



Senior Voices

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55 Pierrepont Street,
Brooklyn, NY, 11201
Phone (718) 855-0326



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🍁 Welcome to September! 🍁

As summer comes to a close and we welcome the beginning of fall, September brings cooler days, changing leaves, and new opportunities to focus on our health, wellness, and connection with others. It is a wonderful time to refresh healthy routines, enjoy outdoor activities, and participate in programs that support an active and independent lifestyle. This month, we recognize **Healthy Aging Month** and **Falls Prevention Awareness Month**, making September an important time to focus on maintaining strength, balance, mobility, and overall well-being. Healthy aging includes caring for both the body and mind through regular physical activity, nutritious foods, preventive healthcare, mental stimulation, and meaningful social connections. As we transition into the fall season, we encourage everyone to continue making healthy choices—stay physically active, enjoy seasonal fruits and vegetables, keep up with routine medical appointments, review medications with your healthcare provider when appropriate, and take steps to reduce fall risks at home and in the community. Activities such as walking, balance and strengthening exercises, reading, puzzles, arts and crafts, educational programs, and spending time with friends can all contribute to healthier aging and a better quality of life. At **CCNS St. Charles Jubilee OAC**, we are grateful to have such a wonderful community of members. We look forward to another month filled with wellness, friendship, learning, laughter, and meaningful experiences together. 🍎 🍎 🍎 **Wishing all our St. Charles members a happy, healthy, active, and beautiful September!** 🍎 🍎 🍎

September is a Month of Healthy Aging, Fall Prevention & Wellness

September is an important month for promoting **healthy aging, fall prevention, physical activity, and independence** among older adults. As we transition from summer into fall, it is a wonderful time to review healthy routines and focus on habits that support strength, mobility, cognitive health, emotional well-being, and overall quality of life. At **CCNS St. Charles Jubilee OAC**, we encourage our members to use September as an opportunity to stay active, take preventive steps to reduce the risk of falls, remain socially connected, and continue making positive choices for both physical and mental health.

Let's use this month to:

-  **Reduce the risk of falls** by practicing balance and strengthening exercises, wearing supportive footwear, keeping living areas well-lit, and removing potential tripping hazards.
-  **Maintain regular physical activity** through walking, stretching, chair exercises, fitness programs, or other activities appropriate for your abilities.
-  **Support muscle and bone health** by staying active and including nutritious sources of protein, calcium, vitamin D, and other important nutrients in your diet.
-  **Keep up with preventive healthcare** by attending routine medical appointments and monitoring blood pressure, cholesterol, blood sugar, vision, and hearing as recommended by your healthcare provider.
-  **Support brain health** by reading, completing puzzles, learning new skills, participating in educational programs, and staying mentally engaged.
-  **Enjoy nutritious seasonal foods** such as apples, pears, squash, sweet potatoes, leafy greens, and other fruits and vegetables while continuing to stay adequately hydrated.
-  **Practice medication safety** by keeping an updated medication list and discussing medications, vitamins, and supplements with your healthcare provider or pharmacist when appropriate.
-  **Stay socially connected** by participating in **St. Charles OAC activities**, spending time with family and friends, volunteering, and enjoying meaningful community connections.

Remember: Healthy aging is about more than simply living longer—it is about maintaining **strength, mobility, independence, cognitive health, safety, and meaningful connections** throughout life. Small, consistent healthy choices can make a meaningful difference in your health and quality of life.

  Let's welcome September at CCNS St. Charles Jubilee OAC with a renewed commitment to **staying strong, active, safe, healthy, and connected!** 



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The Month Of September

BIRTH STONE



SAPPHIRE

BIRTH FLOWER



ASTER

STAR SIGNS



VIRGO & LIBRA

Personality

September borns are known for being meticulous and never make a move without considering the consequences. They pay close attention to the details which gives them a competitive advantage, aiming close to perfection, their favourite destination.

Did you know...?

- The Romans believed that the month of September was looked after by **the god of the fire and forge – Vulcan**. Therefore, they expected fires, earthquakes and volcanic eruptions in this month.
- September is the only month with the same number of letters in its name as the number of the month: **it is the ninth month and has nine letters**.
- In the UK, **September 26** is the most common birthday for people born in the last 20 years.

