

CELEBRATING
125
YEARS



GLENWOOD

Catholic Charities Neighborhood Services

GLENWOOD OLDER ADULT CENTER

5701 AVENUE H, BROOKLYN, NY 11234 Ph(718) 241-7711 / Fx(929) 292-0323

JULY 2024

Dear Older Adult members,

Summer is here, with its warm days and bright sunlight. Let's immerse ourselves in the season's spirit, which you could fill with fond memories of great adventures and good times with family and friends. While having fun, be mindful that prolonged exposure to the heat is not suitable for your health. Stay hydrated by drinking lots of fluids, mainly water. And remember, staying cool is not just a comfort, it's a necessity for your health. If your home lacks AC, find relief at nearby Cooling centers.

Nadine Aspilaire, Program Manager



JULY AWARENESS MONTH

UV Safety Month

Eye injury prevention

Fireworks Safety Month

World Hepatitis Day (July 28)

National Minority Mental Health Awareness Month

Herbal/Prescription Drug Interaction Awareness Month



Power Of Social Connection To Help With Mental Health

In a study published on February 20, 2019, in the Journals of Gerontology, Series B: Psychological Sciences and Social Sciences, it is said that the adults who interacted with people beyond their usual social circle of family and close friends were more likely to have higher levels of physical activity, greater positive moods, and fewer negative feelings. It is therefore important for Older Adults to have a good social life as it can be beneficial to their well-being. It brings lots of benefits like a longer life span, less feeling of depression, increased social circle and improved health outcomes. The Cambridge University Press said something relevant to social connectedness. It is seen as a key enabler of positive health and social outcomes for older people. Stable and supportive relationships give people the support they need to cope with stressful life challenges. People with healthy relationships are more likely to make healthy choices that lead to better mental and physical health.

How beneficial Social Connection can be

Staying connected to others creates feelings of belonging and being loved, cared for, and valued.

bettering our mental and physical health.

staying connected to others helps protect against serious illness and disease.

People with stronger social bonds are more likely to live longer, healthier lives.

Positive health benefits

Social connection can lead to longer life, better health, and well-being. It can improve:

Our ability to manage stress, anxiety, and depression.

Healthy eating habits and physical activity.

Quality of sleep.

Provide good emotional support

Emotional support: people we can turn to during good times and hard times.

Physical support:

A ride to the doctor or grocery store.

Help with childcare on short notice.

According to some experts, social connection can provide some protection against chronic disease and serious illness. High-quality relationships can help people live longer, healthier lives. Social connection can help reduce the risk of chronic disease and serious illness, such as:

Heart disease.

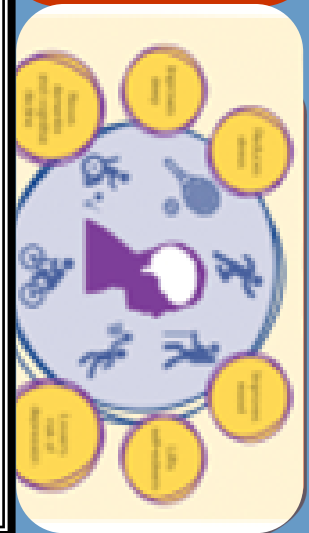
Stroke.

Dementia.

Depression and anxiety



Community Connections offer supportive connections as well. They can help create trust and resilience among community members in public places, such as neighborhoods - Schools - places of worship - workplaces - parks, and recreation centers. Having safe access to public areas for people to connect encourages - connections among people in the community - less social isolation and loneliness



THE BENEFITS OF STAYING HYDRATED

Since the human body comprises around 60% water, staying hydrated is one of the best things people can do for their overall health. Being hydrated can help support physical performance, prevent headaches and constipation, and more.

They recommend for people to drink eight 8-ounce (237-mL) glasses of water per day (the 8x8 rule). Staying hydrated is a simple yet critical part of maintaining good health. But most people just aren't getting the fluids they need every day. Research shows 75% of Americans are chronically dehydrated. As people age, as people age, drinking enough water is becoming more important.

Dehydration is common among older adults, occurring in up to 28% of this population.¹ Adults 60 and older are at greater risk for dehydration for several reasons, including natural drops in thirst levels and body composition changes.

