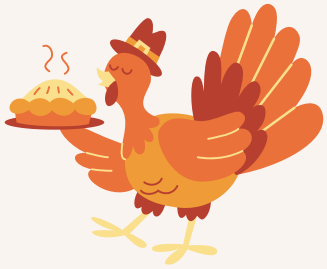
THE LODGE
News

The Lodge Senior Center Newsletter

November 2026

WELCOME TO NOVEMBER!



Message from staff:

We greet November with a gobble gobble and to all of our wonderful members at the Lodge. Hope you are all well as we dig deeper into the fall weather. A reminder to bundle up!

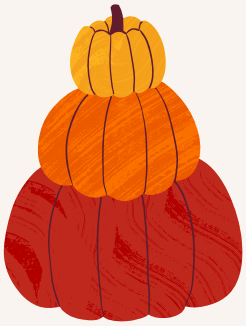


NOVEMBER HOLIDAYS:

- Veterans Day (Wednesday Nov. 11th)
- Thanksgiving (Thursday Nov. 26th)



DAYLIGHT SAVINGS ENDS SUNDAY, NOVEMBER 1ST



125+ YEARS OF CHANGING LIVES

THELODGEOLDERADULTCENTER
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 **C02 detectors** and **fire alarms**



WHAT ARE SOME THINGS TO DO?

Bklyn Public Library

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)

BROOKLYN MUSEUM

200 Eastern Pkwy, Brooklyn, NY 11238
WEDNESDAY-SUNDAYS
11-6 PM
Admission for Seniors $14
(65+)

Alpine CINEMA

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)

NEW YORK TRANSIT MUSEUM

99 Schermerhorn St, Brooklyn, NY 11201
WEDNESDAY - SUNDAY
10 - 4PM
Admission for seniors $5
(65+)





NOVEMBER IS DIABETES AWARENESS MONTH!

WHAT IS DIABETES??

Chronic means that a health condition that reoccurs and can be long lasting

Diabetes is a chronic health condition that affects the body's way of controlling blood sugar (or glucose) levels!

THERE ARE TWO TYPES OF DIABETES:

Type 1:

Is an insulin dependent diabetes, meaning that the blood sugar level must be closely monitored. And Insulin is used often on a daily basis, as the body attacks/destroys its own insulin cells.

Type 2:

The more common type of diabetes, the organs/muscles may not respond to glucose as they should. And pancreas (the organ that makes insulin) does not make enough insulin to keep sugar levels in healthy range.

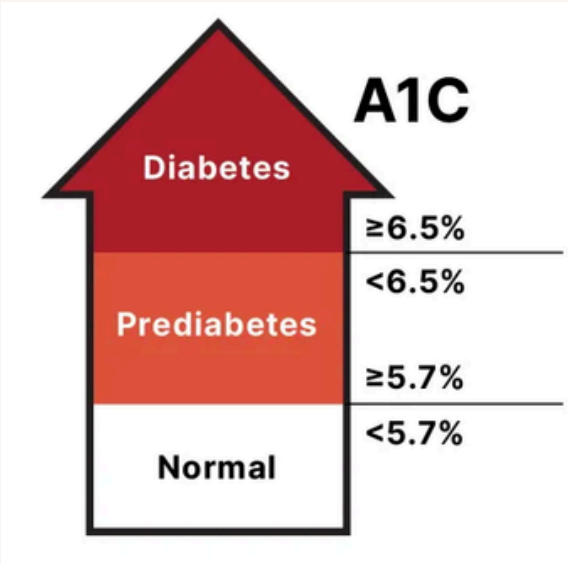
SYMPTOMS & DIAGNOSIS

Some **common** symptoms of diabetes are fatigue, frequent urination, unexpected weight loss, and increased thirst. However, everyone's body functions differently and symptoms may vary. Make sure to consult a doctor if these symptoms are present.

Diagnosing diabetes usually starts with blood work and a consultation with a doctor.

Doctors look at the blood sugar levels and any symptoms to determine whether or not an individual may have diabetes.