Special Days



06 SEPTEMBER

National
Read a Book Day



13 SEPTEMBER

Roald Dahl
Day



20 SEPTEMBER

National
Doodle Day



21 SEPTEMBER

International
Day of Peace

Famous September Birthdays

Adam West, Agatha Christie, Amy Winehouse, Andrea Bocelli, Beyonce Knowles, Bill Murray, Brigitte Bardot, Bruce Springsteen, Confucius, Freddie Mercury, Greta Garbo, Ivan Pavlov, Karl Lagerfeld, Monica Bellucci, Queen Elizabeth I, Richard I, Sophia Loren, Stephen King, T. S. Eliot, Truman Capote.

THE LITTLE PICTURE COMPANY

125⁺
YEARS OF CHANGING LIVES



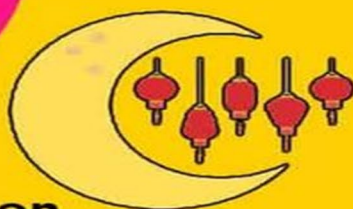
Mission Statement



Catholic Charities of the Diocese of 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 which promotes justice and embraces human development.



**National Talk
Like a Pirate Day**



**Chinese Moon
Festival**



**Aster
September
Flowers**

SEPTEMBER

FUN FACTS



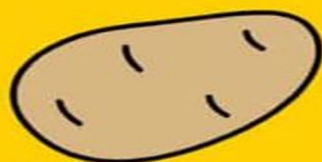
**Goodbye
Summer**



**Hello
Fall**



**Sapphire
Birthstone**



**National
Potato
Day**

Astrology Signs



**Grandparents
Day**



Virgo



Libra

**Patriot
Day**



**National
Coffee
Day**



**9th Month
of The Year**



**National
Play Doh
Day**



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Days to Celebrate in September