See below for some reasons why people believe it is good to stay hydrated.

Improved brain performance - Even mild dehydration—as little as 2% fluid loss—can affect memory, mood, concentration, and reaction time. Adding just a few glasses of water to your daily intake can have a positive effect on cognition, stabilize the emotions, and combat feelings of anxiety. This is especially important for older adults who are at higher risk for both dehydration and impaired cognitive function.

Digestive harmony - The body needs water to digest food properly. Without enough, people may experience irregular bowel movements, gas, bloating, heartburn, and other discomforts that can hurt their quality of life.

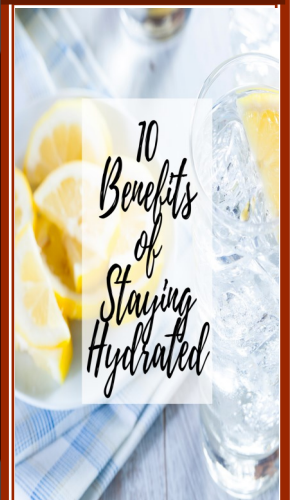
More energy - Dehydration can slow down circulation and affect the flow of oxygen to your brain. A lack of fluids can also cause the heart to work harder to pump oxygen throughout your body. When people stay hydrated by drinking more water.

Decreased joint pain - Staying hydrated helps your joints stay well-lubricated, which helps reduce friction by creating more of a "cushion" between the bones. Less friction means smoother-moving joints and fewer aches and pains.

Better temperature regulation - When people are dehydrated, their body stores more heat. This in turn lowers their ability to tolerate hot temperatures. Hydrating with plenty of water helps you produce sweat. Healthier heart - The blood is made up mostly of H₂O. When people don't drink enough glasses of water, it becomes concentrated, which can cause an imbalance of vital minerals (electrolytes).

Improved detoxification - Sufficient water intake supports the body's natural detoxification systems, which remove waste and harmful substances through urination, breathing, perspiration, and bowel movements.

According to the Senior Director of NCOA's Center for Healthy Aging, every person's hydration requirements are different. "It depends on factors like medical history, health conditions, and any medications you take. Your doctor can help you come up with a hydration plan that meets your personal health needs and lifestyle."



Sources: [Benefits of Drinking Water: How It Affects Your Energy, Weight & More \(healthline.com\)](#) / [Tips on How to Stay Hydrated \(ncoa.org\)](#) / [the benefits of staying hydrated - Search Images \(bing.com\)](#) / [\[헬스&푸드-08\] The Importance of Hydration: Tips for](#)

SUMMER STORMS ENJOY THE MONTH OF JULY

Summer Storms

The earth falls silent,
The wind doesn't breathe,
The birds chirpless,
A misty wall in the horizon,
The leaves wait in anticipation,
A few droplets,
A blast of fresh air,
The clouds crack a summer torrent.

M. Abel

July is the beginning of summer. So, let's take a moment to scroll through the month.

First, in this part of the hemisphere, we celebrate the Fourth of July, also known as Independence Day. Americans celebrate the day with parades, fireworks, barbecues, and much more.

Next, the beaches are packed with children and adults getting a sea bath, children making sand castles, laughing and playing, and others just taking a stroll on the beach. Most schools are closed, and teachers get to take a long-awaited vacation. Isn't that great?

Finally, is July filled with exciting possibilities? No more cold and snowy weather. So smile, be happy, and enjoy the month of July



GAME CENTER TO IMPROVE YOUR MENTAL FITNESS

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

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SOLVE THE SUDOKU GAME CAN YOU SPOT THE DIFFERENCE IN THE PICTURES



source: Spot the Differences, Vectors | GraphicRiver / Pinterest



4th of July Word Search

Color some fireworks around the flag

- BLUE
- CONGRESS
- ENGLAND
- FLAG
- FREEDOM
- JULY
- KING
- LIBERTY
- PARADE
- RED
- STATES
- UNITED
- WHITE

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

Fourth of July

WORD SEARCH

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

United States	Independence	Revolution	Fireworks
Liberty	America	Freedom	Picnic
States	Stars	Flag	Patriotic
Parade	Flag	Summer	July

