125+ YEARS OF CHANGING LIVES

The Howard Beach Gazette & OAC Chronicle

NOVEMBER 2026 EDITION

HOWARD BEACH OLDER ADULT CENTER

A Program of Catholic Charities Neighborhood Services

CENTER INFORMATION

Address: 155-55 Cross Bay Blvd., Howard Beach, NY 11414

Phone: (718) 738-8100

Hours: Monday – Friday | 8:30 A.M. – 4:30 P.M.

⚠️ **CENTER CLOSED DATES: Wednesday, November 11 (Veterans Day) | Thursday & Friday, November 26–27 (Thanksgiving Holiday)**

Hot Lunches	Local Transit	Thanksgiving
Daily 12:00 – 1:00 PM	Pick-Up & Shopping	Festive Gatherings

Welcome to November!

As the November air turns crisp and the golden autumn leaves give way to cozy mornings, our center is turning up the warmth. This month is all about gathering together, honoring our cherished traditions, and celebrating community companionship.

November brings our season of gratitude, hearty meals, and shared experiences. Whether you are stepping in for our hot nutritious lunches, engaging in wellness classes, attending special lectures, or simply enjoying coffee with friends, there is always a welcoming place for you here.

> Explore our activity schedule inside, check out our festive Thanksgiving events, and be sure to reserve your spot at the front desk for upcoming celebrations!

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 | Howard Beach OAC Front Desk

A Communiqué From Your Stewards

Warm greetings as the golden days of autumn usher in the rich, reflective season of November! As the trees outside gently shed their canopy and a brisk seaside chill settles over Howard Beach, our center becomes an ever-brighter haven of comfort, companionship, and shared celebration.

November calls us to celebrate the beauty of gratitude—not merely as a holiday sentiment, but as a daily practice of cherishing one another. From lively card games in the dining hall to uplifting fitness sessions, enriching workshops, and hearty Thanksgiving feasts, every day is built on the warmth of this community.

"Golden Leaves, Grateful Hearts, and Shared Blessings: A Season of Togetherness and Joy Flourishes at Howard Beach OAC!"

— The Howard Beach OAC Team

Catholic Charities Neighborhood Services

Exciting Transportation Announcement!

NEW TEAM MEMBER SPOTLIGHT



Welcome Jeffrey to Our Team!

We are thrilled to officially welcome **Jeffrey** as our dedicated Howard Beach OAC Driver! With Jeffrey joining our team, we are expanding our transportation services to keep our community connected, mobile, and engaged throughout the autumn season.

Pick-Up & Drop-Off Service for Qualified Members

Reliable and safe door-to-center transit in the mornings and return trips in the afternoons, helping qualified members commute to and from the center comfortably.

Group Shopping Trips

Regular group trips to local supermarkets and retail centers, giving members easy access to Thanksgiving groceries and seasonal supplies.

Community Outings & Events in the City

Exciting group trips to cultural exhibits, parks, seasonal festivals, and senior wellness fairs across New York City.

Eligibility & Advance Reservations

Pick-up/drop-off transit is prioritized for eligible members based on mobility and transit intake guidelines. Seating for shopping runs and citywide outings is limited and requires advance reservation.

📋 **Questions or want to sign up? Speak with Jeffrey or visit Case Manager Wendy to learn more!**

⭐ Member Spotlight Interview 🌟

WELCOME THIS MONTH: YVONNE WHITTINGHAM!



Featured Member: Yvonne Whittingham

We are excited to spotlight our vibrant member, advisory committee contributor, and dedicated decorator, Yvonne Whittingham, celebrating her creativity and joyful presence in our center!

Q1: What first brought you to the center, and what has made it such a special part of your everyday routine?

Yvonne: When I first came to Howard Beach Center it was June of 2021. Ms. Judy, the program manager at the time, told me not to be upstairs all the time. So I started coming to the center. The first person I met was Delia Hussey, and it quickly became a welcoming everyday home for me.

Q2: Thinking back on your time here, what is one moment, celebration, or conversation that always brings a smile to your face?

Yvonne: The day that I started volunteering by decorating the center cafeteria. I also organized a fashion show with the members, and I became a member of the advisory committee where Joyce asked me to coordinate activities.

Q3: If you could share one golden rule or piece of advice for living a joyful, fulfilling life, what would it be?

Yvonne: Live good and good will follow you.

💖 **Thank You, Yvonne! Your creativity, style, and generous spirit brighten our entire community.**

November Observances

Celebrate the season of gratitude and community gatherings with our November holidays and special observances:

NOV 1	**All Saints' Day** *& World Vegan Day*
NOV 1	⏰ **Daylight Saving Time Ends** *(Turn Clocks Back 1 Hour)*
NOV 2	**All Souls' Day**
NOV 3	🗳️ **Election Day** *(Exercise Your Right to Vote!)*
NOV 11	🎖️ **Veterans Day** *(Honoring All Who Served — Center Closed)*
NOV 13	**World Kindness Day**
NOV 15	**America Recycles Day**
NOV 19	**The Great American Smokeout**
NOV 26	🦃 **Thanksgiving Day** *(Center Closed in Observance)*
NOV 27	**Native American Heritage Day** *& Day After Thanksgiving*

🎗️ **ALL MONTH LONG OBSERVANCES** 🎗️

National Family Caregivers Month • Native American Heritage Month
National Diabetes Awareness Month • National Alzheimer's Awareness Month

🎓 Special Lectures, Workshops & Events 🌟

FEATURED HIGHLIGHTS FOR NOVEMBER 2026

🎙️ Lecture Series w/ Moshe Horwitz

MONDAYS @ 11:15 AM

11/9: Bullying | 11/16: Overcoming Anxiety | 11/23: Stress Management | 11/30: Wellness Checks

Weekly interactive mental wellness sessions focused on building inner resilience, managing daily stressors, and supporting peers.

