

# Narrows OAC Newsletter October 2024



## October Fun Facts

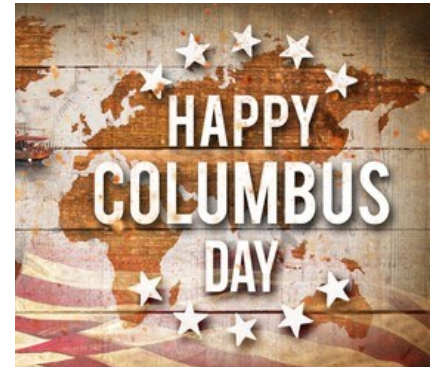
October is Observed as : Breast Cancer Awareness Month, Domestic Violence Awareness Month, Italian American Heritage Month, Halloween, Columbus Day

Birthstone: Opal

Fruits and Veggies of the Month: Beets, Cauliflower, Peppers, Oranges, Star fruit, Dates

Flower: Marigold

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



The month of October brings with it beautiful fall colors, cooler weather, and shorter days. The cooler weather lends itself to festivals, outdoor gatherings, and taking long strolls through the neighborhood, so I encourage everyone to spend as much time outside as possible. October is a month that acknowledges different types of health concerns as well holidays and celebrations. Breast cancer awareness is one of the more important health issues that both women and men should be aware of. Dyslexia is also acknowledged in October and is more common than uncommon in most of us. There is more information on dyslexia inside the newsletter. October is also Eat Better and Eat Together month. The title says it all. For many Halloween is a day of dressing up and having fun giving treats out to children who, eagerly, wait to get into their costumes and go trick or treating. Flip through the pages to see the entertainment section, presentations and the menu, catered by the famous Russo's on the Bay.

### Staff Members

Tselita McBride  
Program Manager

Tommy Lee  
Case Manager

Meng Zhou  
Administrative Assistant

Madeline Sbano  
Driver

Samuel Robertson  
Driver

Gek Poh Lim  
Kitchen Aide

(Vacant)  
Maintenance

# CELEBRATING OCTOBER

## Breast Cancer Awareness Month

October is Breast Cancer awareness month. Although breast cancer affect primarily women, small number of men can contract breast cancer as well. At this time, it is unknown what causes breast cancer, but what is known is that a damaged DNA inside a cell is the cause of it. It is important, especially women to go to a doctor and get a mammogram check every year to detect early possible signs of breast cancer. Checking for lumps is very important. <http://www.nationalbreastcancer.org/what-is-breast-cancer>

## Italian American Heritage Month

Every year, the USA president signs an executive order to honor Italian Americans in October. Coincidentally, Columbus Day is in October, which is to honor Christopher Columbus, an Italian sailor who sailed to and discovered the new land, now known as USA in 1492. Between 1820 and 1992, 5.4 million Italians or more have migrated over into the United States. They are the 5th largest ethnic group of the United States as 26 million Americans claim to be of Italian descent. At one point, Italians in the USA were discouraged from using their language to embrace English like many ethnic groups were pressured into, but now Italians including all ethnic groups are increasingly becoming encouraged to retain their cultures and languages. <http://italian.about.com/library/blniahmspecial.htm>

## Halloween

2,000 years ago, the Celts lived in what is now called United Kingdom, Ireland, and Northern France and celebrated the new year in November 1st, which represented the end of summer and harvest and it was the beginning of the cold winters, which often related to humans dying. The Celts believed that realms and living beings and the dead overlapped between October 31st and November 1st. Every October 31st, the Celts celebrated Samhain believing spirits of the dead returned to land.

Over time, there has been many changes to this celebration in Europe and eventually it would be called Halloween and reached America when an influx of Europeans moved into America. Overtime, different customs were added, such as dressing up in costumes and trick-or-treating for candies.

