



The Lodge Senior Center Newsletter

October 2026



LET'S WELCOME THE FALL



Message from staff:

We give the warmest welcome to our new
Program Manager: Jenny Huang!



As the weather continues to cool down, we welcome all Lodge members to warm up together at the center with us. Enjoying the time to socialize and participating in the many activities we have. It's also important to remember that it's vaccine season!



OCTOBER HOLIDAYS:

- Feast of St Francis of Assisi: October 4th
- Columbus Day / Indigenous Peoples' Day: October 12th
- Halloween: October 31st



! DAYLIGHT SAVINGS ENDS SUNDAY, NOVEMBER 1ST !

125+
YEARS OF CHANGING LIVES



THE LODGE OLDER ADULT CENTER

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



QUICK SAFETY TIPS:

- Stock up on warm clothes
- Rake any loose leaves to prevent slip/falls
- Use waterproof/non-slip shoes
- Replace/check all old or depleted batteries
 - Especially CO2 detectors and fire alarms

WHAT ARE SOME THINGS TO DO IN THE FALL?



New Utrecht Library
1743 86th St. at, Bay 17th St

- Crochet group (Wednesdays 11 - 1 PM)
- Movie day (Thursdays 2:30-4:15 PM)
- Hanzi of the Week 本周汉字 (Friday 10-5 PM)
- Language Buddies: One-on-One English/Mandarin Language Exchange (Fridays 1-1:30 PM)
- Chair Yoga (Tuesdays 1:30-2:30 PM)



200 Eastern Pkwy, Brooklyn, NY 11238

WEDNESDAY-SUNDAYS
11-6 PM

Admission for Seniors \$14
(65+)



6817 5th Ave, Brooklyn, NY 11220

Senior tickets price
8\$



**GOING ON A NATURE WALK
AT YOUR LOCAL PARK.**

- Prospect Park
- Bensonhurst Park
- Dyker beach Park
- Sunset Park

ART STATION

1303 Avenue U, Brooklyn, NY 11229

- Paint pre-made ceramic pieces
- Art classes on Tuesdays at 5 by reservation \$40 (plus tax)



99 Schermerhorn St, Brooklyn, NY 11201

WEDNESDAY - SUNDAY
10 - 4PM

Admission for seniors \$5
(65+)

IMPORTANCE OF VACCINES



Fall is the time for vaccines. As we age, our immune systems don't respond as well as they used to, so it's important that we stay up to date with vaccines, including boosters for protection.

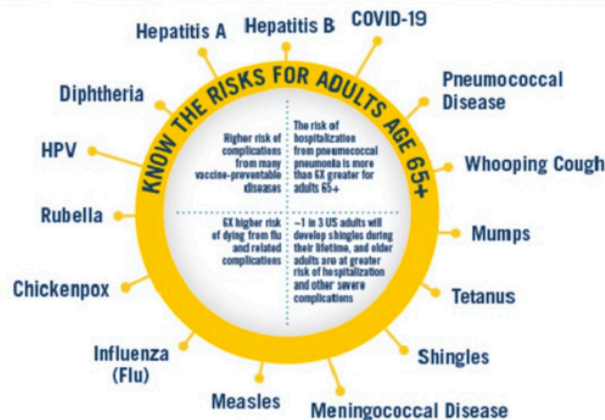
YOU CAN GET VACCINATED AT YOUR LOCAL PHARMACY OR DOCTOR'S OFFICE.

At a Glance: Vaccines Older Adults Need			
Vaccine	Who should get it?	How often?	Medicare coverage
Flu	All adults	Every year	Part B
Shingles (Shingrix)	Adults 50+	2 doses (2-6 months apart)	Part D
Pneumococcal	Adults 50+ (per CDC guidance)	Usually 1 dose	Part B
RSV	Adults 75+; adults 50-74 at increased risk	One dose	Part D
COVID-19	All adults (talk to your provider first)	As recommended	Part B
Hepatitis B	Adults with risk factors	2-4 doses, depending on vaccine	Part B (eligible adults)

Some nearby locations that give vaccinations are:

- Fort Greene Immunization Clinic- (Located 295 Flatbush Ave Ext Fifth Floor)
- Family Medical Health Care PLLC - (Located 2116 Bath Ave)
- CVS- (Located 8430 New Utrecht Ave)
- Walgreens - (Located 6628 18th Ave)