🌟 Spotlight Club w/ Matilde

FRIDAYS @ 10:30 AM

11/6, 11/13, 11/20

Join Matilde for our engaging Spotlight Club group discussions, topics of the week, and vibrant community sharing sessions!

🛡️ Elder Abuse Prevention w/ Arnold Raphaël

NOV 2, 11:15 AM

Essential insights, protective resources, and prevention strategies to recognize and prevent emotional, physical, and financial harm.

🧠 Brain Health Wellness w/ Stefany Martinez

NOV 5, 10:45 AM

An informative wellness session exploring cognitive exercises, memory retention tips, and nutrition habits to keep your mind sharp.

📋 Medicare Presentation w/ MetroPlusHealth

NOV 10, 10:45 AM

Explore annual open enrollment options, supplemental benefits, preventive screenings, and clear answers to healthcare plan questions.

🎭 Live Comedy Show w/ Howard Newman

NOV 17, 11:00 AM

Get ready for a cheerful morning filled with laughter, great humor, and delightful live comedy brought to us by comedian Howard Newman!

🏥 Medicaid & Medicare Navigation w/ TrueCare

NOV 19, 10:45 AM

Clear navigation of dual health plan eligibility, home care assistance, and long-term support options to maximize your benefits.

🎬 Afternoon Feature Movie Screening

1:00 PM @ DINING ROOM

Wednesday, November 25: "Did You Hear About The Morgans?"

Relax with a delightful comedy film, comfortable seating, light refreshments, and great conversation with friends!

November Weekly Activity Guide

REGULAR CLASSES & ONGOING PROGRAMS

🧘 Tai Chi w/ Maggie

Tuesdays
9:15 A.M. – 10:15 A.M. in Dining Room (D)

🌸 Yoga w/ Maggie

Thursdays
9:15 A.M. – 10:15 A.M. in Dining Room (D)

🧶 Crochet Classes

Thursdays
10:00 A.M. – 11:00 A.M. Beginning Crochet (A)
11:00 A.M. – 12:00 P.M. Intermediate w/ Mary (A)

🎨 Rock Painting

Thursdays
1:00 P.M. – 3:00 P.M. w/ Margaret (A)

🤸 Exercise & Movement

Mondays & Fridays
Mondays: Brain Teasers (9A), Heart & Muscles (10:15A)
Fridays: Exercise w/ Delia (9:30 A.M. – 10:30 A.M.)

🤟 Sign Language

Fridays
10:00 A.M. – 11:30 A.M. w/ Judy (A)

🎵 Parties & Celebrations

Fridays • 1:00 P.M. – 3:00 P.M.
- Dance Parties w/ DJ Joel or Lou in Dining Room (D)
- 🎂 **Monthly Birthday Party: Nov 20** (celebrated early since center is closed Nov 26–27 for Thanksgiving!)
- Mahjong (A) & Card Games (C)

🎸 Music & Song w/ Mary

Tuesdays & Wednesdays
- Tuesdays: Guitar Class (10:00 A.M. – 12:00 P.M.) (A)
- Wednesdays: Sing-A-Long Group (10:00 A.M.) (A)

🧵 Embroidery & Crafts

Tuesdays
1:00 P.M. – 2:00 P.M. w/ Karen (A)

💪 Mind & Body Fitness

Wednesdays
9:30 A.M. IntenSati w/ Joseph (D)
10:30 A.M. Disco Torso (D)

🌎 Passport to Flavor Video Tours

Tuesdays
1:00 P.M. – 2:00 P.M. in Dining Room (D)
Argentina (11/3), UAE (11/10), Azerbaijan (11/17), Czechia (11/24)

📱 Smartphone Photography

Tuesdays & Thursdays
1:00 P.M. – 2:15 P.M. in Computer Lab (C)

✈️ Passport to Flavor: International Cuisine Days

🌍

NOVEMBER 2026 VOYAGES | HOWARD BEACH OAC

Get your taste buds ready for a world tour! Join us every **Tuesday in November** for authentic global lunches, followed by our big-screen cultural video tours in the Dining Room.

AR Destination 1: Argentina

TUESDAY, NOV 3

🍽 **SPECIAL LUNCH MENU**

- Milanesa de Pollo *(Argentine Breaded Chicken)*
- Puré de Papas *(Creamy Mashed Potatoes)*
- Ensalada Criolla *(Fresh Criolla Salad)*

🎥 **CULTURAL TOUR**
"Wonders of Argentina"
1:00 PM @ Dining Room

AE Destination 2: United Arab Emirates

TUESDAY, NOV 10

🍽 **SPECIAL LUNCH MENU**

- Chicken Machboos *(Emirati Spiced Chicken)*
- Spiced Machboos Rice *(w/ Vermicelli)*
- Khubz *(Arabic Flatbread)*
- Salatit Zabadi *(Cucumber Yogurt Salad)*

