

JULY 2024

THE SILVER NETWORK

23-11 31ST ROAD, ASTORIA NY 11106

PHONE# (718) 626-1500

MINORITY MENTAL HEALTH AWARENESS MONTH



MENTAL HEALTH AWARENESS MONTH.

July marks National Minority Mental Health Awareness Month, shedding light on the mental health struggles encountered by racial and ethnic minorities in the United States. Shockingly, in 2020, fewer than half of African American adults sought mental health care, while in 2018, Asian Americans were 60% less likely to receive treatment compared to non-Hispanic Whites. Various obstacles such as lack of insurance, limited treatment accessibility, and stigma contribute to this disparity.

Mental health encompasses emotional, mental, and social well-being, impacting an individual's thoughts, emotions, actions, stress management, and decision-making. Prioritizing mental health equips individuals to better handle stress and adversity.

Managing mental health can be challenging. If you observe changes in thoughts, behaviors, or moods disrupting your daily life, seek guidance from a healthcare professional or a mental health expert. It's crucial to reach out for support if you notice these changes in yourself or a loved one. HOLIDAYS AND HIGHLIGHTS THIS MONTH





Independence Day, known colloquially as the **Fourth of July**, is a federal holiday in the United States commemorating the Declaration of Independence, which was ratified by the Second Continental Congress on July 4, 1776, establishing the United States of America. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches, and ceremonies

The Founding Father delegates of the Second Continental Congress declared that the Thirteen Colonies were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states. The Congress voted to approve independence by passing the Lee Resolution on July 2 and adopted the Declaration of Independence two days later, on July 4.

Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches, and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the national day of the United States.



Dear Nancy & Tiffany:

5

both amazing, You are creative, and talented. We are very appreciative of York College, CUNY Occupational Therapy program for sending both of you. Your friendly positive and demeanor has brought about the best in everyone at the center.

We wish you all the best!



CCNS Peter J. DellaMonica Older Adult Center

Sincerely.





Center Activities

125 €

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Funded by NYC

Center celebrations





Special events



























Be Kind North













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@reallygreatsite

Concert in Motion: Kevin Nathaniel

No.

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125 @











CCNS PETER J. DELLAMONICA OAC 23-11 31ST ROAD ASTORIA, NY 11106 718-626-1500

SOCIAL-EMOTIONAL UORKSHOP

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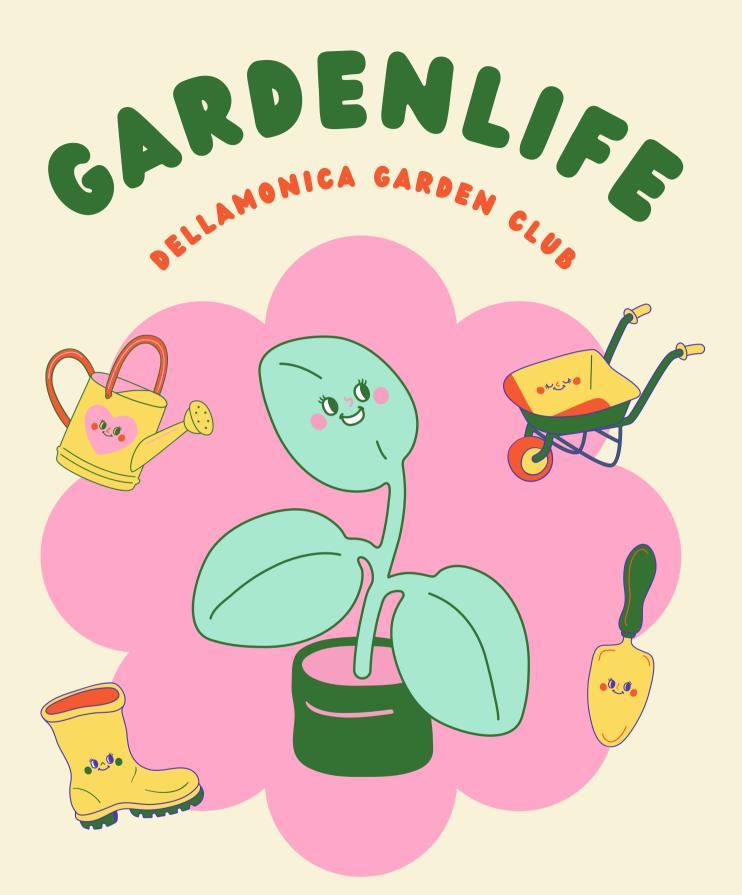
LEARN TO RECOGNIZE AND MANAGE YOUR EMOTIONS, AND TO COPE SUCCESSFULLY WITH CONFLICT.

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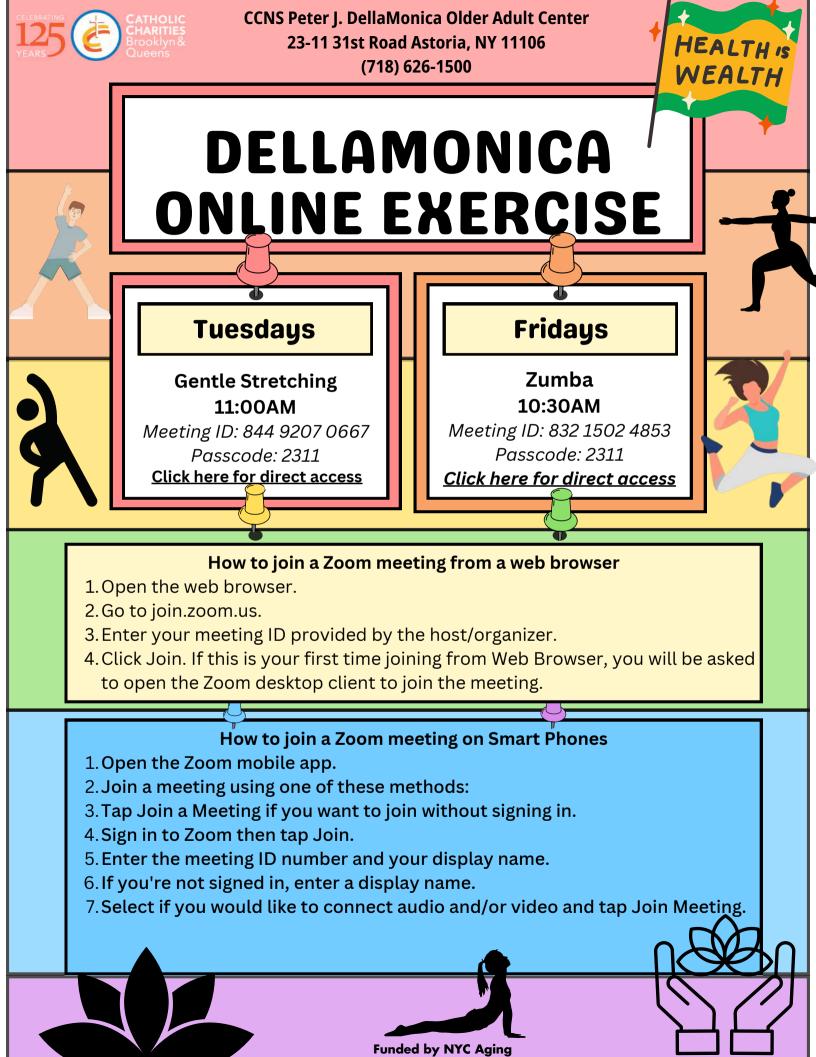
WEDNESDAYS AT 11:00AM

