



# THE WOOD

## Catholic Charities Neighborhood Services

### GLENWOOD OLDER ADULT CENTER

5701 AVENUE H, BROOKLYN, NY 11234 Ph(718) 241-7711 / Fx(929) 292-0323

SEPTEMBER 2026

Dear CCNS Glenwood OAC Members,

As summer ends and fall begins, let's enjoy the cooler weather and appreciate the changes it brings. The leaves will soon change color, filling our days with colorful scenery. With September here, I hope you feel inspired to stay positive and support those close to you. Take care of your spirit and find something beautiful every day.

*Nadine Aspilaire*

Program Manager



### SEPTEMBER AWARENESS MONTH

National Voter Registration Day,

National Food Safety Education Month

Healthy Aging Month

Prostate Cancer Awareness Month

National Yoga Awareness Month

World Alzheimer's Month

World Suicide Prevention Day

National Preparedness Month

Falls Prevention Day



# Tips And Strategies To Prevent Fall

Falls are a leading cause of injury among older adults. Most of the health experts agree that falls are preventable and everyone can help older adults avoid them. You can reduce your risk by taking a few simple steps:

## Tips and Strategies To Prevent Fall

Falls can happen for many reasons. Some factors that can lead to falls include Muscle weakness and trouble with mobility and balance - Untreated hearing loss and vision impairment - Trip and slip hazards in the environment - Side effects of medications - Fear of falling and history of falling

You can prevent falls by taking these measures:

**Make Your Home Safer** by removing home hazard: Almost half of falls occur in the home. To make your home safer, find and fix trips and fall hazards. Clear cords, boxes, and clutter from walkways. Remove loose throw rugs or secure them with non-slip backing and double-sided tape. Put non-slip mats in your shower or

bathtub and use bright lights in dark hallways.

**Be Active:** Physical activity is a great way to prevent falls and many exercises can be done from your home. Talk with your health care provider about what exercises are best for you and how to exercise safely. Ask a doctor or physical therapist about safe exercises for your fitness level. Many Older Adult Centers and community organizations in NYC offer evidence-based falls prevention physical activity programs.

**Focus on Medicine Safety:** Manage your medicine routine and pay attention to medicines that may increase your risks of falling. Call your pharmacist to discuss refills and possible delivery options. Some prescriptions and supplements can cause dizziness or drowsiness. Review them regularly with your healthcare provider. Ask your doctor or pharmacist to check your medicines for side effects like dizziness or drowsiness. Get your vision and hearing tested once a year.

**Talk to Your Health Care Provider:** Talk to your health care provider about strategies to keep your home safe and you healthy. To help prepare for your visit, learn more about:

**Reduce Your Fear of Falling:** A fear of falling is common, even among those who have not had a fall, and it can actually increase your risk of a fall.

**Care for Your Feet:** Foot problems can make it harder to stay physically active and increase your risk of tripping, slipping and falling. Painful conditions include bunions, corns, calluses and warts.

To keep your feet healthy and pain-free, you should: Keep them clean and dry, especially between your toes. Trim your toenails regularly. Never try to treat serious foot problems at home – make an appointment with your healthcare professional.



# Changes You Can Make During the Fall Open Enrollment Period

The Fall Open Enrollment Period (also called the Annual Election Period) runs October 15 through December 7 each year, and any changes you make take effect January 1 of the following year. Fall Open Enrollment Period, also known as the Annual Election Period, is the time of year when you can make certain changes to your Medicare coverage. Fall Open Enrollment happens each year from October 15 through December 7 and any change you make takes effect January 1. During Fall Open Enrollment you can:

- Switch from Original Medicare with or without a Part D plan and Medicare Advantage or from Medicare Advantage to Original Medicare with or without a Part D plan.

Before enrolling in a new plan, make sure the plan includes your doctors and hospitals in its network. Confirm that the plan covers all your drugs, and that your pharmacies are in the preferred network.

**What You Can Change -** During this period, you can: Switch between Original Medicare and Medicare Advantage — you can move from Original Medicare (with or without a Part D plan) to a Medicare Advantage plan, or vice versa .

