

SEASIDE NEWS

320 BEACH 94TH STREET, ROCKAWAY BEACH NY 11693 PHONE: (347) 926-4119

Jurate Jones, Program Manager

A MESSAGE FROM JURATE

Please Join us for a Celebration in
honor of

National Senior Center Month

Featuring the Stunning and Youthful

Older Adults of Seaside OAC

FASHION SHOW



Friday, September 18 after lunch

**Theme: Iconic fashion from the
decade you grew up in!**

Funded by The NYC Aging



Happy Birthday to:

*Justina Carmen James Dolores
Cindy Melba Shakti Fausto Lucy
Cheryl Narad Timothy Morris
Lucy Teresa Percy Ana Ellen
Ettie Eliza Jane Mary Maria
Leslie Pearlene Leslie Geraldine
Carin Margaret*



SEASIDE SEPTEMBER ANNOUNCEMENTS



A message from staff/ Un Mensaje de Personal – As summer 2026 sunsets, we hope you continue to take a stroll down the iconic Rockaway Beach Boardwalk. Soon we will observe signs of the fall season such as a slight chill in the morning air, harvest time, the start of the school year, and of course leaves changing color. We hope you have had a happy and restful summer. Who doesn't love Fall in NYC: Think “sweata weather!” Did you know the month of September is all about celebrating older adults? Come with your friends to enjoy activities at Seaside OAC. It is always good to socialize. Seaside OAC offers numerous benefits, including combating social isolation, promoting physical and mental well-being, health and wellness, fostering a sense of purpose, and providing access to valuable resources and activities, getting help with paperwork in a supportive community. Our goal here at Seaside OAC is to enhance your life in your retirement years. Ca-

tered by Russo's, our breakfast is served from 8:30-10:00am and lunch is from 12-1pm.

Exercise classes: Aerobics, Tai- Chi, Strength Exercise and Chair Yoga

Games: Cards, Dominoes, Pool, Bingo, Pokeno, Air Hockey, Name that Tune

Activities: Health Presentations, Workshops, Arts and Crafts, Blood pressure monitoring, Guest entertainers, Movies, Trips, Trivia, Transportation, Cultural, Holiday and Birthday Celebrations, Popcorn and treats throughout the month!

Case Assistance, Information and Referrals and Community Resources are always on site.

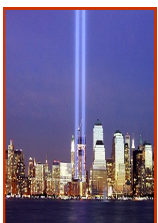
Seaside OAC is a Free Program for individuals aged 60 and older - Joining take less than 30 minutes!



Our trips are handled by staff and volunteers. William McKenzie, our front desk host is helping us to plan trips! So, let's all come together to gather fun trip ideas.

It is important to keep in mind the following factors: Location, cost, if a senior discount is offered and we must always ensure the trip venue has disability access. Once the trip has been finalized and approved, please make sure you sign the sheet at the front desk. A restaurant trip to Charcoal House in Howard Beach is up next! We are also considering a trip to a local Farmer's Market so you can spend your coupons before the

November 2026 deadline Please ensure you are signed up for discounts for Regal Cinemas, NYC Ferry etc. Do not hesitate to ask your Case Manager for help!



The 9/11 terrorist attacks inflicted a devastating emotional toll on Americans. We will never forget the events of that terrible day. The victims and their families remain in our thoughts and prayers. Seaside OAC will observe the 25th anniversary of 9/11. We will have coffee, a group discussion and we will observe a minute's silence at **8:46am**, and again, at **9:03am**. #neverforget

May all the victims of 9/11 rest in eternal peace.

Briege's Word Scramble Theme: 9/11 (Answers on page 10)

1. cimaare 2. itfreghrisfe 3. intw owsrte 4. etmsebpre 5. napgnote 6. tkacta
7. vener ofrgte 8. odlrw artde etrenc 9. erttrossti 10. yascksrpre 11. tpritoa yad

SEPTEMBER WORD SEARCH

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

Acorn
Apples
Autumn
Backpack
Classroom
Friends

Football
Harvest
Homework
Labor Day
Leaves
School

Orchard
Pears
Pencil
September
Squirrels
Sunflower



AUGUST HIGHLIGHTS AT SEASIDE OAC



A very Happy Birthday to our August Babies. Cheers and here's to many more! Berton, Elizabeth, Chuck, Kimati, Maria, Beverly and Arcadis. Hector was in the audience.