🎥 **CULTURAL TOUR**
"Wonders of UAE"
1:00 PM @ Dining Room

AZ Destination 3: Azerbaijan

TUESDAY, NOV 17

🍽 **SPECIAL LUNCH MENU**

- Toyuq Lülə Kabab *(Chicken Lula Kebab)*
- Lobyalı Plov *(Rice with Red Beans)*
- Sumac Onions & Cabbage *(Garnish)*
- Pita Bread *(Lavash-style)*

🎥 **CULTURAL TOUR**
"Wonders of Azerbaijan"
1:00 PM @ Dining Room

CZ Destination 4: Czechia

TUESDAY, NOV 24

🍽 **SPECIAL LUNCH MENU**

- Vepřo Knedlo Zelo *(Czech Roast Pork)*
- Houskové Knedlíky *(Bread Dumplings)*
- Dušené Zelí *(Braised Sweet & Sour Cabbage)*

🎥 **CULTURAL TOUR**
"Wonders of Czechia"
1:00 PM @ Dining Room

👩‍🍳 **Heartfelt Thanks to Our Wonderful Kitchen Team:** A huge shoutout and warm gratitude to **Tracy, Shamel, and Maria** for their culinary passion, hard work, and dedication in preparing these authentic, delicious global meals for all of us!

🛂 Don't forget to get your **Travel Passport stamped** at the Front Desk! Lunch served 12:00 PM – 1:00 PM

Celebrating Our Global Critics!

SEPTEMBER PASSPORT TO FLAVOR AWARDS



Heartfelt Thanks to Everyone Who Leaves Lunch Feedback!

Every thoughtful survey and review you complete drives our culinary program forward. Your ratings and suggestions help our kitchen craft authentic, nutritious, and delicious global meals every single day!

CERTIFIED SEPTEMBER GLOBAL CRITICS

- ★ Theresa Lavacca
- ★ Stella Lunetta
- ★ Sonia Gambino
- ★ Jaroslava Formanek
- ★ Yvonne Whittingham
- ★ Marie Jean Baptista
- ★ Jeff Davidson
- ★ Richard Tabakoff

Congratulations to all of our September winners! Keep sharing your feedback!

🎭 Outing to "Talent Is Timeless"! 🌟

COMMUNITY OUTING & CITYWIDE SENIOR ARTS



Howard Beach OAC Group Arriving at the Theater



Talented Older Adult Performers on Stage



Theatrical Stage Entertainment & MC

A Spectacular Day Celebrating Senior Artistry Across NYC

Our Howard Beach OAC group enjoyed a memorable excursion into the city to attend the renowned **"Talent Is Timeless"** showcase, presented by the NYC Department for the Aging. Sitting in the audience, our members were treated to an inspiring afternoon of performances by talented older adults from across the five boroughs—featuring gifted vocalists, heartfelt theatrical readings, traditional cultural folk dances, and captivating musical routines!

Honoring Boundless Creativity: Attending as enthusiastic guests, our members cheered on the performers and celebrated the joy, energy, and artistic passion of New York's senior community. It was a wonderful afternoon filled with great entertainment, lively conversation, and shared inspiration.

🚐 **Want to join our next cultural excursion? Speak with Jeffrey or sign up at the Front Desk!**

Easy Ways to…
Cut the Salt

At the Store

- Choose foods with less than 5 percent Daily Value of sodium (salt) per serving.

Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%

- Buy whole foods as often as possible.
- Fill your cart with fruits and vegetables.
- If buying packaged foods, choose those labeled:
  - ✓ "Low-sodium"
  - ✓ "Sodium free"
  - ✓ "No salt added"
- Instead of processed or cured meats, choose:
  - ✓ Lean cuts of meat and poultry
  - ✓ Fish
  - ✓ Beans and legumes
- Instead of quick-cooking rice mixes and noodles, choose:
  - ✓ Brown rice
  - ✓ Whole wheat noodles and pasta
  - ✓ Whole cornmeal
- Instead of salty snack foods, choose:
  - ✓ Fresh vegetables with a bean dip
  - ✓ Whole grain crackers
  - ✓ Plain, lightly salted popcorn

At Home

- Make homemade soups and broths.
- Rinse canned beans and vegetables with water to reduce the amount of sodium.



- Create salt-free spice blends using your favorite spices.
- Add vinegar, lemon or orange zest and/or juice to foods.



- Flavor foods with fresh and dried herbs, spices and low sodium soy sauce.
- Avoid adding salt to the water when cooking beans, rice, pasta and vegetables.



- Slowly cut back on the amount of salt you add to food, until you are using little to no salt.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/eatinghealthynyc
For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."
For healthy recipes, visit jsyfruitveggies.org.

NYC Health
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 202-720-5964 (voice and TDD).

Take charge of your heart health! Join our upcoming nutrition lectures and workshops to learn more.

Falling Back: Daylight Saving Time

SUNDAY, NOVEMBER 1, 2026 • TURN CLOCKS BACK 1 HOUR

On **Sunday, November 1 at 2:00 A.M.**, standard time resumes! While we all welcome that cherished "extra hour of sleep," the sudden evening darkness can disrupt our internal body clocks, mood, and daily routine. Here is what you need to know to make the transition smooth, safe, and energizing!

History & Fun Facts

- **Benjamin Franklin's Joke:** In 1784, Ben Franklin jokingly suggested Parisians wake up at sunrise to economize on candle wax, though he never proposed changing clocks!
- **Train Schedules & Wartime:** Germany became the first nation to enact DST in 1916 during WWI to conserve coal, quickly followed by Britain and the United States.
- **It's Not for Farmers!** A common myth claims DST was created for farmers. In reality, agriculture lobbies strongly opposed it because livestock follow the sun, not human wristwatches!
- **Not Everyone Participates:** Hawaii and most of Arizona do not change their clocks, sticking to year-round Standard Time.

