

Narrows OAC Newsletter July 2024

JULY FUN FACTS

July is Observed as : Independence Day, National Ice Cream Month, UV Safety Month, National Picnic Month, National Parks Month

Birthstone: Ruby

Fruits and Veggies of the Month: Cucumbers, Tomatoes, Watermelon, Strawberries.

Flower: Larkspur

Astrological Sign: Cancer and Leo



Changing Lives...
Building Communities™

CCNS
Narrows Senior Center
933 54th Street
Brooklyn, NY 11219
Tel: 718.232.3211
Fax: 718.232.0512



Summer is officially here. A great time to go outdoors and get some natural vitamin D. The daytime is now longer so take the opportunity to enjoy the beautiful outdoors. It is a perfect time to check and see what free events are taking place in nearby recreational parks. We have some posted on the bulletin board. However, keep in mind of how much time you spend in the heat, especially in very humid hot weather. Try to stay in air conditioned environments as much as possible during days of very high heat waves and drink plenty of water to stay hydrated. Certain medications can also make you dehydrated, so check with your doctors about this. It is the month to celebrate America's Independence Day or July 4th to honor the country's independence from England. July is the month to celebrate Ice Cream and as well as Ultraviolet safety awareness. Be sure to wear sunglasses when it is a very sunny day to protect your eyes (especially light colored eyes) and put on some sun screen lotion to protect your skin from damaging sun rays.

Do not let your eyes stare straight into the sun, which can cause vision damage, cataracts and headaches.

Enjoy the warm weather and come into the center to participate in a bunch of activities that are created to be fun, healthy and educational.

Please give us a call for special events and request an appointment to get screened for benefits and entitlements. We also provide door to door transportation to older adults that live within the catchment area of the center.

Staff Members

Tselita McBride
Program Manager

Tommy Lee
Case Manager

Meng Zhou
Administrative Assistant

Madeline Sbrano
Driver

Samuel Robertson
Driver

Gek Poh Lim
Kitchen Aide

Tomasz Kucharczyk
Maintenance

CELEBRATING JULY

Independence Day

July 4th is Independence Day. This holiday is to celebrate America's independence from England. America was once made up of 13 British colonies. However, America was tired of the unfair British treatments including imposing unfair taxes. Long story short, the American colonies finally declared independence on July 4th, 1776 and battles occurred between the England and American colonies and eventually the American colonies won and became its own country.

<http://www.history.com/topics/holidays/july-4th>
<http://www.digitalhistory.uh.edu/era.cfm?eraID=3>

Ultraviolet Safety Month

July is Ultraviolet Safety month. Please remember if you plan to be outdoors for a long period of time, put plenty of sun tan lotion on your skin to prevent sunburn and prevent skin cancer. UV rays can cause skin wrinkles as well. Please be well aware of the Sun's Rays when the sun is at its highest UV level and usually that is during very clear sunny days and during noon time.

<http://www.crh.noaa.gov/Image/dtx/uvsafety.pdf>

National Ice Cream Month

Since 1984, July has become recognized as a month to celebrate ice cream thanks to President Ronald Reagan making this an official celebration. Due to recognizing this food product being so enjoyed by 90% of the American population, this is celebrated by businesses that sell ice cream and events are also created. The third Sunday of each July is known

National Ice Cream Day. <http://www.idfa.org/news-views/media-kits/ice-cream/july-is-national-ice-cream-month>

Daily Activity Calendar

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8am to 10:30am Coffee and Current Events	8am to 10:30am Coffee and Current Events	8am to 10:30am Coffee and Current Events	8am 10:30am Coffee and Current Events	8am to 10:30am Coffee and Current Events
8am — 9:30am Karaoke	8am — 9:30am Karaoke	8am — 9:30am Karaoke	8am — 9:30am Karaoke	8am — 9:30am Karaoke
9am to 11am Mah Jong / Ping Pong	9am to 11am Mah Jong / Ping Pong	9am to 11am Mah Jong / Ping Pong	9am to 11am Mah Jong/ Ping Pong	9am to 11am Mah Jong/ Ping Pong
10am to 11am Jewelry Making Class	10:30 11:15am Yoga Class with Victoria	10:30 to 11:15am Head to Toe Mindful Meditation & Yoga Class With Victoria	10:30 to 11:15am Yoga Class with Victoria	10:30am to 11:30am Music Entertainment
11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate
1pm to 2pm Healthy Easy Cooking / Recipe Class	2:30pm — 4pm Karaoke	1PM to 2PM Virtual Concert in Motion	1PM to 2PM Painting Appreciation	1pm to 2pm Computer /Technology Class with Hau-Yu
2:30pm — 4pm Karaoke	1pm to 2:30pm Sewing Class	1:00PM– 2:00PM Plaster and Painting with Vito Badamo	2:30pm — 4pm Karaoke	1:15pm to 2pm Cognitive Exercise Challenge
	3PM to 3:45 PM Virtual Tai Chi	2:30pm — 4pm Karaoke		2:30pm — 4pm Karaoke

Karaoke is per request. Please see staff to set up the equipment.