Happy National Senior Citizens Day - We hope you enjoyed the celebrations!



Wonderful to see Berton and his daughter Janice also pictured is Marva.



Cookie party! Ginger and chocolate cookies from Ireland



Seaside members displaying their impressive dance moves!



Susan and David enjoying a dance!

CASE MANAGER'S CORNER: Examples of programs you may be entitled to are: SNAP, SCRIE, DRIE, STAR, ENHANCED STAR, SCHE, MEDICAID, MEDICARE SAVINGS PROGRAM, HEAP, LIFELINE, ACESSESS-A-RIDE, REDUCED FARE METROCARD (OMNY).
Be assured we are here to screen you and help you with programs you are entitled to.
**We can also help with REAL ID. U.S. Passport Applications. NYC Ferry. **

Tips To Avoid The Dreaded SCAM: Older adults experience high rates of scams and cyber crime than any other age group. If an unknown caller asks you for your social security number or bank details, hang up immediately! Always remember the IRS will NEVER call you, they always mail a letter!

Guard your personal information closely. Don't respond to unsolicited requests, especially text messages and emails asking you for sensitive information. STOP. THINK.

No you DO NOT have an unpaid EZ-Pass bill or the latest one in August is a text message that there is an Amazon purchase asking you to verify it! **Please Ignore** these kinds of texts. **Report and Delete these messages**

It is advisable to sign up for direct deposit and avoid getting checks in the mail because mail can be intercepted and paper checks can be "washed" by criminals operating in our neighborhood.

Use a good pen such as a uni-ball® 207™ Retractable Fraud Prevention Gel Pens,

Make sure to shred financial information before putting them in the recycling.

Review bank account information especially if there has been a data breach.

Ignore letters saying you won a competition most likely you did not enter the competition.

Beware of disaster related scams, con artists take advantage of kind and caring people after a disaster and pretend they are from a charitable organization such as the Red Cross.

Be aware of identity theft when you are purchasing items online. Make sure you are using your own computer or a secure device. Keep all personal documents and ID secure in your home and wallet—they are for your eyes only!

It is best practice to use your EBT cards at more established retailers such as Key Food and Stop & Shop as they have technology to prevent card "skimming" devices that criminals use to steal your EBT and OTC funds. Similarly do not use an ATM in a deli, ideally your own bank (no charge) or any bank ATM. While there might be a small charge, it is much safer.

Please Stay Extremely Vigilant. Cyber criminals are relentless



****SAVE THE DATE COMING DECEMBER 2026****
MTA/OMNY Mobile Sales Van will be at
Seaside OAC on TUESDAY, DECEMBER 29, 2026 (time tba)
REDUCED PRICE OMNY CARDS. Bring ID and sign right up in minutes.

Get help with a Reduced-Fare application;
Transfer balances (Full fare and Reduced-Fare);
Exchange a damaged OMNY Card for a temporary replacement;
Report a lost/stolen Reduced-Fare OMNY card and
Ask our team about any OMNY related issues.

September is National Sepsis Month

September is dedicated to numerous health awareness causes, with major observances including Sepsis Awareness Month, Childhood Cancer Awareness Month, Ovarian Cancer Awareness Month, Prostate Cancer Awareness Month, Sickle Cell Awareness Month, National Suicide Prevention Month, and Healthy Aging Month and National Preparedness Month.