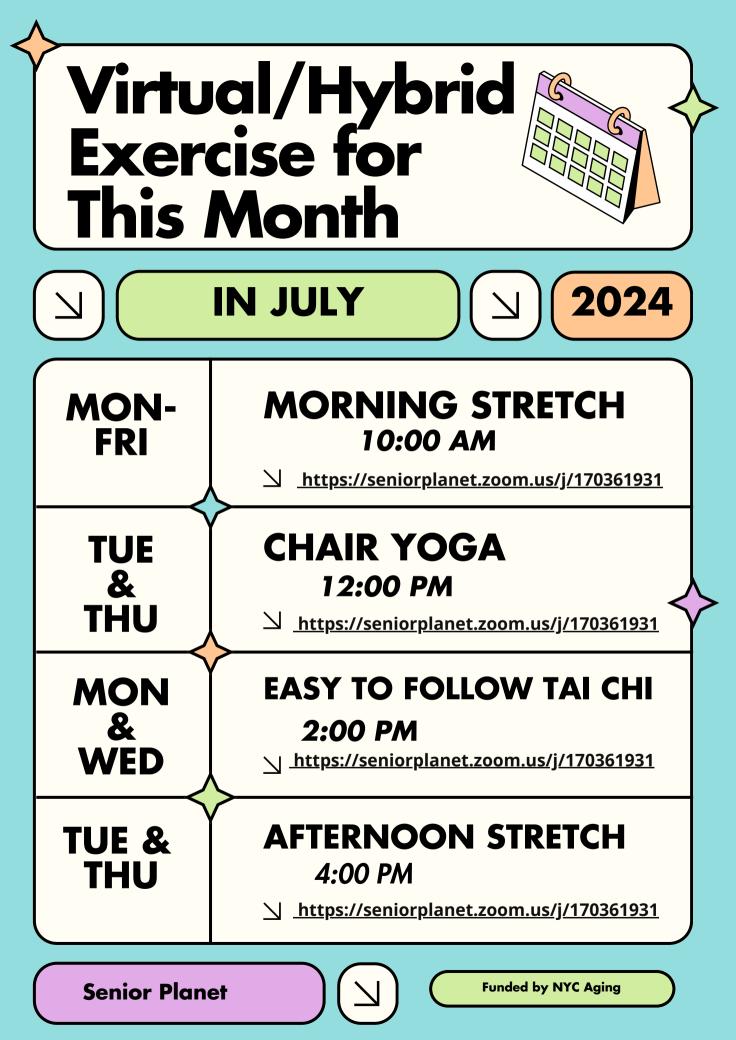
LUNCH ROOM



MONDAYS & THURSDAYS! 11:00 AM @ OUTDOOR PATIO WITH TONY







Senior Planet Virtual/Hybrid Workshops with Zoom

TUESDAY, JULY 9TH [AT] 6:00PM eBay & PayPal Meeting ID: 892 2062 6958

> TUESDAY, JULY 9TH [AT] 6:00PM Open Mic Night Meeting ID: 886 4973 5425

TUESDAY, JULY 16TH[AT] 11:00AM Crowdfunding for Entrepreneurs Meeting ID: 892 2062 6958

> TUESDAY, JULY 23RD [AT] 10:30AM Graphic Design Tools Meeting ID: 892 2062 6958

TUESDAY, JULY 23RD[AT] 11:00AM Open Mic Night Meeting ID: 886 4973 5425

> Need help joining a class? Call Jennifer, at 718-626-1500. M-F 10am-3pm.

seniorplanet.org/classes/

CCNS PETER J. DELLAMONICA OAC 23-11 31st Road Astoria NY 11106 718-626-1500 You Are Invited

ELEBRATING 125 VEARS

.

22nd at 1:00 PM*

JULY

Birthday

Party

COME JOIN SPECIAL DAY WITH FUN DJ, MUSIC, PRIZES, MUCH MORE!

¹²⁵CONS PETER J. DELLAMONICA OLDER ADULT CENTER TRANSPORTATION



DELLAMONICA PROVIDES TRANSPORTATION FOR A SUGGESTED CONTRIBUTION OF \$1.50 ONE WAY TO LOCAL STORES & DOCTOR'S APPOINTMENTS.



CALL 718-626-1500 ASK FOR SYED TO SCHEDULE A RIDE

IF YOU NEED TO CANCEL, PLEASE CALL AT 9:00AM OF THE MORNING YOU WERE TO RIDE.

23-11 31ST ROAD ASTORIA, NY 11106

FUNDED BY NYC AGING



Southwest Queens Senior Services

is funded by the New York City Department for the Aging

Who are we?

Southwest Queens Senior Services is a program of Catholic Charities Brooklyn and Queens. We have had the privilege of serving older adults in Queens for over 30 years. The goal of our program is to help older adults to live as independently as possible in their own homes.