VACCINES ARE NOT JUST FOR CHILDREN
ADULTS 65+ CAN BE PROTECTED
FROM DEADLY DISEASES



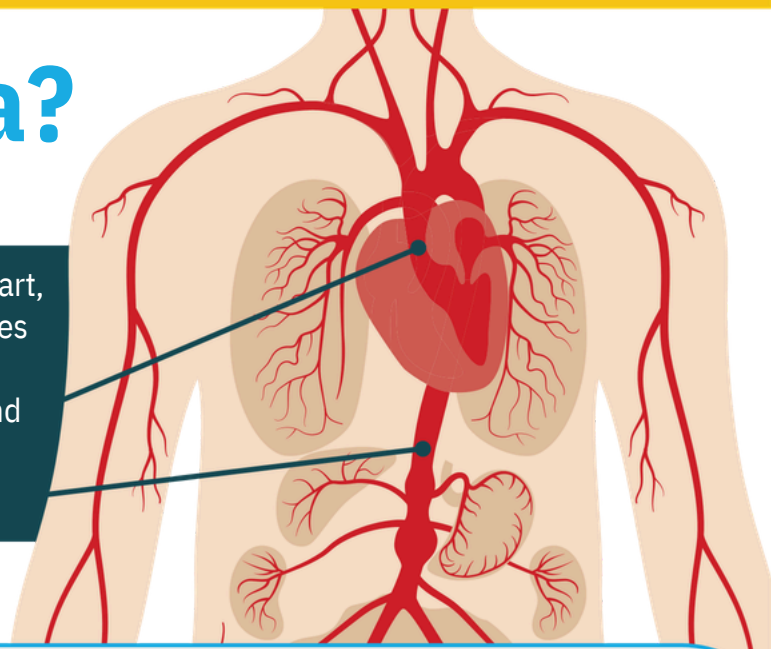
What is your aorta?

- ▶ The body's main, largest blood vessel
- ▶ It carries oxygen-rich blood from the heart to the body



Problems with the aorta can be deadly. It's important to find, follow, and treat them early.

From the heart, the aorta goes up through the **chest** and down to the **abdomen**.



Common conditions

- **Aortic aneurysm**

A balloon-like bulge or swelling of the aorta. For example, it can happen in your:

- ➔ **chest** (thoracic aneurysm)
- ➔ **lower torso** (abdominal aneurysm)

Without treatment, layers of the aorta can tear (dissect) or rupture



Healthy blood vessel



Aneurysm

- **Aortic valve disease**

The valve that controls blood flow out of the heart to the body isn't working well.

- **Aortic occlusive disease**

Blood flow through the aorta is blocked.

- **Aortitis**

Inflammation of the aorta.

Know the risk factors



Older age



Smoking



High blood pressure



Family history



Diabetes



High cholesterol, plaque buildup in the arteries



Genetic disorders or connective tissue diseases (Marfans, Ehlers Danlos and others)



A heart defect you're born with (bicuspid aortic valve)

For more information, visit [CardioSmart.org/AorticDisease](https://www.cardiosmart.org/AorticDisease)

 @ACCinTouch #CardioSmart



KNOW YOUR NUMBERS

BLOOD PRESSURE is the force of your blood moving against the walls of your arteries. It's expressed as **TWO NUMBERS**:

Top Number:

SYSTOLIC (mmHg)

The pressure or force in the arteries when the heart beats

Bottom Number:

DIASTOLIC (mm Hg)

The pressure measured between heartbeats



Over time elevated or high blood pressure weakens your heart, blood vessels and kidneys. This makes having a stroke, heart attack, or heart failure more likely

Lifestyle Changes That Lower Blood Pressure



Move More

Get regular physical activity



Focus on Nutrition

Follow the DASH diet and eat potassium-rich vegetables



Cut Salt

Aim for 1,500 mg of sodium or less per day



Limit or Avoid Alcohol

For men, not more than 2 drinks per day; for women, 1



Lose Weight

Losing just a few pounds can make a big difference



Don't Smoke or Vape

If you smoke, stop



De-Stress

Meditation and rest help



Get Quality Sleep

Treat sleep apnea, if present

NORMAL

below
120

and

below
80

ELEVATED

120
to
129

and

below
80

HH II GG HH

STAGE 1

130
to
139

or

80
to
89

STAGE 2

140
and above

or

139
and above

Also called **Hypertension**

For more information, visit [CardioSmart.org/BloodPressure](https://www.cardiosmart.org/BloodPressure)

@ACCinTouch #CardioSmart



STAYING HEALTHY

HEART DISEASE
is the
#1 CONDITION
in older adults

Most older adults have
SEVERAL CHRONIC CONDITIONS

PLAN FOR THE FUTURE

Know your blood pressure



Be active every day.
Don't let getting older stop you!

Connect with others



Bring a list of all your medications and review it at every health visit

After a setback, physical therapy or cardiac rehab can help you get moving again



Ask for help if you are depressed, lonely or have trouble with daily tasks

Set your care goals & share them with your loved ones



- ✓ Talk about your end-of-life wishes
- ✓ Plan for when you may not be able to care for yourself or others

Go to **CardioSmart.org/OlderAdults**
to learn more about caring for older adults with heart disease.