<http://www.history.com/topics/halloween/history-of-halloween>

## 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
<b><u>LUNCH</u></b> Congregate	<b><u>LUNCH</u></b> Congregate	<b><u>LUNCH</u></b> Congregate	<b><u>LUNCH</u></b> Congregate	<b><u>LUNCH</u></b> 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 October 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Menu Subject to Change sometimes</li> <li>• All Meals Served with 8 oz., 1% Milk</li> <li>• Hot beverages are offered throughout the day</li> <li>• Sugar substitute is available</li> <li>• Funded by NYC Aging</li> </ul>	<p><b>1</b></p> <p>Rasta Pasta Garden Salad Italian Blend Vegetables Whole Wheat Bread Banana</p>	<p><b>2</b></p> <p>BBQ Pulled Pork Baked Sweet Potato Yellow Rice Whole Wheat Bread Orange</p>	<p><b>3</b></p> <p>Beef Salisbury Steak w/ Mushroom Gravy California Blend Vegetables Garlic Mashed Potatoes Whole Wheat Bread Apple</p>	<p><b>4</b></p> <p>Baked Fish Oreganata Sauteed Green Beans with Onions White Rice Whole Wheat Bread Pear</p>
<p><b>7</b></p> <p>Baked Chicken Thighs w/ Brown Gravy California Blend Vegetables Brown Rice Apple</p>	<p><b>8</b></p> <p>Chili-Spiced Pinto Bean Ragout Italian Blend Vegetables Brown Rice Whole Wheat Bread Banana</p>	<p><b>9</b></p> <p>Italian Style Pork Loin w/ Tomato Sauce Garden Salad Garlic Mashed Potatoes Whole Wheat Bread Orange</p>	<p><b>10</b></p> <p>Spanish Style Beef Stew Prince Edward Blend Vegetables Yellow Rice Whole Wheat Bread Apple</p>	<p><b>11</b></p> <p>Baked Salmon w/ Annes Lemon Garlic Sauce Sauteed Green Beans with Onions Roasted Potatoes Whole Wheat Bread Pear</p>
<p><b>14</b></p> <p>Chicken Piccata Garlic Mashed Potatoes California Blend Vegetables Whole Wheat Bread Apple</p>	<p><b>15</b></p> <p>Orange and Soy Glazed Tofu Prince Edward Blend Vegetables Brown Rice with Black Beans Whole Wheat Bread Banana</p>	<p><b>16</b></p> <p>Chambre de Gandules Oriental Blend Vegetables Yellow Rice Whole Wheat Bread Orange</p>	<p><b>17</b></p> <p>Basic Shepherd's Pie Italian Blend Vegetables Whole Wheat Bread Apple</p>	<p><b>18</b></p> <p>Tuna Fish Salad Pasta Salad Garden Salad Whole Wheat Bread Pear</p>
<p><b>21</b></p> <p>Baked Chicken Thighs w/ BBQ Sauce Prince Edward Blend Vegetables Baked Sweet Potato Whole Wheat Bread Apple</p>	<p><b>22</b></p> <p>Arroz con Gandules(Mexican Style Brown Rice with Pigeon Peas) California Blend Vegetables Whole Wheat Bread Banana</p>	<p><b>23</b></p> <p>Baked Pork w/ Mushroom Gravy Italian Blend Vegetables Homemade Mashed Potatoes Whole Wheat Bread Orange</p>	<p><b>24</b></p> <p>Beef Stew Garden Salad White Rice Apple</p>	<p><b>25</b></p> <p>Baked Fish Oreganata Sauteed Green Beans with Onions Garlic Mashed Potatoes Whole Wheat Bread Pear</p>
<p><b>28</b></p> <p>Chicken Salad Health Slaw Potato Salad Whole Wheat Bread Apple</p>	<p><b>29</b></p> <p>Zesty Chickpea Stew Garden Salad Brown Rice Whole Wheat Bread Banana</p>	<p><b>30</b></p> <p>Chambre de Gandules (Dominican Stew with Pork, Vegetables and Brown Rice) Prince Edward Blend Vegetables Yellow Rice Whole Wheat Bread Orange</p>	<p><b>31</b></p> <p>Homemade Tomato Sauce Italian Meatballs with Beef and Turkey California Blend Vegetables Penne with Homemade Tomato Sauce Whole Wheat Bread Apple</p>	

# October 2024 Presentations

Monday 10/7/2024 9:30am — General Medicare Information (English)

Monday 10/21/2024 10:15am — Estate Planning (English)

Monday 10/28/2024 10:15am — Pedestrian Safety (English/Chinese)

Please note these presentation dates are subject to changes.