Fourth of July

WORD SCRAMBLE

WFORRIESK	_____
PEIEDDEENCNN	_____
DAREPA	_____
EFOMEDR	_____
FGLA	_____
NPCCII	_____
URMSEM	_____
EIBTLR	_____
ERACMA	_____
NITEUD STTSEA	_____
JUYL	_____
SASTTE	_____
RTILEVOONU	_____
PTTOIARCI	_____
RASTS	_____



4th of July Word Scramble

- AIECMRA _____
- RRISKOWFE _____
- CDENNEPNDIEE _____
- RDE _____
- DPRAEA _____
- UHRFOT _____
- ODEERFM _____
- IHEWT _____
- BUEL _____
- RTSSA _____
- SIESTRP _____



UPCOMING EVENTS / ACTIVITIES / GUEST SPEAKERS

Poetry in motion — Claire & Vilma / (Men's Round Table Group Discussion— Lenox / General Membership Meeting - Advisory Meeting (Center) - Current Event Group Discussion — Vilma / Claire - Loom Knitting with Sonia— Creole Group Discussion (Mireille JN (center / Audio) / Strength exercise—Tommy the experience (@ center) Cardio Fusion / Yoga / Island Rhythms -Yvette (Well Being with LMSW - Courtlyn /Arts & Crafts with Ms. Pumpkin / Blood pressure screening & monitoring (Claire – Sonia_ Maureen - Sewing class (Ivil W) / Stress management with Courtlyn and Khadija (CAB Network) / Diabetes & Medication safety with legacy Pharmacy/ July's birthday celebration /



GUEST SPEAKERS

GLENWOOD OAC IS CLOSED ON JULY 4TH AND 5TH

CHECK THE MONTHLY CALENDAR FOR THE TIME AND DATE OF EACH ACTIVITY



GRAB YOUR PHONE, IPAD, TABLET OR PENCIL - LET'S GET STARTED WITH THE ACTIVI-



DO YOU NEED ASSISTANCE WITH USING THE FEATURES ON YOUR CELL PHONE, IPAD, TABLET (WHATSAPP, ZOOM, CREATE EMAIL, FACE



MEN'S GROUP



FINAL SUCASA PERFORMANCE - INTERNATIONAL POTLUCK JUNE 2024



FATHER'S DAY CELEBRATION



Juneteenth - Community Fair / Oak Street Health



JUNE'S BIRTHDAY CELEBRATION!



BEST WISHES TO OUR JULY BIRTHDAY CELEBRANTS!



Joyce Burke 7/3	Vilma Griffith 7/20
Marie Tabuteau 7/3	Lorna Wagstaffe 7/20
Lam Wing 7/4	Leslie Robertson 7/21
Altagracia Beliard 7/4	Hazel Bentley 7/21
Wilfred Morris 7/7	Sandra McRae 7/22
Richard Graham 7/8	Paul Williams 7/22
Joan Hay 7/10	Averil Daniel 7/22
Catherine Calliste 7/10	Gaszella Scott 7/23
Marie Desrouilleres 7/11	Lenox Hutson 7/23
Daisy Barrett 7/12	Kern Lewis 7/24
Marie Jean 7/13	Shirley Williams 7/25
Gwen Moultrie 7/15	Betty Gaunt 7/25
Shirley George 7/16	Claudia Charles 7/26
Cleo palmer 7/17	Denise Bernard 7/28
Martine Pierre 7/17	Mavis S. Miller 7/30
Eric Eatmond 7/18	Devina Adams 7/31



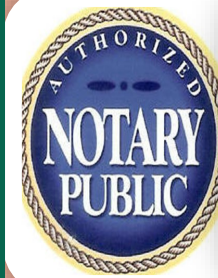
The Center Is Opened For Activities—Glenwood OAC is a free program to people ages 60+- No insurance required

IN THE CASE MANAGER'S CORNER

CASE ASSISTANCE COMMUNITY INFORMATION BOARD

If you have difficulty getting around, being home isolated, not able to come to the center or for any other assistance, please call the CCNS Glenwood Older Adult Center @ 718-241-7711

