

CELEBRATING  
**125**  
YEARS



# GLENWOOD

Catholic Charities Neighborhood Services

## GLENWOOD OLDER ADULT CENTER

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

# NOVEMBER 2024

Dear Older Adult members,

As we enter this beautiful month of November, it is good to take a moment to remind ourselves how blessed we are with the people who have graced our lives. Often, we overlook them or fail to appreciate them fully. As we sit around the table and enjoy the great Thanksgiving feast, let us be reminded of the people who have enriched our lives by their presence and actions. We certainly feel grateful for having you patronize the CCNS Glenwood OAC with your presence and support.

May your Thanksgiving be filled with joy and laughter. Cherish every moment of the laughter, and the shared memory with your loved ones.

Nadine Aspilaire,

Program Manager



CCNS GLENWOOD OAC  
WISHES ALL OF YOU A

**HAPPY  
THANKSGIVING  
DAY**

GRATITUDE TURNS WHAT WE HAVE  
INTO ENOUGH



## NOVEMBER AWARENESS MONTH

AMERICAN DIABETES AWARENESS MONTH

ALZHEIMER'S AWARENESS MONTH

EPILEPSY AWARENESS MONTH

LUNG CANCER AWARENESS MONTH

HAPPY 14th ANNIVERSARY TO THE  
WOOD GLENWOOD NEWSLETTER

# Emergency HEAP Benefit / Clean and Tune Benefit / Are You Eligible

## Emergency HEAP Benefit

The **2024-2025 First and Second Emergency Benefits** are scheduled to open January 2, 2025.

If you are eligible, the Emergency HEAP Benefit can help you heat your home if you are in a heat or heat related emergency.

Emergency HEAP benefits and eligibility are based on:

income, available resources, and the type of emergency **You may be eligible for an Emergency HEAP benefit if:**

Your electricity is necessary for your heating system or thermostat to work and is either shut-off or scheduled to be shut off or

Your electric or natural gas heat is off or scheduled to be shut-off or You are out of fuel, or you have less than one quarter tank of fuel oil, kerosene or propane or have less than a ten (10) day supply of wood, wood pellets, corn, or other deliverable heat source. And

Your household's gross monthly income is at or below the current income guides for your household size as posted in the table below or You receive Supplemental Nutrition

Assistance Program (SNAP) benefits or You receive Temporary Assistance (TA) or You receive Code A Supplemental Security Income (SSI) Living Alone and The heating and/or electric bill is in your name and

Your household's available resources are: less than \$2,500; or less than \$3,750 if any member of your household is age 60 or older, or under age 6.

### How to Apply:

You can apply for HEAP Emergency benefit by telephone, or in person by visiting a [HEAP office](#).

### Apply by Telephone:

You can call the DSS OneNumber at 718-557-1399 and HEAP will provide you with more information on eligibility, the application process, and required documentation.

### Apply in Person

You can apply in person by visiting a [HEAP office](#) or Outreach location near you.

## Clean and Tune Benefit

The 2024 - 2025 Clean and Tune benefit opened on October 1, 2024.

**What is clean and tune?** Eligible households can receive energy efficiency services, which

includes the cleaning of primary heating equipment but may also include chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats, if needed, to allow for the safe, proper, and efficient operation of the heating equipment.

### How much is the benefit?

Benefit amounts are based on the actual cost to provide clean and tune services, up to a maximum of \$500.

### How to Apply:

You can apply for HEAP Clean and Tune benefit by telephone, or in person by visiting a [HEAP office](#).

### Apply by Telephone:

You can call the DSS OneNumber at 718-557-1399 and HEAP will provide you with more information on eligibility, the application process, and required documentation.



# SOCIAL SECURITY AND THE 40 QUARTERS CREDITS

## What is Social Security

Social Security benefits are taxed based on provisional income and designated income thresholds. The more income you earn, the more you will have to pay in taxes. Some people are wondering how they accumulate their 40 quarter credits and if they do not have enough of it, are they still eligible to receive social security. Here is the information you need to have.

## Does It Take 10 Years of Work To Get 40 Credits?

According to the Social Security Administration, people can only earn four quarters of coverage per year, as such, they will have to wait for at least 10 years before they earn their 40-credit minimum. Nonetheless, this doesn't necessarily mean you have to work 10 straight years to earn those credits, or even that you have to work four quarters of every year.

## How do people accumulate the quarters of credits?

Quarters of coverage are granted strictly on income, so as soon as they earn \$6,920 in the specific year. This is true whether you earned that amount over months, weeks or even days.

## What Benefits People are Entitled To if they Don't Earn 40 Credits?

If people don't earn 40 quarters of coverage, they won't qualify for Social Security retirement benefits. Even if they fall just one quarter short, the SSA will not pay them retirement benefits. This is why it's important for people to keep track of their earnings.

People may not necessarily may not earn retirement benefits, but they may be able to earn disability benefits with much fewer than 40 quarters of coverage. The amount you'll need to qualify increases with age. For example, if you're under age 24, you'll only need six credits in the three years prior to the onset of your disability. But if you're 31 or older, you must generally have earned at least 20 credits in the 10-year period immediately prior to your disability.

If they are a surviving spouse or child, you may also qualify for survivors benefits even if the decedent had not yet earned their full 40 quarters of coverage, depending on their age.

## What Are Quarters of Coverage?

Social Security is funded primarily by taxes on workers. In order to qualify for their own benefits, people will have to work and contribute their own taxes. The Social Security Administration measures your contribution via quarters of coverage. For example, in 2024, people will earn one quarter of coverage for each \$1,730 that you earn, with a maximum of four credits achievable per calendar year.

Ultimately, for those born after 1928, you'll need 40 quarters of coverage to qualify for retirement benefits.

