



NOVEMBER 2022

CATHOLIC CHARITIES
HOWARD BEACH SENIOR CENTER
155-55 CROSSBAY BLVD.
HOWARD BEACH, NY 11414
718-738-8100

FUNDED BY THE NYC DEPT. FOR THE AGING

THERE IS
ALWAYS
SOMETHING
TO BE
Thankful
FOR



AT THANKSGIVING AND ALL TIMES OF THE YEAR, THE STAFF OF CATHOLIC CHARITIES OLDER ADULT CENTER IS THANKFUL FOR OUR MEMBERS AND THE JOY THEY BRING


HAPPY THANKSGIVING
JUDY, LISA, KAMANI, SAMMY, MARIA, WILLIAM



CCNS HOWARD BEACH OLDER ADULT CENTER

MENU NOVEMBER 2022

All meals come with milk and bread, fruit

Monday	Tuesday	Wednesday	Thursday	Friday
CONTRACTED TO THE NEW YORK CITY DEPARTMENT FOR THE AGING	1 PORK CHOPS APPLE SWEET POTATOES SAUTEED SPINACH	2 VEGETABLE LASAGNA ITALIAN VEGGIES	3 BASIC SHEPERD'S MASHED POTATOES VEGGIE MIX	4 TUNA FISH SALAD GARDEN SALAD PITA HALVES
7 SESAME ORANGE CHICKEN RICE PILAF ORIENTAL VEGGIES	8 ITALIAN SAUSAGE PASTA w/ TOMATO SAUCE ROASTED ZUCCHINI	9 BAKED VEGGIE ALFREDO PASTA GARDEN SALAD	10 HAMBURGER BAKED RED POTATO WEDGES LETTUCE & TOMATO	11 BAKED FISH w/ GARLIC PARMESAN CRUST YELLOW RICE SAUTEED GREEN BEANS
14 CHICKEN MARSALA ROASTED POTATOES SAUTEED SPINACH	15 PERNIL (ROASTED PORK SHOULDER) YELLOW RICE STEAMED CARROTS	16 VEGGIE LASAGNA GARDEN SALAD	17 ITALIAN MEATBALLS w/ BEEF & TURKEY SPAGHETTI ITALIAN BLEND VEGGIES	18 OVEN FRIED FISH CORN NIBLETS STEAMED BROCCOLI
21 BAKED CHICKEN THIGHS ITALIAN CUT GREEN BEANS SWEET POTATOES	22 SWEET & SOUR PORK CHOP WHITE RICE ROASTED BROCCOLI	23 VEGETABLE LO MEIN SAUTEED SPINACH	CLOSED  THANKSGIVING HOLIDAY	CLOSED THANKSGIVING HOLIDAY ALL MEALS SUBJECT TO CHANGE
28 CHICKEN PARMESAN PASTA ITALIAN BLEND VEGGIES	29 BBQ PULLED PORK BAKED SWEET POTATO GARDEN SALAD	30 VEGETABLE EGG FRITTATA ROASTED POTATO SAUTEED SPINACH	DEC 1 SALISBURY STEAK GARLIC MASHED POTATOES ROASTED ZUCCHINI	DEC 2 LEMON PEPPER FISH BROWN RICE STEAMED CARROTS

HOWARD BEACH OLDER ADULT CENTER SPECIAL ACTIVITIES FOR NOVEMBER 2022

TUES.	1	10:30	"MEDICARE ELIGABILITY EXPANSION FOR NEW YORKS IN 2023– ELIZABETH GULLO ESQ
THURS.	3	1: 15	BOOK CLUB MEETS
FRI.	4	1:00	DANCING WITH DJ RICH
THURS.	10	10:30	"EMERGENCY PREPAREDNESS, 10 YEARS AFTER SANDY" – ED POWELL, OFFICE OF EMERGENCY MANAGEMENT
FRI	11		VETERAN'S DAY – CENTER OPEN
		1:00	HONORING AND ACKNOWLEDGING OUR VETERANS PROGRAM (WITH ICE CREAM SUNDAES)
WED.	16	11:00	DFTA COOKING "CAULIFLOWER MASHED POTATOES" ZOOM IN COMPUTER ROOM
THURS.	17	10:30	"ARE YOU CONFUSED BY THE NEW MEDICARE CHANGES? DO YOU NEED TO CHANGE YOUR MEDICARE ADVANTAGE POLICY?" – JASMINE VALEZ, GAMMACARE
FRI.	18	1:00	NOVEMBER BIRTHDAY PARTY w/ DJ LOU
MON.	22	10:30	"WHAT IS ELDER ABUSE"-ARNOLD RAFAEL,JAMAICA HOSPITAL
NOV.	24		THANKSGIVING – CENTER CLOSED
NOV.	25		THANKSGIVING HOLIDAY – CENTER CLOSED