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## Entertainment Events

Friday 10/4/2024 10am — 11:30am DJ Music By Joel Pawiak

Friday 10/11/2024 10:30am — 11:30am Vito Lombardo Mini Concert













Friday 10/18/2024 10am — 11:30am Monthly Celebration  
Halloween Costume Dress to Impress Party

Friday 10/25/2024 10:30am—11:30am Estella & Peter Chan Mini Concert

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Please Note They Are Subject To Changes At Any Time

# 12 Tips To Save Energy At Home

<p>1 </p> <p>Turn off lights when leaving a room</p>	<p>2 </p> <p>Switch to energy efficient appliances</p>	<p>3 </p> <p>Use LED lights</p>
<p>4 </p> <p>Unplug devices when not in use</p>	<p>5 </p> <p>Keep thermostat at low temperature</p>	<p>6 </p> <p>Reduce water consumption</p>
<p>7 </p> <p>Use smart automated devices</p>	<p>8 </p> <p>Switch to double glazing</p>	<p>9 </p> <p>Cook with the lid on</p>
<p>10 </p> <p>Use a smart meter to track usage</p>	<p>11 </p> <p>Wash at a cold temperature</p>	<p>12 </p> <p>Use solar powered devices</p>

 **GREENMATCH**

[www.greenmatch.co.uk](http://www.greenmatch.co.uk)



# Halloween Costumes

## Word Search



ANGEL  
 BUMBLEBEE  
 CAT  
 COWBOY  
 DOCTOR  
 FIREFIGHTER  
 GHOST  
 GORILLA  
 MONSTER  
 MUMMY  
 PRINCESS  
 SUPERHERO  
 VAMPIRE  
 WEREWOLF  
 WITCH

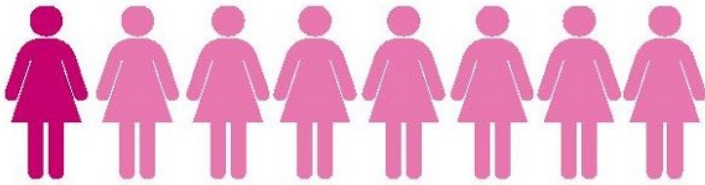
I	C	D	M	X	D	O	C	T	O	R	I	H	F	Z
B	Q	M	N	V	N	S	G	H	O	S	T	P	T	R
F	S	D	K	V	T	D	B	R	S	H	N	L	G	Q
R	D	J	L	G	A	M	S	U	T	Z	W	E	I	F
O	W	S	P	Y	C	S	P	T	N	D	E	W	G	M
W	A	N	G	E	L	E	C	L	B	Q	L	X	M	D
H	C	T	I	W	R	D	V	W	L	N	D	O	U	Z
S	I	K	C	H	C	C	R	E	T	S	N	O	M	O
L	S	E	E	Q	G	G	O	R	I	L	L	A	M	J
Q	R	R	E	T	H	G	I	F	E	R	I	F	Y	Z
T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

# Breast Cancer Fact Sheet



## In The United States

- Breast cancer is the **most common** cancer among women in the U.S.
- **One in 8 women** in the U.S. will be diagnosed with breast cancer in her lifetime.
- **Every 2 minutes**, a woman in the U.S. is diagnosed with breast cancer.
- In 2017, more than **250,000** new cases of invasive breast cancer are expected to be diagnosed among women and more than **2,400** cases in men in the U.S.
- In 2017, more than **40,000 women** and more than **400 men** in the U.S. are expected to die from breast cancer.
- Improvements in early detection and treatment have contributed to a **39 percent decline** in breast cancer deaths in the U.S. between 1989-2015.
- It's estimated that **over 154,000 people** in the U.S. have metastatic breast cancer.
- Today, there are more than **3.5 million breast cancer survivors** in the U.S.