@ACCinTouch #CardioSmart

EASY FALL RECIPES



ONE-PAN SALMON AND VEGETABLES

INGREDIENTS

- 1 squash or zucchini, sliced into rounds
- ½ onion, cut into wedges
- 1 cup cherry or grape tomatoes
- 1 bell pepper, sliced
- 3 tablespoons olive oil, divided
- 1 teaspoon Cajun seasoning or your favorite fish-seasoning blend
- 2-3 salmon fillets, about 4 ounces each
- 1 lemon, optional



INSTRUCTIONS

1. Preheat oven to 450 F and line a baking sheet with parchment paper or aluminum foil (not wax paper). If you don't have these, you can thoroughly grease the pan with vegetable oil.
2. In a large bowl, toss all veggies with 2 tablespoons of oil and seasoning, then spread them into a single layer on the baking sheet.
3. Nestle your salmon fillets, skin side down, between the vegetables. Brush with remaining olive oil and top with 2 thin lemon slices each.
4. Roast for 12-15 minutes until salmon is flaky and mostly opaque.
5. Add 1 salmon fillet and a heaping serving of roasted veggies to each plate for a healthy and satisfying meal. Enjoy!





EASY FALL RECIPES



INGREDIENTS

SWEET AND SOUR CHICKEN

- 4 bell peppers (1 each red, yellow, green and orange, if possible), seeded and cut into 1-inch strips (about 5 cups)
- 1/8 teaspoon ground black pepper
- 4 teaspoons canola oil, divided use
- 1 1/4 pounds skinless, boneless, thinly sliced chicken breast, cut into 1-inch strips
- 1/4 cup cider vinegar
- 4 teaspoons cornstarch, divided use
- 1 large egg white
- 1 (20-ounce) can pineapple chunks in juice, drained, reserving 1/2 cup juice, use 1 cup pineapple chunks
- 1/8 teaspoon salt
- 2 teaspoons low-sodium soy sauce
- 3 tablespoons sugar substitute (granulated)
- 3 tablespoons tomato paste
- 2 teaspoons freshly grated ginger
- 1/4 cup chopped scallions, to garnish
- 2 cups cooked brown rice, to serve (from 1/2 cup uncooked brown rice)