Switch Medicare Advantage plans — join, drop, or switch to another Medicare Advantage plan with or without drug coverage

Switch Part D prescription drug plans — join, drop, or switch to another standalone Part D plan if you have Original Medicare

Add or drop Part D coverage — for example, adding it to Original Medicare for the first time, or dropping it if you're in a Medicare Advantage plan

**Key Considerations -** Review next year's Medicare & You handbook and your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC) for updated costs, benefits, and rules

Use Medicare's Plan Finder tool to compare plans in your area, or call 1-800-MEDICARE for a list.

Check provider networks — ensure your doctors and hospitals are in the plan's network, and that your pharmacies are preferred

Confirm drug coverage — make sure the plan covers all your medications Enroll directly through Medicare (Medicare.gov or 1-800-MEDICARE) to protect yourself if there are enrollment issues Document your enrollment — note the date, representative, and outcomes

**Other Enrollment Windows -** Medicare Advantage Open Enrollment (Jan 1 – Mar 31) — only for those already in a Medicare Advantage plan; allows switching MA plans or returning to Original Medicare with Part D

General Enrollment Period (Jan 1 – Mar 31) — for those who missed Initial Enrollment; allows signing up for Part A and/or Part B, with coverage starting July

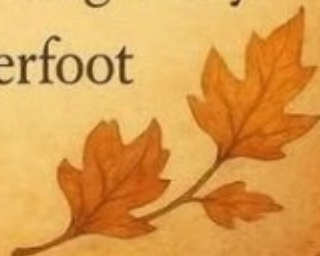


**Tip:** If you're considering switching to Original Medicare, you may need to join a separate Part D plan and/or consider Medigap, but Medigap has its own enrollment rules

HAPPY AUTUMN SEASON 2026

# SEPTEMBER

Sweater weather just beginning  
Early sunsets glowing golden  
Pumpkins appearing on porches  
Tea steaming in favorite mugs  
Ember evenings by the fire  
Mornings crisp with cool air  
Baskets of apples and pears  
Echoes of summer fading softly  
Rustling leaves underfoot



# REMEMBERING 9/11



# SOLVE THE SUDOKU GAME

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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|   |   |   | 8 | 6 |   | 9 |   | 3 |   |   |   | 7 |   |   | 1 |   |   | 5 |   |   |   |
|   |   | 1 | 5 |   |   | 6 |   | 2 |   |   |   | 2 |   |   | 8 | 5 | 6 |   | 3 | 9 |   |
| 6 | 3 |   |   |   | 1 |   |   | 5 |   |   |   |   |   | 6 | 4 |   | 3 | 1 | 2 |   |   |
| 9 |   |   | 4 | 8 | 2 |   |   |   |   |   |   |   |   | 8 | 2 | 4 | 7 |   | 1 |   |   |
| 2 | 8 | 4 |   | 5 | 7 |   |   | 9 |   |   |   | 4 | 1 | 2 | 9 |   |   |   | 7 |   |   |
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|   | 2 | 8 |   |   | 5 | 7 | 6 |   | 3 |   | 1 |   | 2 |   | 7 |   | 4 | 6 |   | 1 |   |
|   |   |   |   |   |   |   | 5 |   | 4 |   |   |   | 1 | 3 |   |   |   |   |   |   |   |
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|   | 5 |   |   | 2 | 7 | 4 | 3 | 8 |   |   |   | 1 |   |   | 6 |   | 5 | 7 | 8 | 2 |   |
|   | 9 |   |   | 3 | 6 |   |   | 2 |   |   |   | 6 | 7 | 5 |   | 8 |   |   | 4 | 9 |   |

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## GAME CENTER TO IMPROVE YOUR MENTAL FITNESS

**SPOT THE DIFFERENCE**

CAN YOU FIND 5 DIFFERENCES?