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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.

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

neignoornoodo on

- Hollis .
- Kew Gardens
- St. Albans
- Woodhaven
- Iamaica
- . Ozone Park
- South Jamaica .



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



- South Ozone Park
 - Wakefield
 - Howard Beach
 - **Richmond Hill** Hamilton Beach

 - Springfield Gardens



Queens

CONDITIONED 100

NEED HELP? Catholic Charities Call Center 718-722-6001



Monday - Friday, 9AM - 6PM

- Behavioral Health Services
- Care Coordination

125 €

- Early Childhood and Head Start Programs
- Emergency Food Pantry
- Housing Information
- Housing mornation
- Immigration Services
- Limited Financial Assistance
- Family Stabilization Programs
 Senior Services
 - Information & Referrals to Other Services
- A Catholic Charities Walk-In Center may also be located in your area.

Integrated Health & Wellness Services Catholic Charities Brooklyn and Queens www.ccbq.org

Catholic Charities Centro de Atención 718-722-6001

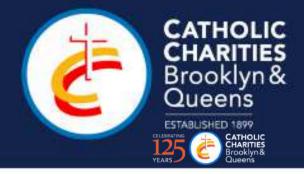


Lunes - Viernes, 9AM - 6PM

- Servicios de salud de comportamiento *
- Coordinación de la atención
- Enseñanza preescolar y programa Head Start
- Dispensa de alimentos de emergencia
- Programas de la estabilización de familias •
- Información sobre viviendas
- Servicios migratorios

- Ayuda financiera limitada
- Servicios a las personas de la tercera edad
- Información y referencias a otros servicios
- Un centro de atención personal de Catholic Charities también se puede encontrar en su área.

Salud Integral & Servicios de Bienestar Catholic Charities Brooklyn and Queens www.ccbq.org



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

St. John the Baptist 333 Hart Street, Brooklyn, NY 11206 Tuesdays, 8:30 AM - 12 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, 9:30 AM - 11:30 AM

St. Gregory the Great 244 Brooklyn Ave., Brooklyn, NY 11213 Every other Wednesday, 12 PM - 1 PM

Our Lady of Mercy 680 Mother Gaston Blvd., Brooklyn, NY 11212 Mondays and Fridays, 9 AM - 11 AM

Church of the Holy Spirit 1712 45th Street, Brooklyn, NY 11204 Every other Friday, 9 AM - 11 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 - 12 PM

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

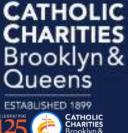
Our Lady of Sorrows Church 35-34 105th Street, Corona, NY 11368 (Church Parking Lot) Opens October 5, 2023, 1st Thursday of the month, 2 PM - 5 PM



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.





FOOD PANTRY Ubicaciones y Horarios

Our Lady of Angels 330 73rd Street, Brooklyn, NY 11209 Miércoles, 9:30 AM - 12 PM and 1:30 PM - 3 PM

St. John the Baptist 333 Hart Street, Brooklyn, NY 11206 Martes, 8:30 AM - 12 PM

Our Lady of Miracles 757 East 86th Street, Brooklyn, NY 11236 Sábados, 10 AM - 11:30 AM

Our Lady of Solace 2866 West 17th Street, Brooklyn, NY 11224 Lunes, 9:30 AM - 1:30 PM

St. Marks 2609 East 19th Street, Brooklyn, NY 11235 1er y 3er Jueves del mes, 9:30 AM - 11:30 AM

St. Gregory the Great 244 Brooklyn Ave., Brooklyn, NY 11213 Cada dos Miércoles, 12 PM - 1 PM

Our Lady of Mercy 680 Mother Gaston Blvd., Brooklyn, NY 11212 Lunes y Viernes, 9 AM - 11 AM

Church of the Holy Spirit 1712 45th Street, Brooklyn, NY 11204 Cada dos Viernes, 9 AM - 11 AM

St. Rose of Lima 130 Beach 84th Street, Rockaway Beach, NY 11693 Martes, 10 AM - 12 PM

St. Teresa 50-20 45th Street, Woodside, NY 11377 Martes, 4 PM - 6 PM BVM St. Mary-Winfield 70-31 48th Ave., Woodside, NY 11377 Jueves, 9:30 AM - 12 PM

Our Lady of the Angelus 63-63 98th Street, Rego Park, NY 11374 1er y 3er Sábado de cada mes, 10 AM - 11:30 AM

St. Raphael 35-20 Greenpoint Ave., Long Island City, NY 11101 Jueves, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

St. Patrick 39-38 29th Street, Long Island City, NY 11106 3er Sábado de cada mes, 10 AM - 12 PM

Church of the Incarnation 89-28 207th Street, Queens Village, NY 11427 Viernes, 12 PM - 2 PM

St. Benedict the Moor 171-17 110th Ave., Jamaica, NY 11434 2do y 4to Martes del mes, 10 AM - 12 PM

Presentation of the Blessed Virgin Mary 88-19 Parsons Blvd., Jamaica, NY 11432 1er y 3er Miércoles de cada mes, 5 PM - 6 PM

Ocean Bay 411 Beach 54th Street, Arverne, NY 11692 1er y 3er Jueves de cada mes, 12 PM - 2 PM

St. Michael 136-76 41st Ave., Flushing, NY 11355 Martes y Miércoles, 9 AM - 11 AM

Our Lady of Sorrows Church 35-34 105th Street, Corona, NY 11368 (Estacionamiento de la iglesia) Abre el 5 de octubre de 2023, 1er jueves de cada mes, 2 PM - 5 PM



Para obtener la lista completa de ubicaciones afiliadas, visite: www.ccbq.org/service/food-pantry-network

Si tiene dificultades para comprar comida, usted puede obtener ayuda para hacerlo con el Programa de Asistencia Nutricional Suplementaria (SNAP). A veces los beneficios suelen ser llamados los cupones de alimentos o los food stamps y vienen en una tarjeta de EBT que puede usar en muchas tiendas y mercados de agricultores. Para mayor información y/o para presentar una solicitud, visite access.nyc.gov. Para saber si califica, textea FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite www.ccbq.org.

