



THE ST. CHARLES JOURNAL

OCTOBER 2026 EDITION

ST. CHARLES OLDER ADULT CENTER,
a program of Catholic Charities Neighborhood Services
Center Information: 55 Pierrepont Street, Brooklyn, NY 112201
Phone: (718) 855-0326
Hours of Operation: Mondays through Fridays, 9am to 4:30pm,
<https://www.ccbq.org/>

Welcome to October, a beautiful month to embrace the crisp autumn air, vibrant falling leaves, and the simple comforts of the season. This month brings the perfect opportunity to slow down, and participate in our upcoming events and activities. Whether you are looking forward to lively seasonal activities, helpful wellness workshops, or just cozy afternoons with a d film, book, we have plenty in store to keep you engaged and connected. Grab your favorite sweater, stay warm, and let's make this October a wonderful and memorable month together!

Easy Ways to... Eat Enough Fiber

Fiber may lower your risk of heart disease. Most adults need **25 grams** of fiber each day. Look how easy it is!

Instead of...		Eat...
 Half a bagel = 1 gram of fiber		 ½ cup oatmeal = 4 grams of fiber
 A glass of juice = 1 gram of fiber		 One medium orange = 3 grams of fiber
 A handful of chips = 1 gram of fiber		 A handful of nuts = 4 grams of fiber
 A cup of white rice = 0.5 gram of fiber		 ½ cup of brown rice and ¼ cup of beans = 6 grams of fiber
 A pudding cup = 0.5 gram of fiber		 1 cup blueberries = 3 grams of fiber
Total Fiber: 4 grams		Total Fiber: 25 grams!

Tips for Eating More Fiber:

- Eat whole fruits and vegetables instead of juices, which have little to no fiber.
- Fruit and vegetable skins contain a lot of fiber. Wash and eat the peel.
- Check the Nutrition Facts label and choose foods with at least 10 percent Daily Value for fiber.
- Read the ingredients list and choose foods with whole grains listed first.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at

[facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."

For healthy recipes, visit jsyfruitveggies.org.



Just Say Yes to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5954 (voice and TDD).



October 2026 marks [Breast Cancer Awareness Month](#), an essential time to highlight that advancing age is one of the leading risk factors for breast cancer, making proactive health habits vital for older women.

Prevention and Early Detection Tips for Older Women

- **Stay on Schedule with Mammograms:** Women aged 55 and older can continue with annual mammograms or switch to every two years, as long as they are in good health. Talk to your doctor about the best screening plan for you.
- **Maintain a Healthy Weight:** Extra body weight after menopause increases the risk of breast cancer. Eating a balanced diet rich in vegetables, fruits, and whole grains helps.
- **Exercise Regularly:** Staying active with gentle physical activity like walking supports a healthy weight and overall well-being.
- **Limit Alcohol:** Keep alcohol consumption to a minimum, as drinking can raise your risk.
- **Discuss Hormone Therapy:** Post-menopausal hormone replacement therapy can increase risk. Talk to your doctor about safer alternatives or the shortest effective duration.
- **Know Your Normal:** Report any new lumps, skin changes, or pain to your healthcare provider right away.



Our 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.

For more info, visit: www.ccbq.org

Who was St. Charles?

The St. Charles Jubilee Older Adult Center in Brooklyn is named in honor of Saint Charles (specifically referencing St. Charles Borromeo, or derived from the former St. Charles Orthopedic Hospital/St. Charles Hospital previously housed in its original neighborhood roots), with the "Jubilee" part added because members and organizers wanted it to be a joyful and happy place.



Saint Charles Borromeo (1538–1584) was an Italian cardinal and the Archbishop of Milan who became one of the most important leaders of the Catholic Counter-Reformation. Born on October 2, 1538, in Arona, Italy, into a wealthy and noble family connected to the powerful Medici family. St. Charles was appointed a cardinal at age 22 by his maternal uncle, Pope Pius IV, and served as a key papal secretary of state. He helped successfully close and implement the reforms of the Council of Trent, emphasizing proper education for clergy. In addition, St. Charles founded seminaries, colleges, and the Confraternity of Christian Doctrine (laying groundwork for modern Sunday school). St. Charles sold much of his family's property and went into debt to feed thousands daily and personally cared for the sick during the devastating 1576 plague in Milan. St. Charles passed away on November 3, 1584, at the age of 46; canonized in 1610. His feast day is November 4, and he is the patron saint of bishops, seminarians, and catechists.

Meet Our Members!

Good nutrition and regular physical activity are the twin pillars that help older adults maintain independence, strength, and vitality. Here's a great article from the

University Of Florida on this issue:

<https://distance.physiology.med.ufl.edu/about/articles/aging/how-nutrition-and-exercise-can-help-preserve-independence-in-aging-adults/>

LUNCHTIME!



A perfect 10!

Some of the activities at St. Charles:



Mahjong Madness!



The gentle Art of Origami!



Ukelele Unity!