**The most common risk factors for breast cancer are being a woman and getting older.**

**Every 2 minutes, a woman in the U.S. is diagnosed with breast cancer.**

## Around The World

- Breast cancer is the most frequently diagnosed cancer in women around the world, with an estimated **1.7 million new cases** recorded in 2012.
- Breast cancer is the **leading cause** of cancer death in women around the world.
- Every minute, somewhere in the world, a woman dies from breast cancer. That's more than **1,400 women** every day.
- Today, there are more than **6 million** breast cancer survivors around the world.



Visit [komen.org](http://komen.org) • Call 1-877 GO KOMEN (1-877-465-6636) • For more information on Susan G. Komen, contact [news@komen.org](mailto:news@komen.org)

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# Who was Christopher Columbus?

- He was an Italian explorer who sailed across the Atlantic Ocean in 1492.
- Columbus "*discovered America*" when he landed on San Salvador Island in the Bahamas.
- He was not the first European to visit America, but his visit led to the Spanish colonization of the area, which encourage other European countries to also colonize the area.



Italian-American Heritage Month was first celebrated in 1989 when it was proclaimed by President and Congress of the U.S. to honor the achievements and contributions of Italian immigrants and their descendants living in the United States. Some interesting Italian traditions that are followed today are:

For Italians, rather than wood, they say 'tocca ferro' which means 'touch iron'. This idea **originated from the belief that horseshoes can deflect evil spirits** - remember 'malocchio?' . So, you might find that Italians may keep nails in their pockets so that they always have iron within reach!

Many Italians believe that eating lentils or 'lenticchie' on New Year's Eve bring prosperity and wealth for the new year. Lentils resemble the shape of a 'coin' and therefore serves as a reminder of money. As tradition states, the more lentils you eat, the more wealthy you will become! Even if you don't believe in the superstition, lentils are super healthy legumes that provide a lot of protein and fiber into your system. Curious on how to make lentil soup? Then read our post on Italian Lentil Recipe.


Some Italians believe that spilling olive oil will bring bad luck. This belief likely originates from the fact that the oil was an expensive commodity in the past. Let's be honest, it was probably regarded rather foolish for someone to waste such an pricy product. So, when you're garnishing your plate of salad, be extra careful! But If you do end up blundering, counteract the bad luck by blotting some olive oil behind your ear!

# THE HISTORY OF HALLOWEEN

The tradition originated about 2,000 years ago from the Celtic festival Samhain (som-in), celebrated on Oct. 31, in which the Celts, from what is now Ireland, would light bonfires and wear costumes.

In the 9th century, the Catholic church established the celebration called All Saints' Day or Allhallows. The night before the celebration was called Allhallows Eve and, eventually, Halloween.

By the 1950s, Halloween became the country's second-largest commercial holiday, with Americans spending about \$6 million a year.



In 43 A.D., Roman traditions involved honoring the goddess Pomona, whose symbol is the apple. This incorporation evolved into today's Halloween tradition of bobbing for apples.

The idea of trick-or-treating was borrowed from European traditions, and by the 20th century, Halloween parties became popular and the holiday became more kid-oriented.



# INGREDIENTS

- 2 large eggs
- 3/4 cup of sugar
- 1 can of pumpkin
- 1 1/4 cups of evaporated milk
- 1 1/2 tsp of pumpkin pie spice
- 1/2 tsp salt
- 1 frozen pie crust
- Cool Whip

# INSTRUCTIONS

- Heat oven to 425°F
- Beat eggs & whisk in sugar
- Add pumpkin, milk, spice, & salt.
- Pour into pie crust
- Bake for 40 minutes
- Let cool for 2 hours, then enjoy with Cool Whip on top

# Benefits of Walking

Allied Health Group  
1603 Vista Drive  
Normal, IL 61761  
(309)-268-9000

Start

Decrease depression by 20%, including relapses.