Senior Wellness Tips & Lifehacks

- **Soak in Morning Sun:** Morning daylight is your brain's natural reset button. Spend 15–20 minutes near a sunlit window or take a gentle morning stroll to naturally reset your circadian rhythm.
- **Evening Visibility & Walking:** Dusk now arrives by 4:45 P.M.! If you are heading home from the center or evening shopping, wear light-colored clothing or carry a small pocket flashlight.
- **The Smoke Alarm Rule:** Fire safety experts recommend using the "Fall Back" clock shift as a bi-annual reminder to test smoke detectors and replace carbon monoxide alarm batteries.
- **Medication & Hydration Routine:** Shift timed daily medications gradually by 10–15 minutes over a couple of days so your body adjusts comfortably to the schedule shift.

Beat the Early Dusk with Community Warmth!

Earlier sunsets can sometimes bring feelings of sluggishness or evening blues. Stay active, join our morning wellness workouts and card games, and enjoy hot coffee and hearty lunches with friends right here at Howard Beach OAC!

Reminder: Before heading to bed on Saturday night, October 31, turn your manual clocks back one hour!

Your Vote, Your Voice, Our Future US

TUESDAY, NOVEMBER 3, 2026 • GENERAL ELECTION DAY

Every election season provides our community with a vital opportunity to shape the programs, policies, and neighborhoods that impact our lives. Casting a ballot is more than a civic routine—it is a powerful tradition of stewardship, responsibility, and ensuring the senior voice remains strong for generations to come.

The Power of Civic Participation

- **A Lifetime of Experience:** Older adults consistently demonstrate the highest voter participation rates across our nation. Our lived experiences and historical perspectives guide meaningful choices for our entire community.
- **Protecting Vital Services:** Decisions regarding community senior center funding, accessible transportation, neighborhood libraries, and essential health initiatives are determined by the representatives and ballot questions we vote on.
- **Setting the Standard:** When older adults head to the polls, we set an inspiring example of active citizenship for our children, grandchildren, and neighbors.

Preparing for Election Day

- **Confirm Before You Go:** Voting locations and district boundaries can shift. Voters can verify their assigned polling site and check operational hours through the NYC Board of Elections portal.
- **Plan Your Travel:** Coordinate your travel plans in advance. Consider traveling during calm daylight morning hours, carpooling with fellow members, or walking with friends.
- **Review Educational Materials:** Take time to consult nonpartisan voter education guides published by local public election offices to review ballot questions and candidate platforms at your own pace.

Democracy Thrives When Everyone Is Heard

"Nobody will ever deprive the American people of the right to vote except the American people themselves, and the only way they could do this is by not voting." — Make your voice count on Tuesday, November 3!

US **Exercise your right to vote! For general transit inquiries, visit Case Manager Wendy or talk to driver Jeffrey.**

🎙️ The Spotlight Club with Matilde ✨

EVERY FRIDAY AT 10:30 AM • IN OUR DINING ROOM



Your Voice Matters, Your Story Inspires! Step into a circle of warmth, laughter, and wisdom. The Spotlight Club is our weekly gathering dedicated to celebrating the rich tapestry of our lives, memories, and shared human journeys.

🌟 Share Your Unique Story

- **A Warm Microphone:** Every older adult has lived an extraordinary life. Share a fond memory, a life lesson, a childhood holiday tradition, or an obstacle you proudly overcame.
- **No Pressure, Just Encouragement:** Speak for two minutes or simply say a few heartfelt words. Matilde ensures every person feels heard, valued, and applauded!
- **Laughter & Joy:** Reminisce about old neighborhoods, favorite songs, family milestones, and timeless humor that brightens everyone's morning.

👂 Listen, Connect & Learn

- **The Art of Listening:** Prefer just to listen? You are warmly welcomed! Soak in the wisdom, diverse perspectives, and touching experiences of your fellow members.
- **Bridge New Friendships:** You will discover surprising common ground with peers you see every day, turning familiar faces into cherished lifelong friends.
- **Heartfelt Empathy:** Hearing others share their joys and triumphs strengthens our shared sense of belonging and mutual community care.

💫 **Step Into the Light:** "We don't need a giant stage to make an impact—just an open heart and a listening ear." Pull up a chair, grab a warm cup of coffee, and let's celebrate each other every Friday morning!

💖 **Join Matilde every Friday at 10:30 AM in the Dining Room! Free & open to all center members.**

🧠 Special Wellness Workshop: Brain Health 🌿

THURSDAY, NOVEMBER 5 @ 10:45 AM • DINING ROOM

Building Brain-Healthy Habits

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.