1. National Cherry Popover Day



2. World Coconut Day



3. Skyscraper Day



4. Eat an Extra Dessert Day



5. National Cheese Pizza Day



6. National Coffee Ice Cream Day



7. National Beer Lover's Day



8. International Literacy Day



9. National Teddy Bear Day



10. National Swap Ideas Day



11. Make Your Bed Day



12. National Chocolate Milkshake Day



13. National Kids Take Over the Kitchen Day



14. Eat a Hoagie Day



15. National Double Cheeseburger Day



16. National Guacamole Day



17. National Monte Cristo Day



18. Rice Krispies Treats Day



19. International Talk Like a Pirate Day



20. National Pepperoni Pizza Day



21. International Day of Peace



22. World Car-Free day



23. National Great American Pot Pie Day



24. National Punctuation Day



25. National Cooking Day



26. National Pancake Day



27. Love Note Day



28. National Neighbor Day



29. National Coffee Day



30. National Hot Mulled Cider Day

the spruce

the spruce

Day of Peace
21 International

Free day
22 World Car

Pot Pie Day
23 National Great American

Punctuation day
24 National

Cooking day
25 National

Pancake day
26 National

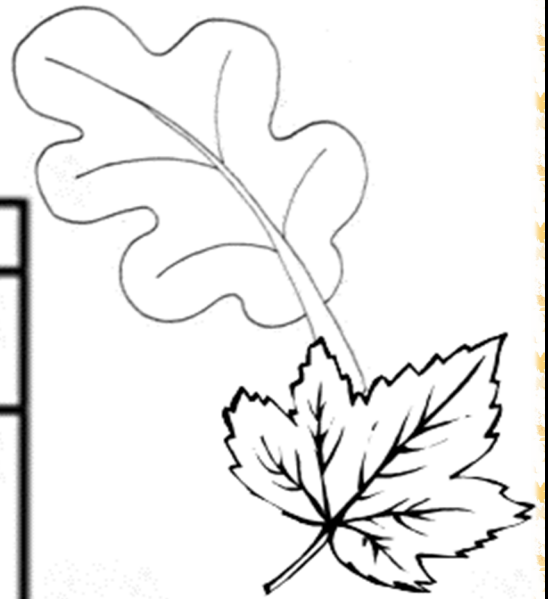
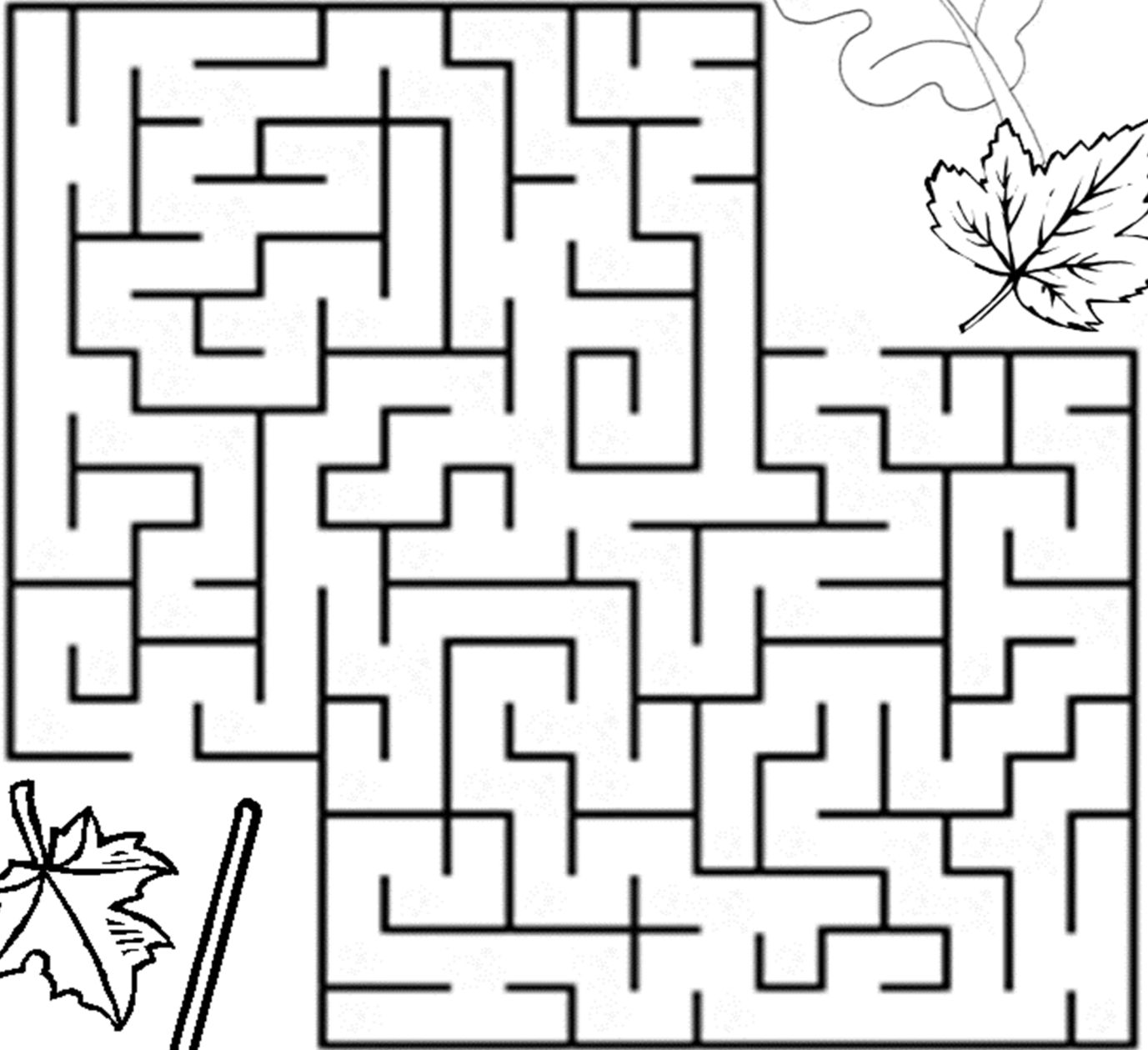
SEPTEMBER



FREECOLOURINGPAGESFORKIDS.COM

Autumn Maze

Help get the leaves into the basket.



