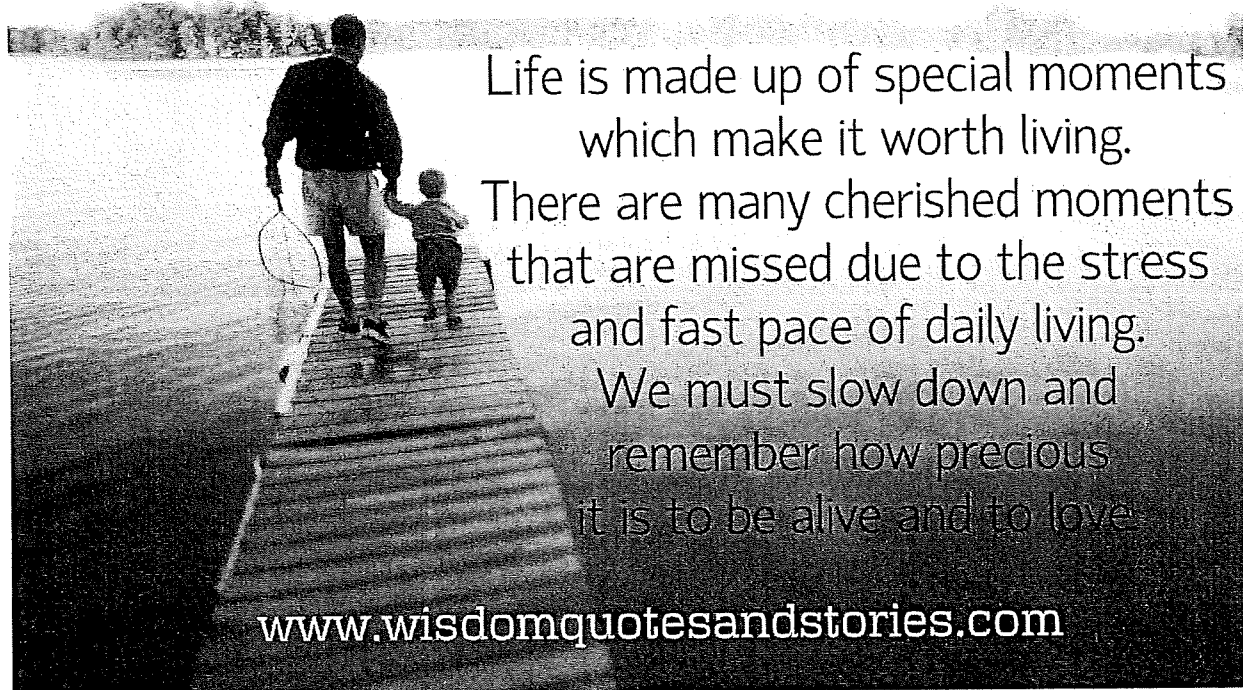
6. where do children go in the fall?

7. a drink you can make from apples

10. another autumn month

Sharing Reflection **Workshop**

Come Join Us



Last Thursday of every month at 10:30 am

Phone Conference call 701 802-5218

Meeting number 3235213#

FREE Monthly Library Program for The Bay Senior Centers, The Sharing Reflections program stimulates memory in the older adult in a cheerful and edifying way. The idea is to include all in a program relevant to seasons, current events, holidays or any other way the discussion goes pursuant to jogging the memory of the participants. Come and share your life experiences in a group setting in which you will enjoy and enhance the process of remembering. It's a great opportunity to share your earlier memories while meeting new people and hearing other community members as they share their life experience.

Good humor and fun are integral ingredients of our program.

9.11



PATRIOT DAY

WE WILL NEVER

FORGET

September 11, 2001 — Remembering 9/11

On the morning of **September 11, 2001**, New York City experienced one of the most devastating events in American history. Nineteen terrorists from al-Qaeda hijacked four commercial airplanes. At **8:46 a.m.**, American Airlines Flight 11 struck the **North Tower of the World Trade Center**, and at **9:03 a.m.**, United Airlines Flight 175 struck the **South Tower**.

The South Tower collapsed at **9:59 a.m.**, followed by the North Tower at **10:28 a.m.** The attacks claimed **2,977 lives in total**, including **2,753 people in New York City**.