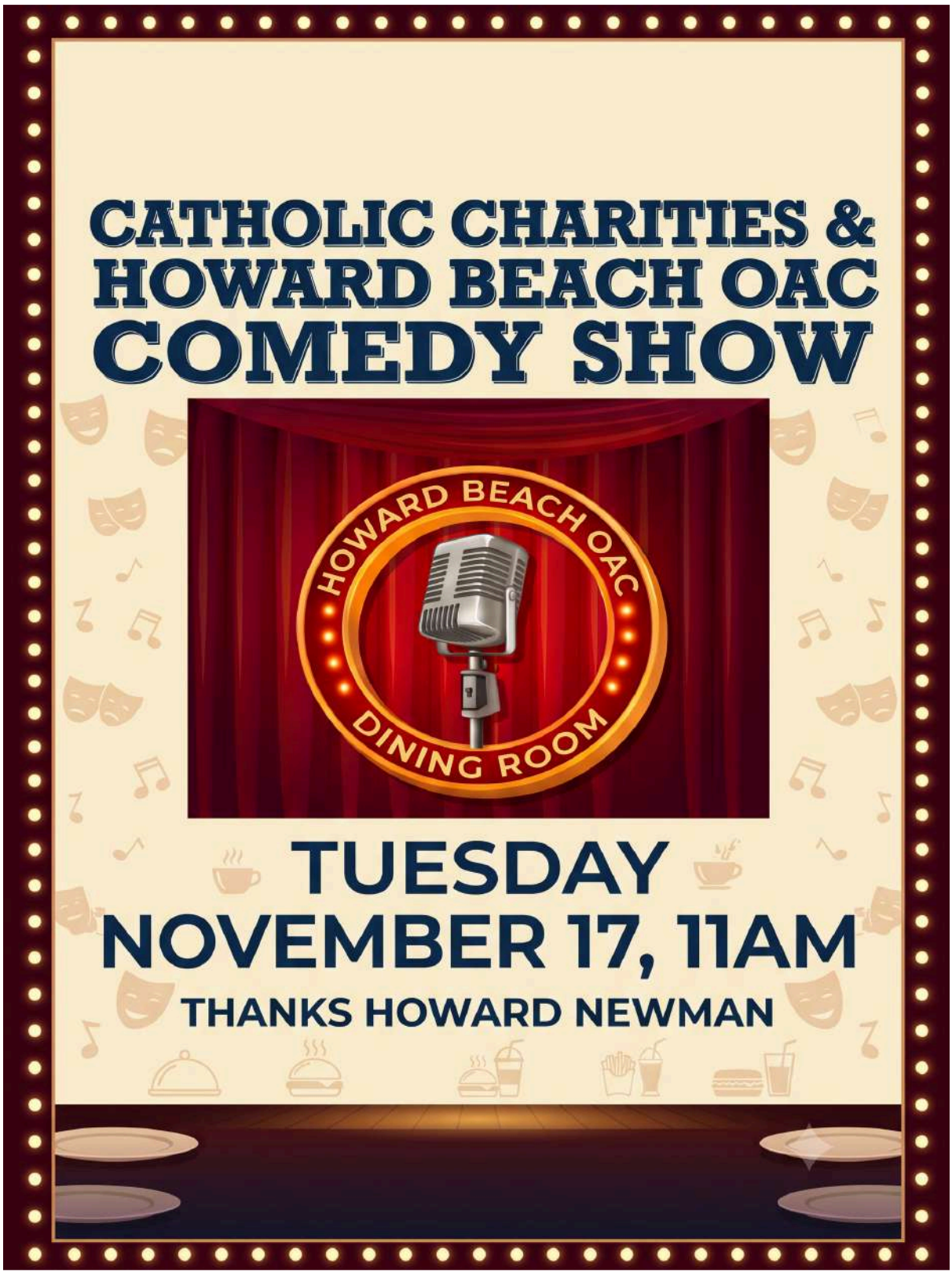
Thursday, November 5 at 10:45 AM
in a Dining room
Speaker - Stefany Martinez, Alzheimer's Association



💡 **Empower your mind and memory! Join us for this interactive wellness session with the Alzheimer's Association.**

Live Entertainment: Center Comedy Show!

TUESDAY, NOVEMBER 17 @ 11:00 AM • DINING ROOM



😄 **Laughter is the best medicine! Bring your friends and enjoy an hour of cheerful comedy with Howard Newman.**

Honoring All Who Served: Veterans Day US

WEDNESDAY, NOVEMBER 11, 2026 • WITH HEARTFELT GRATITUDE

Every year on **November 11**, our nation pauses in solemn reflection and deep gratitude to honor the brave men and women who served in the United States Armed Forces. At Howard Beach OAC, we proudly pay tribute to our member veterans, their families, and all service members who sacrificed for freedom.

History & Significance

- **Origins of Armistice Day:** Originating as Armistice Day to mark the end of World War I on the 11th hour of the 11th day of the 11th month in 1918.
- **A Day for All Veterans:** In 1954, President Dwight D. Eisenhower officially signed legislation renaming the federal holiday to Veterans Day to honor American veterans of all wars.
- **Veterans vs. Memorial Day:** While Memorial Day honors those who made the ultimate sacrifice in service, Veterans Day celebrates and thanks all living veterans who faithfully wore the uniform.
- **A Living Legacy:** Our senior community is home to remarkable veterans of the Korean War, Vietnam War, and peacetime service eras whose courage continues to inspire us.

Senior Veteran Resources & Support

- **NYC Department of Veterans' Services:** Connects older veterans and surviving spouses with local housing, healthcare, and tax exemption benefits (Call 212-416-5250).
- **VA Healthcare & Prescription Access:** Queens veterans can access comprehensive medical care, physical therapy, and wellness programs through the St. Albans VA Community Living Center.
- **Aid and Attendance Benefit:** Eligible senior veterans and surviving spouses receiving a VA pension may qualify for additional financial assistance to help cover daily living support.
- **Community Connection:** Take time today to call a fellow veteran peer, share stories over coffee, and remind one another that your service is never forgotten.