Name: _____

Date: _____

FALL

Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD
HALLOWEEN

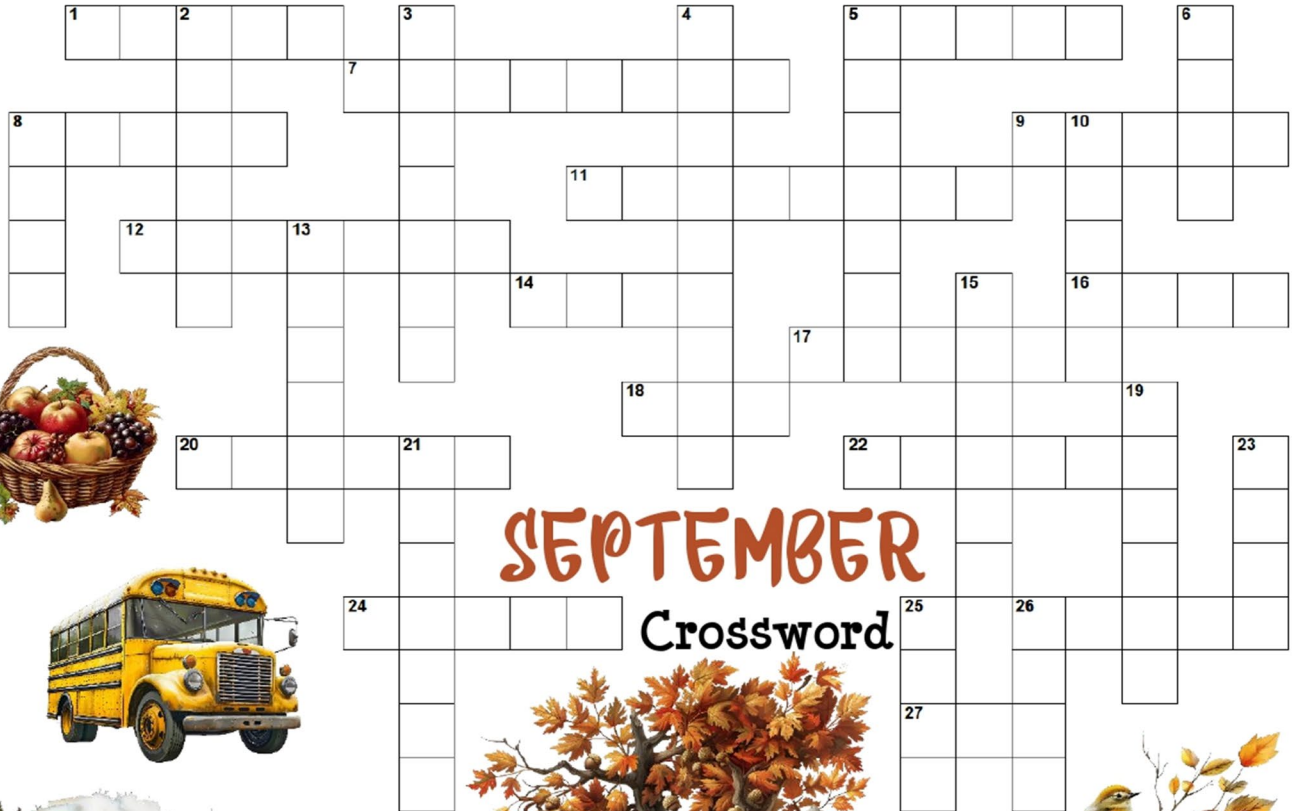
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN
QUILT
RAKE

SCARECROW
SEPTEMBER
SLEET
THANKSGIVING

DIRECTIONS:
Find and circle the
vocabulary words in
the grid. Look for
them in all directions
including backwards
and diagonally.

Name: _____

Date: _____



SEPTEMBER

Crossword



Across

1. Holiday celebrated on the first Monday in September
5. Item of clothing kids wear as the weather cools
7. What kids use to carry their school supplies
8. Type of meal that often features fall vegetables
9. Vehicle often used for harvesting or playing
11. Sport that starts up in September
12. Someone who helps students learn
14. Another name for autumn, starting in September
16. What changes color in September
17. Gentle wind that is common in September

18. Material used in harvest & for feeding animals
20. Where you might find late summer vegetables & flowers
22. Fun outdoor activity often enjoyed in September
24. Drink made from apples, popular in September
26. September skies can be filled with these
27. Type of flower that blooms in September

Down

2. Used to gather fruits & vegetables during harvest
3. Time of year when crops are collected
4. Another term for a backpack
5. Warm clothing item for cooler September days
6. Something you read for school or pleasure
8. September weather often brings this
10. Fruit that's often picked in September
13. What leaves change into during September
15. Tool used for writing at school
19. Place where kids go to learn
21. Event marking the start of fall in September
23. September often brings this to cool the air
25. Fruit often associated with September
26. Activity some kids enjoy before school starts

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HISTORY OF LABOR DAY



Origins: Labor Day began in the late 19th century during the rise of the labor movement, as workers fought for better wages, hours, and conditions.



May 1 – International Workers' Day: In many countries, Labor Day is celebrated on May 1 to honor the 1886 Haymarket Affair in Chicago, a key event in labor rights history.