DAILY ACTIVITIES

MONDAY, TUESDAY & FRIDAY 9:30 – CHAIR EXERCISE

MONDAY 1:00 – HEALTH TALK FOLLOWED BY BINGO

WEDNESDAY 9:45 – BELLY DANCE

WEDNESDAY 10:30 – ZUMBA

WENESDAY 1:15 – STRETCH AND BALANCE EXERCISE WITH MADHAVI

THURSDAY 9:30 – CHAIR YOGA

FRIDAY –10:30 -SIGN LANGUAGE

FRIDAY 9-3:30 – LEISURE POOL

FRIDAY 1-3:30 – LEISURE GAMES

OTHER FUN ACTIVITIES ON DAYS NO WORKSHOP IS LISTED

Congregate Meals To Return

After **December 31, 2022** the Department for the Aging **Grab and Go** program will be ending. This means starting by **January 3, 2022** the center will only serve **congregate meals** (lunches that are eaten at the center) as we did before COVID. More information will be in the December Newsletter.

We are looking for volunteers to help serve at lunchtime. If you think you are interested in volunteering, please see Judy

Erskine Street van trips

Looking to start holiday shopping?

Until a new van driver is hired, there will be a limited number of afternoon trips to Erskine Street available for up to 5 participants.

The dates will be Nov. 17 & Dec 15. At 1:00pm sign up must be up to 2 days before the trip.

Please sign up in the office.

“Virtual Travels with Lisa”

Due to circumstances beyond our control, “Virtual Travels with Lisa” Has not been able to get started despite Lisa’s best efforts.

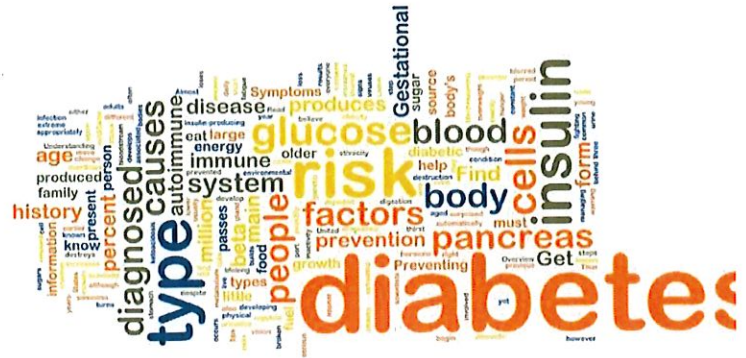
Issues with the Internet connection have been the problem. Although we had technical support to try to remedy this issue, it continued until now. Thanks to the help of Catholic Charities IT department things are up and running.

Thank you for your patience and please don’t give up on us yet! Everything is up and ready to go for Thursday’s “Virtual Travels with Lisa.”

Join Lisa every Thursday at 1:15 for a new and exciting adventure.

Feel free to write down places you would like to travel to and give them to Lisa

WHAT IS DIABETES???



Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin carries the blood sugar into your body's cells to use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should.

When there isn't enough insulin too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as [heart disease](#), [vision loss](#), and [kidney disease](#).