Center Closure Notice in Observance

Please note that the **Howard Beach Older Adult Center will be closed on Wednesday, November 11** in observance of Veterans Day. We encourage all members to attend local ceremonies and take a moment to thank a veteran in your life!

US **"Home of the free because of the brave." To all our member veterans: We thank you for your service!**

Heart Health Notes: Fall 2026

HYPERTENSION EDUCATION & SCREENING PROGRAM



A Message From Your Nurse

THOMAS HU, RN • CUNY SCHOOL OF PROFESSIONAL STUDIES

Welcome! I visit the center to support your heart health. Hypertension rarely causes symptoms, so many learn they have it only after a stroke or heart attack. Simple daily changes reduce that risk—ask me anytime you see me at the center!

Do You Know Your Numbers?

Top number (systolic) measures pressure during heartbeats; bottom (diastolic) measures resting pressure.

CATEGORY	TOP (SYSTOLIC)	BOTTOM (DIASTOLIC)
Normal	under 120	and under 80
Elevated	120–129	and under 80
Stage 1	130–139	or 80–89
Stage 2	140 or higher	or 90 or higher
Crisis	over 180	and/or over 120

Source: American Heart Association

Small Changes, Big Results!

- **Sodium Limits:** Keep daily intake under 2,300 mg, ideally 1,500 mg.
- **Check Food Labels:** 20% or more Daily Value is high; 5% or less is low!
- **DASH Diet Principles:** Fill half your plate with colorful vegetables, fruits, and whole grains.
- **Flavor Without Salt:** Season meals with herbs, garlic, or fresh lemon juice.
- **Daily Movement:** Aim for 30 minutes of physical activity (like walking) 5 days a week!

When to Call 911: Seek immediate emergency care if your blood pressure reading is above 180/120 and you experience chest pain, shortness of breath, back pain, numbness, weakness, vision changes, or difficulty speaking.

Why keep a log? Multi-day readings reveal patterns a single visit misses. Bring your log to appointments!

The Great American Smokeout

THURSDAY, NOVEMBER 19, 2026 • IT IS NEVER TOO LATE TO QUIT!

Every year on the **third Thursday of November**, thousands of individuals across the country take a shared step toward cleaner air, stronger hearts, and vibrant health. Whether you smoke, used to smoke, or care for someone on this journey, today is an empowering celebration of renewal: **no matter how long you have smoked or your age, your body starts healing the moment you stop!**

Immediate Health Turnarounds

- **Within 20 Minutes:** Your heart rate and blood pressure drop back to healthier, normal baseline levels.
- **Within 24 to 48 Hours:** Carbon monoxide in your bloodstream drops to standard levels, and your senses of taste and smell begin to sharpen noticeably.
- **Within Weeks to Months:** Circulation improves, chronic coughing subsides, and lung capacity increases, making walking, stairs, and fitness classes much easier!
- **Long-Term Longevity:** Within 1 to 2 years, your risk of a heart attack drops dramatically, proving your vascular system's remarkable ability to regenerate.

Age Doesn't Matter: Senior Truths

- **"I'm Too Old to Benefit" Myth:** Medical science confirms that quitting at age 60, 70, or beyond adds meaningful years of life, cuts stroke risk, and protects mobility.
- **Protecting Family & Friends:** Quitting instantly eliminates secondhand smoke exposure for grandchildren, spouses, and beloved family pets in your home.
- **Financial Freedom:** Cutting out smoking saves thousands of dollars annually—funds that can go toward family outings, holiday gifts, and leisure travel.
- **Small Steps Win:** You don't have to do it alone in one giant leap. Focus on getting through just today: 24 smoke-free hours surrounded by support!

Practical Daily Hacks to Curb the Urge

Craving striking? Use the **4 D's**: **Delay** for 5 minutes (the urge will pass), **Deep breathe** slowly, **Drink** a cold glass of water, and **Distract yourself** with an activity—join a morning wellness class, play card games in cafeteria, or chat with friends right here at Howard Beach OAC!

Free NY State Quitline Support: Call 1-866-NY-QUITS (1-866-697-8487) for free coaching and nicotine replacement patches!

Thanksgiving Celebration & Feast

GRATITUDE, TRADITION & TOGETHERNESS AT HOWARD BEACH

HOLIDAY CLOSURE NOTICE: The Howard Beach Older Adult Center will be CLOSED on Thursday, November 26 & Friday, November 27 so our staff and members may celebrate Thanksgiving with their families.

Special Thanksgiving Feast!

THURSDAY, NOV 19 • 12:00 PM

Join us as we gather early to celebrate with a delicious, traditional festive lunch prepared with love by our kitchen staff!

Roast Turkey *Tender & Juicy Cuts*	**Savory Stuffing** *Classic Herb Blend*	**Cranberry Sauce** *Sweet & Tart Delight*
Candied Yams *Topped w/ Marshmallows*	**Green Beans** *Freshly Steamed*	**Pumpkin Pie** *A Festive Sweet Treat*

Fascinating Facts About Thanksgiving

- **First Proclamation:** George Washington issued the first presidential Thanksgiving proclamation in 1789, calling for a day of public thanksgiving and prayer.
- **Sarah Josepha Hale's Campaign:** The writer of "Mary Had a Little Lamb" campaigned for 17 years until President Abraham Lincoln declared Thanksgiving a national holiday in 1863 during the Civil War.
- **Thanksgiving Dinner at the Center:** Thanksgiving is the most widely shared American holiday, transcending cultural backgrounds to focus on gratitude, kinship, and community.