**A**



**B**



COMMENT YOUR ANSWER! 3

# WORD SEARCH PUZZLE



|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| C | S | W | E | A | T | E | R | B | O | W | D |
| O | N | B | P | M | H | K | O | R | T | A | C |
| R | A | O | U | B | U | O | O | E | I | P | I |
| A | C | N | M | L | T | R | B | W | E | P | N |
| N | O | S | P | S | S | F | O | Z | E | I | N |
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ORANGE

ACORNS

CINNAMON

CHILI

PUMPKIN

HAYRIDE

SCARECROW

CORN MAZE

APPLE PIE

BONFIRE

SWEATER

BOOTS

# WORD SEARCH PUZZLE

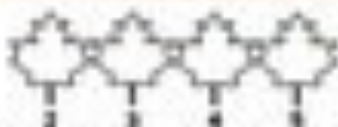
## FALL

### WORD SCRAMBLE



1. CAONR 
2. VELASE 
3. KPMUPNI      
4. FBOIRNE    
5. RHAVSTE     
6. GAONER     
7. TOFOLABL   
8. MUAUNT    
9. EWSATRE       
10. RHAIEYD      

What do you call a pumpkin that works at the beach?



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# SEPTEMBER'S UPCOMING EVENTS / ACTIVITIES

Poetry in motion (Claire & Vilma) - General Membership Mtg - Advisory Mtg (Center) - Current Event Group Discussion (Vilma - Claire) / Spanish Group Discussion (Corey / Grace) - center/ audio - Creole Group Discussion (Mireille JN (center - Audio) / Strength exercise - Tommy the experience - Cardio Fusion / Yoga - Island Rhythms - Yvette / Blood pressure screening & monitoring (Claire - Maureen - Norwood - Mona - Desire - Jocelyne) / Sewing class (Ivil W - Bernice) / Loom knitting (Sonia R) - Computer Class / Retirement income - Elder Abuse (MetCouncil) / Pooled Income trust - Ganzfried) - Medicaid LTC - Senior Health / / Piano lesson (I. Walters) / Painting Class with Fafona - August's Birthday Celebration / / Karaoke (Lenox) / Medicare Services (Caring Home Care) / Advisory's Friend & Family Day



GUEST SPEAKERS

CHECK THE MONTHLY CALENDAR FOR THE DATE AND TIME OF EACH EVENT



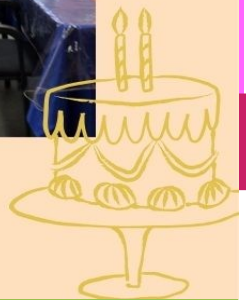
The Glenwood is closed on labor Day (September 7)

# AUGUST BIRTHDAY CELEBRATION WITH BIRTHDAY CELEBRANTS



## HAPPY BIRTHDAY TO THE AUGUST CELEBRANTS

*Cheers to laughter, love, and  
memories that make your birthday  
truly special!*



# ERNESTINE WALKES POSING WITH THE HAT SHE MADE THIS MONTH



# MEMBERS HAVING FUN AT THE CENTER

## *Sewing Class*

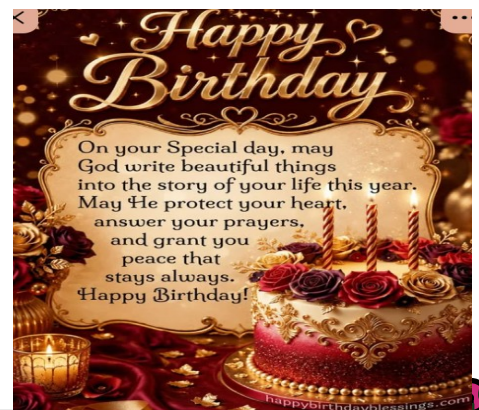
Members of the sewing class are getting prepared for the Style is Ageless



# BEST WISHES TO OUR SEPTEMBER'S BIRTHDAY CELEBRANTS!



|                                 |                        |
|---------------------------------|------------------------|
| Martha Sinclair 9/1             | Marie Villette 9/19    |
| Dorothy Lewis 9/2               | Bernard Moise 9/19     |
| Evon Wilson 9/2                 | Eugenie Henry 9/19     |
| Preminie Cleopha 9/3            | Vincia Sweeney 9/20    |
| Faye Ashley 9/3                 | Charion Watson 9/20    |
| Pansy Nurse 9/4                 | Thecla Coleman 9/23    |
| Yolanda Orbegoso 9/4            | Antoine Milfort 9/25   |
| Marie Lourdes Viltus- Louis 9/4 | Hazel Augustine 9/25   |
| Thurman Boone 9/5               | Laura Radix 9/26       |
| Dennis Bodden 9/6               | Bernadette Bailey 9/27 |
| Cardinal Hescott 9/8            | Colleen Cox 9/28       |
| Jean Coomansingh 9/8            | Dieudonne Jeanty 9/29  |
| Myrna Greene 9/9                | Gun Nam 9/30           |
| Jennifer Banton 9/10            | Georgia Jones          |
| Iris White 9/12                 | Rita George            |
| Morris Schwartz 9/14            | Gladys Jenwa           |
| Ketly Matthew 9/14              | Carmen Peterson 9/11   |
| Lloyd Dowridge 9/15             |                        |
| Vernal Campbell 9/16            |                        |
| Gary Brown 9/17                 |                        |
| Maryse Jean 9/18                |                        |
| Samuel Appiah 9/18              |                        |
| Claudete Moore 9/18             |                        |