The tragedy also demonstrated extraordinary courage and sacrifice. Firefighters, police officers, emergency medical personnel, and ordinary citizens rushed to help others. **343 FDNY firefighters** were among those who lost their lives that day.

Today, the **National September 11 Memorial & Museum** stands at the former World Trade Center site in Lower Manhattan. Two reflecting pools occupy the footprints of the original Twin Towers, with the names of the victims inscribed around them. The Memorial serves as a place of remembrance, reflection, and tribute to those who died, those who survived, and those who responded.

We Remember

September 11 is a day to honor the lives lost, recognize the bravery of first responders and ordinary citizens, and remember the strength and resilience shown by New Yorkers and communities across the nation.

Never Forget. US



MEMORIAL DAY FACTS

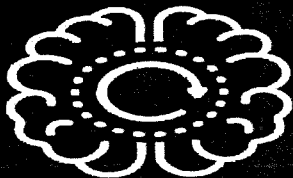
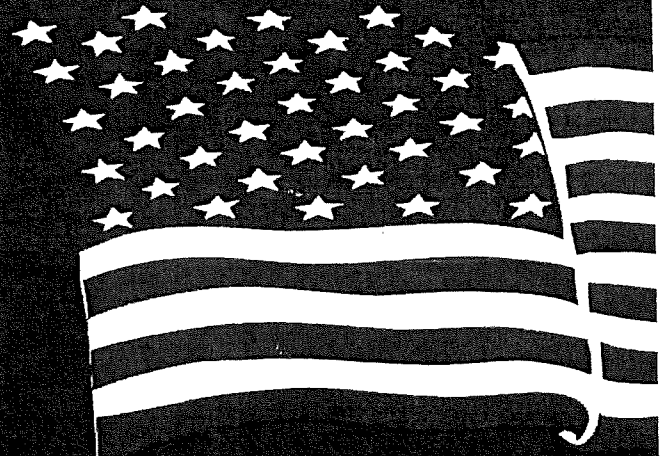
Each American takes part in the National Moment of Remembrance each year.

The Civil War started on April 12, 1861.

The history of Memorial Day in the U.S. is a little complicated.



Memorial Day was created because of the Civil War.



The National Moment of Remembrance started in the year 2000.

The National Moment of Remembrance symbolizes unity.



Around 655,000 Americans died during the Civil War.

The Memorial Day "evolved".



Memorial Day falls on May partly because of flowers.



People consider General John A. Logan as the founder of Memorial Day.



Canadian poet John McCrae introduced red poppies for Memorial Day.



Some believe that Abraham Lincoln was the founder of Memorial Day.



Waterloo, New York, is the "birthplace" of Memorial Day.



Doylestown, Pennsylvania observed Memorial Day since 1868.



Memorial Day used to be associated with picnics.



Boalsburg, Pennsylvania also claims to be the birthplace of Memorial Day.

Veterans Day and Memorial Day are both patriotic holidays honoring the military.



Some of the states observe the Confederate Memorial Day.

