



Senior Voices

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77-11 18th Ave,
Brooklyn, NY 11214
Phone (718) 621-1081

September: A Month of Healthy Aging, Fall Prevention & Wellness

September marks the beginning of a new season and is a wonderful time to renew our commitment to healthy aging and preventive care. As the days become cooler and fall approaches, this month reminds us of the importance of **staying active, preventing falls, supporting brain health, maintaining good nutrition, and staying socially connected**. September is also **Healthy Aging Month** and **Falls Prevention Awareness Month**, making it an ideal time to focus on habits that help older adults maintain strength, mobility, independence, and overall well-being.



Let's focus on healthy choices this month by:

- 🦴 **Reducing fall risk** by practicing balance and strengthening exercises and keeping living spaces free of hazards
- 🚶 **Staying physically active** with walking, stretching, chair exercises, or other activities appropriate for your abilities
- 🧠 **Supporting brain health** through reading, puzzles, learning new skills, and staying socially engaged
- 🍎 **Choosing nutritious seasonal foods** rich in fiber, vitamins, minerals, and other important nutrients
- ❤️ **Managing chronic health conditions** by keeping routine medical appointments and monitoring blood pressure, cholesterol, and blood sugar as recommended
- 🤝 **Staying socially connected** by participating in community programs, spending time with friends and family, and enjoying meaningful activities

Healthy aging is about maintaining independence, staying engaged, and caring for your body and mind at every stage of life. Small healthy choices today can help you stay stronger, safer, and healthier throughout the season and beyond. 🍁💛

Message from the Center

Dear CCNS The Lodge OAC Members,

Welcome to September! 🍁

As summer comes to a close and we welcome the beginning of fall, September offers a wonderful opportunity to refresh our routines and continue focusing on health, wellness, and meaningful connections. The cooler days provide a perfect time to stay active, enjoy the changing season, and participate in programs that support both physical and emotional well-being.

September is an important month to focus on **healthy aging, fall prevention, physical activity, and maintaining independence**. Whether you're attending a wellness class, practicing balance and strengthening exercises, joining a social activity, taking a walk outdoors, or learning something new, every positive step contributes to a healthier and more active lifestyle.

We encourage everyone to welcome the new season by staying physically active, enjoying nutritious seasonal foods, keeping up with routine health appointments, and staying connected with family, friends, and our center community. As we move into fall, remember that small healthy choices can make a meaningful difference in maintaining strength, confidence, and overall well-being.

Thank you for being an important part of **CCNS The Lodge OAC**. We look forward to another month filled with learning, laughter, friendship, wellness, and enjoyable activities together.

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





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. 🍂🩺❤️



Name: _____

Date: _____

Fall is here, and the word search is full of autumn treasures waiting to be found! Can you track down and circle each cozy fall word hidden in the grid? Don't forget to check them off the list as you go!



Fall

Word Search



ACORN	Y	T	S	E	V	R	A	H	L	Q	N	R	T	K	K	K	M	A	R
APPLE	C	R	I	S	P	A	U	T	U	M	N	L	E	T	K	W	K	I	C
AUTUMN	M	Q	N	V	V	F	Z	I	Y	W	Z	R	E	D	N	K	N	P	N
BONFIRE	N	Y	D	M	Y	Y	L	Z	N	T	L	N	L	A	I	T	R	O	V
BREEZY	L	N	F	Q	D	T	O	L	N	F	L	R	D	R	V	C	H	C	W
CHESTNUT	G	E	B	Y	W	C	N	R	L	H	Z	O	H	F	P	E	N	U	O
CHILLY	Z	M	D	O	W	P	W	N	M	L	G	C	L	B	F	O	S	N	R
CIDER	G	A	R	I	N	I	K	P	M	U	P	A	S	D	L	R	B	R	C
CINNAMON	N	P	J	N	R	F	Y	L	L	I	H	C	C	W	H	C	L	O	E
CORNUCOPIA	I	L	M	V	T	Y	I	M	P	T	F	H	N	X	E	H	W	C	R
COZY	V	E	B	F	X	F	A	R	N	K	E	T	O	W	T	A	L	D	A
CRISP	I	M	R	D	F	G	L	H	E	S	G	G	M	R	Q	R	T	L	C
FLANNEL	G	F	E	Y	O	T	E	A	T	L	O	K	A	H	H	D	L	E	S
FOLIAGE	S	T	E	K	L	C	D	N	N	L	G	E	N	Q	D	L	L	N	R
GOLDEN	K	H	Z	P	I	W	U	T	D	N	H	V	N	Q	K	P	T	M	C
HARVEST	N	T	Y	P	A	T	T	E	N	N	E	Z	I	X	P	D	N	M	B
HAYRIDE	A	R	S	G	G	X	N	L	K	B	T	L	C	A	K	C	N	C	R
HEARTH	H	L	Z	R	E	M	L	H	Q	A	W	S	Q	U	I	R	R	E	L
LANTERN	T	Y	P	N	L	T	L	G	M	T	R	L	A	N	T	E	R	N	R
LEAVES																			
MAPLE																			
ORCHARD																			