Since 2011, World Sepsis Day is held on September 13. Every September, the Sepsis Alliance has invited healthcare professionals and individuals in all areas of medicine, as well as businesses and organizations, to help raise awareness of sepsis and save lives. The month is all about letting people know about the symptoms and signs of sepsis so that people can act quickly and get the help that they need. In 2026, current data indicates that approximately 1.7 million adults in the U.S. develop sepsis annually, with an estimated 350,000 dying from the condition, as per the CDC. While data for 2026 is still emerging, recent reports highlight trends like increases in sepsis hospitalizations, demographic and geographic disparities in mortality as well as the impact of co-morbidities. (Source endsepsis.org)

What is Sepsis? Sepsis is a life-threatening reaction to an infection, and people of any age can develop it. It can happen due to any infection, but the germs that most commonly trigger it are bloodstream infections, kidney infections, abdominal infections, and pneumonia. It is sometimes referred to as blood poisoning or septicemia. It occurs when your immune system has an overreaction to an infection, and so it begins damaging the organs and tissues in your body. There are three stages of sepsis: **Stage 1:** Sepsis, **Stage 2:** Severe sepsis, and **Stage 3:** Sepsis shock. A lot of people experience sepsis while they are in the hospital recovering from a procedure.

Symptoms of Sepsis:

Severe sepsis happens when there is organ failure. Some of the symptoms that are associated with this are as follows:

Extreme weakness	Unconsciousness
Chills because of a fall in body temperature	Abnormal heart functions
Breathing issues	Low platelet (blood clotting cells) count
Changes in mental ability	Decreased urination
Patches of discolored skin	

Septic shock symptoms include all of the symptoms that have been mentioned above. However, the individual will also have VERY low blood pressure. IT IS A MEDICAL EMERGENCY **CALL 911** and tell the operator you suspect Sepsis!

Why Education Yourself About Sepsis Is So Important: It is no exaggeration to say that you can save lives by educating yourself about sepsis. Sepsis is potentially life-threatening. The illness ranges from mild to severe. In mild cases, there is a much higher rate of recovery. Therefore, by educating yourself about this condition and spotting the signs early, there is going to be a much better chance of a full recovery. Cases of severe sepsis are very worrying; even people who recover are going to have a higher risk of infection in the future. Complications can arise due to septic shock or severe sepsis. This can include the formation of small blood clots, which can block the flow of oxygen or blood to your vital organs and other areas in the body. This can increase a person's risk of tissue death and organ failure. Seniors make sure you clean any cuts thoroughly. Be vigilant after any procedure and make sure a family member is there to help you after a surgery. Monitor for signs of an infection to include fever, fast heart rate, low blood pressure and urine output and drowsiness.

SEASIDE MEMBERS SECTION

Welcome to our Spotlight on Seniors section, embracing all who attend Seaside OAC



Marion

Hometown: Accra, Ghana.

Occupation before retirement:

The insurance industry.

Favorite color: Sage green

Zodiac sign: Aquarius and

I'm also the Fire Monkey!

Favorite Movie: The Avengers Franchise.

Favorite Book: Guns of Navarone, written by Scottish author Alistair MacLean

Advice for the youth of today: Make good friends and keep them for life! Find something that you love and make a career of it.

Person you most admire: Nelson Mandela. He was imprisoned for 27 years and then became President of South Africa, he was an inspirational Civil Rights Icon.

Life mantra: "As for me and my house, we will serve the Lord." (Joshua 24:15)

Hobbies and Pastimes: Reading, watching movies and baking scones.

Fun facts about you? Born in Ghana, raised in London and I've lived in New York City for the past 40 years.

Favorite thing about Seaside OAC: I am so grateful to have found Seaside. From the first time I walked in, I was welcomed and I feel that I belong.

Thank you Marion!

We are praying for strength and a return to good health for the following members:

Alice Dorethea Cookie James John

John Lydia Kathleen Julia

Frances Lunetta Sylvia Berton



MAINTAIN YOUR HEALTH and FITNESS GOALS AT SEASIDE OAC:

In person Aerobics every Monday at 11AM with Anna (except 9/14)

In person Strength Exercise/Movement class with Tommy every Tuesday and Thursday at 11:15AM

NEW!! In-person Golden QIGong with Alexandra every Wednesday at 11AM
Chair Yoga with Janelle every Friday at 11AM

SEPTEMBER 2026 EVENTS

Bingo every Monday, Wednesday and Thursday at 12:45pm Joyce, Barbara, Liz, William and Brenda – Thank you to all our callers.

September 4th and the 18th.

Nurse Rachel on Fridays

Jokeman Howard and friends on Sep 21

Blood Pressure screening with Luis on Workshop with Shalma Sep. 28 at 10:15

"Don't worry, be happy."