- **What are the first signs of being a diabetic?**

DIABETES SYMPTOMS

- **Urinating often.**
- **Feeling very thirsty.**
- **Feeling very hungry—even though you are eating.**
- **Extreme fatigue.**
- **Blurry vision.**
- **Cuts/bruises that are slow to heal.**
- **Weight loss—even though you are eating more (type 1)**
- **Tingling, pain, or numbness in the hands/feet (type 2)**

WAYS TO MANAGE DIABETES

1. losing weight
2. eating healthy food
3. being active
4. taking medicine as needed
5. getting diabetes self-management education and support



TYPES OF DIABETES

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

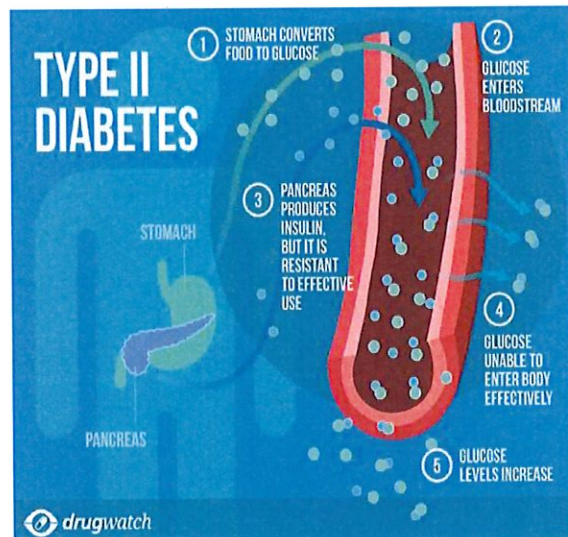
However about 90-95% of people have type 2 Diabetes.

It develops over many years and is usually diagnosed in adults.

However more and more in children, teens, and young adults are being diagnosed. There may not be symptoms so it's important to get your blood sugar tested if you're at risk.

Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight, eating healthy food, and being active.

5 Reasons Get a



to

Pneumococcal Vaccine

It targets infections like pneumonia and meningitis and is recommended for adults 65 and older

Headed to the doctor's office or pharmacy this fall to get your annual flu shot or [updated COVID-19 booster](#)? Don't forget about another vaccine that's critical for older adults to receive — one that protects against pneumococcal disease.

Funny-sounding name aside, pneumococcal disease is serious business. According to the Centers for Disease Control and Prevention (CDC), approximately 10 percent of all patients with invasive pneumococcal disease die of their illness. In fact, [excluding COVID-19](#), pneumococcal disease kills more people in the U.S. each year than all other vaccine-preventable diseases combined, and older adults are among those at higher risk for some of these its more severe outcomes.

What is pneumococcal disease? It's an umbrella term for any infection caused by the *Streptococcus pneumoniae* bacteria — [pneumonia](#) and meningitis are a few examples. This bacteria spreads when respiratory secretions (think: saliva or mucus) are sent through the air by coughing or sneezing and are then inhaled.

Streptococcus pneumoniae are particularly lethal for the lungs and can potentially lead to pneumococcal pneumonia, the most common type of pneumonia in the U.S. An estimated 150,000 Americans are hospitalized with this illness each year, and it kills about 1 in 20 of those infected.

Even with appropriate antibiotics, pneumococcal pneumonia, "particularly in people 65 and older," has a high case-fatality rate, notes Gregory Poland, M.D., director of the Mayo Clinic's Vaccine Research Group. A big reason: As we age, the immune system becomes less able to fight off infections.

But studies show the pneumococcal vaccine — which is recommended for adults 65 and older and for individuals with certain medical conditions — can help to lower your chances of contracting the disease, or reduce its severity if you do get it, possibly saving you from a stint in the hospital, even death.

That, alone, is a good reason to get the vaccine once you're eligible. Here are five others:

"Vaccinations against pneumonia before age 75 may reduce Alzheimer's risk later in life, depending on [genetic makeup]," study author Svetlana Ukraintseva said in a news release. "These data suggest that pneumococcal vaccine may be a promising candidate for personalized Alzheimer's prevention, particularly in non-carriers of certain risk genes."

That, alone, is a good reason to get the vaccine once you're eligible. Here are five others:

1. It's flu season

Flu season is upon us, and experts are expecting this year [to be a particularly rough one](#). That matters because "pneumococcal pneumonia can follow other viral infections, particularly influenza," notes, William Schaffner, M.D., an infectious disease specialist at the Vanderbilt University School of Medicine.