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PETER J. DELLAMONICA OLDER ADULT CENTER



23-11 31st Road, Astoria, New York, 11106 Monday - Friday: 8:00 am - 4:00 pm Funded by NYC Aging

(718) 626-1500

WHAT IS SNAP?

The Supplemental Nutrition Assistance Program (SNAP) helps low-income individuals and families buy the food they need to stay healthy.

Over 4 million older Americans use SNAP to buy healthy food at their local store or market.

HOW TO APPLY

Make an appointment with Jennifer at 718-626-1500 x7375









61% reported cost of healthy foods as a barrier

Get help paying for your groceries



AM I ELIGIBLE?

You can get help from SNAP if you have limited income and resources. You may also qualify if you have high medical and living expenses.

The amount you receive may depend on two things:

- Household income from all sources, including money you get from a job, Social Security, SSI, or interest
- Number of people that live in your household











PETER J. DELLAMONICA OLDER ADULT (157 23-11 31st Road, Astoria, New York, 11106 157 Monday - Friday: 8:00 am - 4:00 pm (718) 626-1500

Funded by NYC Aging



If you make \$2,260 a month or less, you may qualify for a **Medicare Savings Program!**

Medicare Savings Programs may be used to help pay for your Medicare Part A (hospital insurance) and Part B (medical insurance) premiums, deductibles coinsurance, and copayments. Income eligibility limits for the Medica Savings Programs have increased,

Connect with a GetCoveredNYC Specialist to see if you qualify for a Medicare Savings Program.

MEDICARE

MEDICARE IS A NATIONWIDE HEALTH INSURANCE PROGRAM RUN BY THE FEDERAL GOVERNMENT. YOU CAN QUALIFY FOR MEDICARE IF YOU ARE AGE 65 OR OLDER AND/OR IF YOU HAVE CERTAIN DISABILITIES OR END-STAGE RENAL DISEASE (ERSD).

MEDICARE HAS FOUR PARTS:

PART A

- HOSPITAL INSURANCE
- INPATIENT CARE IN A HOSPITAL
- SKILLED NURSING FACILITIES
- HOSPICE CARE
- SOME HOME HEALTH CARE

PART C

- MEDICARE ADVANTAGE PLANS
- HOSPITAL AND MEDICAL CARE (PART A & B) PA
- PRESCRIPTION DRUGS (USUALLY)
- OTHER BENEFITS AND SERVICES AT AN EXTRA COST (USUALLY)

WHO IS ELIGEBLE

- PEOPLE 65 AND OLDER
- PEOPLE WITH PERMANENT DISABILITIES WHO RECEIVE SOCIAL SECURITY DISABILITY INSURANCE (AFTER A TWO-YEAR WAITING PERIOD)
- PEOPLE WITH END-STAGE RENAL DISEASE OR AMYOTROPHIC LATERAL SCLEROSIS (ALS) (NO WAITING PERIOD)

NOTE: MOST PEOPLE DON'T PAY A PREMIUM FOR PART A: HOSPITAL INSURANCE BECAUSE THEY OR A SPOUSE ALREADY PAID FOR IT THROUGH THEIR PAYROLL TAXES WHILE WORKING.



PART B

- MEDICAL INSURANCE
- DOCTORS' VISITS AND OTHER SERVICES
 OUTSIDE OF A HOSPITAL
- HOME HEALTH CARE
- DURABLE MEDICAL EQUIPMENT, LIKE A
 WHEELCHAIR
- LIMITED PRESCRIPTION DRUGS
- PART D
 - PRESCRIPTION DRUG COVERAGE
 - PRESCRIPTION DRUGS NOT COVERED UNDER
 PART B



Make an appointment with Jennifer at

718-626-1500 x7375



Senior Citizen Rent Increase Exemption (SCRIE)



SENIORS AND PEOPLE WITH DISABILITIES, KEEP YOUR RENT FROM INCREASING, IF YOU:

- Are 62 years or older, 18 years old if disabled;
- Have a household income of \$50,000 or less;
- Live in a rent regulated apartment; and
- Spend more than 1/3 of income on rent.

ENROLL IN THE NYC RENT FREEZE PROGRAM



Interested? Contact Jennifer at 718-626-1500 x7375

¿Interesado? Comuníquese con la trabajadora social: Jennifer al 718-626-1500 x7375

PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, New York, 11106 Monday - Friday: 8:00 am - 4:00 pm

(718) 626-1500





Lettuce

Key Points

- For the best buy, choose lettuce that is firm, green and smells sweet.
- To prepare lettuce, remove the center core and outer wilted leaves. Rinse well and dry with a clean towel.
- To store fresh, wrap lettuce in damp paper towels and refrigerate for up to 3 days.
- Lettuce contains vitamin A, which is good for healthy eyes and skin.

Lettuce and Chickpea Salad

Ingredients:

6 cups shredded lettuce 2 cups cooked chickpeas 2 tomatoes, chopped 1 cucumber, chopped 1/2 cup chopped onion 1 tablespoon vegetable oil 1/4 cup apple cider vinegar 1 tablespoon fresh parsley or 1 teaspoon dried parsley (optional) Salt and pepper, to taste

Directions:

- 1. Place lettuce in a large bowl.
- Add chickpeas, tomatoes, cucumber, and onions to lettuce. Toss lightly.
- In a small bowl, mix oil, vinegar, parsley, salt and pepper.
- Pour dressing over lettuce salad and toss.
- 5. Serve immediately.
- 6. Refrigerate leftovers.

Makes 4 servings.

Adapted from www.vegweb.com

Lettuce and Apple Salad

Ingredients:

- 6 cups shredded lettuce 2 chopped apples 1/2 cup grated carrots
- 1 cup raisins
- 1 tablespoon vegetable oil
- 1/4 cup lemon juice
- 1 tablespoon raspberry jam (optional)
- Salt and pepper to taste

Directions:

- Place lettuce in a large bowl.
- Add apples, carrots, and raisins to lettuce. Toss lightly.
- In a small bowl, mix oil, lemon juice, jam, salt, and pepper. Mix well.
- Pour dressing on lettuce and toss.
- 5. Serve immediately.
- 6. Refrigerate leftovers. Meet with a Virtual Nutritionist Website: <u>Cooking with NYC Aging</u> Email: virtualsmartliving@aginig.nyc.gov Call: 929-436-2866

Makes 4 servings.



