

CCNS CATHERINE SHERIDAN
OLDER ADULT CENTER
35-24 83 RD STREET
JACKSON HEIGHTS, NY 11372
718-458-4600
FUNDED BY THE NYC DEPT. FOR THE
AGING



Health Literacy Month
October 1 - 31



INTERNATIONAL DAY



OF OLDER PERSONS
10/1



**No Health
Without
Mental Health**
Mental Health Awareness Month

October is
**Breast Cancer
Awareness Month**



NATIONAL

**HISPANIC
HERITAGE MONTH**

September 15 to October 15



Dear Seniors,

“Reading is to the mind what exercise is to the body”

- Richard Steele

October is the month for re-encountering and preparing ourselves for more adventures. The mind needs to wonder, learn new paths, and meet new people if we want to keep our brain healthy. Be active! Do not stop!

This month, we will be celebrating: Health Literacy Month, International Day of Older Persons, Mental Health Awareness Month, Breast Cancer Awareness Month, National Hispanic Heritage Month, and Stop Domestic Violence among other wonderful events.

At CCNS Catherine Sheridan, our commitment is to help you as much as possible reach a healthy lifestyle like: Bingo on Wednesdays and Fridays, Art class with Juliana on Thursdays, Computer classes, Zumba with Amira and Maria Veronica, Yoga with Mimi, Qigong with Sharia, Tai-Chi with Madhavi, and local day trips. Activities designated to help you keep an active body and mind. Let us help you succeed.

For more details, pick up a flyer with events and menu scheduled for the month.

Remember, the center is here for you.

All the best,

Mariana

Estimado Miembro,

“ “La lectura es para la mente lo que el ejercicio es para el cuerpo”

- Richard Steele

Octubre es el mes de reencontrarnos y prepararnos para más aventuras. La mente necesita maravillarse, aprender nuevos caminos y conocer nuevas personas si queremos mantener nuestro cerebro sano. ¡Sea activo! ¡No se detenga!

Este mes, celebraremos:

Mes de la alfabetización en salud, Día Internacional de las Personas Mayores, Mes de concientización sobre la salud mental, Mes de concientización sobre el cáncer de mama, Mes Nacional de la Herencia Hispana y Detengamos la violencia doméstica, entre otros eventos maravillosos.

En CCNS Catherine Sheridan, nuestro compromiso es ayudarlo tanto como sea posible a alcanzar un estilo de vida saludable. Bingo los miércoles y viernes, clase de arte con Juliana los jueves, clases de computación, Zumba con Amira y María Verónica, Yoga con Mimi, Qigong con Sharia, Tai-Chi con Madhavi y excursiones locales de un día. Actividades diseñadas para ayudarlo a mantener un cuerpo y una mente activos. Permítanos ayudarlo a tener éxito.

Para más detalles, recoge un folleto con los eventos y el menú programados para el mes.

Recuerda, el centro está aquí para ti.

Todo lo mejor,

Some ways to celebrate International Day of Older Persons



1.– Take them for dinner or lunch to their favorite restaurant and spend time with them chatting and having a good time.



2.- Assist your parents or grandparents with chores around their home. You can also go to your neighbors' home and ask them if they need help.

3.– Help your family member or friends to schedule their Dr's visits, arrange their medi-



cation, even taking them to their wellness center for regular visits.



4.– Set a day to bake or cook for them and with them. If unable to do so, prepare their favorite dish and arrange it as a gift.

5.– Take them to the movies or the theater.

6.– Send them cards with memorable



thoughts.

7.– Do some shopping for them like: snacks, grooming supplies, books, warm socks, and so on.

8.– Take the time to teach them how to use their cell phone or any other gadgets that they may need to use.





HEALTH LITERACY MONTH

Building Awareness Through Action

October 1-31, 2024

What Is Health Literacy?

Studies consistently show that a significant number of people have problems **reading, understanding, and acting** on health information. This impacts personal health and healthcare resources.

Personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

Promoting health literacy improves health outcomes, as well as healthcare safety and quality. At the same time, it reduces health disparities and healthcare costs.

(Source: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. [Healthy People 2030: Health Literacy in Healthy People.](#))

Building Health Literacy Awareness Through Action

October is Health Literacy Month! It's a time for health organizations, literacy programs, libraries, social service agencies, business, professional associations, government agencies and other groups to work together to integrate and expand the mission of health literacy - to connect people needing health care or services with organizations and providers that promote optimal wellness. Our collective efforts will lead to health equity where all people can attain positive health outcomes.