Pokeno Wednesday September 16 at 1PM

Fashion Show, Friday September 18 after lunch. Prizes and sweet treats will be served to celebrate National Senior Center Month.

September Birthday Party on the 25th 12:30PM, special cake from Russo's, speeches, dancing and DJ Prezzi!

Please see our September Activities Calendar

SEPTEMBER 11TH



Word Search



As we remember the events of 9/11, help bring clarity by finding the words hidden in this puzzle. The words may be arranged in any direction—forward, backward, up, down, or diagonal. Circle each word as you find it and cross it off the list. Let's honor the memory by solving this puzzle together.

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

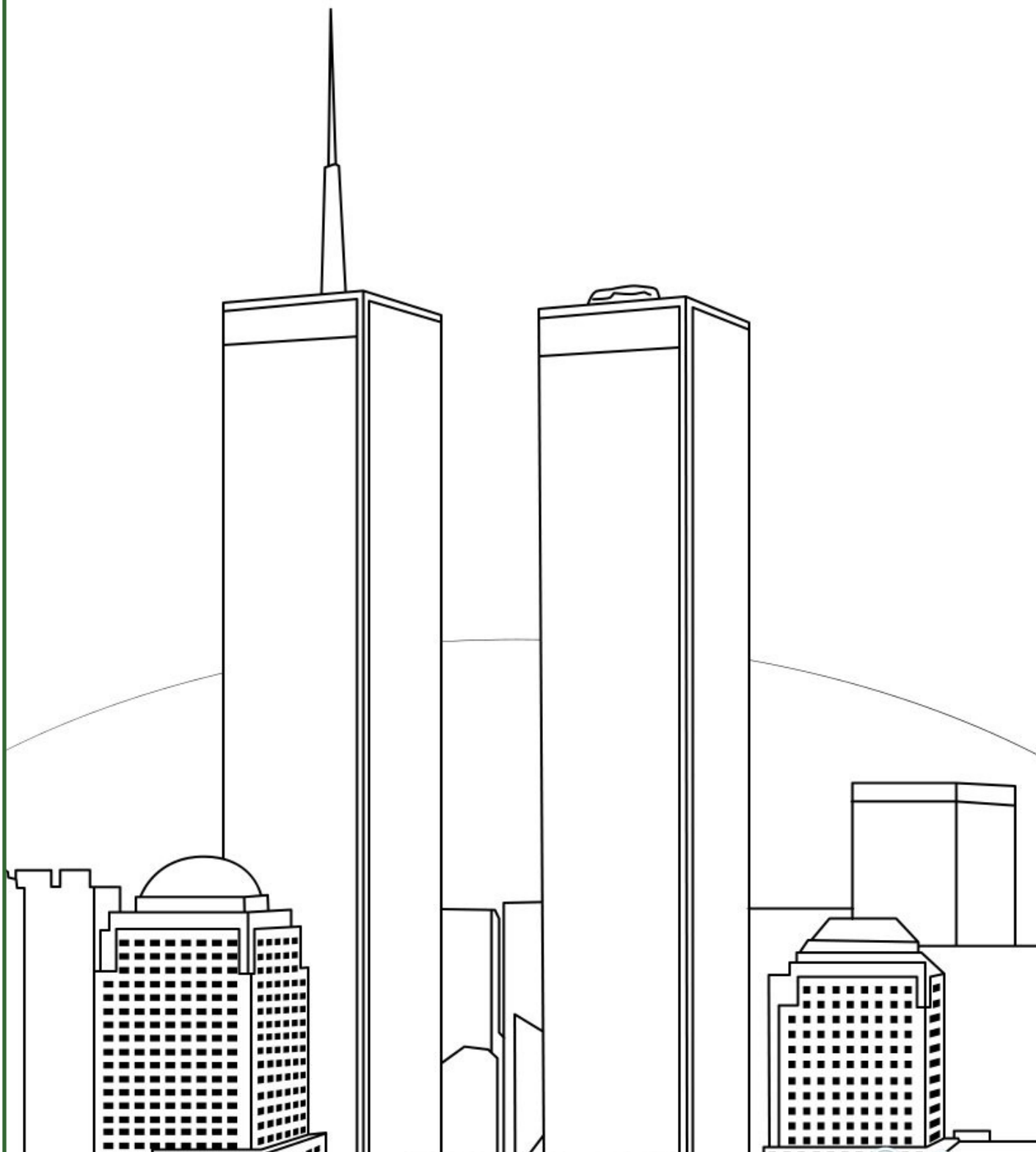
AMERICA
BRAVERY
COMMUNITY
COURAGE
DEDICATION
FIREFIGHTERS
FIRST
RESPONDERS
FLAG
FREEDOM
HEALING
HEROES
HONOR
HOPE
MEMORIAL
NEW YORK
PATRIOT
PEACE
RECOVERY
REMEMBRANCE
RESCUE
RESILIENCE
SAFETY