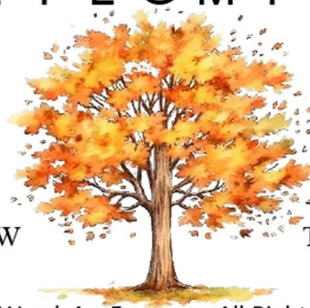


PUMPKIN

QUILT

RAKE

SCARECROW



SPICE

SQUIRREL

SWEATER

THANKSGIVING



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September Crossword



Across

8. Traditional school break
10. Type of flower that blooms in September
11. Piece of furniture where students sit
12. Fruit often associated with fall
13. One of the primary color of autumn leaves
15. Traditional fall activity involving walking through fields of tall plants
16. Type of nut often found in desserts
17. Holiday to honor the workforce
18. Birthstone for September
20. Type of tree known for its acorns
21. Sport played on a court with a net
24. Material used for making warm clothing
26. Traditional September activity involving picking ripe fruit
27. Type of insect commonly seen in September

Down

1. Popular sport that begins in September
2. Type of bird that migrates in September
3. Food often cooked on a grill
4. Symbol of back-to-school season
5. Type of snack often enjoyed during school
6. Traditional beverage made from apples
7. Type of school transportation
9. Tool used to remove pencil marks
14. Bird known for its distinctive red breast
15. Fall flower often found in gardens
19. Tree that often changes color in September
22. Animal that gathers nuts for winter
23. Type of clothing worn in cooler weather
24. Type of weather often seen in fall
25. Activity of gathering fallen leaves
28. Structure on a farm used to store harvested crops

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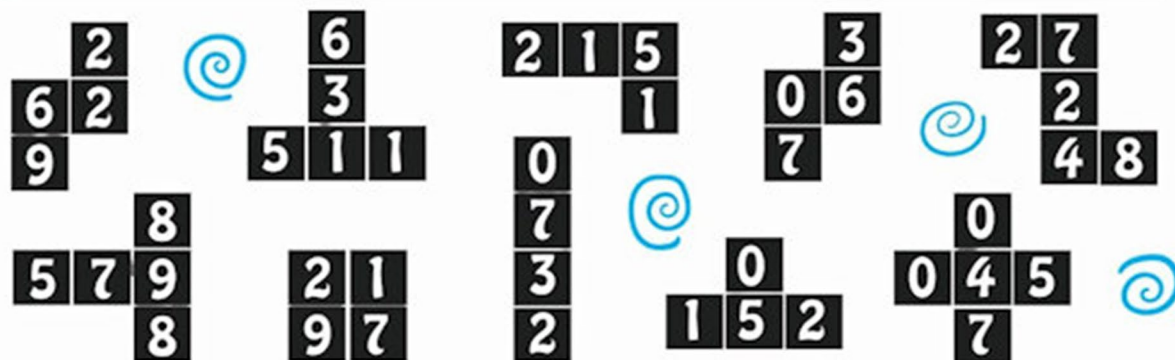


NUMBER PATTERNS



FIND THE NUMBER PATTERNS IN THE TABLE.