2024
October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Visit healthliteracymonth.org to learn more about how to shift from awareness to action today!

#healthliteracymonth



CONGRATULATIONS
CELEBRATED THE INDEPENDENCE OF:



WE LOVE TO SEE YOU
SMILE



Special Events

LECTURES OR PRESENTATIONS

- Thursday, 10/3/24 “Healthy Brain Work Outs” Series.
Sunnyside
- Thursday, 10/17/24 “Healthy Heart and Brain” Series. Sunnyside
- Wednesday, 10/16/24 Social Dance and Raffle-Ticket
- Thursday, 10/17/24 “La Herencia Hispana Celebration”
- Thursday, 10/17/24 VNSHealth: w/D-J Radar-Party
- Monday, 10/28/24 “Breast Cancer Awareness” Mount Sinai
- Wednesday, 10/30/24 Costumes Party/Prices to best costumes

SOCIAL DANCE EVERY MONDAY AND WEDNESDAY



SHOPPING AND RECREATIONAL TRIPS

- | | | |
|---------------------|-------------|--------------------------|
| Tuesday, 10/1/24 | @ 9:30 a.m. | Jamaica Mall |
| Monday, 10/7/24 | @ 9:30 a.m. | Trader Joe's |
| Tuesday, 10/8/24 | @ 9:30 a.m. | City Island |
| Monday, 10/14/24 | @ 9:30 a.m. | BJ's |
| Wednesday, 10/16/24 | @ 9:30 a.m. | Little Neck Farm |
| Friday, 10/18/24 | @ 9:30 a.m. | Pier 17-Brooklyn |
| Monday, 10/21/24 | @ 9:30 a.m. | Queens Center Mall -ALDI |
| Tuesday, 10/22/24 | @ 9:30 a.m. | Bronx Zoo |
| Monday, 10/28/24 | @ 9:30 a.m. | COSTCO |
| Tuesday, 10/29/24 | @ 9:30 a.m. | Jamaica Mall |
| Wednesday, 10/30/24 | @ 9:30 a.m. | Little Neck Farm |

For more information call JANETH: 718-779-8305

HEALTHY AGING MONTH



MES
DEL
EN-

VEJECIMIENTO SALUDABLE

1. **EXERCISE**: Keep active as much as you can. Start slow and take your time adjusting to your know activity. Walk, swim, dance , yoga, Zumba, or just simply cleaning your house can do the trick. The idea is to keep active.
2. **DIET**: Eat more fruits and vegetables. Avoid processed foods and drink a lot of water.
3. **SOCIALIZE**: Visit, call, or write to your friend. Isolation is your worst enemy. Invite friend over for lunch or dinner, volunteer, join a class, take a walk.
4. **YOUR MIND**: Your mind needs care as well. Keep it active by reading books, working on puzzles, or taking a yoga class .
5. **ATTITUDE**: A happy and positive attitude can help you manage your life. Smile and laugh.
6. **CONSIDER**: Volunteering, traveling, going to the movies, learning a new language.

1. **EJERCICIO**: Manténgase activo tanto como pueda. Comience lentamente y tómese su tiempo para adaptarse a su actividad habitual. Caminar, nadar, bailar, hacer yoga, zumba o simplemente limpiar la casa pueden ser la solución. La idea es mantenerse activo .
2. **DIETA**: Coma más frutas y verduras. Evite los alimentos procesados y beba mucha agua .
3. **SOCIALICE**: Visite, llame o escriba a su amigo. El aislamiento es su peor enemigo. Invite a un amigo a almorzar o cenar, sea voluntario, únase a una clase, salga a caminar.



Birthday Corner

To all the members Born in October

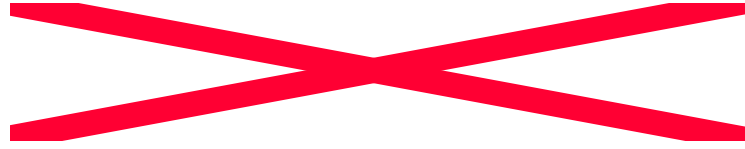
Please see Mariana

**Each registered member will receive a
free**

lunch ticket and a sweet treat

Thank You!!!!!!!