**Sewing Class: Three sewing machines on site to share
You are welcome to bring your own equipment.
Fabric and sewing kits are on site**

**Please speak to staff before making a donation of
household items or clothing as we have to follow safety**

Please call (718) 232-3211 for updates or changes.

Narrows Older Adult Center Menu for July 2024

930 53rd Street Brooklyn, NY 11219 Tel: (718) 232-3211 Fax (718) 232-0512

Monday	Tuesday	Wednesday	Thursday	Friday
1 Egg Salad Basic Pasta Salad Garden Salad Whole Wheat Bread Apple	2 Mediterranean Lentil Stew Italian Blend Vegetables Brown Rice Whole Wheat Bread Banana	3 Baked Pork Brown Gravy Sautee String Beans Roasted Potatoes Whole Wheat Bread Orange	4 <u>CENTER IS CLOSED</u>	5 Tuna Fish Salad Garden Salad Basic Pasta Salad Whole Wheat Bread Pear
8 Classic Chicken Cacciatore Prince Edward Blend Vegetables Homemade Tomato Sauce Penne Whole Wheat Bread Apple	9 Rasta Pasta Garden Salad Italian Blend Vegetables Whole Wheat Bread Banana	10 BBQ Pulled Pork Baked Sweet Potato Yellow Rice Whole Wheat Bread Orange	11 Beef Salisbury Steak Mushroom Gravy California Blend Vegetables Garlic Mashed Potatoes Whole Wheat Bread Apple	12 Baked Fish Oreganata Sauteed Green Beans with Onions White Rice Whole Wheat Bread Pear
15 Baked Chicken Thighs Brown Gravy California Blend Vegetables Brown Rice Apple	16 Chili-Spiced Pinto Bean Ragout Italian Blend Vegetables Brown Rice Whole Wheat Bread Banana	17 Italian Style Pork Loin Tomato Sauce Garden Salad Garlic Mashed Potatoes Whole Wheat Bread Orange	18 Spanish Style Beef Stew Prince Edward Blend Vegetables Yellow Rice Whole Wheat Bread Apple	19 Annes Lemon Garlic Sauce Baked Salmon Steamed Green Beans with Onions Roasted Potatoes Whole Wheat Bread Pear
22 Chicken Piccata Garlic Mashed Potatoes California Blend Vegetables Whole Wheat Bread Apple	23 Orange and Soy Glazed Tofu Prince Edward Blend Vegetables Brown Rice with Black Beans Whole Wheat Bread Banana	24 Baked Pork Ginger Sauce Oriental Blend Vegetables Yellow Rice Whole Wheat Bread Orange	25 Basic Shepherd's Pie Italian Blend Vegetables Whole Wheat Bread Apple	26 Tuna Fish Salad Basic Pasta Salad Garden Salad Whole Wheat Bread Pear
29 Baked Chicken Thighs BBQ Sauce Prince Edward Blend Vegetables Baked Sweet Potato Whole Wheat Bread Apple	30 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) California Blend Vegetables Whole Wheat Bread Banana	31 Baked Pork Mushroom Gravy Italian Blend Vegetables Homemade Mashed Potatoes Whole Wheat Bread Orange	<ul style="list-style-type: none"> • Menu Subject to Change • All Meals Served with 8 oz., 1% Milk • Hot beverages are offered throughout the day • Sugar substitute is available • Funded by NYC Aging 	

July 2024 Presentations

Monday 6/15/2024 10:15am — Water & Drinks (English)

Monday 6/22/2024 9:30am — Foods For Memory Boost
(English/Chinese)

Please note these presentation dates are subject to changes.

Entertainment Events

Friday 7/12/2024 10:30am — 11:30am
Joseph Lombardo Mini Concert

Friday 7/19/2024 10am — 11:30am
Celebrating Independence Day With DJ Joel Pawiak

Friday 7/26/2024 10:30am—11:30am
Estella & Peter Chan Mini Concert

Please Note They Are Subject To Changes At Any Time

THREE TIPS ON SUN SAFETY



July is national UV safety month! As you have fun in the sun, here are some tips on how to stay safe and protected from one of the leading causes of skin cancer.

