



# Our Voices



## CATHOLIC CHARITIES BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

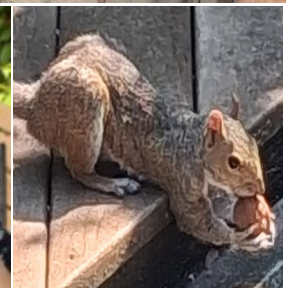
Phone #: (718) 225 - 1144



Did you know Bayside Older Adult Center's most popular activities are Latin Dance, Zumba, Yoga and Live DJ Social Dancing averaging 36 plus members per session.



Did you know Bayside Older Adult Center's total attendance during the heat advisory from August 6th to August 10th 2026 was 393.



125+  
YEARS OF CHANGING LIVES



## **9/11 Memorial Service** **Friday, September 11, 2026**

***9:30 a.m. A Moment of Silence***

***9:35 a.m. Pledge of Allegiance:***

***9:40 a.m. Introduction:***

***9:40 a.m. Messages and Memories***

***9:50 a.m. The Planting of Twenty-Five sets  
of Mums and American Flags around the  
Bayside Older Adult Center by our  
members and neighbors***

***10:00 a.m. Closing and Special Thanks***

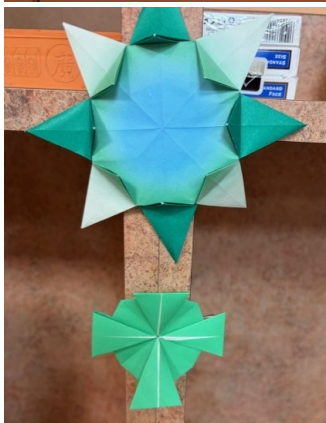
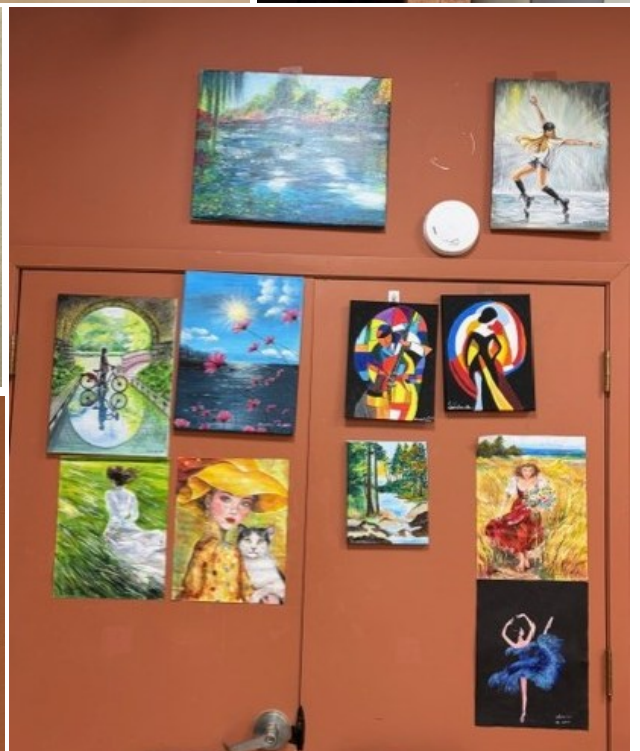
Bayside Older Adult Center Menu for September 2026