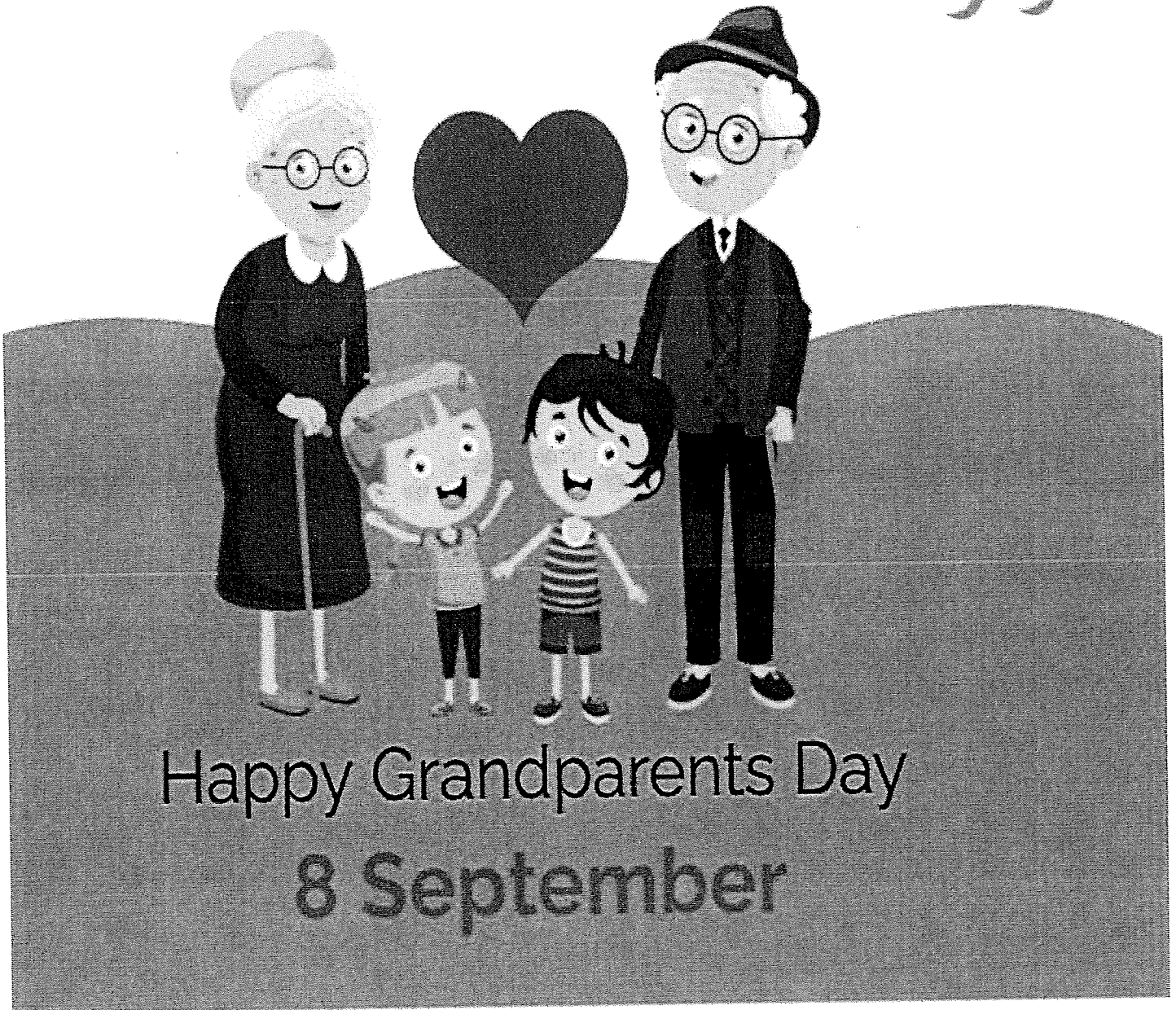


The Women's Relief Corps sponsored the ceremonies during the 1890s.

”

There's no Love like our
Grandparent's Love

”



Happy Grandparents Day
8 September

METEOROLOGICAL VS. ASTRONOMICAL

METEOROLOGICAL FALL

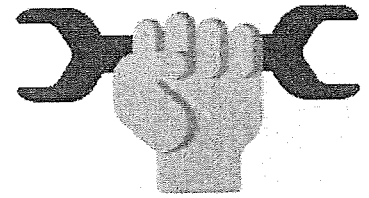
- BEGINS ON SEPTEMBER 1st
- 3 MONTH GROUPS BASED ON ANNUAL TEMP CYCLE
- SEPTEMBER, OCTOBER, & NOVEMBER
- EASIER FOR KEEPING STATS

ASTRONOMICAL FALL

- BEGINS ON SEPTEMBER 22nd
- BASED ON POSITION OF THE EARTH RELATIVE TO THE SUN
- CHANGES AT THE EQUINOX

History of Labor Day

UNITED STATES



EARLY ADOPTERS

Labor Day, recognized by labor activists and individual states, began as municipal ordinances in 1885 and 1886. Oregon led; New York and several states followed.