Quick Tips

- Shred lettuce and add to a soup or stir fry.
- Squeeze lemon juice and a bit of oil over lettuce for a quick salad.
- Use lettuce leaves to wrap up your favorite sandwich fillings!
- Remember to rinse all fruits and vegetables before using.

to Fruits and Just Say Vegetables

Visit our website at www.jsyfruitveggies.org for more great recipes!

This material was funded by USDA's Supplemental Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's 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).

The Nutrition Facts Label — What does it tell us?

Recipe Name: Lettuce and Chickpea Salad

Recipe Name: Lettuce and Apple Salad

Nutrition Facts Serving Size (356g) Servings Per Container	1. Start with the serving size.	Nutrition Facts Serving Size (254g) Servings Per Container		
Amount Per Serving	2. Check calories.	Amount Per Serving		
Calories 210 Calories from Fat 50		Calories 240 Calories from Fat 30		
% Daily Value*		% Daily Value*		
Total Fat 6g 9%	3. Limit these:	Total Fat 3.5g 5%		
Saturated Fat 0.5g 3%	-Total fat - Saturated fat - Trans fat - Cholesterol - Sodium	Saturated Fat 0g 0%		
Trans Fat 0g		Trans Fat 0g		
Cholesterol 0mg 0%		Cholesterol 0mg 0%		
Sodium 160mg 7%		Sodium 180mg 8%		
Total Carbohydrate 33g 11%		Total Carbohydrate 52g 17%		
Dietary Fiber 9g 36%	4. Get enough of these:	Dietary Fiber 6g 24%		
Sugars 9g	- Fiber - Vitamins A and C - Iron - Calcium	Sugars 43g		
Protein 10g		Protein 2g		
Vitamin A 15% • Vitamin C 40%		Vitamin A 50% • Vitamin C 20%		
Calcium 10% • Iron 20%		Calcium 6% • Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500		
Total FatLess than65g80gSaturated FatLess than20g25gCholesterolLess than300mg300mgSodiumLess than2,400mg2,400mgTotal Carbohydrate300g375gDietary Fiber25g30g		Total FatLess than65g80gSaturated FatLess than20g25gCholesterolLess than300mg300mgSodiumLess than2,400mg2,400mgTotal Carbohydrate300g375gDietary Fiber25g30g		
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	ļ ,	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

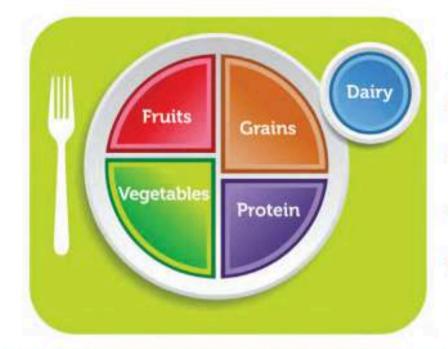
Meet with a Virtual Nutritionist Website: <u>Cooking with NYC Aging</u> Email: virtualsmartliving@aginig.nyc.gov Call: 929-436-2866

Percent (%) Daily Value: 5% or less is LOW 20% or more is HIGH

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Visit our website at www isofruityeggies org for more great recipes!

Easy Ways to... Choose Healthy Portions



- 1. Start with a 9-inch plate.
- Use your hand to measure your portions.
- Fill half of your plate with fruits and vegetables.
- Fill a quarter of your plate with lean protein.
- 5. Fill a quarter of your plate with whole grains.



For fruits, vegetables and grains, a portion is the size of your fist. This equals:

- 1 cup of chopped vegetables
- 1 medium apple
- 1 cup of brown rice or pasta
 Try to eat five portions a day.



For lean protein, a portion is the size of your palm. This equals:

- 3 ounces of fish
- 3 ounces chicken
- Try to eat three portions a day.

For more information, visit chooseMyPlate.gov.

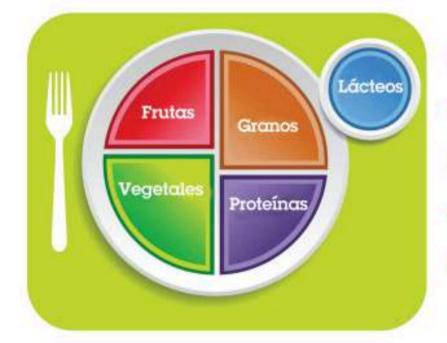
For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/ eatinghealthynyc. For more information about Stellar Farmers Markets, visit nyc.gov and search for farmers markets. For healthy recipes, visit jsyfruitveggies.org.

This material was funded by United Status Department of Agriculture's (JSDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides number assistance to people with low incomes. It can help you buy numbers foods for a better dist. To find dat more, contact 800 342-3009 or go to myBenefits-rygov. USDA is an equal opportunity provider and emptyse. In accordance with Pederal law and USDA policy, this institution is prohibited from datamening on the basis of race, coror, national origin, sex, age, religion, political belats or dealbirly. To file a complexit of decrimination, write USDA, Director of Owi Rights, Room 326-W, Whitten Badeing, 1400 independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (social and TDD).





Formas fáciles para... elegir porciones saludables



- 1. Comience con un plato de 9 pulgadas.
- 2. Use su mano para medir las porciones.
- 3. Llene la mitad de su plato con frutas y vegetales.
- 4. Llene un cuarto de su plato con proteína magra.
- 5. Llene un cuarto de su plato con granos integrales.



Para frutas, vegetales y granos: una porción equivale al tamaño de su puño. Esto es igual que:

- 1 taza de vegetales en trozos
- 1 manzana mediana.
- 1 taza de arroz integral o pasta

Intente comer cinco porciones al día.



Para proteína magra: una porción equivale al tamaño de su palma. Esto es igual que:

- 3 onzas de pescado
- 3 onzas de pollo
- Intente comer tres porciones al día.

Para obtener más información, visite chooseMyPlate.gov.

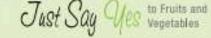
Puede obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook, en facebook.com/ eatinghealthynyc.

Para obtener más información acerca de Stellar Farmers Markets, visite nyc.gov y busque farmers markets (mercados de agricultores).