| Monday                                                                                                                               | Tuesday                                                                                                                                                               | Wednesday                                                                                                                                                                                        | Thursday                                                                                                                                                                  | Friday                                                                                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                      | <b>1</b> Chickpeas (½ cup)<br>Rasta Pasta<br>Whole Wheat Bread<br>Italian Blend Vegetables (1 svg)<br>Banana 1% Low Fat Milk                                          | <b>2</b> BBQ Pulled Pork<br>Whole Wheat Bread<br>Yellow Rice<br>Steamed Carrot (½ svg)<br>Orange 1% Low Fat Milk                                                                                 | <b>3</b> Beef Salisbury Steak<br>Mushroom Gravy<br>Whole Wheat Bread<br>Garden Salad with Chickpeas (no dressing) (1 svg)<br>Garlic Mashed Potatoes Apple 1% Low Fat Milk | <b>4</b> Baked Fish with Lemon Garlic Butter Sauce<br>White Rice (½ cup)<br>Whole Wheat Bread<br>Sauteed Green Beans with Onions (1 svg)<br>Pear 1% Low Fat Milk    |
| <b>7</b> Jerk Chicken<br>Whole Wheat Bread<br>California Blend Vegetables (1 svg)<br>Homemade Mashed Potatoes Apple 1% Low Fat Milk  | <b>8</b> Chili-Spiced Pinto Bean Ragout<br>Brown Rice (½ cup)<br>Whole Wheat Bread<br>Steamed Carrots (½ svg)<br>Banana 1% Low Fat Milk                               | <b>9</b> Italian Style Pork Loin<br>Tomato Sauce (pre-prepared, ½ cup)<br>Penne<br>Whole Wheat Bread<br>Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Orange 1% Low Fat Milk        | <b>10</b> Beef Stew<br>Whole Wheat Bread<br>Garden Salad with Chickpeas (no dressing, ½ cup)<br>Garlic Mashed Potatoes (½ svg)<br>Apple 1% Low Fat Milk                   | <b>11</b> Tuna Salad<br>Whole Wheat Bread<br>Basic Pasta Salad<br>Caesar Salad (½ svg)<br>Pear 1% Low Fat Milk                                                      |
| <b>14</b> Chicken Salad<br>Whole Wheat Bread<br>Cole Slaw<br>Simple Potato Salad<br>Apple 1% Low Fat Milk                            | <b>15</b> Three Bean and Spinach Stew<br>Brown Rice with Black Beans<br>Whole Wheat Bread<br>Caesar Salad (½ svg)<br>Banana 1% Low Fat Milk                           | <b>16</b> Chambre de Gandules (Dominican Stew with Pork, Pigeon Peas, and Brown Rice)<br>Whole Wheat Bread<br>Yellow Rice<br>Sauteed Green Beans with Onions (½ svg)<br>Orange 1% Low Fat Milk   | <b>17</b> Basic Shepherd's Pie<br>Whole Wheat Bread<br>Italian Blend Vegetables (1 svg)<br>Apple 1% Low Fat Milk                                                          | <b>18</b> Baked Salmon with Cilantro Citrus Sauce<br>Whole Wheat Bread<br>Garden Salad with Chickpeas (no dressing, 1 svg)<br>Roasted Potatoes Pear 1% Low Fat Milk |
| <b>21</b> Baked Chicken Thighs<br>BBQ Sauce Baked Sweet Potato Whole Wheat Bread<br>Steamed Carrots (½ svg)<br>Apple 1% Low Fat Milk | <b>22</b> Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup)<br>Whole Wheat Bread<br>California Blend Vegetables (1 svg)<br>Banana 1% Low Fat Milk | <b>23</b> Annes Lemon Garlic Sauce<br>Baked Pork White Rice (½ cup)<br>Whole Wheat Bread<br>Italian Blend Vegetables (½ svg)<br>Orange 1% Low Fat Milk                                           | <b>24</b> Mushroom Gravy<br>Roast Beef Homemade Mashed Potatoes Whole Wheat Bread<br>Garden Salad with Chickpeas (no dressing, Apple 1% Low Fat Milk                      | <b>25</b> Baked Fish Oreganata<br>Brown Rice (½ cup) Whole Wheat Bread Sauteed Green Beans with Onions (1 svg)<br>Pear 1% Low Fat Milk                              |
| <b>28</b> Egg Salad (3oz)<br>Whole Wheat Bread<br>Basic Pasta Salad<br>Simple Potato Salad<br>Apple 1% Low Fat Milk                  | <b>29</b> Zesty Chickpea Stew<br>Brown Rice (½ cup)<br>Whole Wheat Bread<br>California Blend Vegetables (½ svg)<br>Banana 1% Low Fat Milk                             | <b>30</b> Chambre de Gandules (Dominican Stew with Pork, Pigeon Peas, and Brown Rice)<br>Whole Wheat Bread<br>1. Yellow Rice<br>Prince Edward Blend Vegetables (1 svg)<br>Orange 1% Low Fat Milk |                                                                                                                                                                           |                                                                                                                                                                     |

The recommended contribution for lunch per persons 60 years of age or older is \$2.00