Prevent up to 50% of heart disease cases.

Reduce the risk of breast cancer by up to 60%

Prevent up to 50% of colon cancer. And 50% of all stroke deaths.

Prevent up to 90% of cases of obesity and Type 2 Diabetes.

Decrease rate of aging.

Increase digestion and decrease indigestion.

Keep Going!

Decrease body fat, obesity, and weight gain.

Increase dopamine and serotonin levels.




Improve physical function, increase growth and healing hormones, strength, flexibility, balance, and immune system function.

Normalize blood pressure and reduce risk of developing high blood pressure.

End

Source:  
Dr. James L. Chestnut  
The Wellness & Prevention  
Paradigm. 2011.

# Easy Ways to ... Cook with Beans

	Store	Prepare	Cook
 <p><b>Dried</b></p>	<p>Place dry beans in a container with a tight lid and store in a cool, dry place for up to one year.</p>	<p><b>Sort</b> beans to remove any shriveled beans.</p> <p><b>Quick Soak:</b> Cover dry beans with hot water; boil for two to three minutes. Remove from heat and cover for one to two hours.</p> <p><b>or</b></p> <p><b>Overnight Soak:</b> Cover dry beans with cold water; soak overnight or for at least eight hours. Rinse and replace water; cook until tender.</p>	<p>When cooking beans, add acidic foods (like tomatoes, lemon juice or vinegar) at the end. Acidic foods will toughen bean skins.</p> <p>Cook one big pot of beans and use for multiple meals.</p>
 <p><b>Cooked</b></p>	<p>Refrigerate cooked beans for four to five days or freeze for up to six months.</p>	<p>Thaw frozen beans overnight in the fridge for cold recipes.</p> <p>Add cooked beans directly to hot or cold recipes.</p> <p>When using beans in hot recipes, make sure they are thoroughly reheated.</p>	<p>Flavor with salt-free spices and fresh herbs.</p> <p>Add to sautéed veggies or cooked greens and garlic.</p> <p>Add to soups, stews, casseroles, salads and pasta dishes.</p> <p>Blend for dips.</p>
 <p><b>Canned</b></p>	<p>Store leftover beans in a glass or plastic container (<u>not</u> in the can).</p> <p>Do not use dented or rusted cans.</p>	<p>Drain and rinse beans with water to reduce sodium.</p>	<p>Use canned beans the same way as cooked beans.</p>

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit [nyc.gov](http://nyc.gov) and search for "farmers markets."

For healthy recipes, visit [jsyfruitveggies.org](http://jsyfruitveggies.org).



*Just Say Yes* to Fruits and Vegetables

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](http://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).

# Narrows Older Adult Center Would Like To Thank The Following Companies For Their Sponsorship Contributions to The 9/20/2024 Mooncake Party.

VNS Health – Tote Bags/Giveaways  
True Care – Egg Tarts



# Narrows Older Adult Center Would Like To Thank The Following Companies For Their Participation In Our 9/23/2024 Health Fair

CCBQ's Benson Ridge Services/Geriatric Mental Health Services

VNS Health True Care Health First

Oak Street Health/Aetna

Maimonides Hospital/Allure Group

Elder Plan/Ida Lam Nutritionist Caring Kind NYC



**Narrows Senior  
Center**

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

**Tel: 718-232-3211**

**Fax: 718.232.0512**

**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

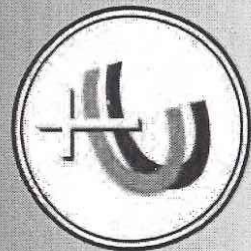




**Benson Ridge Senior Services** is funded through a grant from the New York City Department for the Aging.

The program is sponsored by Catholic Charities Neighborhood Services Diocese of Brooklyn and Queens.

Accredited by the Council on Accreditation for Children and Family Services



**CATHOLIC CHARITIES**  
Brooklyn &  
Queens  
ESTABLISHED 1899

Are you or a loved one confined to the house due to failing health?