Para obtener recetas saludables, visite jsyfruitveggies.org.

B Programa de Asstancia Nutricional Supermentaria (Supprementari Assistance Nutrition Program, SNAP) de Departamento de Agricultura de Estados Unidos (Unidos (Unidos Department of Agricultura, USDA) Branció este material: El SNAP, anteriormente conocido como Programa de Cupones para Almantos (Food Stamp Program, FSP) en Nueva Vork, proporciona asistancia nutricional a personas con bajos scursos. Puede apadale a comprar almentos nutritivos para tanar una mejor Bota. Para obtanar más información, fame al 800-342-3000 o ingeses a myBenefís.ny.gov. El USDA as un proveedor y empleador que ofece quadale de oportunidades. De conformidad con la ley federal y la política del USDA, esta institución próhibe la decreminación por raza, color, origen necental, seco, adad, religión, opiniones políticas o incepecidad. Para presentar una queja sobre discriminación, escriba as USDA, Director of Chill Rights, Room 326-W, Western Building, 1400 Independence Avenue, EM, Wastengton, D.C. 20250 o tama al 202-720-5964 (voz y TDD)





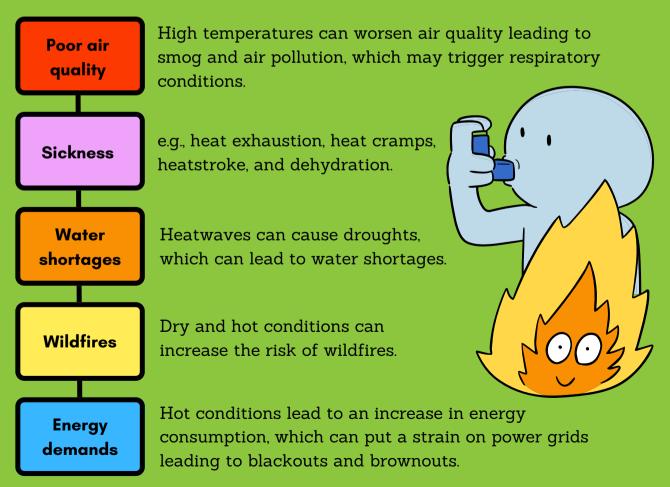


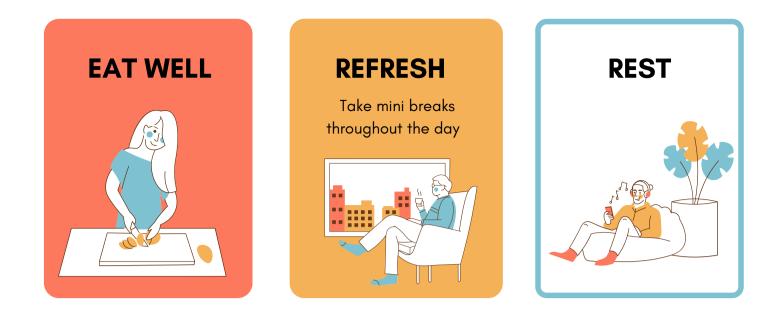
A prolonged period of excessively hot weather relative to the local climate.

where

Heatwaves most commonly occur in areas with hot and dry climates, such as deserts and semi-arid regions, and areas with high levels of humidity, such as coastal regions and tropical areas. 00

risks





SELFCARE

THE ART OF PAYING ATTENTION TO **YOU AND YOUR NEEDS**



Do more of what brings you joy











A one-time grant per year to help low-income homeowners and renters pay fuel and utility cost.

Age: Any age Assets: No limit Income: Monthly limit for one person \$2,852; couples \$3,730

Benefit Amounts: Available to both households that pay directly for heat and households where heat is included in rent. Benefit amounts

range from \$21 to \$635. Eligible households that pay directly for heat with their main source of heat being oil, kerosene or propane may receive a benefit of up to \$900.

Heat Emergencies: Only HEAP-eligible households paying directly for heating may apply for one time emergency help with fuel, repairs, or heat-related equipment or temporary relocation.

Note: Funds are limited, apply early.

Heating Equipment Repair or Replacement

The Heating Equipment Repair and Replacement Component of the Home Energy Assistance Program is available to help eligible low-income homeowners repair or replace furnaces, boilers and other direct heating components necessary to keep their home's primary heating source functional.

Benefit amounts are based on the actual cost incurred to replace or repair the furnace, boiler and/or other essential heating equipment.

To apply:

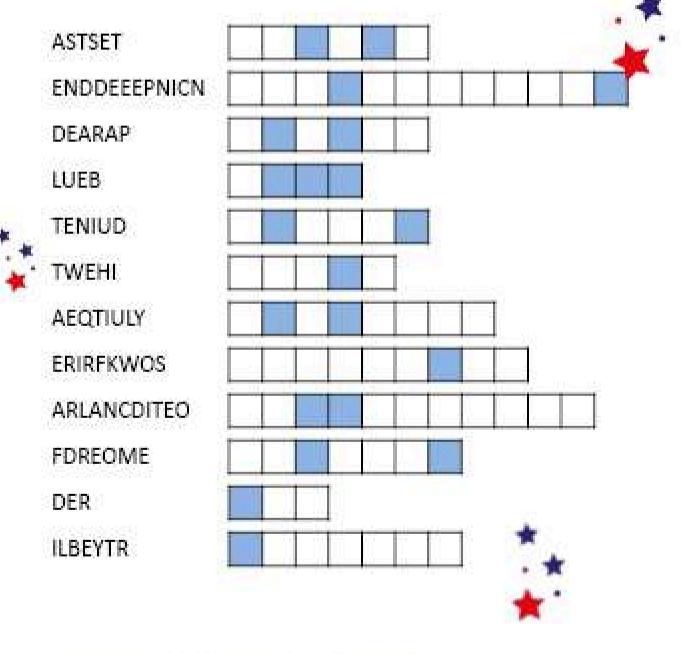
• Call 311 and ask about the local HEAP office.