Sing-A-Long Class



Stronger for Longer:

Healthy Aging Tips For Women

Presented by NYC Health & Hospitals/ NYU Langone Health
in partnership with NYC Aging
Wednesday, October 28, 2026 at 1:00 p.m.

Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Manage stress —
try yoga or keep
a journal.



Learn something
new — take a class
or join a club.



Get moving —
try gardening,
biking, or walking.



Choose healthy foods
rich in nutrients.



Go to the
doctor
regularly.



Connect
with family
and friends.

Jessica Pinkster, M.D.

Geriatric Medicine Fellow
NYU Langone Health

Join us to learn about:

Healthy aging tips for older women, nutritional needs and exercise, supplements.
Preventing osteoporosis and sarcopenia. Recommended health screenings.

To join, please [click here](#)

If joining by phone, please call: 1-929-436-2866
Enter Code: 778886



Events:

A visit to the NY Transit Museum



Upcoming Events:



Join us for our upcoming Halloween Party & Costume Contest with fun, food, and prizes for the best costumes!

Open Streets: Brooklyn, Sunday, October 11 and 25th.

- Come out and say hello to our members as they give out Catholic Charities “swag” and inform Brooklynites about St. Charles.
 - Grace Church offers a free meal every third Sunday, 2-4pm.
 - Quaker Mission offers a free meal every last Sunday from 2-4pm.
 - October 21, 2026: Field Trip to the [Brooklyn Botanical Gardens](#)
- Scan the QR code on the flyer BELOW for free tickets to the “Talent is Timeless” concert and see some of your fellow members from other Catholic Charities OACs showcase their talents!

TALENT IS TIMELESS

Grand Finale

United Palace Theater
4140 Broadway,
New York, NY 10033

Thursday,
October 15, 2026
10:00am - 12:00pm

Scan QR Code for tickets:

Questions? Call Aging Connect 212-AGING-NYC (212-244-6469)



October recipes:

October vegetables like butternut squash, sweet potatoes, carrots, and kale provide dense nutrition and comforting flavors that are easy to adapt for older adults.

Creamy Slow-Cooker Butternut Squash Soup

- **Why it works:** Naturally smooth and creamy, this soup requires no chewing and delivers high amounts of Vitamin A and potassium. Low-sodium broth keeps it heart-healthy.
- **Ingredients:** 4 cups peeled and cubed butternut squash, 1 chopped onion, 2 garlic cloves, 3 cups low-sodium vegetable or chicken broth, 1/2 tsp cinnamon, 1/4 tsp nutmeg, and a swirl of plain Greek yogurt for serving.
- **How to make:** Place all ingredients except the yogurt into a slow cooker. Cook on low for 6 to 8 hours until tender, then blend until completely smooth. Top with a spoonful of Greek yogurt for added protein.

Tender Maple-Glazed Root Vegetables

- **Why it works:** Roasting brings out the natural sweetness of root vegetables. Cook them extra-soft if chewing or wearing dentures is a concern.
- **Ingredients:** Carrots, parsnips, and sweet potatoes peeled and chopped into small, bite-sized pieces, tossed lightly with olive oil and a touch of pure maple syrup.
- **How to make:** Roast at 400°F for 30 to 35 minutes, stirring halfway through, until fork-tender and easily mashed with a side of a fork.



We want to hear from you!

Please complete the Participant Satisfaction Survey

All responses are **anonymous**. Please answer **honestly**.

Your responses will help us improve our services to you. The 2026

survey for will take place

Monday, Sept. 28th to Friday, Oct. 2nd

There are **3 ways** to complete the survey:

1. Visit <https://www.surveymonkey.com/r/OAS-2026>

2. Scan the QR code below:



3. Ask for a paper survey

Thank you for sharing your feedback!

“SENIOR LEARNING,” by Steve Rubin, St. Charles Senior Member

Senior centers, such as St. Charles, sometimes offer classes for which you have to sign up with a registrar. Could the following conversations possibly have been overheard at the registration desk -- or just in my imagination?

-1-

Woman: Can you tell me what I need to do to join the geometry class?

Registrar: Yes, you have to form a straight line outside of Room 420.

-2-

Man: I'm here for the course on how to avoid swindles.

Registrar: Great. That will be \$10.

Man: Here's my \$10. When do I get my first lesson?

Registrar: You just had it!

-3-

Man: I'm here for the seminar on identity theft.

Registrar: Fine, what's your name?

Man: Sorry, I don't give out that information.

-4-

Woman: What time does the lecture on Roman Classics begin?

Registrar: When the little hand is on the X and the big hand is on the V.



"It's hard being a grownup, too—did you know we have absolutely zero limits on treats?"



"How relaxing a vacation can it be if we have to spend all our time pretending we're not Americans?"



"I'm just worried that free will might lead to improv."



Your Voice, Your Stories, Your Center!



Together we make our
center stronger!

We invite all senior center members to share your stories, photos, poems, recipes, artwork, jokes, memories, ideas, and other special contributions for our monthly newsletter!



Please submit your contributions
by the **21st** of each month.