*To All Our Amazing Artists  
from Painting to Origami*



## Recipe : Winter Squash Soup

### INGREDIENTS:

- 2 tablespoons unsalted butter
- 1 tablespoon good olive oil
- 2 cups chopped yellow onions (2 onions)
- 1 (15 - ounce) can pumpkin puree (not pumpkin pie filling)
- 1 1/2 pounds butternut squash, peeled and cut in chunks
- 3 cups homemade chicken stock or canned broth
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup half - and - half
- Creme fraiche, grated Gruyere, or croutons (optional)



### PREPARATION:

Heat the butter and oil in stockpot, add the onions, and cook over medium - low heat for 10 minutes. Add the pumpkin puree, butternut squash, chicken stock, salt, and pepper. Cover and simmer over medium - low heat for about 20 minutes, until the butternut squash is very tender. Process the mixture through the medium blade of a food mill. Then, add the half - and - half, and heat slowly. Serve hot with garnishes, if desired.

Optional: serve with croutons, remove the crusts from 2 slices of white bread, cut them in 1/2-inch cubes, and saute them in 1 tablespoon of butter until browned. Season with salt and pepper.



Eulalia Choi - Case Manager



## Social Work Assistance

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.



**DONOVAN RICHARDS JR.**  
QUEENS BOROUGH PRESIDENT



## East Flushing Town Hall

Join Borough President Donovan Richards for an East Flushing Town Hall. All are encouraged to attend as various city agencies will be on hand to answer your questions and discuss quality-of-life concerns in your neighborhood. Interpretation services will be available in Bangla, Chinese, Hindi, Korean, Spanish, and Urdu.

**Thursday, September 10, 6–7:30pm**

Queens Public Library at East Flushing  
196-36 Northern Blvd, Flushing, NY

**RSVP at [queensbp.nyc.gov/rsvp](https://queensbp.nyc.gov/rsvp)**

*RSVP required*



# Resources!



## How to Prevent Falls

30% of falls can be prevented. Here's how:

Make Your Home a Safer Place:



Install handrails  
on staircases



Pick up clothes



Clear away loose cords



Use non-slip  
mats in shower



Add more lighting



Declutter Kitchen

Stay Healthy:



Check prescription  
side effects



Get regular  
vision checks



Exercise regularly



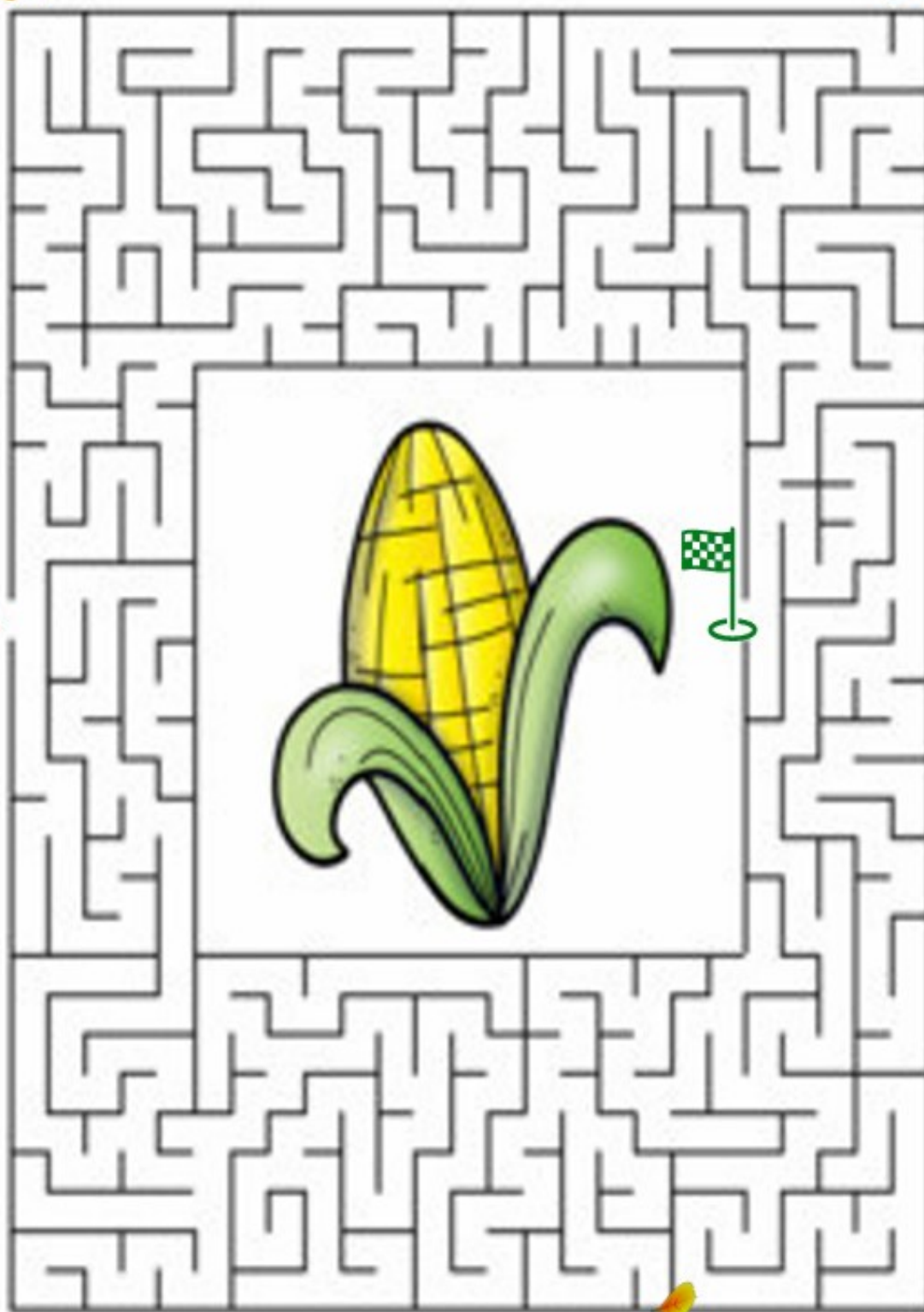
Wear shoes with traction



Improve your diet



# CORN MAZE



# Bayside Older Adult Center Activities for September, 2026

| Monday                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                       | Wednesday                                                                                                                       | Thursday                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                       | <b>1</b> Painting Group (9am-3pm)<br>Line Dance (Jennifer) 9am-10am<br>Yoga (Sharon) 10am-11am<br><b>11:00am Nutrition Education</b><br>Nutritionist Angela Sinclair<br>Karaoke (David) 12:pm-3:45pm<br>Bingo (12:30pm-1:30pm)<br>Latin Dance (Yukari) 1:30pm | <b>2</b> Painting Group (9am-3pm)<br>Low Impact Aerobics (Ira)<br>(9:30-10:30am)<br><br>Latin Dance (Yukari)<br>(1:00pm-2:00pm) | <b>3</b> Painting Group (9am-3pm)<br>Yoga Class (Sharon) 9:30am<br><br>Mah Jong (12:00-3:00pm)<br>Line Dance (Harrison)<br>(1:00-3:00pm)                                                                                               | <b>4</b> Painting Group (9am-3pm)<br>Ballroom/Latin Dance (Jennifer)<br>(9:00-10:00am)<br><b>11:00am – 12:00pm</b><br><b>KCS Legal Presentation</b><br>Origami Class (Rose)<br>(12:00-1:15pm)<br>Live DJ and Social Dancing<br>(1:00-3:00pm) |
| <b>7</b><br><b>Center Closed</b><br><b>(Labor Day)</b>                                                                                                                | <b>8</b> Painting Group (9am-3pm)<br>Line Dance (Jennifer) 9am-10am<br>Yoga (Sharon) 10am-11am<br>Mah Jong (12:00-3:30pm)<br>Bingo (12:30pm-1:30pm)<br>Latin Dance (Yukari) 1:30pm                                                                            | <b>9</b> Painting Group (9am-3pm)<br>Low Impact Aerobics (Ira)<br>(9:30-10:30am)<br><br>Latin Dance (Yukari) (1:00pm)           | <b>10</b> Painting Group (9am-3pm)<br>Yoga Class (Sharon) 9:30am<br><br>Mah Jong (12:00-3:30pm)<br>Line Dance (Harrison)<br>(1:00-3:00pm)                                                                                              | <b>11</b> Painting Group (9am-3pm)<br>Ballroom/Latin Dance (Jennifer)<br>(9:00-10:00am)<br>Origami (Rose) 12:00-1:15pm<br>Live DJ and Social Dancing<br>(1:00-3:00pm)                                                                        |
| <b>14</b> Painting Group (9am-3pm)<br>Belly Dance (Amira) 10am-11am<br>Zumba Dance (Amira) 11am-12pm<br>Bingo (12:30pm-1:30pm)<br>Line Dance 1:30pm-3:00pm            | <b>15</b> Painting Group (9am-3pm)<br>Line Dance (Jennifer) 9am-10am<br>Yoga (Sharon) 10am-11am<br>Karaoke (David) 12pm-3:45pm<br>Bingo (12:30pm-1:30pm)<br>Latin Dance (Yukari) 1:30pm                                                                       | <b>16</b> Painting Group (9am-3pm)<br>Low Impact Aerobics (Ira)<br>(9:30-10:30am)<br><br>Latin Dance (Yukari) 1:00pm            | <b>17</b> Painting Group (9am-3pm)<br>Wing Chun (David) 9:30am<br><br>Karaoke (David) 12:00-3:45pm<br>Line Dance (Harrison)<br>(1:00-3:00pm)                                                                                           | <b>18</b> Painting Group (9am-3pm)<br>Ballroom/Latin Dance (Jennifer)<br>(9:00-10:00am)<br>Origami (Rose) 12:00-1:15pm<br>Live DJ and Social Dancing<br>(1:00-3:00pm)                                                                        |
| <b>21</b> Painting Group (9am-3pm)<br>Belly Dance (Amira) 10am-11am<br>Zumba Dance (Amira) 11am-12pm<br><br>Bingo (12:30pm-1:30pm)<br>Yoga Class (Sharon) 1:30-2:30pm | <b>22</b> Painting Group (9am-3pm)<br>Line Dance (Jennifer) 9am-10am<br>Yoga (Sharon) 10am-11am<br>Karaoke (David) 12pm-3:45pm<br>Bingo (Pat) 12:30pm-1:30pm<br>Latin Dance (Yukari) 1:30pm                                                                   | <b>23</b> Painting Group (9am-3pm)<br>Low Impact Aerobics (Ira)<br>(9:30-10:30am)<br><br>Latin Dance (Yukari) (1:00pm)          | <b>24</b> Painting Group (9am-3pm)<br>Wing Chun (David) (9:30am)<br><b>11:00am Jokesercise (Howard)</b><br><b>12:00pm Celebration Mid-</b><br><b>Autumn Festival</b><br>Karaoke (David) 12:00-3:45pm<br>Line Dance (Harrison) (1:00pm) | <b>25</b> Painting Group (9am-3pm)<br>Ballroom/Latin Dance (Jennifer)<br>(9:00-10:00am)<br>Origami (Rose) 12:00-1:15pm<br>Live DJ and Social Dancing<br>(1:00-3:00pm)                                                                        |
| <b>28</b> Painting Group (9am-3pm)<br>Belly Dance (Amira) 10am-11am<br>Zumba Dance (Amira) 11am-12pm<br>Bingo (12:30pm-1:30pm)<br>Line Dance 1:30pm-3:00pm            | <b>29</b> Painting Group (9am-3pm)<br>Line Dance (Jennifer) 9am-10am<br>Yoga (Sharon) 10am-11am<br>Karaoke (David) 12pm-3:45pm<br>Latin Dance (Yukari) 1:30pm                                                                                                 | <b>30</b> Painting Group (9am-3pm)<br>Low Impact Aerobics (Ira)<br>(9:30-10:30am)<br><br>Latin Dance (Yukari) (1:00pm)          |                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                              |

## Resources!

## Recourses

September 2026

Created by:

**FIVE OF THE BEST EXERCISES**  
YOU CAN EVER DO

THESE "WORKOUTS" CAN DO WONDERS FOR YOUR HEALTH. THEY'LL HELP KEEP YOUR WEIGHT UNDER CONTROL, IMPROVE YOUR BALANCE AND RANGE OF MOTION, STRENGTHEN YOUR BONES, PROTECT YOUR JOINTS, PREVENT BLADDER CONTROL PROBLEMS, AND EVEN WARD OFF MEMORY LOSS.

**SWIMMING**

**1.** You might call swimming the perfect workout. The buoyancy of the water supports your body and takes the strain off painful joints so you can move them more fluidly.

**TAI CHI**

**2.** This Chinese martial art that combines movement and relaxation is good for both body and mind. It is made up of a series of graceful movements, one transitioning smoothly into the next.