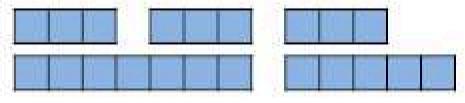
Name:

Date:

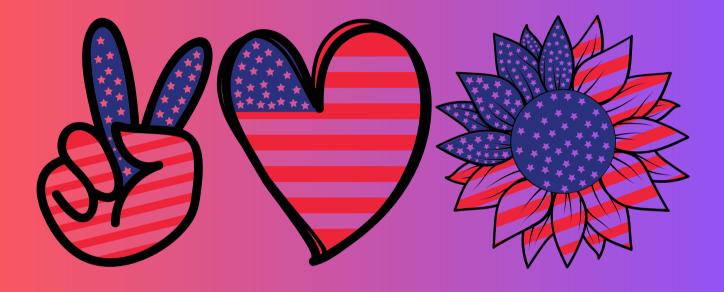
July Fourth Word Scramble

DIRECITONS: Unscramble the words, then use the highlighted letters to write out the scrambled secret message.





@ 2018 pumles-to-print com



Peace V Love V America

Miriam Summerford Cris Caraballo Janet Diaz Joanne Giammarinaro Chand Hariprashad Catherine Katsaros Violeta Leano Luz Millet Judith Nolfo Angela Ordonez Annamaria Procacci Maria Stagni Barbara Tverdoch Chompoo Wallace Don Ward

July 2024

<u>Har</u>



23-11 31st Road Astoria, NY 11106

Older Adult Center Staff

- Michael Singh Jennifer Deror Miriam Castro Vacant Val Yaskubov Jasmine Federico Cristelia Caraballo Kevin Jackson Syed Haider
- Program Manager Case Manager Administrative Assistant Recreation Coordinator Cook Assistant Cook Kitchen Aide Custodian Transportation Transportation

Peter J. DellaMonica Advisory Council

- President Vice President Treasurer Secretary Head Councilember
- Rosa Coto Miriam Summerford Bernadine Moses Maria Elena Rodriguez Nancy Dharma
- Coun Jay Marcus Gloria Gasca Lucia Say
- ember Nancy Dharma Councilmembers rcus Rudi Amaro asca Enilda Rodriguez
- Director of Field Operations Annie Liu

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 human development.



Our case worker is available here at the center for your case management needs by appointment only. Stop in or call the office at 718-626-1500 to make an appointment.

Nuestro trabajador social está disponible aquí en el centro para sus necesidades solo con cita previa. Llame a la oficina al 718-626-1500 para hacer una cita.





THANK YOU FOR YOUR DONATIONS TO ALL WHO HAVE DONATED!



YEARS	July 2024 Presentations and Classes - Calendar // Julio 2024 Presentaciones y Clases - Calendario			DULE SUBJET TO CHANGE ITHOUT PRIOR NOTICE Sunded by the NYC Aging
Monday	Tuesday	Wednesday	Thursday	Friday
1 4th July	2	3	4	5
9:00 Spot the Difference: Brain Teaser w/Michael S. 9:30 Ballroom Dancing 10:00 Gardening w/Tony 10:30 Line Dancing w/Wen T. 11:00 Scam & Fraud Prevention w/Jennifer 12:00 Lunch 1:00 4th of July Celebration w/DJ from Elite Chaice Home Care 3:00 Self expression, creative writing w/ MS	9:00 Word Search w/ Michael S. 10:00 4th of July Coloring w/Rosa 10:00 Gentle Stretching w/Carl S. 11:00 Board Games w/Miriam 12:00 Special Lunch 1:00-2:30 SPECIAL BINGO 2:30 Watercolor Painting w/ Helen D.	9:00 Word fill in Puzzle w /Michael S. 10:00 Tai Chi w/Wen T. 10:00 Board Games w/Miriam 11:00 Social-Emotional <u>Activity w/Michael</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Uplifting Short Stories: Mark Twain w/MS		S <u>orry</u> We're CLOSED
8 SUMMER	9	10	11 MEETING	12
9:00 Spot the Difference: Brain Teaser w/Michael S. 9:30 Ballroom Dancing 10:00 Gardening w/Tony 10:30 Line Dancing w/Wen T. 11:00 Scam & Fraud Prevention w/Jennifer 12:00 Lunch 1:00 Hot Summer Celebration w/DJ Valentin 3:00 Self expression, creative writing w/MS	9:00 Word Search w/ Michael S. 10:00 Adult Coloring w/Rosa 10:00 Gentle Stretching w/Carl S. 10:00-3:00 Trader Joe's 11:00 Nutrition Lecture & Food Demo w/ Neron Francis 12:00 Lunch 1:00-2:30 BINGO 2:30 Watercolor Painting w/ Helen D.	9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Health & Nutrition</u> <u>Education w/Jennifer</u> <u>11:00 Social-Emotional</u> <u>Activity w/Michael</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Uplifting Short Stories: Mark Twain w/MS	9:00 Word Scramble w/Michael S. 9:00-10:00 Learn to take your Blood Pressure w/ MS <u>10:00 Yoga w/Ability</u> 11:00 Gardening w/Tony 11:00 General 11:00 General 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Journaling w/MS	9:00 Sudoku Puzzles w/Michael S. 10:30 Zumba w/Ability B. 10:00 Drawing w/Jennifer 11:00 Leisure Games w/Miriam 10:00-2:00 Orchard Beach 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/ Helen D. +1+ +1+
1 <mark>5 (</mark> ବ୍ 👇	16	17	18	19
9:00 Spot the Difference: Brain <u>Teaser w/Michael S.</u> 9:30 Ballroom Dancing 10:30 Line Dancing w/Wen T. 10:30 Gardening w/Tony 11:00 Scam & Fraud Prevention w/Jennifer 12:00 Lunch 1:00 Latin/Dance Celebration w/Concerts in Motion (Contest & Raffle) 3:00 Self expression, creative writing w/MS	9:00 Word Search w/Michael S. <u>10:00 Gentle Stretching</u> <u>w/Carl S.</u> 10:00 Adult Coloring w/Rosa 10:00-3:00 Socrates Park 11:00 Board Games w/Miriam 12:00 Lunch <u>2:30 Watercolor Painting</u> <u>w/ Helen D.</u>	9:00 Word fill in Puzzle w/Michael S. 10:00 Tai Chi w/Wen T. 10:00 Health & Nutrition Education w/Jennifer 10:30 Social-Emotional Activity w/Michael 11:15 Medication Management w/ GetWellRx 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Uplifting Short Stories: Mark Twain w/MS	9:00 Word Scramble w/Michael S. 9:00-10:00 Learn to take your Blood Pressure w/ MS <u>10:00 Yoga w/ Ability B.</u> 11:00 Gardening w/Tony 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Journaling w/MS	9:00 Sudoku Puzzles w/Michael S. 10:30 Zumba w/Ability B. 10:00 Word Games w/Rosa 11:00 Leisure Games w/Miriam 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/ Helen D.
22 RAPES	23	24	25	26
2:00 Spot the Difference: Brain <u>Teaser w/Michael S.</u> 9:30 Ballroom Dancing 10:30 Gardening w/Tony 11:00 Scam & Fraud Prevention <u>w/Jennifer</u> 10:30 Linch <u>12:00 Lunch</u> 1:00 July Birthday Party <u>w/D.7 Valentin</u> (<u>Gifts & Cake</u>) 3:00 self expression, creative <u>writing w/MS</u>	9:00 Word Search w/Michael S. 10:00 Adult Coloring w/Rosa 10:00 Gentle Stretching w/Carl S. 11:00 Board Games w/Miriam 10:15 Costco 12:00 Lunch 1:00-2:30 BINGO 2:30 Watercolor Painting w/ Helen D.	10:00-2:00 City Island Trip <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Health & Nutrition</u> <u>Education w/Jennifer</u> <u>11:00 'Gut Health Webinar</u> <u>with Mt. Sinai</u>	9:00 Word Scramble w/ Michael S. 9:00-10:00 Learn to take your Blood Pressure w/ MS 10:00 Yoga w/ Ability B. 11:00 Gardening w/Tony 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Journaling w/MS	10:30 Zumba w/Ability B. 10:00 Word Games w/Rosa 11:00 Leisure Games w/Miriam 12:00 Lunch
29 Cream	30	31	Physical Exercise underlined in green	SPECIAL PRESENTATIONS AND Events are underlined.
9:00 Spot the Difference: Brain Teaser w/Michael S. 9:30 Ballroom Dancing 10:00 'Prostate (BPH) Webinar w/ St. John's University 10:30 Gardening w/Tony 11:00 Scam & Fraud Prevention w/Jennifer 10:30 Line Dancing w/Wen T. 12:00 Lunch 1:00 lee Cream Day. + Photobooth w/VNSNY	9:00 Word Search w/Michael S. 10:00 Adult Coloring w/Rosa 10:00 Gentle Stretching w/Carl S. 11:00 Board Games w/Miriam 10:15 Trader Joe's 12:00 Lunch 1:00-2:30 BINGO 2:30 Watercolor Painting w/ Helen D.	9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Leisure Games</u> w/Miriam <u>11:00 Social-Emotional</u> <u>Activity w/Michael</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Uplifting Short Stories: Mark Twain w/MS		Contact Jennifer Deror for any questions or concerns about activities/events. 718-626-1500 *VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.