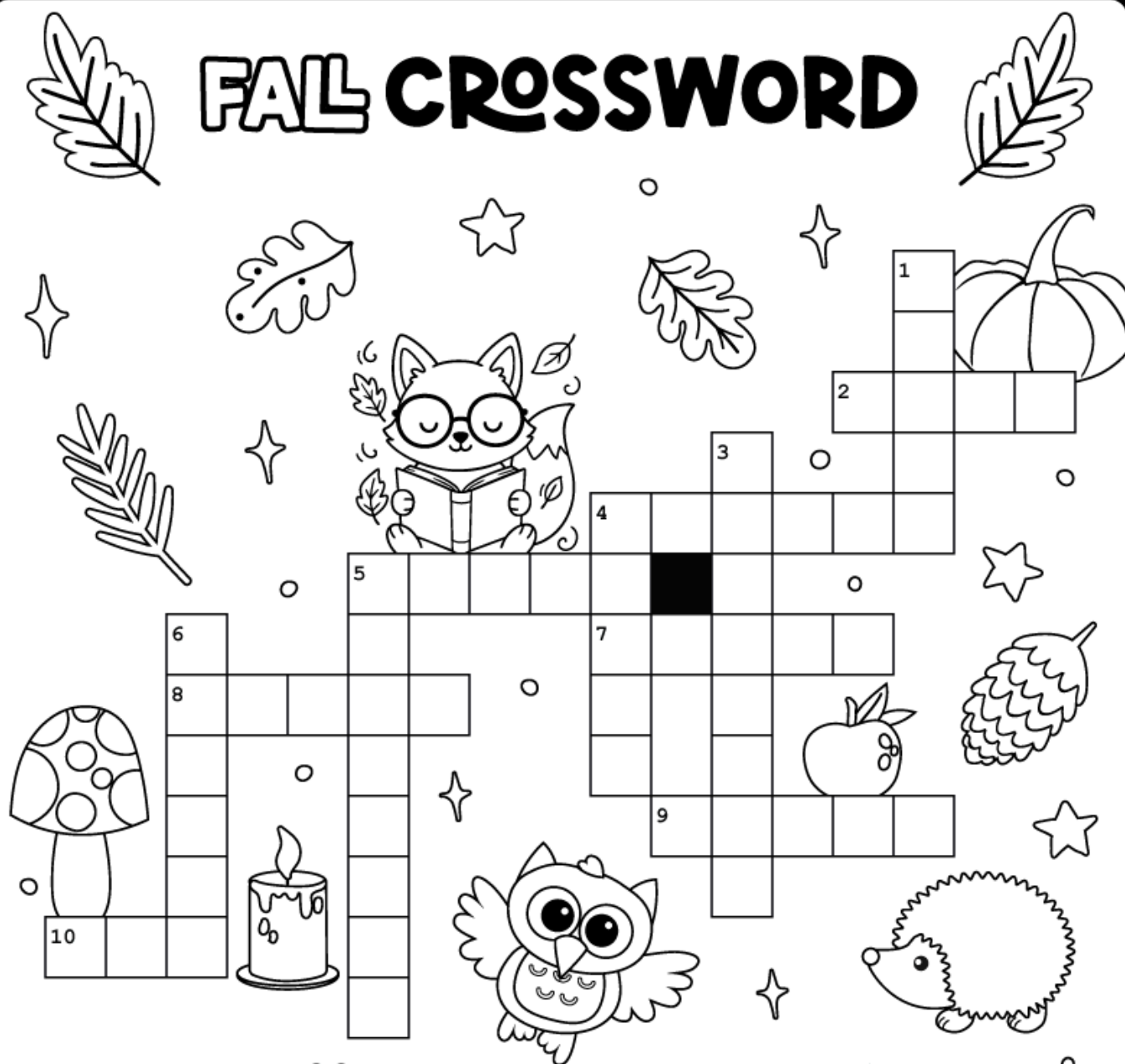
INSTRUCTIONS

1. Halve each bell pepper lengthwise. Remove and discard the seeds; slice each one into 1-inch strips.
2. Prepare the sweet and sour sauce: into a small bowl, add 1/2 cup pineapple juice, cider vinegar, tomato paste, sugar substitute, soy sauce, salt, pepper, and 2 teaspoons cornstarch. Stir together to combine.
3. Place the chicken breast pieces lengthwise onto a cutting board and cut 1-inch strips of chicken. Add to a bowl with egg whites and 2 teaspoons cornstarch. Stir together to combine.
4. Warm a large nonstick pan with 2 teaspoons oil over medium-high heat. Add chicken; stirring frequently, sauté until chicken is fully-cooked, about 5 to 7 minutes depending on thickness. Remove from heat, transfer chicken to a plate, and cover with foil to keep warm.
5. Again warm the nonstick pan with 2 teaspoons oil over medium-high heat. Add bell pepper strips and stirring constantly, cook until pepper are soft and tender, about 5 minutes. Add in the ginger, stirring and cooking for 30 seconds, before stirring in the reserved sweet and sour sauce and 1 cup pineapple chunks. Stir until sauce slightly thickens, about 1 to 2 minutes. Stir in reserved chicken and cook another minute. Remove from heat and garnish with scallions.
6. Serve sweet and sour chicken over the brown rice.

RECIPE FROM THE AMERICAN
HEART ASSOCIATION



FALL CROSSWORD



ACROSS

2. Sound made by an owl at night.
4. Crops like wheat harvested in fall.
5. Sweet apple drink enjoyed warm or cold.
7. Crisp fruit picked in September.
8. Nut that grows on oak trees.
9. Cool air or crunchy apple in fall.
10. Thick mist covering fields on cool mornings.

DOWN

1. Footwear for puddles, mud, and leaves.
3. Outdoor fire for warmth or marshmallows.
4. Sauce served with mashed potatoes or turkey.
5. Farm attraction made from tall corn rows.
6. Making pies, breads, and cookies in fall.



Autumn Sudoku

Fill each row, column, and block with unique numbers from 1 to 6



1	4	3	6	2	5
5		6	4		3
3	1	4	2		
6		2	3		
4	3	5	1	6	2
2			5	3	

1	5			3	2
3	4	2		5	
2		4	3	6	5
5		3	2	1	4
4	3	5			1
	2	1	5		3



2	3		1	5	
5		1	2	3	
3		5	4		
6	4	2	5	1	3
	5	3	6	2	
1	2		3	4	5

			3	5	
3	5	6	1	4	
	2	3	5	6	1
5	6	1	4		3
2	3	4	6		5
6		5		3	4



Beeloo

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27M08PlyJ



FALL



WORD SEARCH

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

WORD LIST

Level 3: Word Wrangler Directions: → ← ↘ ↓ ↑

S'MORE	HIKING	GOLDEN	GATHER	PICNIC
WINDY	CANDLE	HUES	TURKEY	GINGER
SOCKS	CHILLY	BREAD ROLL	JACKET	GRAINS
BAKING	SQUASH	GLOVES	FOREST	MAYFLOWER



FALL





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.



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





The Lodge Staff

Jenny	Program Manager
Jeffrey	Case Manager
Chiyan	Admin. assistant
David	Kitchen Aide
Bruno	Maintenance

77-11 18h Avenue,
Brooklyn, NY 11214

Phone (718) 621-1081

WORK HOURS: MON- FR
8AM-4PM



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YEARS OF CHANGING LIVES



NYC
Department for
the Aging