## Muchas Felicidades!

Glenwood OAC is a free program for individuals aged 60 and older; no insurance is required. Suggested meal contributions are appreciated as they help enhance the program and its activities. We value the contributions made by our members. Enjoy your time at the center!

**CCNC GLENWOOD OAC  
INVITES YOU  
TO A BROADWAY  
MATINEE TO SEE**

## **MI: THE MUSICAL**

*SEPTEMBER 30, 2026*

*TIME: 11:30AM*

*GLENWOOD OAC  
5701 AVENUE H  
BROOKLYN, NY 11234*



**\$80**

**PER PERSON**

LUNCH BAG & TRANSPORTATION ARE INCLUDED

For More Information / And To Sign Up



**718-241-7711**

**GRAB YOUR TICKET  
SPACE IS LIMITED**



NYC DEPARTMENT FOR THE AGING  
INVITES YOU TO

# STYLE — IS — AGELESS

*A Fashion Event Celebrating Ageless Self-Expression and Design*

**WHEN**

September 15

**TIME**

Doors Open: 9 am

Program Begins: 10 am

**WHERE**

Fashion Institute of Technology  
Fred P. Pomerantz Art & Design Center  
- Haft Theater  
227 West 27th Street  
New York, NY 10001

[REGISTER HERE](#)

**NYC** Department for  
the Aging



State University  
of New York

# CASE MANAGER'S BULLETIN BOARD

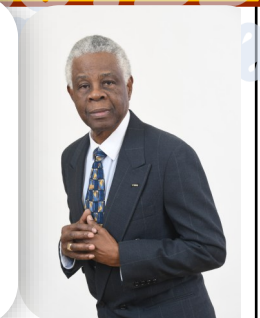
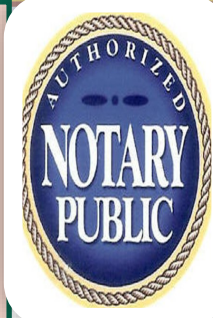
## CASE ASSISTANCE - COMMUNITY INFORMATION & EVENTS

If you need assistance because you have difficulty getting around, are home isolated, or unable to come to the center, please ask to talk to Case Manager Christ-Aime Libertain @ 718-241-7711



Do You Need Assistance To Notarize A Document — Please Call Mr. Lenox Hutson @ 718-251-5848

Also, Have A Valid ID And The Person Whose Document is Being Notarized Must Be Present With The ID.



**Lighthouse Guild**

lighthouseguild.org  
800-284-4422

**NYC**  
Department for the Aging

Join Us for a Free Educational Program  
September is Falls Prevention Month!

**Travel Safety Tips:  
Outdoors and at Home**



**When:** Tuesday, September, 22, 2026 • 10 AM -11 AM

**Where:** via Zoom  
Meeting ID: **955 1058 2331**  
One tap mobile  
**+16469313860,,95510582331# US**  
**+16465588656,,95510582331# US (NYC)**  
Join by SIP  
**95510582331@zoomcrc.com**

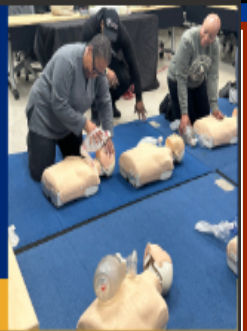
Please join us for a workshop to help improve your travel safety skills and at-home safety, especially for those with vision concerns.