FOUNDERS

In 1882, Peter J. McGuire and Matthew Maguire both claimed authorship of Labor Day, a holiday honoring workers



FIRST LABOR DAY

Labor Day debuted September 5, 1882, in New York City. By June 28, 1894, President Grover Cleveland declared it a national holiday.

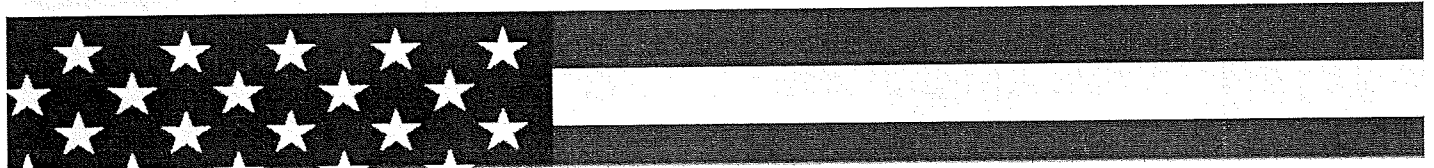
NATIONWIDE HOLIDAY

Labor Day festivities street parades, followed by family festivals. Later, speeches and Labor Sunday emerged.



TODAY

Labor Day has realized the ideals that enacted labor rights; nations worldwide honor all workers.





SEPTEMBER WELLNESS & HEALTHY AGING

Why It Matters

September is recognized as **Healthy Aging Month**, making it an excellent time to focus on the medical and lifestyle factors that help older adults maintain **mobility, cognitive function, cardiovascular health, and independence**.

Aging is associated with gradual changes in muscle mass, bone density, balance, metabolism, vision, hearing, and immune function. Chronic conditions such as **hypertension, diabetes, cardiovascular disease, arthritis, and osteoporosis** also become more common with age.



Many age-related health risks can be reduced through preventive healthcare, regular physical activity, balanced nutrition, medication management, and early recognition of changes in health.

Healthy Aging Recommendations

- 🏠 Keep up with routine medical appointments and recommended preventive screenings.
- 🏋️ Include strengthening activities to help preserve muscle mass and physical function.
- 🦴 Support bone health with weight-bearing activity and adequate calcium and vitamin D as recommended by your healthcare provider.
- 🧠 Stay mentally and socially active to support cognitive and emotional health.
- 👁️ Maintain regular vision and hearing evaluations, especially when changes are noticed.
- 💊 Review medications regularly with your healthcare provider or pharmacist.

♥️ **Wellness Program:** Healthy Aging & Preventive Health Education



FALL PREVENTION & OSTEOPOROSIS AWARENESS

Why It Matters

Falls are an important health concern for older adults. According to the CDC, falls are a leading cause of injury among adults age 65 and older. A fall can result in **hip fractures, traumatic brain injuries, hospitalization, loss of mobility, and reduced independence**.



Fall risk can increase because of **muscle weakness, balance problems, vision impairment, certain medications, low blood pressure when standing, neuropathy, arthritis, and environmental hazards.**

Osteoporosis can make falls especially dangerous because weakened bones fracture more easily.

Reduce Your Fall Risk

- Practice exercises that improve **strength, gait, and balance.**
- Have your vision checked regularly.
- Ask your healthcare provider or pharmacist whether any medications may cause dizziness, sedation,

or low blood pressure.

- Report frequent dizziness, fainting, new weakness, or balance changes to your healthcare provider.
- Remove loose rugs, electrical cords, and clutter from walking areas.
- Use adequate lighting, especially in hallways, bathrooms, and near stairs.
- Wear properly fitting, supportive, non-slip footwear.
- Ask your healthcare provider whether **osteoporosis screening** is appropriate for you.