TRIBUTE
TWIN TOWERS
UNITY
VETERANS



SERVICE
SOLIDARITY
STRENGTH
SUPPORT

NEVER FORGET



*ATTN. Seaside Brainiacs – How many words can you make from
Remembrance*

BRIEGE'S SEPTEMBER MOVIE SUGGESTIONS

1. *Steel Magnolias*
2. *Autumn in New York*
3. *Midnight in Paris*
4. *When Harry Met Sally*
5. *You've Got Mail*
6. *United 93*
7. *Nine to Five* (Screening at Seaside 9/22 at 12:30)
8. *Legends of the Fall*
9. *Pride and Prejudice*
10. *One Fine Day*



Here is a list of popular songs that mention September

1. "September" by Earth, Wind & Fire: A joyful, iconic song from 1978 that celebrates the 21st night of September.
 2. "September Song" by Willie Nelson, Frank Sinatra, and others: A classic song from the 1938 musical Knickerbocker Holiday about the passage of time.
 3. "See You in September" by The Tempos and The Happenings: A sentimental song about a summer romance that ends in September.
- "September Grass" by James Taylor: A soft rock song that uses September as a symbol of change and nostalgia.
4. "September Morn" by Neil Diamond: A romantic song capturing the mood of the month.
 5. "September When I First Met You" by Barry White: A soul classic from 1978.

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What is your favorite September song or movie?

What is your favorite thing about Fall in NYC?

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Chinese Moon Festival



Aster  
September  
Flowers



National Talk  
Like a Pirate Day



National  
Potato  
Day

# SEPTEMBER

## Fun Facts



Sapphire  
Birthstone



Goodbye  
Summer



Hello  
Fall



Astrology Signs



Grandparents  
Day



Virgo



Libra

Patriot  
Day



National  
Coffee  
Day



th Month  
of The Year



National  
Play Doh  
Day



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**Disasters Don't Wait.  
Make Your Plan Today.**

## **SEPTEMBER IS NATIONAL EMERGENCY PREPAREDNESS MONTH**

*Our Mayor has begun his first campaign to promote and remind us about the importance of emergency preparedness. Who will ever forget the effects of Superstorm Sandy? Are you prepared? Here are some tips from Emergency Management NYC - "Disasters don't plan ahead but you can."*

This month we will be doing a workshop on how to stay safe in the event of a natural disaster such as a hurricane. Together we can keep ourselves, our families and our communities safe.

**Make a plan:** Practice emergency escape drills with your household

- **Know your zone:** Find out if you live in a hurricane evacuation zone. Ask center staff if you don't know your zone. .

**Gather supplies:** Stock up on at least one gallon of water per person per day and non-perishable food for three days (evacuation) up to two weeks (staying home)

**Prepare kits:** Build a portable Go-Kit and a Stay-at-Home Kit with flashlights, extra batteries, a battery-powered radio, cash, and a first-aid kit.