September – U.S. Labor Day: In the United States and Canada, Labor Day is celebrated on the first Monday of September. The first U.S. Labor Day parade was held on September 5, 1882, in New York City.



National Recognition: In 1894, following nationwide labor strikes, U.S. President Grover Cleveland signed Labor Day into law as a federal holiday.



Today: Labor Day continues to honor the achievements of workers and the labor movement, celebrated with parades, festivals, and public gatherings.

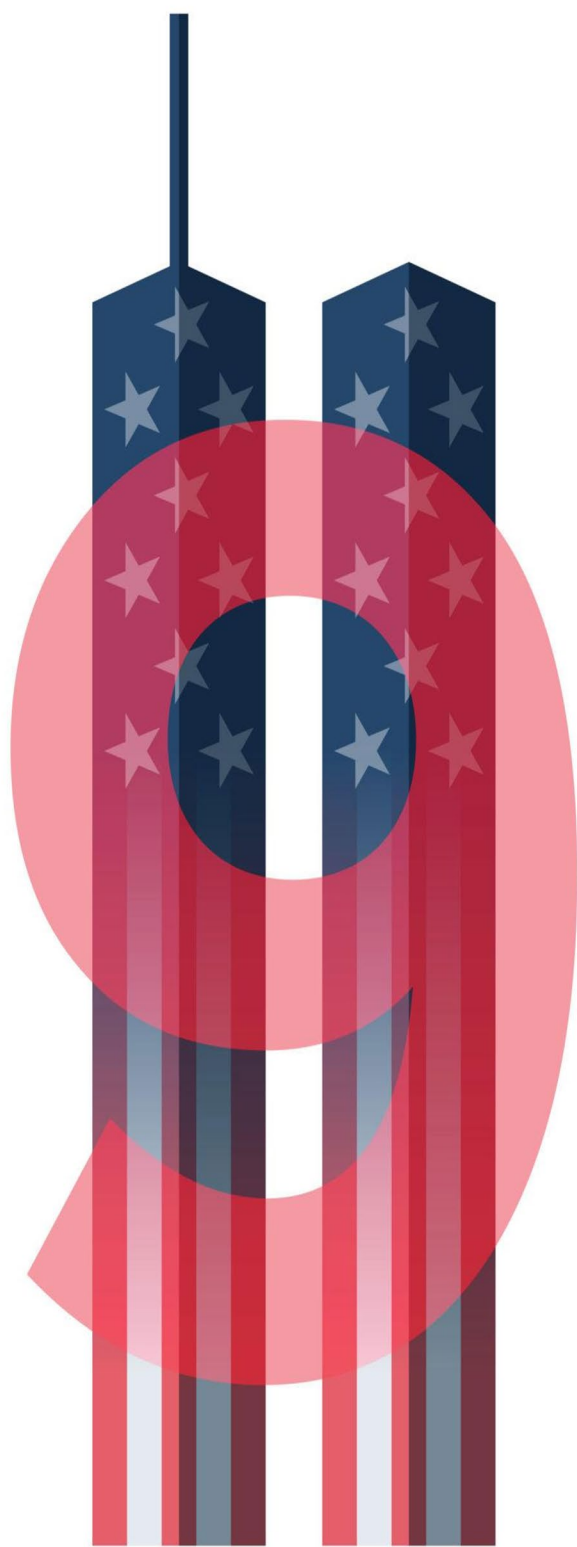
NATIONAL



GRANDPARENT'S DAY

September 2026

Funded by NYC Dept of Aging



SEPTEMBER 11
PATRIOT DAY

**WE
WILL
NEVER
FORGET**

September 11, 2001 — Remembering 9/11

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

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

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

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

We Remember

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

Never Forget. us



September 2026

Funded by NYC Dept of Aging

Healthy September Recipes for Seniors

Hello September!

Fresh • Seasonal • Easy • Delicious

1 Apple, Spinach & Walnut Salad

Fresh, crisp, and heart-friendly.



INGREDIENTS

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

DIRECTIONS

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



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

2 Herb-Roasted Chicken with Sweet Potatoes & Carrots

A warm, hearty, and nutritious fall dinner.



INGREDIENTS

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

DIRECTIONS

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



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

3 Cinnamon Pear Yogurt Parfait

A delicious breakfast or healthy treat.



INGREDIENTS

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

DIRECTIONS

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

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

4 Creamy Butternut Squash Soup

Warm, comforting, and perfect for fall.