- Do you feel anxious when you try to cross a street, especially when cars are turning?
- Do you have difficulty seeing the walk/don't walk sign at an intersection?
- Do you have difficulty determining when you have reached a corner?
- Do you have difficulty determining how high or low the curb is?
- Do you feel stressed about walking on crowded sidewalks?
- Do you find you need more light, at home, or have difficulty reading?
- Do you have misgivings about taking the bus or the subway?
- Are there tripping hazards at home that you have been ignoring?

Lighthouse Guild Outreach and Referral Coordinator and Behavioral Health Clinician, Lisa Beth Miller, LCSW-R, BCD, will provide tips to help people with vision problems develop better travel skills. Instruction will cover techniques to improve safety, ways to navigate commonly traveled routes such as bus stops and subways, and how to improve overall confidence with independent travel. Safety tips for the home will also be discussed. One-on-one sessions will also be scheduled for eligible clients.

# VIBRANT 56 READY

Join to Get Certified in One Session



## Free Lifesaving Training for Our Community

Join the AD56 Volunteer Health Corps to learn critical emergency response and community care skills while helping make every block safer and more prepared.



**MONTHLY TRAININGS:**

- CPR & First Aid
- Stop the Bleed
- Narcan Training
- Community Care & Resilience



**WHY JOIN?**

- Free training & certifications
- No experience necessary
- Connect with neighbors & resources

★ **SEPTEMBER 12TH** ★



**UPCOMING TRAINING**

**Community Care & Resilience  
Workshop + Narcan Training**

**SATURDAY, SEPTEMBER 12 | 11AM - 2PM**

Bedford Health Center  
485 Throop Avenue, Brooklyn, NY 11221

**WHAT TO EXPECT:**

- Learn how to identify mental health issues and develop support strategies
- Gain volunteer credit for SNAP/Medicaid requirements
- Satisfy LCSW and LMSW continuing education requirements



**FREE Narcan Kits for Registered Participants**

**SCAN ME**



**JOIN THE  
HEALTH CORPS**

SIGN UP FOR SEPT. 12TH

BIT.LY/56READY

ASSEMBLYMEMBER STEFANI ZINERMAN

in partnership with



# KINGS COUNTY SUPPLEMENTAL FOOD DISTRIBUTION

NYC  
HEALTH+  
HOSPITALS

Kings County



Commodity  
Supplemental  
FOOD PROGRAM

New York State Department of Health

## COMMODITY SUPPLEMENTAL FOOD PROGRAM

GRATIS, GRATIS, GRATIS....  
COMIDA GRATIS SOLO PARA  
LOS **ADULTOS MAYORES**...!!!

- ⇒ **60 AÑOS O MAYORES**
- ⇒ **RESIDENTES DE LA CIUDAD DE NEW YORK**
- ⇒ **DE BAJOS INGRESOS**

### ATENCIÓN

Deber traer una **Identificación con FOTO**, Traiga su carro de compras/Bolsas de com-



**NOTA: SI RECOGE EN NY COMMON PANTRY O ISLAND HARVEST FOOD BANK NY, NO ES ELIGIBLE.**

SI USTED TIENE 60 AÑOS O MAS, POR FAVOR VENGA  
September 03 2026 and Time: From 9:00 am to 11:00 am

To 5701 Avenue H, Brooklyn, NY, 11234

**Catholic Charities Glenwood Senior Center**

### PARA APLICAR TRAIGA LOS SIGUIENTES DOCUMENTOS:

- ⇒ IDENTIFICACION CON FOTO
- ⇒ PRUEBA DE EDAD
- ⇒ PRUEBA DE DIRECCION 2026
- ⇒ PRUEBA DE INGRESO DEL 2026

SI TIENE ALGUNA PREGUNTA ADICIONAL POR FAVOR

LLAMENOS AL NUMERO DE TELEFONO

840 Alabama Ave , Brooklyn NY, 11207 Tel: 718-498-9208



Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo (incluyendo identidad de género y orientación de sexual), edad, discapacidad, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles. La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339. Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en <https://www.usda.gov/sites/default/files/documents/ad-3027s.pdf>, en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de: correo postal: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; o fax: (833) 256-1665 o (202) 690-7442; o correo electrónico: [program.intake@usda.gov](mailto:program.intake@usda.gov). Esta institución ofrece