Program Highlight: Balance Training & Fall Prevention Education

CARDIOVASCULAR HEALTH & CHOLESTEROL AWARENESS

Why It Matters

September is also an excellent time to discuss **cholesterol and cardiovascular disease prevention.**

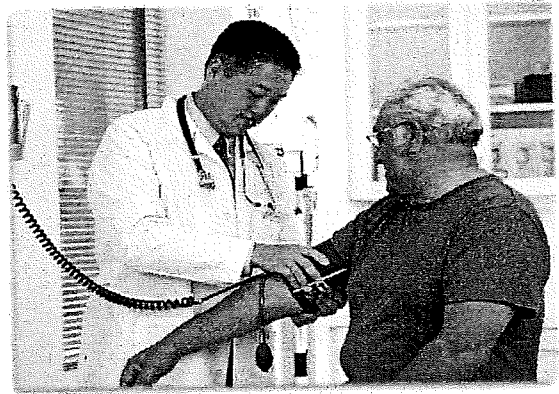
Cholesterol is necessary for normal body function, but elevated levels of **low-density lipoprotein (LDL) cholesterol** can contribute to plaque formation inside arteries, a process known as **atherosclerosis**. Over time, atherosclerosis can increase the risk of **heart attack, stroke, and peripheral artery disease.**

High cholesterol often causes **no symptoms**, which is why routine blood testing is important.

Know Your Cardiovascular Numbers

Talk with your healthcare provider about monitoring:

- 💧 Blood pressure
- ❤️ Total cholesterol
- ❤️ LDL cholesterol
- ❤️ HDL cholesterol
- ❤️ Triglycerides
- 💧 Blood glucose and/or A1C, when appropriate



Protect Your Heart

- Choose foods rich in vegetables, fruits, whole grains, legumes, and fiber.
- Limit foods high in saturated fat, trans fat, excess sodium, and added sugars.
- Stay physically active according to your abilities and medical recommendations.
- Take blood pressure, cholesterol, and diabetes medications exactly as prescribed.
- Avoid smoking and tobacco exposure.
- Discuss your individual cardiovascular risk with your healthcare provider.

🏥 **Program Highlight:** Know Your Numbers – Blood Pressure & Cholesterol Education



MEDICATION SAFETY & POLYPHARMACY

Why It Matters



Many older adults take several prescription medications, over-the-counter medicines, vitamins, and supplements. Taking multiple medications is sometimes called **polypharmacy**.

As the body ages, changes in kidney and liver function can affect how medications are metabolized and eliminated. Certain combinations may increase the risk of **dizziness, confusion, low blood pressure, bleeding, falls, or medication interactions**.

Medication Safety Tips

- Keep an updated list of all medications, vitamins, and supplements.

- Bring the list to medical appointments and pharmacy visits.
- Take medications exactly as prescribed.
- Do not stop prescription medications without discussing it with your healthcare provider.
- Ask whether any medication may increase dizziness or fall risk.
- Use one pharmacy when possible so potential drug interactions can be identified.
- Never take another person's prescription medication.

📌 **Program Highlight:** Medication Management & Pharmacy Safety Education



COGNITIVE HEALTH & BRAIN WELLNESS

Why It Matters

Some changes in memory and processing speed can occur with normal aging, but **significant memory loss that interferes with everyday activities is not considered a normal part of aging.**

Brain health is influenced by many of the same factors that affect cardiovascular health. Managing **high blood pressure, diabetes, cholesterol, physical inactivity, hearing loss, smoking, sleep problems, and social isolation** may also support cognitive health.



Support a Healthy Brain

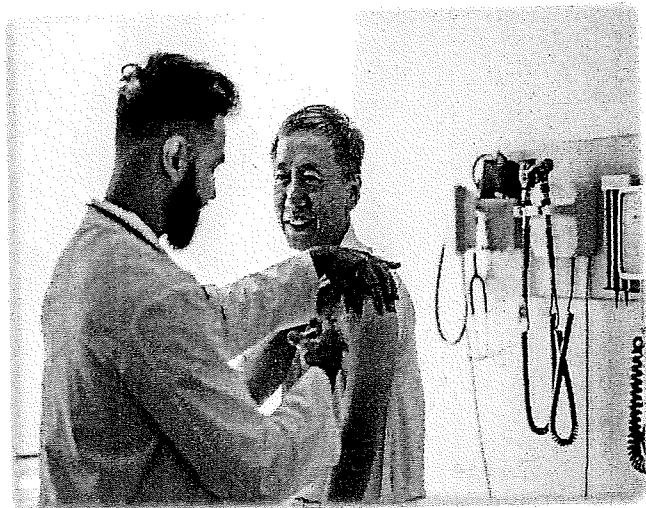
- 📖 Continue learning through reading, educational programs, and new hobbies.
- 🧩 Challenge your brain with puzzles, games, music, and problem-solving activities.
- 🚶 Stay physically active.
- ❤️ Manage cardiovascular risk factors.
- 🦻 Address hearing or vision problems.
- 🌙 Maintain a regular sleep schedule.
- 🤝 Stay socially connected with friends, family, and community programs.