Come celebrate with your Howard Beach family on Thursday, November 19! We look forward to seeing you there.

Healthy Senior Recipe: Harvest Sweet Potatoes

EASY TO COOK • LOW SODIUM • NUTRIENT RICH



Ingredients (Serves 4)

- **2 medium sweet potatoes** (washed, peeled & cubed)
- **1.5 tbsp olive oil** (or melted unsalted butter)
- **1 tbsp pure maple syrup**
- **1/2 tsp ground cinnamon**
- **1/4 tsp ground nutmeg**
- **2 tbsp chopped pecans** or walnuts (optional crunch)
- **Pinch of black pepper** (no added table salt needed!)

Quick 4-Step Instructions

1. **Preheat & Prep:** Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper for effortless cleanup.
2. **Toss & Coat:** In a mixing bowl, toss the sweet potato cubes with olive oil, maple syrup, cinnamon, and nutmeg until evenly coated.
3. **Roast to Tender:** Spread evenly in a single layer. Roast for 20 minutes, turn gently with a wooden spoon, and roast for another 10–12 minutes until fork-tender and caramelized.
4. **Garnish & Serve:** Transfer warm into your serving dish, top with toasted pecans if desired, and enjoy an aromatic, healthy holiday side!

Why It's Great for Seniors: Naturally rich in **Vitamin A** for eye health, high in dietary fiber for smooth digestion, and loaded with **potassium** to help naturally regulate blood pressure—giving you rich holiday flavors without excess sodium or processed sugars!

Warmest holiday wishes from our kitchen to yours! Enjoy good food, health, and togetherness this Thanksgiving.

Leaves of Thanks: Community Gratitude Garland

TAKE A LEAF • SHARE APPRECIATION • WATCH OUR GARLAND GROW ALL NOVEMBER

"Take a leaf. Share your appreciation. Watch our community garland grow all November long!"

How to Participate

1. Pick a Leaf: Choose any colorful paper leaf from the basket at the station.

2. Write Your "Thank You": Express your gratitude to anyone you wish:

- A fellow center member, friend, or neighbor
- A center staff member, cook, bus driver, or volunteer
- A family member, caregiver, or doctor
- A cherished memory of someone who impacted your life

3. Choose to Sign or Stay Anonymous: Add your name or initials, or leave it unsigned—pure, quiet gratitude is always welcome!

4. Add to the Garland:

- **Clip it yourself:** Use a mini wooden clothespin to clip your leaf to the twine line along the wall.
- **Drop box:** Prefer privacy? Slide your leaf through the box slot, and a volunteer will hang it for you.

Need an Idea to Get Started?

Gratitude can be simple, playful, or deeply heartfelt. Here are a few examples to spark your thoughts:

- *"Thank you to the center members who welcomed me so warmly when I first joined."*
- *"Thank you to the kitchen team for the delicious, warm soup on cold days."*
- *"Thank you to my daughter for calling me every Sunday morning."*
- *"Thank you to the driver for always greeting me with patience and a smile."*
- *"A quiet thank-you to my late husband, Person, for 45 years of good memories."*

Celebrate the Spirit of the Season: Every leaf added brings color, warmth, and joy to our dining room wall. Stop by the gratitude table by the front lobby, pick up a marker, and help us fill our hallway with appreciation all month long!

Visit our Leaves of Thanks station anytime Monday through Friday during center hours!



📸 Master your smartphone! Join Mr. Daniel every Tuesday & Thursday at 1:00 PM in the Computer Lab.

♻️ America Recycles Day 🌎

SUNDAY, NOVEMBER 15, 2026 • RECYCLE RIGHT, QUEENS!

Every year on **November 15**, America Recycles Day reminds us of the power of conservation and community stewardship. Recycling keeps our neighborhoods beautiful, cuts down landfill waste, and protects natural resources. Here is a senior-friendly guide to making recycling easy, safe, and effective!

💡 Senior-Friendly Home Tips

- **Empty, Clean, and Dry:** Give food cans, plastic bottles, and glass jars a quick rinse before recycling. No need to scrub them sparkling clean—just free of food residue!
- **Never Bag Your Recyclables:** Keep recyclables loose in your blue or green bins. Plastic grocery bags wrap around sorting machinery at recycling plants and cause shutdowns.
- **Flatten Cardboard Boxes:** Breaking down shipping and delivery boxes saves space in your home and makes carrying bins down much easier and safer.
- **Prescription Pill Bottles:** Peel off personal label information for privacy. Clean empty orange plastic bottles can often be recycled in curbside rigid plastic collection.

🗽 Local Queens Resources

- **Electronics (E-Waste):** Old TVs, cellphones, and computers cannot go in regular trash. Bring them to local retail drop-offs (like Best Buy or Staples) or Queens DSNY special drop-off sites.
- **Textiles & Clothing:** Donate gently worn winter coats and clothes. DSNY hosts textile collection sites in Queens (including Jamaica at 153-67 146th Ave).
- **Battery Disposal:** Rechargeable batteries and button cells should never be placed in household trash. Deposit them safely at participating Queens hardware or electronics retailers.
- **Curbside Composting:** Take advantage of Queens leaf and food scrap curbside composting to turn food waste into nutrient-rich soil and renewable clean energy!