# FRESH FRUITS & VEGETABLES DISTRIBUTION WITH THE CELESTIAL CHURCH OF CHRIST

**CCNS GLENWOOD OAC**

**FRESH FRUITS &  
VEGETABLES DRIVE**



Fresh Fruits And Vegetables Are Donated  
By The Las Maravillas del Exodo Church

***Distribution Day***

**WEDNESDAYS 10:00 AM - 12:00 PM**

Glenwood OAC, 5701 Avenue H



For More Info



(718-241-7711)



Glenwood OAC is sponsored By The NYC Aging



# NUTRITION EDUCATION MONTHLY POST

## Easy Ways to... Cut the Salt

| At the Store                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | At Home            |     |              |  |                        |           |                     |           |                       |    |                  |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----|--------------|--|------------------------|-----------|---------------------|-----------|-----------------------|----|------------------|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Choose foods with less than 5 percent Daily Value of sodium (salt) per serving.</li> </ul> <table border="1"> <tr> <td>Saturated Fat 2.5g</td><td>13%</td></tr> <tr> <td>Trans Fat 0g</td><td></td></tr> <tr> <td><b>Cholesterol 0mg</b></td><td><b>0%</b></td></tr> <tr> <td><b>Sodium 120mg</b></td><td><b>6%</b></td></tr> <tr> <td>Total Carbohydrate 7g</td><td>2%</td></tr> <tr> <td>Dietary Fiber 3g</td><td>6%</td></tr> </table> <ul style="list-style-type: none"> <li>Buy whole foods as often as possible.</li> <li>Fill your cart with fruits and vegetables.</li> <li>If buying packaged foods, choose those labeled: <ul style="list-style-type: none"> <li>✓ "Low-sodium"</li> <li>✓ "Sodium free"</li> <li>✓ "No salt added"</li> </ul> </li> <li>Instead of processed or cured meats, choose: <ul style="list-style-type: none"> <li>✓ Lean cuts of meat and poultry</li> <li>✓ Fish</li> <li>✓ Beans and legumes</li> </ul> </li> <li>Instead of quick-cooking rice mixes and noodles, choose: <ul style="list-style-type: none"> <li>✓ Brown rice</li> <li>✓ Whole wheat noodles and pasta</li> <li>✓ Whole cornmeal</li> </ul> </li> <li>Instead of salty snack foods, choose: <ul style="list-style-type: none"> <li>✓ Fresh vegetables with a bean dip</li> <li>✓ Whole grain crackers</li> <li>✓ Plain, lightly salted popcorn</li> </ul> </li> </ul> | Saturated Fat 2.5g | 13% | Trans Fat 0g |  | <b>Cholesterol 0mg</b> | <b>0%</b> | <b>Sodium 120mg</b> | <b>6%</b> | Total Carbohydrate 7g | 2% | Dietary Fiber 3g | 6% | <ul style="list-style-type: none"> <li>Make homemade soups and broths.</li> <li>Rinse canned beans and vegetables with water to reduce the amount of sodium.</li> </ul>  <ul style="list-style-type: none"> <li>Create salt-free spice blends using your favorite spices.</li> <li>Add vinegar, lemon or orange zest and/or juice to foods.</li> </ul>  <ul style="list-style-type: none"> <li>Flavor foods with fresh and dried herbs, spices and low sodium soy sauce.</li> <li>Avoid adding salt to the water when cooking beans, rice, pasta and vegetables.</li> </ul>  <ul style="list-style-type: none"> <li>Slowly cut back on the amount of salt you add to food, until you are using little to no salt.</li> </ul> |
| Saturated Fat 2.5g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 13%                |     |              |  |                        |           |                     |           |                       |    |                  |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Trans Fat 0g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                    |     |              |  |                        |           |                     |           |                       |    |                  |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Cholesterol 0mg</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>0%</b>          |     |              |  |                        |           |                     |           |                       |    |                  |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Sodium 120mg</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>6%</b>          |     |              |  |                        |           |                     |           |                       |    |                  |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Total Carbohydrate 7g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 2%                 |     |              |  |                        |           |                     |           |                       |    |                  |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Dietary Fiber 3g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 6%                 |     |              |  |                        |           |                     |           |                       |    |                  |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at

[facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit [nyc.gov](http://nyc.gov) and search for "farmers markets."