New or worsening confusion, major personality changes, difficulty managing familiar daily activities, or rapidly progressing memory problems should be discussed with a healthcare professional.

🌟 **Program Highlight:** Brain Fitness, Memory & Cognitive Wellness



RESPIRATORY HEALTH & INFECTION PREVENTION



Why It Matters

As fall approaches and people begin spending more time indoors, respiratory infections become an increasingly important health consideration.

Older adults and people with chronic **heart disease, lung disease, diabetes, kidney disease, or weakened immune systems** may be at greater risk of complications from respiratory infections.

Prevention Strategies

- 🍂 Ask your healthcare provider which seasonal and age-appropriate vaccinations are recommended for you.
- 🧼 Wash your hands regularly with soap and water.
- 🤧 Cover coughs and sneezes and avoid close contact with people who are ill when possible.
- 🍖 Maintain adequate nutrition, including sufficient protein.
- 😴 Get adequate sleep.
- 💧 Maintain appropriate hydration unless you have been given a fluid restriction.
- 🏥 Seek medical attention for concerning symptoms such as difficulty breathing, persistent chest pain, confusion, or significant worsening of a chronic condition.

📌 **Wellness Program:** Respiratory Health & Infection Prevention Education



MUSCLE, BONE & JOINT HEALTH

Why It Matters

Beginning in adulthood, people gradually lose muscle mass and strength, and this process can accelerate with aging. Age-related loss of muscle mass and function is known as **sarcopenia**.

Reduced muscle strength can make everyday activities more difficult and contribute to **frailty, falls, and loss of independence**. Osteoarthritis and osteoporosis can further affect mobility.

Protect Your Mobility

- 🏋️ Include resistance or strengthening exercises appropriate for your abilities.
- 🚶 Continue regular walking and other weight-bearing activities when medically appropriate.
- ⚖️ Practice balance exercises.
- 🥛 Consume adequate protein and nutrients important for bone health.
- 🩺 Discuss persistent joint pain, weakness, or changes in walking with your healthcare provider.
- 🦴 Follow your provider's recommendations regarding bone-density testing and osteoporosis prevention.



🚶 **Program Highlight:** Strength, Mobility & Bone Health for Healthy Aging



INTERACTIVE PROGRAMMING & ENGAGEMENT



Weekly Programming

- **Mindful Monday** – Guided breathing, relaxation, and stress-management activities.
- **Wellness Wednesday** – Balance, strengthening, fall prevention, and healthy aging education.
- **Friendship Friday** – Music, games, conversation, and social connection.

🎨 **Creative & Social Engagement**

Arts and crafts, music appreciation, seasonal activities, group discussions, gardening, and reminiscence activities can provide opportunities for

socialization, creativity, emotional expression, and cognitive stimulation.

🌸 **Cognitive Wellness**

Crossword puzzles, Sudoku, word searches, trivia, memory activities, and problem-solving exercises provide enjoyable ways to keep the mind engaged.