INGREDIENTS

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

DIRECTIONS

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



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

SEPTEMBER WELLNESS TIPS



STAY HYDRATED

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



EAT SEASONAL

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



STAY ACTIVE

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



PREVENT FALLS

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



KNOW YOUR NUMBERS

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



KEEP YOUR MIND ACTIVE

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

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

THE AUTUMNAL EQUINOX

WHAT IS IT?

For those of us living in the Northern hemisphere, the autumnal equinox marks the start of the fall season.

At this time of the year, the daytime & nighttime are about the same length.

The Earth is about
93 MILLION MILES
from the Sun!



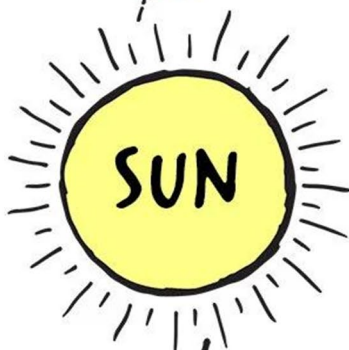
SUMMER
SOLSTICE
(June)



VERNAL
EQUINOX
(March)



WINTER
SOLSTICE
(December)



AUTUMNAL
EQUINOX
(September)

The Earth is
always moving
around the Sun.

REFLECT

Take time to reflect on the seasonal patterns of our natural world.

Observe the location of the sun in the sky, and how the darker days affect plants, animals, and us.

NOTICE

Take a walk and notice the changes happening outdoors. Observe the location of the sun in the sky above. Pause and notice animal behavior as well as how plants and trees are changing.

CELEBRATE

Fall is a time of harvest and abundance. Celebrate the bounty of this season and practice gratitude for all that nature provides.



**SUPER NATURE
ADVENTURES**



SEPTEMBER WELLNESS & HEALTHY AGING

Why It Matters

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

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

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



Healthy Aging Recommendations

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

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



FALL PREVENTION & OSTEOPOROSIS AWARENESS

Why It Matters

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

A4 | A5 | U.S. Letter | Instant Download
Bonus: Workout Tracker

FALL PREVENTION BALANCE EXERCISES for seniors

Gentle exercises to improve balance, stability, and help prevent falls.



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

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

Reduce Your Fall Risk

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

or low blood pressure.

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

★ **Program Highlight:** Balance Training & Fall Prevention Education

CARDIOVASCULAR HEALTH & CHOLESTEROL AWARENESS

Why It Matters

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

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

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

Know Your Cardiovascular Numbers

Talk with your healthcare provider about monitoring:

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



Protect Your Heart

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

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



MEDICATION SAFETY & POLYPHARMACY

Why It Matters

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

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



Medication Safety Tips

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

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

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



COGNITIVE HEALTH & BRAIN WELLNESS

Why It Matters

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

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



Support a Healthy Brain

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

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

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



RESPIRATORY HEALTH & INFECTION PREVENTION



Why It Matters

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

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

Prevention Strategies

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

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



MUSCLE, BONE & JOINT HEALTH

Why It Matters

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

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

Protect Your Mobility

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



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



INTERACTIVE PROGRAMMING & ENGAGEMENT



Weekly Programming

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

Creative & Social Engagement

Arts and crafts, music appreciation, seasonal activities, group discussions, gardening, and reminiscence activities can provide opportunities for **socialization, creativity, emotional expression, and cognitive stimulation.**

Cognitive Wellness

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



FINAL MESSAGE

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

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

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

♥ Stay strong. Stay safe. Stay active. Stay connected. Age well. 🍷🩺❤️





Southwest Queens Senior Services

is funded by the New York City Department
for the Aging

Who are we?

Southwest Queens Senior Services is a program of Catholic Charities Brooklyn and Queens. We have had the privilege of serving older adults in Queens for over 30 years. The goal of our program is to help older adults to live as independently as possible in their own homes.

The program is sponsored by
Catholic Charities Neighborhood Services
Affiliate of Catholic Charities
Brooklyn and Queens

Accredited by the Council on Accreditation
for Children and Family Services

Catholic Charities Southwest Queens Senior
Services can help.

Our friendly and experienced Case Managers
would be happy to pay you a visit to discuss
options for aging comfortably, with dignity,
in your own home.