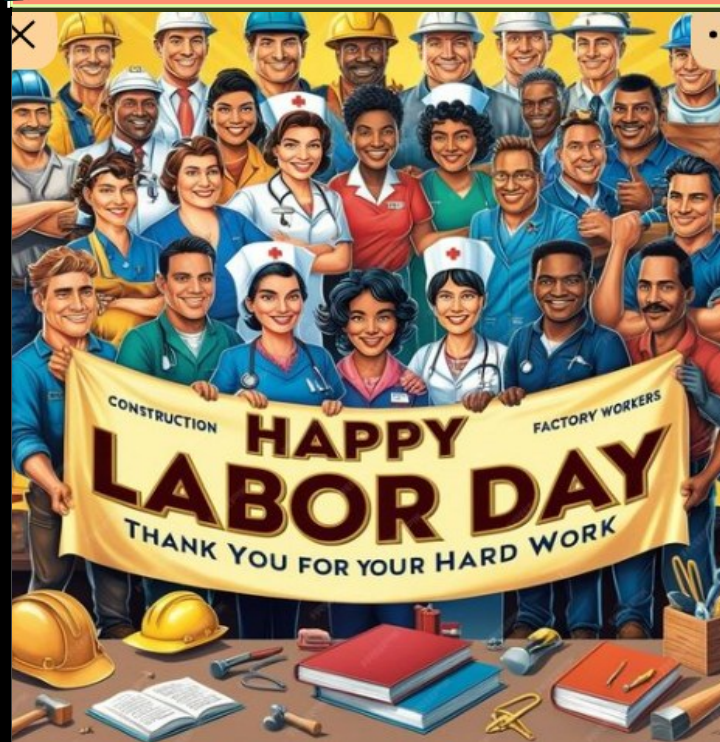
For healthy recipes, visit [jsv.fruitveggies.org](http://jsv.fruitveggies.org).

**NYC**  
Health

Just Say Yes to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-242-2009 or go to [mybenefits.ny.gov](http://mybenefits.ny.gov). USDA is an equal opportunity provider and employee. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

# HAPPY LABOR DAY 2026 HISPANIC HERITAGE MONTH 2025



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## GLENWOOD SENIOR CENTER STAFF

|                      |                              |
|----------------------|------------------------------|
| Samira Alieva        | Vice President Of OAS        |
| Ron Carson           | Director Of Field Operations |
| Nadine Aspilaire     | Program Manager              |
| Christ-Aime Libertin | Case Manager                 |
| Andra Daniel         | Administrative Assistant     |
| Gwen Moultrie        | Head Cook                    |
| Vacant               | Assistant Cook               |
| Andre Fils Fresnel   | Maintenance Worker           |
| Julius Alford        | Kitchen Aid                  |

**COMMITTEES:** Sunshine - -Sonia Ryce, Inez Walters  
 Nutrition Chair person --- Sonia Ryce, Daisy Barrett, Beulah Reid  
 Travel & Fundraising --- Gardner G Weekes  
 Entertainment / music --- Claire Brisport / Gardner Weekes/  
 Grievance --- Gardner G Weekes / Sonia Ryce  
 Hostess ---- Ison, Hackett, Brisport, Ryce, Vialva

## GLENWOOD ADVISORY BOARD MEMBERS

|                |       |                            |
|----------------|-------|----------------------------|
| Gardner Weekes | ----- | President Advisory Council |
| Carol Hackett  | ----- | VP Advisory Council        |
| Vilma Griffith | ----- | Treasurer                  |
| Fay Vialva     | ----- | Recording Secretary        |
| Lucille Murray | ----- | Sergeant at Arm            |
| Sonia Chambers | ---   | Corresponding Secretary    |

**Thank you to: Mireille Jean Noel - Claire Brisport— Vilma Griffith - Lenox Hutson — Gabriel Weekes—Beulah Reid—Daisy Barrett — Sonia Chambers, Sonia Ryce— Bettie Ward and to all the volunteers for their support of the center's activities.**

Catholic Charities Neighborhood Services, Inc.

"Catholic Charities Brooklyn and Queens translates 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

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