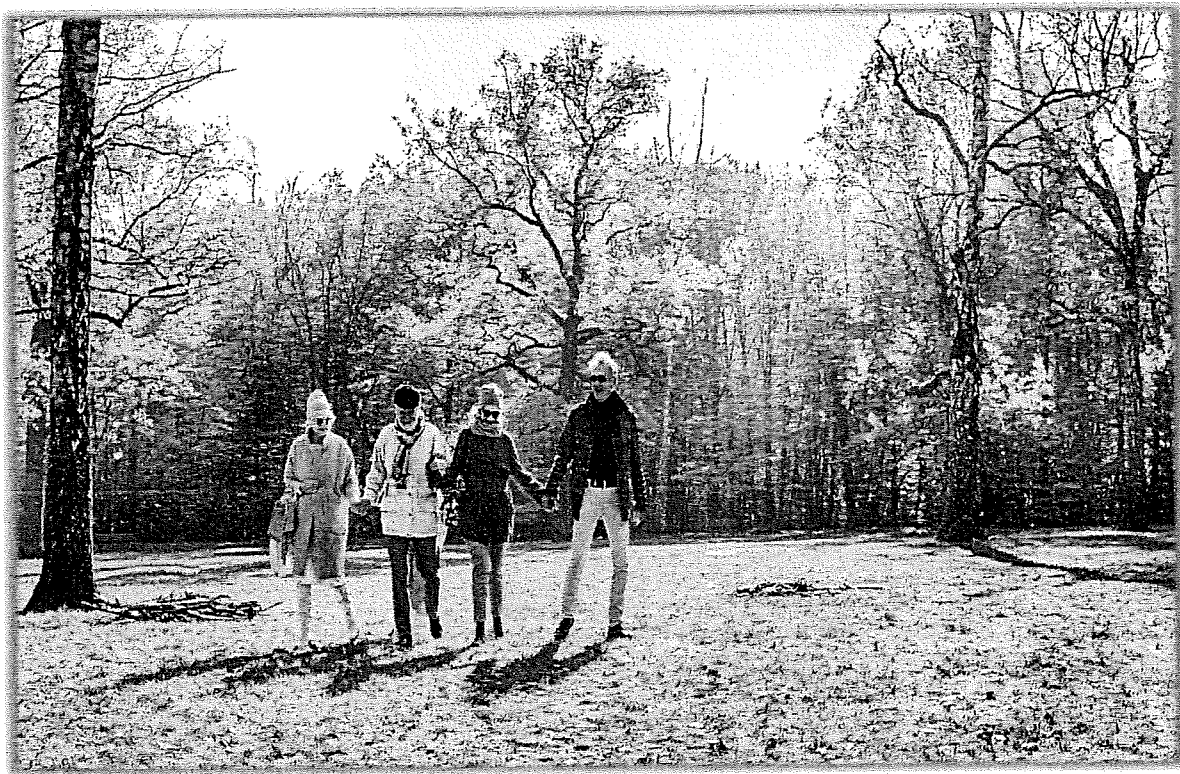
FINAL MESSAGE

Healthy aging is not simply about living longer—it is about maintaining **physical function, cognitive health, mobility, safety, social connection, and independence** for as long as possible.

September is a wonderful time to review your health goals. Stay current with preventive healthcare, know your cardiovascular numbers, review your medications, protect your bones, strengthen your muscles, reduce your risk of falls, and continue participating in activities that keep both your body and mind active.

Even small, consistent changes can contribute to better health and quality of life.

♥ Stay strong. Stay safe. Stay active. Stay connected. Age well. 🍂 ♿ ♥





Healthy September Recipes for Seniors



Fresh • Seasonal • Easy • Delicious

1 Apple, Spinach & Walnut Salad

Fresh, crisp, and heart-friendly.

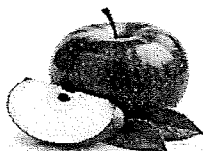


INGREDIENTS

- 3 cups baby spinach
- 1 apple, thinly sliced
- ¼ cup chopped walnuts
- ¼ cup crumbled feta cheese
- 2 tbsp dried cranberries
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar

DIRECTIONS

1. Combine spinach, apple, walnuts, feta, and cranberries.
2. Drizzle with olive oil and balsamic vinegar.
3. Toss gently and serve.



♥ **BENEFITS:** Provides antioxidants and fiber; apples support heart and digestive health.

2 Herb-Roasted Chicken with Sweet Potatoes & Carrots

A warm, hearty, and nutritious fall dinner.

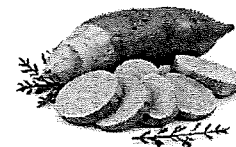


INGREDIENTS

- 2 boneless chicken breasts
- 1 medium sweet potato, cubed
- 2 carrots, sliced
- 1 small onion, sliced
- 2 tbsp olive oil
- Garlic powder
- Rosemary or thyme
- Black pepper

DIRECTIONS

1. Preheat oven to 400°F.
2. Place vegetables and chicken on a baking sheet.
3. Drizzle with olive oil and season with herbs.
4. Roast until vegetables are tender and chicken reaches 165°F.