**Protect your home:** Cover your windows with storm shutters or plywood, and clear your yard of loose items, patio furniture, and branches

**Review insurance:** Check your policies to ensure you have adequate coverage, including flood insurance if necessary

**Keep calm and keep up** with TV, radio and social media for updates and weather reports especially evacuation orders

### **Key Observances in September**

September is **Healthy Aging Month** An annual health observance inspiring adults 45+ to "reinvent" themselves, stay active, and adopt positive lifestyle habits. The 2026 theme is "Curiosity Has No Age Limit"

Autumn Equinox September 22nd

September is **National Senior Center Month:** Spotlights the vital role community senior centers play in keeping older adults connected and healthy through the National Council on Aging (NCOA). \*\*See details our celebration fashion show below\*\*

**National HIV/AIDS and Aging Awareness Day** (September 18)

**World Alzheimer's Day** (September 21)

**World Heart Day** (September 29)



## **SEPTEMBER IS NATIONAL SENIOR CENTER MONTH**

We will be having a **Special Fashion Show** to celebrate National Senior Month. We will be showcasing our stylish youthful members who will model clothes from their decade. There will be prizes for the Best Dressed – Get Creative! Friday September 18 at 12:30PM. All members are encouraged to dress up! Group photos! Sweet treats will also be served



Please do not forget to redeem your Farmer's Market coupons before November 30. Coupons can be used locally at Rock Farm on Beach 45th street on Saturdays as well as select Farmers' Markets across NYC. We hope to run a Farmer's Market trip to Long Beach.

**125+**  
YEARS OF CHANGING LIVES



# ***Rethink Your Drink Workshop***

**Thursday, September 10, 2026  
12 PM – 1 PM**

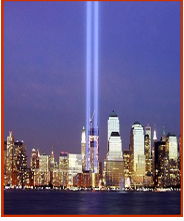
**Queens Public Library at Peninsula  
92-25 Rockaway Beach Blvd.  
Rockaway Beach, NY 11693**

## **Interactive workshop includes:**

- Learn tricks and tips to rethink your drink without losing flavor or fizz and the health risks of consuming sugar-sweetened drinks
- **FREE giveaways**
- **Gift cards RAFFLE – FIRST COME, FIRST SERVED!**



# SEASIDE OLDER ADULT CENTER



In a morning's steel and sapphire gleam,  
A perfect sky held a waking dream.  
Then fire bloomed, a sudden, hateful rose,  
And silence shattered where a city grows.

The towers bled, a wound of smoke and glass,  
As falling cards of steel and shadow pass.  
Each falling body, a particular face,  
Plummeting toward an earthen, final space.

We watched the dust, a gray and choking shroud,  
Descend on sidewalks, swallowing the crowd.  
A nation paused, a world held its breath,  
To reckon with a shocking, cruel death.

But from the ashes, courage took its flight,  
In heroes rushing toward the burning light.  
The names of workers, fathers, daughters bright,  
Etched in the heart, and clinging to the night.

In whispered prayers, in stories brave and true,  
The wounded spirit started to renew.  
The memory stands, a hollow, aching space,  
But hope still rises with a solemn grace.

## ANSWERS

1. America 2. Firefighters
3. Twin Towers 4. September
5. Pentagon 6. Attack
7. neverforget
8. World Trade Center 9. Terrorists
10. Skyscraper
11. Patriot Day

As we celebrate the contributions of workers across the nation, we want to extend our warmest wishes to you and your family for a relaxing and enjoyable holiday. Please note that our center will be closed on **Labor Day Monday September 7th, 2026**

## SEASIDE OAC STAFF

Samira Alieva—VP of Older Adult Services  
Ron Carson—Director of Field Operations  
Jurate Jones — Program Manager  
Briege McGarrity — Case Manager  
Theresa Murgolo — Administrative Assistant  
Wallace Martin — Full Time Driver  
Melba Romero — Part Time Kitchen Aide  
William McKenzie — Front Desk

## SEASIDE ADVISORY BOARD

Cyprian J. Grant - President Advisory Council  
Barbara Daniels -Treasurer  
Russell Hauk - Secretary  
Katherine Brent - Member  
Dolores Koo - Member  
Edward Johnson - Member  
James Murray - Member  
John Sperling - Member  
Brenda Thomas - Member  
Kimati Chadda - Member  
Doris Knowles - Member  
Jackie Ali - Member



The mission of Catholic Charities Brooklyn and Queens is to translate 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.



**Funded by The NYC Aging**

**[www.CCBQ.org](http://www.CCBQ.org)**