🌿 Avoid "Wish-Cycling"

"Wish-cycling" happens when we toss non-recyclable items into the recycling bin hoping they can be recycled (like greasy pizza boxes, paper towels, or Styrofoam). When in doubt, check the NYC DSNY 311 guide to keep our community recycling stream clean and effective!

🌱 **Small actions make a big impact! For questions about local recycling or center initiatives, visit the Front Desk.**

Native American Heritage Day

FRIDAY, NOVEMBER 27, 2026 • HONORING FIRST PEOPLES & CULTURE

Observed nationally on the **day after Thanksgiving**, Native American Heritage Day celebrates the vibrant cultures, rich histories, and enduring contributions of Indigenous peoples. It offers our community a meaningful opportunity to reflect, honor ancient traditions, and celebrate the cultural roots of our region!

History & Local Heritage

- **Official Recognition:** In 2008, federal legislation officially established the Friday after Thanksgiving as Native American Heritage Day, complementing National Native American Heritage Month observed throughout November.
- **The First Peoples of Queens:** Long before Howard Beach and Jamaica Bay were established, our coastal marshlands were home to the **Canarsie** and **Rockaway** bands of the Lenape (Delaware) nation.
- **Ecological Stewards:** Indigenous communities lived in harmony with Jamaica Bay for centuries, navigating coastal waterways by dugout canoe, cultivating maize and beans, and managing coastal oyster reefs sustainably.
- **Living Heritage:** New York City today remains home to one of the largest and most diverse urban Native American and Indigenous populations in the United States.

Fun Facts & Lasting Legacy

- **The "Three Sisters":** Indigenous agriculture introduced companion planting—corn, beans, and squash. The tall corn supports climbing beans, while squash vines shade the soil and retain moisture naturally!
- **Origins of Words:** Many familiar everyday words originate from Native American languages, including *canoe, hickory, moccasin, squash, hurricane, and chipmunk*.
- **America's Oldest Team Sport:** Lacrosse was invented by the Haudenosaunee (Iroquois) centuries ago as a sacred game of spiritual and physical endurance known as the "Creator's Game."
- **Democratic Foundations:** The democratic structure and representative governance of the Haudenosaunee Confederacy helped inspire aspects of the United States Constitution.

Exploring Indigenous Arts in NYC

Older adults can explore remarkable Indigenous art, pottery, and historical exhibits right here in NYC at the **National Museum of the American Indian** (located at the historic Alexander Hamilton U.S. Custom House at One Bowling Green in Lower Manhattan)—featuring free admission daily!

"We do not inherit the Earth from our ancestors; we borrow it from our children."

Music & Song Classes with Mary

GUITAR CLASS & SING-A-LONG GROUP • ART ROOM



Bring your guitar on Tuesdays and raise your voice on Wednesdays! All levels welcome in the Art Room.

✨ November: Proclamation of Gratitude

EMBRACING THANKFULNESS, FRIENDSHIP, AND HEALTHY VITALITY

"As amber leaves dance softly in the seaside breeze,
A quiet grace descends among the autumn trees.
With thankful hearts we gather in this warm embrace,
Sharing joy and laughter in our cherished place.
May every blessing deepen, every friendship grow,
And kindness light our path with a gentle glow.
United in gratitude, our spirits rise each day,
Cherishing life's journey in every single way."

🍁 The Healing Power of Daily Gratitude

Practicing gratitude is more than a seasonal reflection—clinical research shows it lowers cortisol levels, reduces anxiety, and releases feel-good neurotransmitters that cultivate peaceful sleep and mental clarity.

❤️ Heart Health, Immunity & Vitality

A thankful and optimistic mindset directly supports cardiovascular function by relaxing blood vessels and lowering blood pressure. Maintaining inner cheer keeps your immune system resilient throughout chilly November days.

🤝 The Warmth of Connected Communities

Sharing warm conversations over coffee, participating in center workouts, and laughing with lifelong friends at Howard Beach OAC protect against isolation and build lasting emotional strength.

🍂 Live with Gratitude: Celebrate the harvest of good health and let thankfulness guide your everyday journey!

Center Directory & Leadership

HOWARD BEACH OLDER ADULT CENTER • CATHOLIC CHARITIES

Our dedicated center staff and member advisory leaders work hand-in-hand to provide engaging programs, hot nutritious lunches, and caring support for our community every day.

Center Staff Directory

Director of Operations	**Annie**
Program Manager	**Oleksandr (Alex)**
Case Manager	**Wendy**
Administrative Assistant	**Kamani**
Center Driver	**Jeffrey** NEW
Head Cook	**Tracy**
Assistant Cook	**Shamel**
Kitchen Aide	**Maria**
Maintenance & Facilities	**Jeremy**

Advisory Council

President	**Joyce Taraby**
Vice President	**Grace Denza**
Treasurer	**Pat McKeever**
Secretary	**Elaine Anderson**

ADVISORY COUNCIL MEMBERS

E. Anderson • F. Carbone • M. Diaz • N. Gonzalez • N. Lopez • A. Marrero • D. Martins • L. Mastrangelo • C. Pionegro • K. Smith • H. Spinner • L. Trotta • Y. Whittingham • B. Wray

Address
155-55 Cross Bay Blvd., Howard Beach, NY 11414

Telephone
(718) 738-8100

Hours of Operation
Monday – Friday | 8:30 A.M. – 4:30 P.M.

We are here to serve you! Stop by the Front Desk or Case Management office anytime with questions.