Do you worry about how long you will be able to live independently?

**Catholic Charities**  
**Benson Ridge Senior Services**  
**can help.**

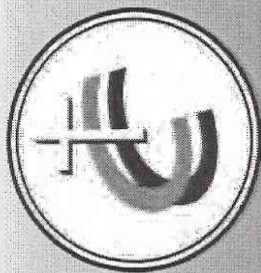
One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

Call today for a free consultation.

**718-680-3530**

**We care! You are not alone!**

*Program funded by the  
New York City Department for the Aging*



**CATHOLIC CHARITIES**  
Brooklyn &  
Queens  
ESTABLISHED 1899

## **Benson Ridge Senior Services**

6823 Fifth Avenue  
Brooklyn, NY 11220

**718-680-3530 (Tel)**  
**718-680-3654 (Fax)**



**Serving Homebound Older Adults  
in Bay Ridge and Bensonhurst**

# BENSON RIDGE SENIOR SERVICES

## Who are we?

Benson Ridge Senior Services is a government-funded, not-for-profit affiliate of Catholic Charities Brooklyn and Queens. For more than thirty years, it has been our privilege to meet the needs of Brooklyn seniors. Our dedicated, multi-cultural team consists of 16 experienced social service professionals. The goal of our program is to improve the quality of life for older adults and their caregivers by maximizing independent living and preserving human dignity. Recognizing the benefits of a holistic approach, we provide support and encouragement, coupled with concrete solutions, to address the problems associated with advanced age.

## Who is eligible to receive services?

The program is open to older adults, over age 60, who are homebound and live in the Bensonhurst or Bay Ridge sections of Brooklyn. While we are sponsored by Catholic Charities, Benson Ridge Senior Services is a non-sectarian agency, serving all seniors regardless of religion, race, national origin, ethnicity, sexual orientation, gender or immigration status.

## How is homebound defined?

Homebound does not mean bed-bound. Individuals who can walk outside for a few blocks, but cannot travel greater distances by themselves meet the criteria.

*"Youth is a gift of nature, but age is a work of art."*

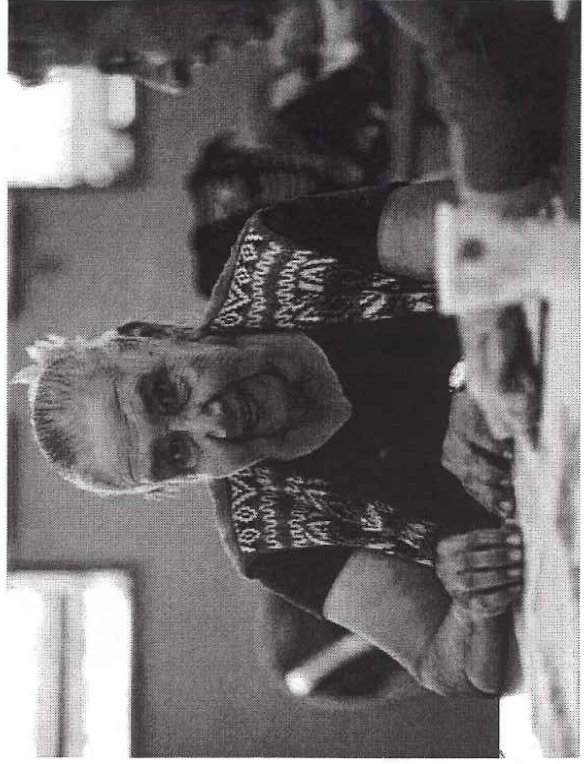
—Garson Kanin

## What services are available?

- Case management
- Home-delivered meals
- Homecare
- Housekeeping
- Transportation
- Friendly visiting
- Long-term care planning
- Benefits and entitlements
- Information and referral
- Caregiver support

## What languages are spoken?

- English
- Russian
- Spanish



## What are the hours of operation?

Monday – Friday  
9:00 AM – 5:00 PM