Become sun smart!



Companies are selling "sunscreen pills," which may seem too good to be true. They are! This spring, the FDA published a warning against these products.



Know your risk. Some people are more prone to UV damage, including those with skin cancer in their family and with light eyes and skin that easily burns.



Always wear sunscreen when you're outside, and, when possible, find a shady spot and wear protective clothing and eyewear, too!

To read more about skin cancer, visit curetoday.com/tumor/skin

4th of July Word Search

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

Independence
 Freedom
 Parade
 Patriotic
 Liberty
 July
 Summer

Declaration
 Picnic
 Celebration
 Holiday
 British
 Stars
 Music

Flag
 Fireworks
 America
 Philadelphia
 Colonies
 Stripes



JinxyKids.com

5 Tips for a safe Summer Workout



Pick the right time

Exercise in the morning or evening when temperatures are usually cooler.



Wear the right clothing

Loose, breathable clothing that prevents chafing will help keep your body cool.



Avoid Extreme Temperature Change

Don't go right from the heat to a cold room. Take the time to properly cool down.



Slow Down

Extreme heat is not the time to go for your personal best. Don't push yourself.



Water, Water, Water!

Staying properly hydrated before, during and after your workout is critical to avoiding injury or heat related illness.

Always consult your doctor before exercising if you have health issues that could be complicated by heat exposure.



Importance of _____

HYDRATION

SYMPTOMS OF DEHYDRATION:

- THIRST
- DIZZINESS
- CONFUSION
- FATIGUE
- DRY SKIN/MOUTH
- LESS-FREQUENT URINATION
- INCREASED HEART RATE

Tips to hydrate

DRINK AT LEAST 64 OUNCES OF FLUID PER DAY

MINIMIZE THE CAFFEINE

AVOID ALCOHOL AND SUGARY BEVERAGES

WHETHER YOU ARE THIRSTY OR NOT, DRINK WATER BEFORE, DURING AND AFTER EXERCISING

MOST EFFECTIVE YOGA POSES that You Can Do at your DESK OR OFFICE

CHAIR
RAISED
HAND POSE



CHAIR
PIGEON
POSE



SEATED
TWIST



WRIST AND
FINGER STRETCH

SIT AND
STAND CHAIR
POSE



SEATED
CRESCENT
MOON POSE



COW
FACE ARMS



www.genhealthtips.com

What you'll need:

- * 1 tablespoon sugar
- * 1/2 cup milk or half & half
- * 1/4 Teaspoon Vanilla
- * 6 Tablespoons rock salt
- * 1 pint-size plastic food storage bag (e.g., Ziplock)
- * 1 gallon-size plastic food storage bag
- * Ice Cubes



Psalms 104:34-
My meditation
of him shall be
sweet: I will be
glad in the
LORD.

How to make it:

1. Fill the large bag half full of ice, and add the rock salt. Seal the bag.
2. Put milk, vanilla, and sugar into the small bag, and seal it.
3. Place the small bag inside the large one, and seal it again carefully.
4. Shake until the mixture is ice cream, which takes about 5 minutes.
5. Wipe off the top of the small bag, then open it carefully. Enjoy!

Tips:

A 1/2 cup milk will make about 1 scoop of ice cream, so double the recipe if you want more. But don't increase the proportions more than that-- a large amount might be too big for kids to pick-up because the ice itself is heavy.

Summer Safety Precautions

For Seniors

Summer is one of the most enjoyable times of the year but also comes with the increased risk of heat-related problems. Get the most out of long summer days and stay safe with these summer safety tips.

WEAR THE RIGHT CLOTHING

Loose clothing with breathable fabric such as cotton will keep you cool and relaxed.



DRINK PLENTY OF FLUIDS.

Staying hydrated is important during the summer. Drink at least 8 cups of water everyday!



APPLY SUNSCREEN EARLY AND OFTEN

Sunscreen protects skin from the sun's harmful rays. Apply sunscreen every 60 minutes and stay protected.



STAY INDOORS AT THE HOTTEST HOURS.

The sun is at its peak in the middle of the day. Stay inside during the hottest hours to preserve energy and keep cool.



WEAR EYE PROTECTION.

Sunglasses can reduce cumulative damage caused by the sun. Sensitive eyes should always be protected.