**STRENGTH TRAINING**

**3.** If you believe that strength training is a macho, brawny activity, think again. Lifting light weights won't bulk up your muscles, but it will keep them strong.

**WALKING**

**4.** Walking is simple, yet powerful. It can help you stay trim, improve cholesterol levels, strengthen bones, keep blood pressure in check, lift your mood, and lower your risk for a number of diseases.

**KEGEL EXERCISES**

**5.** These exercises won't help you look better, but they strengthen the pelvic floor muscles that support the bladder. Strong pelvic floor muscles can go a long way toward preventing incontinence.



# WORD SEARCH

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

## Word Bank

Cornucopia   CandyCorn   Witch   BlackCat   Festival   Sweaters  
 FullMoon   Harvest   Bonfire   Costume   Dracula  
 Vampire   Pumpkin   Spells   Leaves   Ghouls   Broom  
 TrickorTreat   Party   Halloween   Candy   Frankenstein





# CHICKEN SAUSAGE KALE SKILLET

*This recipe is a nutrient-dense dish offering lean protein, fiber, and vitamins, making it a heart-healthy choice that supports muscle repair and digestive health. It's suitable for most individuals, including those seeking gluten-free meal option, manage their weight or improve overall nutrition.*

*However, it may not be ideal for people on low-sodium diets due to potential salt content in sausage.*



PREP TIME  
10 MIN



COOK TIME  
5 MIN



SERVINGS  
2

## Ingredients

- 12 oz sausage, uncured and unsweetened (gluten-free)
- 8 oz kale, spines removed and chopped

## Instructions

### Prep

1. Remove spines from kale and chop leaves.
2. Slice sausage.
3. Preheat heavy skillet.

### Make

1. Add sausage to skillet and brown on all sides.
2. Stir in kale and remove from heat. Cover to allow kale to wilt.

## Per serving

- 599 calories
- 7g carbohydrates
- 53g total fat
- 5g fiber
- 23g protein



# BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway  
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320



## Officers:

Rosa F.....President  
Christina L... Vice President  
Pat W ..... Treasurer  
Leo P .... Secretary

## ADVISORY COUNCIL

## Members:

Carmela P  
Carl D  
Fraternidad S  
Jane C



## BAYSIDE OLDER ADULT CENTER STAFF

Pang ..... Program Manager  
Kathy L ..... Office Manager  
Eulalia C .....Case Manager  
Yolanda D ..... Custodian  
Annmarie P ..... Transportation Coordinator  
Elizabeth M..... Recreational Coordinator

Henry C  
Shawn W  
Laura M  
Yung P T  
Michael M

Transportation  
Transportation  
Kitchen Aide  
Kitchen Aide  
Kitchen Aide

## Catholic Charities Mission Statement

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 development.