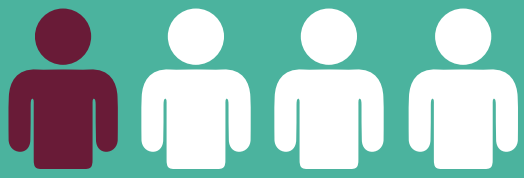




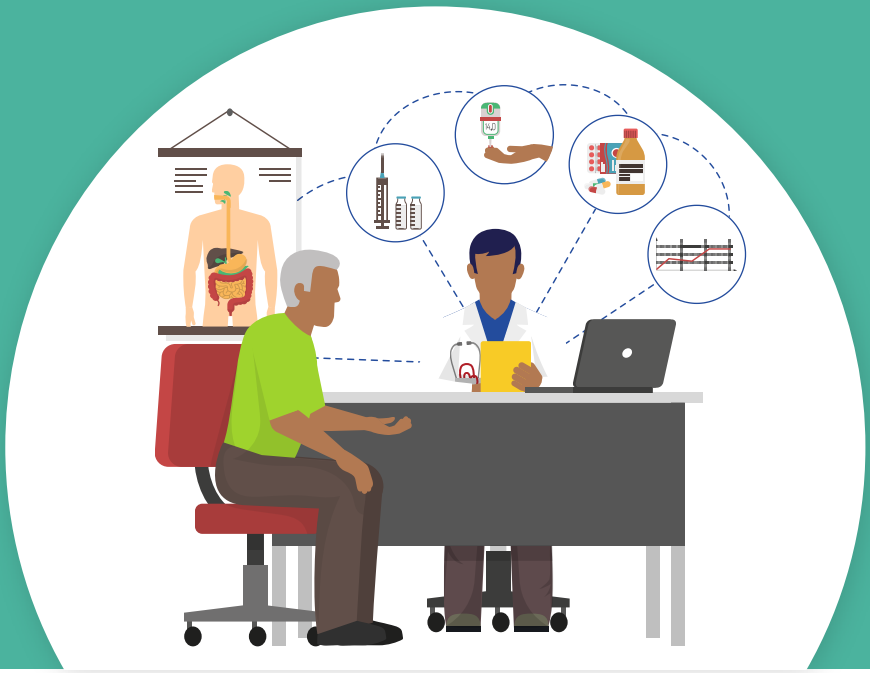
DIABETES AND OLDER ADULTS

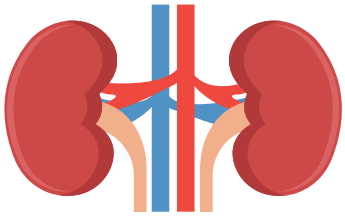
U.S. FOOD & DRUG ADMINISTRATION

Type2 diabetes happens when your body does not make or use insulin well, which causes high blood sugar levels.



DIABETES AFFECTS **1** IN **4** PEOPLE OVER THE AGE OF **65**.





Older adults have the highest rate of diabetes-related end-stage kidney disease. This happens when your kidneys begin to fail and dialysis (removal of waste products and excess fluid from the body) or kidney transplantation is needed.

Keep your kidneys healthy if you have diabetes by:



Eating healthy



Being physically active



Controlling your blood pressure



Not smoking



Controlling your blood sugar



Taking medications as prescribed

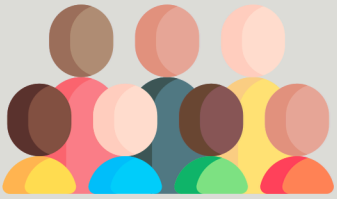
For more information on health equity, visit **www.fda.gov/healthequity**.

American Diabetes Association®

Guidelines InSIGHT
Your visual guide to the guidelines

Learn more about time in range

Diabetes Self-Management Education & Support (DSMES)



All people with diabetes need support to improve:

- Knowledge
- Decision-making
- Skills mastery for diabetes self-care

Refer People With Diabetes At These 4 Critical Times To Self-management Education:



Diagnosis



Annually Or If Missing Target Goals



Development Of Complicating Factors (Medical Or Social)



Transition Of Life/care

Evaluate Routinely For These Key Goals:



Clinical Outcomes



Health Status



Wellbeing



Offer patient-centered diabetes self-management education either in a group setting or 1-on-1



Telemedicine can improve access to diabetes self management education



Digital coaching can be effective in delivering self-management education



Address barriers to diabetes self-management education at the health system, patient, and provider levels



Learn more at **diabetes.org** | 1-800-DIABETES (1-800-342-2383)

Supported in part by Time in Range™—a diabetes technology initiative of the American Diabetes Association (ADA)®