Call today for a free consultation.
718-217-0126

*Serving Homebound Older
Adults in Southwest Queens*



**CATHOLIC
CHARITIES**
Brooklyn &
Queens
ESTABLISHED 1899

Southwest Queens Senior Services

183-16 Jamaica Avenue
Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495



Who is eligible to receive services?

Our program is open to people age 60 and over who need some assistance to continue living safely in their own homes. Catholic Charities is non-sectarian, serving all older adults regardless of religion, national origin, ethnicity, income, sexual orientation, gender or immigration status.

We serve the neighborhoods of:

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens
- Breezy Point
- Belle Harbor
- Neponsit
- Bayswater
- Arverne
- Edgemere
- Rockaway Park
- Rockaway
- Far Rockaway



What do we do?

The staff of Southwest Queens Senior Services help seniors obtain needed in-home services. We also provide referrals to other community services.

What services are available?

- Care Management
- Home-delivered Meals
- Home Care
- Housekeeping
- Transportation
- Long-Term Care Planning
- Benefits and Entitlements
- Information and Referral
- Caregiver Support

We care! You are not alone!

*Program funded by the New York City
Department for the Aging*



125+
YEARS OF CHANGING LIVES



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

FOOD PANTRY

Locations and Hours

Our Lady of Angels

330 73rd Street, Brooklyn, NY 11209
Wednesdays, 9:30 AM - 12 PM and 1:30 PM - 3 PM

Our Lady of Miracles

757 East 86th Street, Brooklyn, NY 11236
Saturdays, 10 AM - 11:30 AM

Our Lady of Solace

2866 West 17th Street, Brooklyn, NY 11224
Mondays, 9:30 AM - 1:30 PM

St. Marks

2609 East 19th Street, Brooklyn, NY 11235
1st and 3rd Thursday of the month, 9 AM - 11 AM

St. Gregory the Great

224 Brooklyn Ave., Brooklyn, NY 11213
Every other Wednesday, 12 PM - 1 PM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204
Every other Friday, 9 AM - 11 AM

St. Michael/St. Malachy

Beginning September 26, 2025
286 Warwick Street, Brooklyn 11207
Every Friday, 9:30 AM - 11:30 AM

St. Rose of Lima

130 Beach 84th Street, Rockaway Beach, NY 11693
Tuesdays, 10 AM - 12 PM

St. Teresa

50-20 45th Street, Woodside, NY 11377
Tuesdays, 4 PM - 6 PM

BVM St. Mary-Winfield

70-31 48th Ave., Woodside, NY 11377
Thursdays, 9:30 AM - 12 PM

Our Lady of the Angelus

63-63 98th Street, Rego Park, NY 11374
1st and 3rd Saturday of every month, 10 AM - 11:30 AM

St. Raphael

35-20 Greenpoint Ave., Long Island City, NY 11101
Thursdays, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

St. Patrick

39-38 29th Street, Long Island City, NY 11106
3rd Saturday of every month, 10 AM - 12 PM

Church of the Incarnation

89-28 207th Street, Queens Village, NY 11427
Fridays, 12 PM - 2 PM

St. Benedict the Moor

171-17 110th Ave., Jamaica, NY 11434
2nd and 4th Tuesday of the month, 10 AM - 11:30 AM

Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., Jamaica, NY 11432
1st and 3rd Wednesday of every month, 5 PM - 6 PM

Ocean Bay

411 Beach 54th Street, Arverne, NY 11692
1st and 3rd Thursday of every month, 12 PM - 2 PM

St. Michael

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

Our Lady of Sorrows Church

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

For the full list of affiliate locations, visit:
www.ccbq.org/service/food-pantry-network



If you are struggling to put food on the table, you can get help paying for groceries with the Supplemental Nutrition Assistance Program. SNAP benefits are sometimes called food stamps, and come on an EBT debit card that you can use at many grocery stores and farmers markets. For more information and to apply visit access.nyc.gov. To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit www.ccbq.org.

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- Assessment and Referral
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718-514-8035/929-895-2080

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

Available Monday thru Friday

9 a.m. – 5 p.m.

Funded by the Office of Mental Health and Hygiene



Monday 5:00 PM - 6:30 PM

Anthony Administrative assistant

Dora Case Manager

Maureen Kitchen Aide

Charles Maintenance Worker

55 Pierrepont Street,

Brooklyn, NY, 11201

Phone 718-855-0326

Work Hours:

MON-FRI

9AM- 5PM

125+
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NYC
Department for
the Aging

WISDOM, LOVE, AND PROSPERITY

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September 2026

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