*All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.*

# GENTLE REMINDERS



YOU DESERVE  
TO BE HEARD



YOUR OPINIONS  
MATTER



YOUR FEELINGS  
ARE VALID



YOUR BEST  
IS ENOUGH



IT'S OK TO  
REST & PAUSE



IT'S OK TO GROW  
AT YOUR OWN PACE



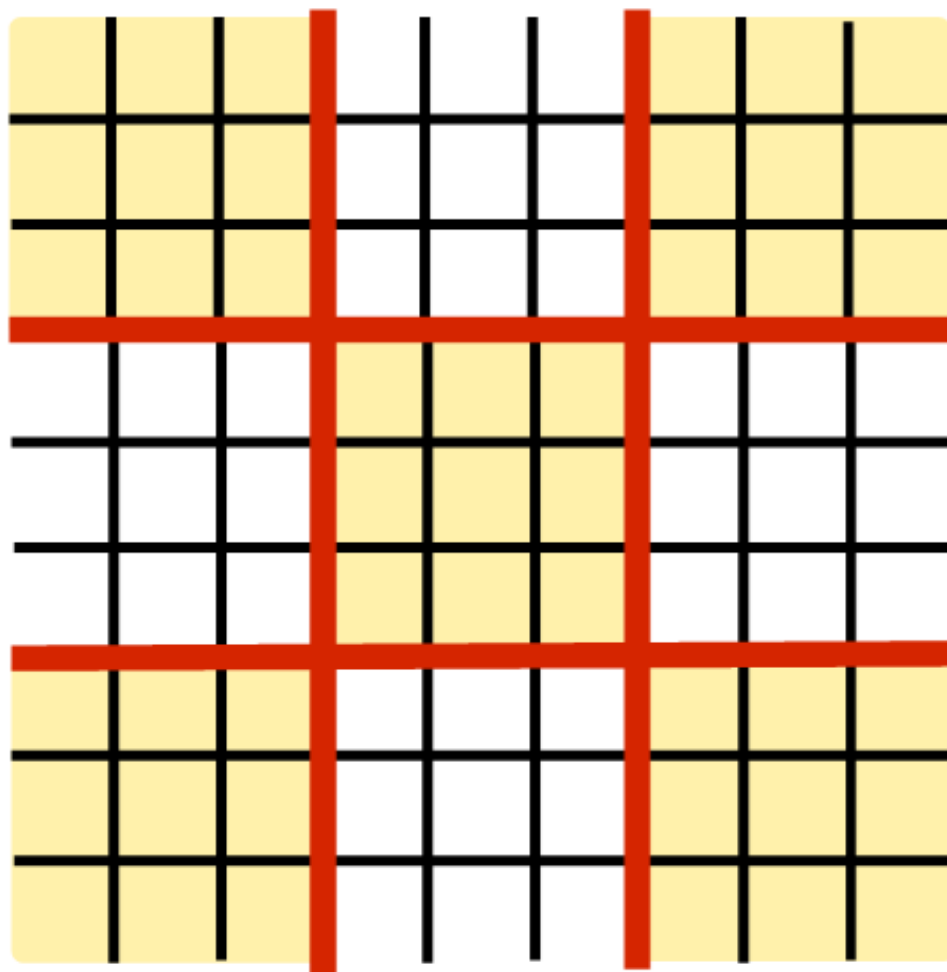
IT'S OK TO HAVE  
MOMENTS OF  
DOUBT



YOUR MISTAKES  
DON'T DEFINE  
YOU



HOW YOU SPEAK  
TO YOURSELF  
MATTERS



### Ultimate Tic Tac Toe

- **The First Move:** Player one can place their mark in any empty spot on any small board (solid black grids).
- **The Transfer Rule:** Your move's specific position inside a small board decides which small board your opponent must play in next.
- **Winning the Game:** Get three small boards in a row on the large main grid (highlighted lines) to win.

### Can play with own house rules!

- Play in each individual grid one at a time or all at once and see who wins the main board!
- See who can win the most games

**NEW**

September 2026

# WELCOME PAGE



1. So (Jenny) Tse
2. Leonard Kofsky
3. Valsamis Lambadaridis
4. Marilou Borja
5. Ben Rances
6. Lia Ribeiro
7. Wen-Chun Chen
8. Kin Wah Cheng
9. Bolivar Tellado
10. William Lai
11. Kumjoo Chung
12. Nancy Canevari
13. Margaret (Peggy) Lynch
14. Peter Yong
15. Zhihong Ellis
16. Alfred La Barbera
17. Dennis Liff
18. Edwin Ribeiro
19. Charlene Mulhall
20. Chander Chandna
21. Narinder Chadna
22. Judy Shieh
23. Yihua Cui





## Geriatric Mental Health

Geriatric mental health refers to the mental and emotional well-being of older adults, focusing on the prevention, diagnosis, and treatment of mental health conditions that commonly affect the elderly population.



## Common Mental Health Conditions in Older Adults



### Depression:

Depression is one of the most common mental health issues in older adults.

### Dementia:

Dementia, including Alzheimer's, is a decline in cognitive function.



### Anxiety Disorders:

Anxiety disorders, like panic and generalized anxiety can affect older adults.

### Cognitive Decline:

Mild cognitive impairment (MCI) causes memory and thinking issues, with minimal daily impact.



### Bipolar Disorder:

Although less common in older adults, bipolar disorder can still occur in later years.



# NATIONAL RECOVERY MONTH

## Treatment Options for Geriatric Mental Health

- ✓ Medications
- ✓ Therapy and Counseling
- ✓ Social Engagement and Support
- ✓ Lifestyle Modifications
- ✓ Occupational Therapy
- ✓ Support Groups
- ✓ Caregiver Support



## Preventing Mental Health Issues in Older Adults

Stay Physically Active

Maintain a Healthy Diet

Social Engagement

Get Enough Sleep

Manage Chronic Conditions

Mental Stimulation



## Geriatric Mental Health

Stressed? Sad?