DO YOU NEED ASSISTANCE TO NOTARIZE YOUR DOCUMENT—PLEASE SEE OR CALL MR. LENOX HUTSON @ 718-251-5848



Housing Resource Fair

Saturday, September 21, 10:00 AM—2:00 PM
Canarsie High School
1600 Rockaway Parkway, Brooklyn, NY 11236



Learn about:

- Rent protection for low-income rent-regulated seniors, veterans, and people with disabilities as well as tenant rights in rent-regulated apartments
- HPD's housing lottery "Housing Connect" process
- Foreclosure prevention and legal help
- Property tax abatement and exemptions
- Information on garbage pickup and recycling
- Certificate of occupancy, architectural plans approval
- Housing discrimination protections, when to use Housing Court, eviction protection programs, and more!

Presented by:

NYC Department of Housing Preservation & Development in partnership with

- Senator Roxanne J. Persaud
- Assembly Member Jaime Williams
- Assembly Member Nikk Lucas
- Assembly Member Monique Chandler Waterman



OVERDOSE PREVENTION TOOLS & RESOURCES

25th July, 2024
4:00pm - 5:00pm

- ✓ Do you know anyone at risk of drug overdose?
- ✓ Do you want to learn how to use Narcan to help save a life?
- ✓ Does your community face drug related challenges?

Location

Glenwood Senior Center
5701 Ave H, Brooklyn NY 11234



Open to NYCHA residents



SCAN here for Nowa2 link
bit.ly/nycgabrooklynnews

Be a Hero and Save a life

Attendees will receive

- ✓ Certificate of Completion
- ✓ Overdose Rescue Kit with Naloxone
- ✓ \$20 Target Gift Card

COVID-19/Flu/RSV information will be given

- ✓ Up-to-date information
- ✓ Where to get vaccinated & tested nearby

Join the CABS team and attend Narcan/Naloxone Training



by Lisa Tannenbaum;
PA from The Family Center



1st & 3rd Tuesday of the Month
12:30pm - 1:30 pm
@ 5827 Flatlands Avenue

- ✓ You can apply for the Senior Half-Fare MetroCard and receive one on site.
- ✓ Please carry proof of age (65 years & older) photo I.D. required.
- ✓ You can also add money to your Senior Half-Fare MetroCard.



CITY COUNCIL MEMBER
MERCEDES NARCISSE
46TH COUNCIL DISTRICT

INDEPENDENCE'S DAY 2024 HAPPY JULY 4TH 2024

May peace, love and happiness
always be with you!
Wishing you a very happy
Fourth of July!



Sources: [happy 4th of July - Search Images \(bing.com\)](https://www.bing.com/images/search?q=happy+4th+of+july) / (134) Pinterest

GLENWOOD SENIOR CENTER STAFF

Ron Carson	Director Of Field Operations
Nadine Aspilaire	Program Manager
Khenemessteh Toussaint	Case Manager
Andra Daniel	Administrative Assistant
Gwen Moultrie	Head Cook
Patricia Punnett	Assistant Cook
Andre Fils Fresnel	Maintenance Worker
Julius Alford	Kitchen Aid

GLENWOOD ADVISORY BOARD MEMBERS

Gardner Weekes	-----	President Advisory Council
Vilma Griffith	-----	VP Advisory Council
Carol Hackett	-----	Treasurer
Beverley Gaskin	-----	Recording Secretary
Mary Ison	-----	Sergeant at Arm
Colvin Eastmond	---	Corresponding Secretary

COMMITTEES: Sunshine --Sonia Ryce
 Nutrition Chair person --- Sonia Ryce, Daisy Barrett, Beulah Reid
 Travel & Fundraising --- Gardner G Weekes
 Entertainment / music --- Claire Brisport / Gardner Weekes/
 Grievance --- Gardner G Weekes / Sonia Ryce
 Hostess -----

Thank you to: Mireille Jean Noel - Claire Brisport— Vilma Griffith - Lenox Hutson — Gabriel Weekes—Beulah Reid—Daisy Barrett — Sonia Chambers, Sonia Ryce and to all the volunteers for their support of the center's activities.

Catholic Charities Neighborhood Services, Inc.

Catholic charities Mission Statement

"Catholic Charities 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 that promotes justice and embraces



Funded by the NYC Department for the Aging