9	4	6	2	1	8	5	7	3	6	0	2	1	3	5	8
4	2	4	7	0	7	2	5	2	6	8	3	7	8	2	1
2	6	2	0	4	5	8	6	2	0	2	6	2	4	8	2
9	1	9	1	7	3	7	9	1	3	9	3	7	1	0	9
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7	9	4	5	0	0	4	3	2	5	3	2	3	2	6	5
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2	5	1	6	3	2	7	8	2	1	4	2	4	7	8	2
8	5	1	2	3	8	2	0	4	7	3	2	1	9	5	0
2	4	3	4	2	6	4	8	2	6	4	8	2	8	2	5



SEASONEDTIMES.COM

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.

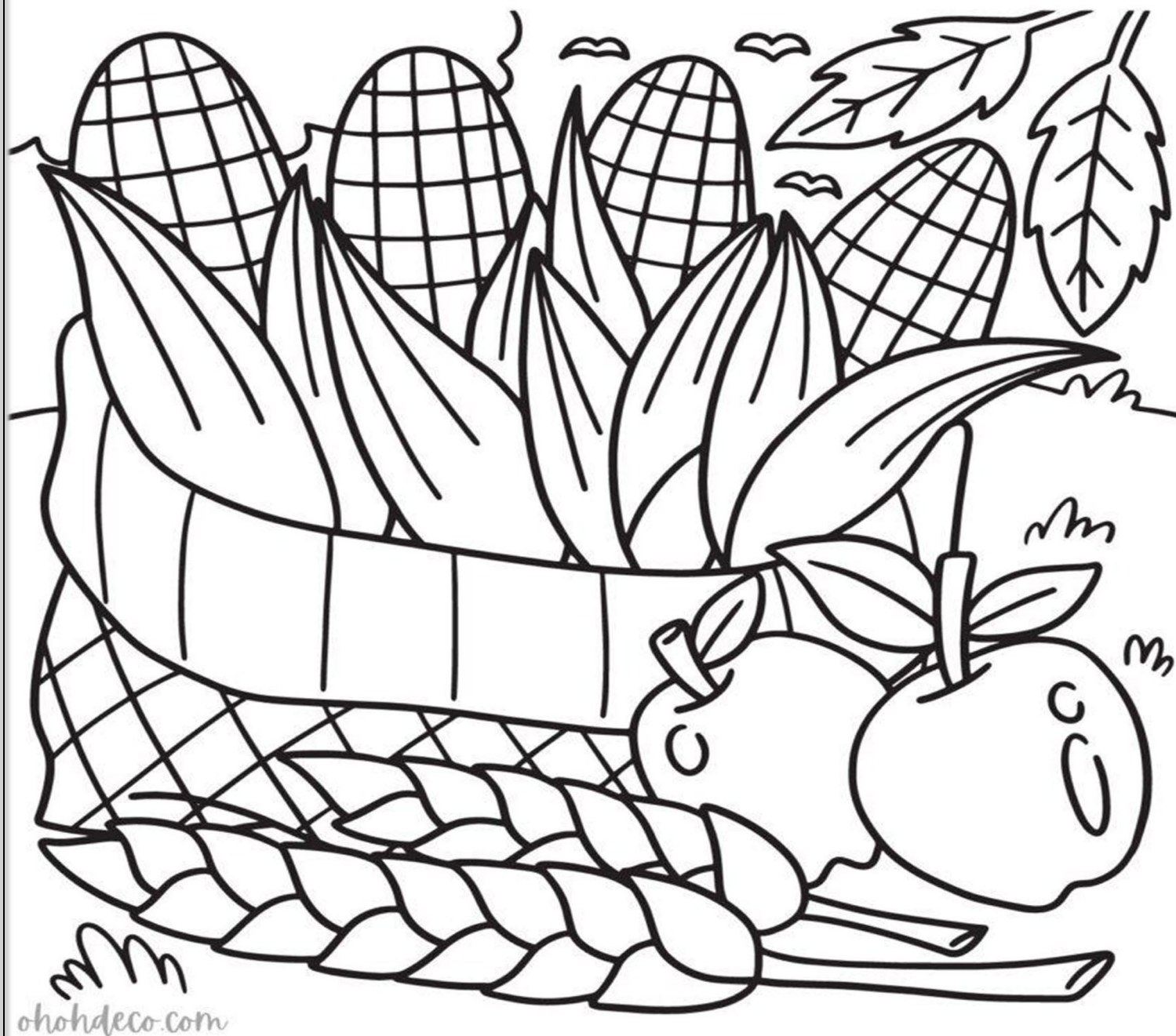


KEEP YOUR MIND ACTIVE

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

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

WELCOME SEPTEMBER



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





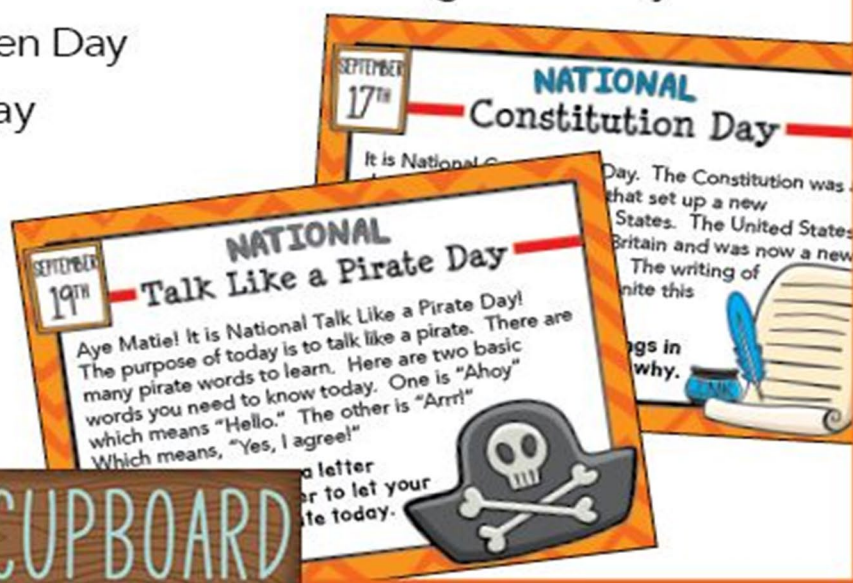
HAPPY BIRTHDAY **U.S. AIR FORCE**

 **18-SEPTEMBER** 

September

Everyday is a Holiday!

1. Emma Nutt Day
2. Blueberry Popsicle Day
3. Skyscraper Day
4. Newspaper Carrier Day
5. Cheese Pizza Day
6. Fight Procrastination Day
7. Grandma Moses Day
8. Pardon Day
9. Teddy Bear Day
10. TV Dinner Day
11. Make Your Bed Day
12. Video Game Day
13. Kids Take Over the Kitchen Day
14. Cream Filled Donut Day
15. Felt Hat Day
16. Play-Doh Day
17. Constitution Day
18. Cheeseburger Day
19. Talk Like a Pirate Day
20. Punch Day
21. International Day of Peace
22. Centenarian's Day
23. Great American Pot Pie Day
24. Punctuation Day
25. Comic Book Day