NYC Aging has individual or group sessions that can help.



Want more information?  
Call Aging Connect at  
212-AGING-NYC (212) 244-6469

# DATA

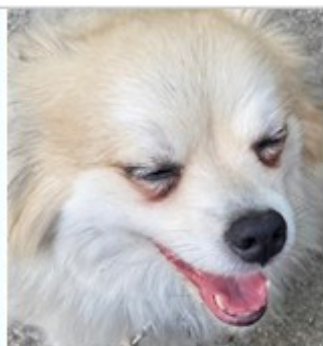
# DRIVEN

# page



BLOOMING  
HEALTH

Bayside Senior Center  
Older Adults Survey



**Do you have personal assistance at home?**

**Yes -89.7%**

**No -10.3%**



**Do you often remove clutter from your home/safety precautions?**

**Yes -63.5%**

**No -24.2%**

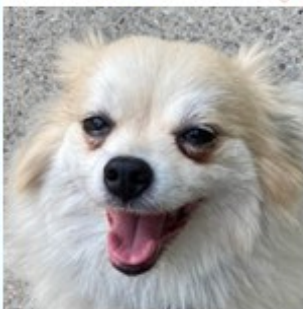


**Do you keep in mind health benefits or dangers of foods you eat?**

**Yes - 87%**

**No - 13%**

| Age | Gender | Disability | Survey Date |
|-----|--------|------------|-------------|
| 75  | Female | None       | 1/1/2020    |
| 75  | Female | None       | 1/1/2020    |
| 75  | Female | None       | 1/1/2020    |
| 75  | Female | None       | 1/1/2020    |
| 75  | Female | None       | 1/1/2020    |
| 75  | Female | None       | 1/1/2020    |
| 75  | Female | None       | 1/1/2020    |
| 75  | Female | None       | 1/1/2020    |
| 75  | Female | None       | 1/1/2020    |
| 75  | Female | None       | 1/1/2020    |



**Do you check the temperature before going outside?**

**Yes -85.3%**

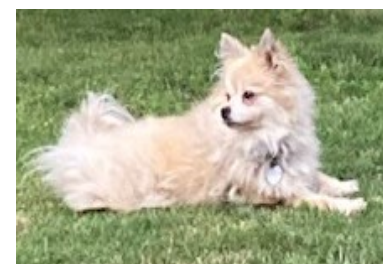
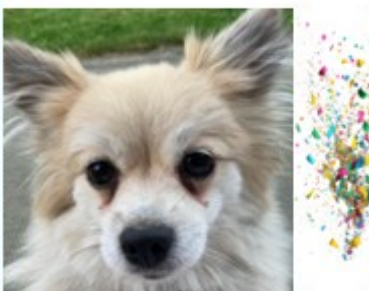
**No -14%**



**Do you keep items in easy to reach places? (avoid high shelves or hazardous places)**

**Yes - 88.4%**

**No - 10.2%**



## Recipe : No Bake Pumpkin Pie



### Ingredients:

- Cream cheese: Make sure it's softened
- Canned pumpkin: Reach for pureed pure pumpkin in the baking aisle, not pumpkin pie filling
- Instant pudding: Use vanilla pudding or pumpkin-flavored pudding
- Graham cracker crust: Store bought or homemade
- Spices: Cinnamon, ginger and cloves

### Directions

#### Step 1: Make the cream cheese layer

In a small bowl, combine the cream cheese, sugar and milk, and mix well with a wooden spoon or a hand mixer until smooth. Gently fold in 1-1/2 cups of the whipped topping. Spoon the mixture into the graham cracker crust, and smooth it out until it reaches the edge of the crust.

#### Step 2: Make the pumpkin filling

In a large bowl, whisk together the cold milk and instant pudding mixes until well combined. Stir in the pumpkin, cinnamon, ginger and cloves.

#### Step 3: Fill and refrigerate

Spread the pumpkin filling over the cream cheese layer. Top with dollops of the remaining whipped topping. Use a spatula to spread out the whip in a nice layer. Refrigerate the pie for at least three hours before cutting so the layers have time to set.

**Enjoy!**



September 2026



# Happy Recap!

## AUGUST 2026