This infographic is based on recommendations from the ADA's *Standards of Care in Diabetes—2023*

EASY FALL RECIPES



Slow Cooker Turkey Breast

INGREDIENTS

- 1 bone-in turkey breast (about 4-5 pounds)
- 2 tablespoons olive oil
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 1 tablespoon dried sage
- Salt and pepper, to taste
- 1 cup chicken broth

DIRECTIONS

1. In a small bowl, mix together the olive oil, thyme, rosemary, sage, salt, and pepper to make a paste.
2. Rub the herb paste all over the turkey breast, covering it completely.
3. Place the turkey breast in the slow cooker and pour the chicken broth over the top.
4. Cover and cook on low for 6-7 hours or until the turkey is tender and cooked through.
5. Remove the turkey breast from the slow cooker and let it rest for 10-15 minutes before slicing. Serve with your favorite Thanksgiving sides and enjoy!



EASY FALL RECIPES



Slow-Cooker Vegetable Soup

INGREDIENTS

- 4 thick-cut bacon slices, cut into 1/2-in. pieces
- 1 1/2 lbs. baby Yukon Gold potatoes, halved
- 1 1/2 cups chopped yellow onion (from 1 medium onion)
- 1 cup 1/4-inch-thick carrot slices (from 3 medium carrots)
- 1 cup dried navy beans
- 3/4 cup 1/4-in.-thick parsnip slices (from 2 medium parsnips)
- 3/4 cup 1/4-in.-thick celery slices (from 2 stalks)
- 6 cups chicken broth
- 1 Tbsp. minced garlic (from 3 garlic cloves)
- 1/2 tsp. black pepper, plus more for garnish
- 1/4 tsp. kosher salt
- 3 cups chopped curly kale (from 1 bunch)
- 1 Tbsp. fresh lemon juice (from 1 lemon)
- Fresh thyme leaves