Abrego, C
Agresti, C.
Agudelo, L.
Ajon, V.
Alvarez, G.
Angamarca, S.
Angarita, T.
Agulo, F.
Argueta, F.
Arroyo, A.
Astudillo, M.
Baez, J.
Baguyo, M.
Barna, F.
Barrionuevo, M.
Bello, E.
Bender, L.
Brisita, Z.
Bruni, L.
Cabra, R.
Cano, L.
Cappele, D
Cardenas, H.
Carroll, B.
Castro, J.
Castro, C.
Cera, G.
Celiberti, A.
Colon, C.
Correa, F.
Cusme, B.
David, R.
Del Rosario, P.
Diaz, L M.
Diaz, L.
Duran, M.
Espinoza, M.
Estepan, E.

Estrada, M.
Euse, V.
Fawzia, S.
Federico, V.
Flores, T.
Flores, J.
Flores, O.
Garay, D.
Garzon, O.
Gasteaburo, I.
Gil, J.
Giorano, M.
Gonzalez, M.
Gonzalez, A.
Guadalupe, S.
Guadamuz, T.
Gudushauri, N.
Gutierrez, H.
Hayes, D.
Hon, L. Y. Y.
Huang Zhao, V.
Iglesias, C.
Isern, A.
Jenerette, Z.
Jaramillo, E.
Jaramillo, G.
Jethanamest, M.
Jimenez, J.
Jornet, O.
Kelly, Jo.
Leal, J.
Legro, C.
Leynes, C.
Lin, B. H.
Londono, M.
Lopez, G.
Lowe, V.
Mantilla, N.

Martinez, H.
Matulis, M.
McRae, A.
Mojica, M.
Montes, E.
Mooney, P.
Moreno, W.
Nieves, C.
Onofre, C.
Ortiz, M.
Osorio, P.
Oviedo, L.
Pabon, L.
Padilla, E.
Palacios, F.
Paredes, J.
Paris, S.
Penula, A.
Perez, A.
Perez, M.
Pierce, C.
Pinto, A.
Qian, W.
Quintero, A.
Quintero, M.
Ramirez, A.
Ramirez, M.
Ramirez, R.
Ramirez, E.
Ramirez, M.
Ravikumar, S.
Robertson, M.
Rocha, M.
Rodas, A.
Rodriguez, E.
Rojas, J.
Ruiz, A.
Sajona, M.

Salazar, E.
Salgado, M J.
Salgado, L.
Samsair, F.
Sanchez, O.
Santander, L.
Sierra, C.
Sobrin, N.
Strassberg, H.
Toro, M.
Vargas, M.
Walsh, J.
Wille, N.
Wong, L N.
Wu, Z L.
Zambrano, L.
Zh, B H.

Congratulations!!



Catherine Sheridan Older Adult Center

**35-24 83rd Street
Jackson Heights, NY 11372
Phone: (718) 458-4600
Fax: (718) 458-5665**

**Open Monday—Friday
8:30am—4:30pm
Lunch starts: 11:30— 1pm**

SENIOR CENTER STAFF

**Mariana Ortiz, Program Manager
Candida Fitzpatrick, Administrative Assistant
Janet Ospino, Transportation Coordinator
Marcia Jijon, Recreation Coordinator
Maria Rua, Kitchen Aide
Sandra Mejia, Kitchen Aide
Ana Judith Villa Osorio, Driver
Maryann Ubaldo, Driver
William Clark, Maintenance**



TRANSPORTATION SERVICES

TO: LOCAL SENIOR CENTERS, MEDICAL, DENTAL

AND CLINIC APPOINTMENTS

SUGGESTED DONATIONS REQUESTED

SPONSORED BY:

CCNS/CATHERINE SHERIDAN O.A.S.

THIS SERVICE IS PROVIDED FOR SENIORS 60 YEARS
AND OLDER WHO HAVE DIFFICULTY TAKING PUBLIC
TRANSPORTATION AND RESIDE IN MASPETH, WOODSIDE,
MIDDLE VILLAGE, SUNNYSIDE, JACKSON HGTS, ELMHURST
AND EAST ELMHURST

FOR FURTHER INFORMATION PLEASE CALL CCNS CATHERINE
SHERIDAN SC 35-24 83 STREET JACKSON HGTS N.Y.

718-458-4600

JANETH OSPINO, TRANSPORTATION COORDINATOR

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