♥ **BENEFITS:** Lean protein supports muscle health and immune function; colorful vegetables provide fiber and essential vitamins.

3 Cinnamon Pear Yogurt Parfait

A delicious breakfast or healthy treat.



INGREDIENTS

- 1 cup plain Greek yogurt
- 1 ripe pear, diced
- ¼ cup low-sugar granola or oats
- 1 tbsp chopped walnuts
- Cinnamon
- Optional: small drizzle of honey

DIRECTIONS

1. Layer yogurt and diced pear in a glass.
2. Add granola (or oats) and walnuts.
3. Sprinkle with cinnamon.
4. Serve immediately or chilled.

♥ **BENEFITS:** Rich in calcium and protein; pears provide fiber and vitamins for overall wellness.

4 Creamy Butternut Squash Soup

Warm, comforting, and perfect for fall.

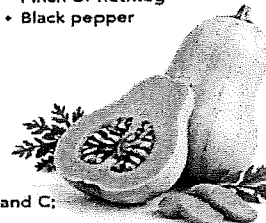


INGREDIENTS

- 2 cups butternut squash, cubed
- 1 carrot, chopped
- ½ onion, chopped
- 2 cups low-sodium vegetable broth
- 1 tbsp olive oil
- Pinch of nutmeg
- Black pepper

DIRECTIONS

1. Sauté onion and carrot in olive oil.
2. Add squash and vegetable broth.
3. Simmer until vegetables are tender.
4. Blend until smooth.
5. Add nutmeg and pepper to taste.



♥ **BENEFITS:** High in fiber and vitamins A and C; supports digestion and immune health.

SEPTEMBER WELLNESS TIPS



STAY HYDRATED

Drink 6–8 glasses of water daily, even as the weather cools.



EAT SEASONAL

Enjoy apples, pears, squash, sweet potatoes, leafy greens, and other fall produce.



STAY ACTIVE

Walk, stretch, strengthen, and stay active every day to support mobility.



PREVENT FALLS

Practice balance exercises, wear supportive shoes, and remove trip hazards at home.



KNOW YOUR NUMBERS

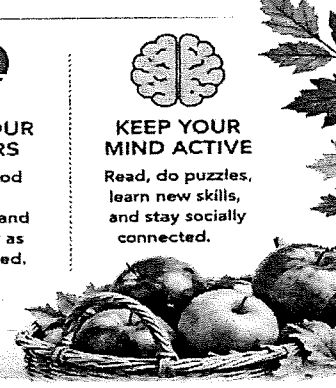
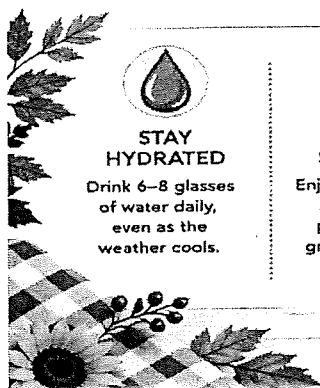
Monitor blood pressure, cholesterol, and blood sugar as recommended.



KEEP YOUR MIND ACTIVE

Read, do puzzles, learn new skills, and stay socially connected.

*Good food. Good health.
Welcome the beauty of September! ♥*



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

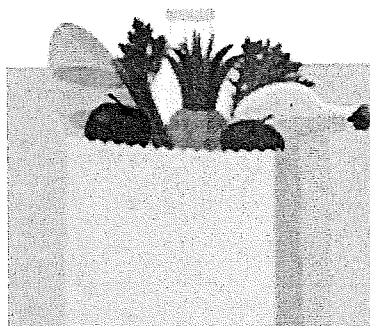
St. Michael

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

Our Lady of Sorrows Church

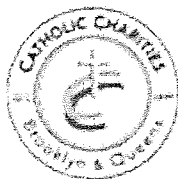
35-34 105th Street, Corona, NY 11368 (Church Parking Lot)
Beginning May 9, 2024: 2nd Thursday of the month,
2 PM - 5 PM

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