26. Shamu The Whale Day
27. Crush a Can Day
28. Good Neighbor Day
29. Coffee Day
30. Chewing Gum Day



HUBBARD'S CUPBOARD

SEPTEMBER

BIRTH FLOWER

Morning Glory, Aster



ZODIAC SIGNS



Virgo

September 1 – September 22



Libra

September 23 – September 30

BIRTHSTONE

Sapphire



sapphire

September 2026

September 23 – September 30

Libra



Funded by NYC Dept of Aging



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.

125+
YEARS OF CHANGING LIVES



Geriatric Mental Health Initiative **Program**

*Providing awareness, screenings and referrals
for seniors 55 and older in the area of
depression, anxiety, alcohol and substance
abuse.*

FREE Services Provided

- Intervention
- Screening
- Assessment and Referral
- 6 weeks counseling

Convenient Appointment at Your OAC

Feel Free to Call at:

718-514-8035/929-895-2080

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

Available Monday thru Friday

9 a.m. – 5 p.m.

Funded by the Office of Mental Health and Hygiene



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Catherine	Program Manager
Jeffrey	Administrative assistant
Jeffrey	Case Manager
David	Kitchen Aide
Bruno	Maintenance

77-11 18h Avenue,

Brooklyn, NY 11214

Phone (718) 621-1081

WORK HOURS:

MON- FRI

8AM-4PM

125⁺
YEARS OF CHANGING LIVES



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September 2026

Funded by NYC Dept of Aging