LUNCH SERVED 12:00-1:00 Peter J. DellaMonica Older Adult Center LUNCH MENU					
SUGGESTED CON	TRIBUTION: \$1.50	JULY 2024/ JULIO 2	<mark>024</mark>	Funded by NYC Aging	
Monday	Tuesday	Wednesday	Thursday	Friday	
1	2 Special Menu	3	4	5	
Hawaiian Chicken Legs Rice and Beans Green Salad Banana Apple Juice	Beef Franks Hamburger Pickles/Corn on the cub Coleslaw Potato Salad Orange/Grape Juice	Zesty Chickpea Stew Brown Rice Roasted Broccoli Apple Orange Juice	**** WE WILL BE CLOSED ON **** 4TH OF JULY	Sorry We're CLOSED	
8	9	10	1 1	12	
BBQ Chicken Leg Quarters Brown Rice Steamed Collard Greens Orange Apple Juice	Turkey Meatloaf Sauteed Spinach Smashed Mixed Potatoes and Cauliflower Apple Grape Juice, unsweetend	Black Bean Soup Kasha Beet Salad Banana Orange Juice	Chili con Carne White Rice Brussels Sprouts Honeydew Orange Pineapple Juice	Fish with Creole Sauce Cous Cous Baby Spinach Salad with Lemon Vinaigrette Orange Orange Juice	
15	16	17	18	19	
Chicken Stir Fry with Vegetables Baked Brown Rice Pilaf Asian Cucumber Salad Banana Orange Juice	Pernil (Roasted Pork Shoulder) Broccoli with Toasted Garlic Roasted Potatoes Orange Grape Juice, unsweetened	Homemade Lentil Soup Rice and Beans Italian Blend Vegetables Apple Orange Juice	Baked Ziti with Beef Meatballs California Blend Vegetables Peach Grape Juice, unsweetened	Baked Fish Amandine Couscous with Peas and Lemon Garden Salad Orange Orange Pineapple Juice	
22	23	24	25	26	
Trinidad Pelau Chicken and Pigeon Peas Brussels Sprouts Banana Orange Pineapple Juice	Turkey Stir Fry with Vegetables White Rice Roasted Broccoli Apple Grape Juice, unsweetend	Garlicky Tomato Soup with Smashed White Beans Brown Rice with Kidney Beans Vegetable Mix Cantaloupe Orange Juice	Beef and Pepper Pasta Italian Blend Vegetables Orange Orange Pineapple Juice	Fish with Tomatoes and Herbs Cous Cous Broccoli and Red Pepper Salad Apple Grape Juice, unsweetened	
29	30	31			
Baked Chicken Thighs Kasha Roasted Broccoli Orange Apple Juice	Chinese Style Pork Italian Blend Vegetables Sauteed Sweet Potatoes Banana Grape Juice, unsweetened	Homestyle Spinach and White Bean Soup Black Beans and Rice Apple and Beet Salad Apple Orange Juice	Astor	t: 23-11 31st Road, ria NY 11106	
		Lunch includes Low-fat 1% Milk and a slice of Whole Wheat Bread.			