Here's how: The flu virus attaches to, and infects, the cells lining the mucous membranes in the back of the throat and nose. Normally, the cells eject infectious agents out of the body via the nose or mouth, or they're simply swallowed. But when impaired by the flu, the cells lining these membranes allow bacteria to slip down into the bronchial tubes and trigger a secondary infection in the lungs.

The infection inflames the air sacs in the lungs and causes them to fill with pus and fluid, making it harder to breathe and triggering a whole host of other unpleasant symptoms.

— The flu shot — and the CDC now recommends that adults 65 and older opt for a high-dose version over the standard variety — can reduce your likelihood of experiencing this dangerous dual flu-pneumonia infection. So can the pneumococcal vaccine, which unlike the flu shot, isn't given on an annual basis. For most, one jab will do it, although some adults (those who receive what's known as PCV15) require two.

That said, if you're going in for your flu shot and are eligible for your pneumococcal vaccine, the CDC says you can get them at the same time.

2. It can help prevent very serious infections throughout the body

Your lungs aren't the only part of the body vulnerable to pneumococcal infections. Those pathogens can invade other areas, as well.

“Bacterial infections, by their nature, are dirty infections — they are bugs in our system,” says Ian Neel, M.D., associate clinical professor and medical director in the Division of Geriatrics and Gerontology at UC San Diego Health. “If left untreated, or if part of a particularly virulent strain, they typically take hold in a specific site — the lungs, for example. If they expand too much, they can get into other surrounding tissues and can move into our bloodstream. And if it's in our bloodstream, it can get spread throughout our body, which can be catastrophic.”

To say the least. Pneumococcal infections can lead to sepsis, which is an aggressive inflammatory response that can ultimately result in organ failure and death. In rarer cases, the infection can pass through the brain barrier and cause meningitis.

3. It might protect your ticker

Heart disease is the leading cause of death in the U.S., but the pneumococcal vaccine may have a protective effect on cardiovascular events in adults.

A meta-analysis of 18 studies, with over 700,000 participants, found the 23-valent polysaccharide pneumococcal vaccine (PPV23) provided protection from some cardiovascular events — specifically [a heart attack](#) — in people who were vaccinated, particularly those age 65 years and older.

“One of the things we have learned about the germs that cause inflammation in our bodies — these influenza and pneumococcal organisms — is that even after we recover from the acute illness, the inflammation persists for a while and can put us at increased risk of a heart attack,” Schaffner says.

4. It may benefit your brain

While more studies are needed, promising research suggests that the pneumococcal vaccine may also be associated with a reduced risk of developing Alzheimer's disease. A team of researchers from Duke

University reviewed the medication records of more than 5,000 adults 65 and older to seek out a link between the pneumococcal vaccination and the risk of Alzheimer's disease.

They found that people who received the pneumococcal vaccine between ages 65 and 75 had a reduced risk of developing Alzheimer's disease later in life by as much as 40 percent. The results were presented at the 2020 Alzheimer's Association International Conference alongside other research that also [linked the influenza vaccine](#) to a lower risk of dementia.

"Vaccinations against pneumonia before age 75 may reduce Alzheimer's risk later in life, depending on [genetic makeup]," study author Svetlana Ukraintseva said in a news release. "These data suggest that pneumococcal vaccine may be a promising candidate for personalized Alzheimer's prevention, particularly in non-carriers of certain risk genes."

5. Pneumonia can be sneaky

Many people, children in particular, can have this bacteria in their nose or throat and not display any symptoms, since their immune system stops the germs from moving to another part of the body. However, they can still transmit the disease to others. What's more, symptoms of pneumonia — including fever, difficulty breathing, chest pain, and coughing up phlegm or mucus — make it easy to mistake for merely a stubborn cold or a bout flu. But [unlike with the cold or flu](#), antibiotics are often needed to treat pneumococcal pneumonia.

What to know about the pneumococcal vaccine

Who needs it: The CDC recommends pneumococcal vaccines for adults ages 65 and older and for individuals 19 to 64 who have certain medical conditions that put them at increased risk.