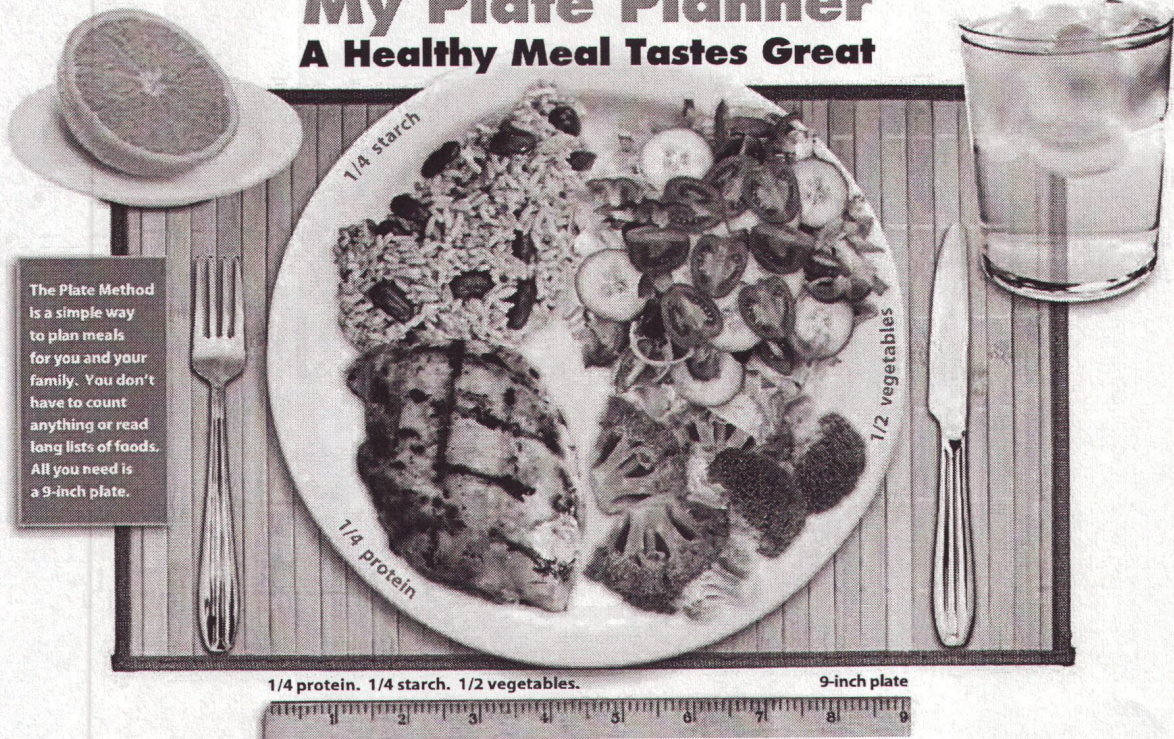
CHECK YOUR MEDICATIONS.

Make sure medications don't increase sensitivity to the heat. Check with your doctor if you have any concerns.



Easy Ways to... Build a Healthy Meal

My Plate Planner A Healthy Meal Tastes Great



Fill half of your plate with **fruits and vegetables**. Choose colorful foods to brighten your meal.

Make at least half of your grains **whole grains**. Look for the words "100% whole grain" or "100% whole wheat" on the Nutrition Facts label.

Add **lean protein**. Choose proteins like beans, nuts, tofu, fish, and lean or low-fat meat and poultry.

Add a **healthy beverage**. Drink water or plain fat-free or low-fat milk.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.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 States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

NYC
Health

Just Say Yes to Fruits and Vegetables

Narrows Older Adult Center Would Like To Thank True Care For Donating Summer Caps For Our 6/21/2024 Father's Day Party.



**Narrows Senior
Center**

**933 54th Street
Brooklyn, NY
11219**

Tel: 718-232-3211

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www.ccbq.org

Social Work Corner

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about our transportation service and the required eligibility for application.

*We have SNAP, HEAP and EPIC on site
Information and referrals are available upon request*

Apply for Internship, volunteer and community service.

*We are currently accepting volunteers for workshops and provide full college credit towards internship hours
Call today!!!*

Health managements starts from the inside out. Nutritional intake is the primary key to preventative medicine. What you eat on the inside is what you wear on the outside. Call the Narrows OAC and speak with staff on our Nutrition Information and scheduled presentation.

**We're on the
web
Www.ccbq.org**



Kind Reminder To Narrows Members

Please remember to make sure your information with the center's office such as address, phone number(s), emergency contacts, doctor contacts, and etc. are all up to date and notify the Case Manager or other office staff of any changes to update your records as this is important to allow us to be able to reach out to you or your contacts for very important reasons or if there is an emergency and ultimately it is all about ensuring your safety.



Thank You