We want our newsletter to truly reflect who you are as members of our center—your talents, experiences, interests, and the things that make our community special.

By sharing your voice and ideas, you help shape our newsletter and take an active role in making the center a place that belongs to all of us.

*This is your center, and your contributions
are one way to take ownership and make your voice heard!*

*We look forward to celebrating your contributions
and making your voices a meaningful part of our center!*



Make Your Voices Heard! Strengthen our Centers and our Communities!

Older adults are projected to outnumber school-age children in New York City by around 2030. According to long-term demographic reports from the NYC Department of City Planning, the share of New Yorkers aged 65 and older is rapidly increasing while the youth population declines. Thus, it is important to raise your voice to strengthen our Centers and our communities.

City Representatives

- New York City Council Member: Lincoln Restler (33rd District)
- Brooklyn Borough President: Antonio Reynoso
- NYC Public Advocate: Jumaane Williams
- NYC Comptroller: Brad Lander
- Mayor of New York City: Eric Adams (Note: Some local community resources list transitioning or specific administrative filings, but Eric Adams is the current seated mayor).

State Representatives

- New York State Assembly Member: Jo Anne Simon (52nd District)

Federal Representatives

- U.S. House of Representatives (Congress): Hakeem Jeffries (8th Congressional District).
- U.S. Senators for New York: Charles E. Schumer and Kirsten E. Gillibrand.

Keeping up with the News affecting Older Adults:

<https://rpea.org/state-of-the-state-2026-proposals-affecting-older-new-yorkers/>

<https://ny1.com/nyc/all-boroughs/news/2026/09/15/new-york-city-seniors-raise-ai-concerns-at-harlem-town-hall>

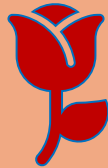
<https://www.aarp.org/states/new-york/aarp-new-york-applauds-nyc-vision-zero-action-plan/>

<https://www.cnn.com/2026/08/24/economy/new-york-city-unconventional-living-to-save-on-rent>

<https://therealdeal.com/new-york/2026/09/18/ny-city-council-tees-up-scrie-drie-expansion/>

In Memoriam:

Members who have passed—always in our hearts and minds



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.

September 2026

Funded by NYC Dept of Aging

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.

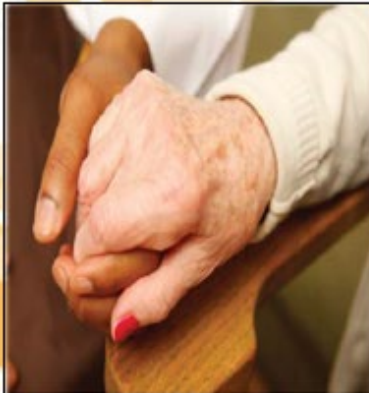
What services are available?

- 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!

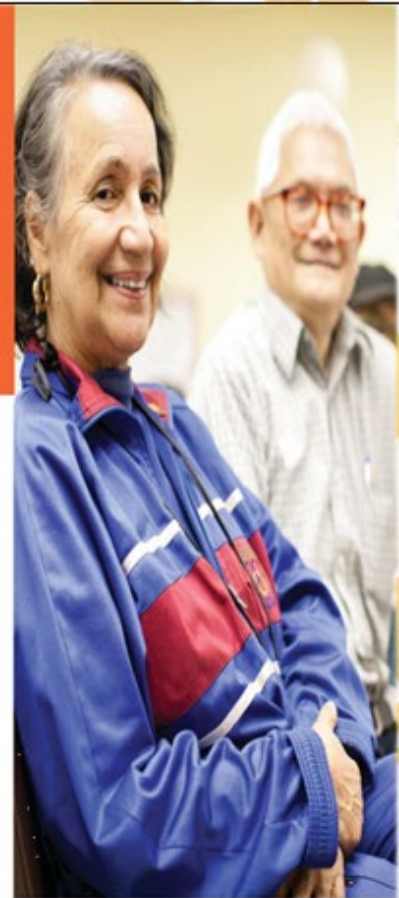
*Program funded by the New York City
Department for the Aging*





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

Southwest Queens Senior Services

183-16 Jamaica Avenue
Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495

September 2026

Funded by NYC Dept of Aging

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. 🍂👥❤️



September 2026

Funded by NYC Dept of Aging

- 🏋️ 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

September 2026

Funded by NYC Dept of Aging



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

September 2026

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- 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

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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.

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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.

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OCTOBER 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**.

September 2026

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ST. CHARLES JUBILEE STAFF

Anthony Administrative assistant

Dora Case Manager

Maureen Kitchen Aide

Charles Maintenance Worker

Yolanda Program Manager

55 Pierrepont Street,

Brooklyn, NY, 11201

Phone 718-855-0326

Work Hours:

MON-FRI

9AM- 5PM

125+
YEARS OF CHANGING LIVES



NYC
Department for
the Aging

**WISHING EVERYONE WILL HAVE A HAPPY, HEALTHY AND
PROSPEROUS OCTOBER!**



September 2026

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