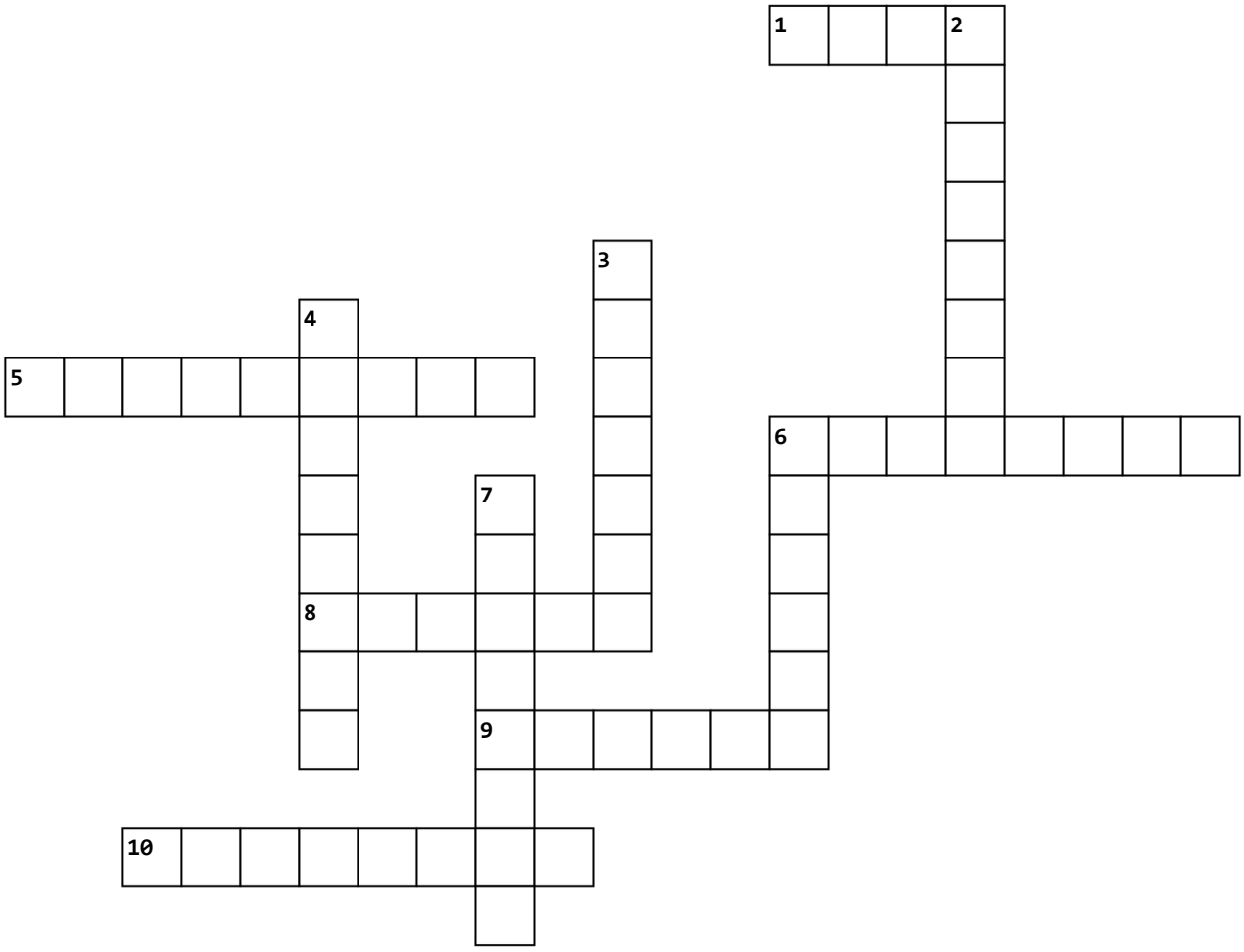


DIRECTIONS

1. Cook bacon until crisp, according to package directions. Crumble bacon.
2. Add vegetables and beans to slow cooker: Place potatoes, onion, carrots, beans, parsnips, celery, broth, garlic, pepper, salt, and bacon in a 5- to 6-quart slow cooker.
3. Cover and cook on LOW until potatoes and beans are tender, 5 1/2 to 6 hours.
4. Uncover and stir in kale. Cook, uncovered, until kale is tender, about 2 minutes. Stir in lemon juice.
5. Ladle soup into serving bowls, and garnish with black pepper and thyme leaves.



Thanksgiving Puzzle



Across

1. Tall crop that grows in groups

5. The boat used by pilgrims

6. Thanksgiving usually takes place on this day

8. Season of Thanksgiving

9. A group of people with familial ties

10. The bone you break it for good luck

Down

2. The month of Thanksgiving

3. Orange Squash

4. The sport associated with Thanksgiving

6. Large bird that does not fly

7. What you put inside a Turkey



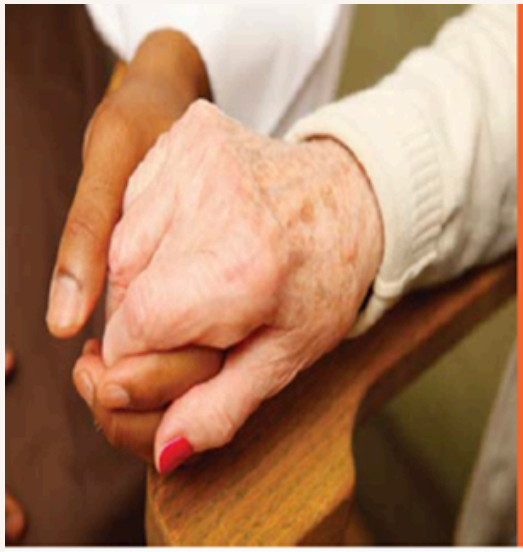
SUDOKUWEB

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

Thanksgiving Crossword

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

Miles Standish
Mayflower
Pilgrims
Freedom
Family
Yams
Thanksgiving
Gratitude
November
England
Colony
Fall
Pumpkin Pie
Stuffing
Indians
America
Maize
Cornucopia
Puritans
Holiday
Turkey
Feast
New World
Plymouth
Harvest
Squash
Canoe



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

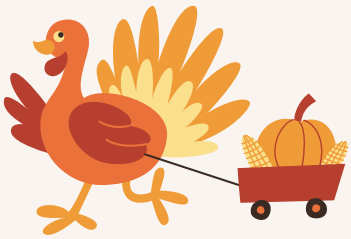
The Lodge Staff

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

77-11 18th Avenue,
Brooklyn, NY 11214

Phone (718) 621-1081

WORK HOURS: MON- FRI
8AM-4PM



HAVE A WARM AND HEARTY NOVEMBER

125+ YEARS OF CHANGING LIVES

Department for the Aging