Which one to get: Four different types of pneumococcal vaccines are on the market, but the CDC recommends PCV15 or PCV20 for adults 19 and older who get vaccinated. Just know that if you get PCV15, it should be followed by the PPSV23 vaccine at least one year later. (This can be shortened to eight weeks when a patient has an immunocompromising condition.) If you've received a pneumococcal vaccine in the past but never completed your series, ask your health care provider which shot you should receive.

How well do they work? Because PCV15 and PCV20 are new vaccines, there isn't any data to show how well they work in real-world conditions. That said, these vaccines were approved because clinical trial data indicate they cause an immune response similar to PCV13, according to the CDC. And studies show PCV13 conveys strong protection against serious pneumococcal infections in older adults.

Why you need it: Pneumococcal pneumonia leads to approximately 150,000 hospitalizations each year in the U.S., CDC statistics show. Young children and those over 65 have the highest incidence of serious illness, and older adults are more likely to die from it.

Barbara Stepko is a longtime health and lifestyle writer, and former editor at Women's Health and InStyle. Her work has appeared in The Wall Street Journal, Parade and other national magazines.

Editor's note: This story, originally published October 26, 2020, has been updated to include new information.

Easy Ways to... Read an Ingredients List

Choose items with a list that...

✓ Is short

As a general rule, the fewer ingredients a product has, the healthier it is.

✓ Is easy to understand

Choose foods with ingredients that have uncomplicated names.

✓ Includes whole grains

In breakfast cereals, crackers, pastas and breads, the word "whole" should appear as the first or second ingredient.

✓ Includes no or low sugar

Choose foods that do not have a lot of sugar (see Bread #2 below, where common names for sugar are shown in **bold**).

Avoid items with a list that...

X Is long

As a general rule, long ingredients lists mean more sugars and additives.

X Is hard to understand

Avoid ingredients you do not recognize or cannot pronounce.

X Includes trans fat or partially hydrogenated oils

Trans fat increases your risk of heart disease by increasing "bad" cholesterol (LDL) and decreasing "good" cholesterol (HDL).

X Includes many sugars

Common names for sugars include cane sugar, honey, sucrose, glucose, fructose, dextrose, high fructose corn syrup, fruit juice concentrate, molasses and invert sugar.

Bread #1: Healthier Choice

INGREDIENTS: 100% WHOLE WHEAT FLOUR, WATER, SOYBEAN OIL, **MOLASSES**, YEAST, WHEAT GLUTEN, CALCIUM PROPIONATE (TO PREVENT SPOILAGE), NON FAT MILK, SALT

Bread #2: Less Healthy Choice

INGREDIENTS: ENRICHED WHEAT FLOUR, **CORN SYRUP, SUGAR**, PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL, **SUCROSE, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE**, GLYCERIN, **POLYDEXTROSE**, MODIFIED CORN STARCH, SALT, SODIUM STEAROLY LACTYALATE, PYRIDOXINE HYDROCHOLRIDE, RED #40, YELLOW #5

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.



Just Say Yes to Fruits and Vegetables



COOKING LIVE WITH DFTA!

Join our nutritionists to learn how to prepare this healthy & delicious recipe!

Date: Wednesday, November 16th at 11:00am

Recipe: CAULIFLOWER MASHED 'POTATOES'

Language: English

Zoom Link:
[https://us02web.zoom.us/j/84599309153?](https://us02web.zoom.us/j/84599309153?pwd=bFErdmJIUTA3bzRtTXN5U0hPa29YUT09)
[pwd=bFErdmJIUTA3bzRtTXN5U0hPa29YUT09](#)

Meeting ID: 845 9930 9153
Passcode: 123



Virtual Smart Living Initiative
This project was supported, in part by grant number 90INNU0027, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or



INGREDIENTS

- 12 oz frozen cauliflower florets
- 1.5 Tbsps oil
- 1-2 cloves garlic, minced
- ~ 1/4 tsp salt (to taste)
- 1 pinch black pepper
- ¼ cup unsweetened, plain almond milk
 - (to help with pureeing)
- Optional: garnish with fresh herbs (ex: parsley, basil)

Recipe Source: <https://mimimalistbaker.com/vegan-garlic-mashed-cauliflower/>

Materials

- Measuring spoons
- Measuring cup
- Knife
- Cutting Board
- Large pot + steaming basket
- Small Skillet
- Wooden spoon
- Mixing bowl
- Food processor/ Immersion blender

DID YOU KNOW?

- Cauliflower is a popular, low-carb, low-calorie substitute for ingredients, such as rice, potatoes, and grains.
- Cauliflower is a source of fiber, Vitamin C, Vitamin K, and folate.

<https://www.todaysdietitian.com/newarchives/1120p46.shtml>
https://www.azed.gov/sites/default/files/2020/11/FFVP_Cauliflower%20FFVP%20Handout.pdf

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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



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.

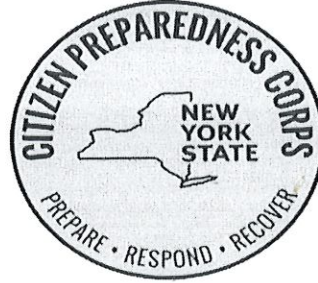
What services are available?

- 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*



The New York State Citizen Preparedness Corps Training Program

**invites you to participate in
a private training event at:**

Howard Beach Senior Center

155-55 Cross Bay Blvd, Howard Beach

NY 11414

Tuesday December 13, 2022 at 10:30AM

Max Capacity=

Seating will be on a first come, first served basis

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. **The NY Citizen Preparedness Training Program** teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.



UGLY SWEATER PARTY

Tues., Dec. 6, 2022

2:00 – 4:00pm

**In Lobby and Senior Center
Sign up at front desk**

- ❖ Wear your best Ugly Sweater or holiday outfit
- ❖ Tree Decorating
- ❖ Photo booth
- ❖ Snacks
- ❖ Christmas Carols
- ❖ Craft
- ❖ Raffles and lots of fun



For Howard Beach Senior Center members and Tenants of building
**Co-Sponsored by Catholic Charities Brooklyn & Queens
and Empire Blue Cross/Blue Shield**

Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

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PLEASE SEE LAST PAGE FOR OCTOBER WINNERS AND INSTRUCTIONS ON PLAYING NOVEMBER'S WORD SCRAMBLE



Happy Turkey Day!

- Apple
- Blessings
- Cornucopia
- Cranberry Sauce
- Family
- Feather
- Give Thanks
- Gobble
- Greatful
- November
- Pumpkin
- Scarecrow
- Thanksgiving
- Tradition
- Turkey



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

Veterans Day

E	E	E	S	V	M	M	R	M	F	O	R	R	E
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E	M	E	M	R	I	C	O	E	R	V	C	A	P
S	A	A	O	Y	V	R	N	R	T	F	L	A	G
M	U	F	I	C	R	U	C	T	R	O	O	P	S

MONUMENT
 AIRFORCE
 NOVEMBER
 UNIFORM
 COURAGE
 SERVICE
 BRAVERY
 TROOPS
 PEACE
 FREEDOM
 VETERANS
 NAVY
 THANKS
 FLAG
 MARINES

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WORD SCRAMBLES

OCTOBER WORD SCRAMBLE

**8 PEOPLE RETURNED THEIR COMPLETED SCRAMBLE
SO, LISA AND JUDY RANDOMLY PICKED 2 WINNERS:**

**FLORENCE CARBONE
NORMA NOTARGIACOMO**

**THERE IS A CONTEST FOR THE NOVEMBER SCRAMBLE
BRING THE COMPLETED SCRAMBLE TO THE OFFICE BY
THURS. NOVEMBER 17 AND YOU MAY ALSO WIN A PRIZE**

**FUNDED BY THE NEW YORK CITY DEPARTMENT FOR THE AGING
CATHOLIC CHARITIES MISSION STATEMENT**

**CATHOLIC CHARITIES OF THE DIOCESE OF BROOKLYN AND QUEENS SEES ITS
MISSION AS SHARING IN THE PROMOTION OF UNITY AMONG ALL**