**Work Credits**  
Your work history directly impacts your future benefits

40 Credits needed for retirement

\$1,300 = 1 credit

You can earn a maximum of 4 credits per year

**How Is My Social Security Benefit Calculated?**

SSA MADE EASY

**CAN I WORK WHILE I COLLECT SOCIAL SECURITY BENEFITS?**

**HOW SOCIAL SECURITY BENEFIT IS CALCULATED**

Details at [SocialSecurity.gov](https://www.SocialSecurity.gov)

# HAPPY THANKSGIVING

As I reflect on my blessings, I can't help but wonder, what are you thankful for?

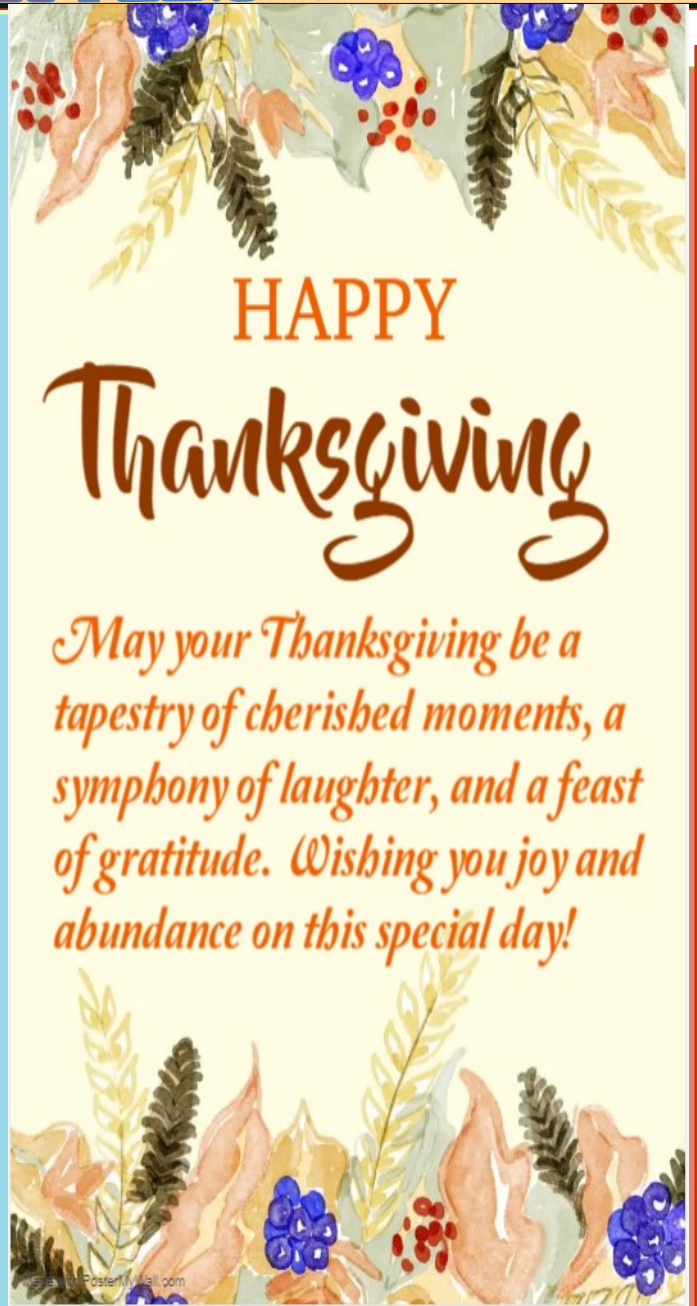
I'm thankful for family, friends and for food, clothing and shelter. I'm also thankful for good health in body and in mind. I'm thankful for this center and our program manager who is always caring. I'm thankful for the trips coordinated by Mr. weeks, our cook Gwen and smiling Andre who takes good care of the maintenance in the center, and much more I'm grateful for. What are you grateful for?

Soon, many of us will be sitting down with family or friends, sharing a lovely turkey dinner as we celebrate Thanksgiving Day, a tradition observed on the fourth Thursday in November. This national holiday, declared in gratitude for our many blessings, reminds us to pause and give thanks for all we have, fostering a deep sense of appreciation.

Happy Thanksgiving

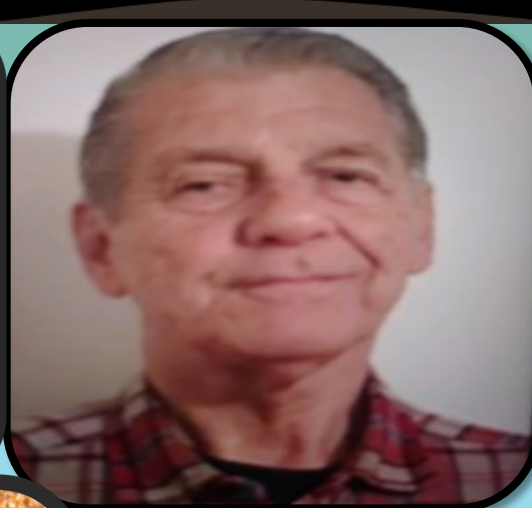


Angela Alleney—Member & Volunteer of the CCNS Glenwood



**CCNS GLENWOOD OAC WILL BE CLOSED ON 11/28 & 11/29**

# SALUTING THE GLENWOOD OAC'S VETERANS & THEIR FAMILIES



Sources: : Glenda McGuire -Harry Singh's daughter- John Neulinger- Phillip Kenneth- Lenox Hutson - Seymour Byron - John Lombardo — Cynthia Douglass - Deorah Moultrie (Gwendolyn Moultrie's daughter)

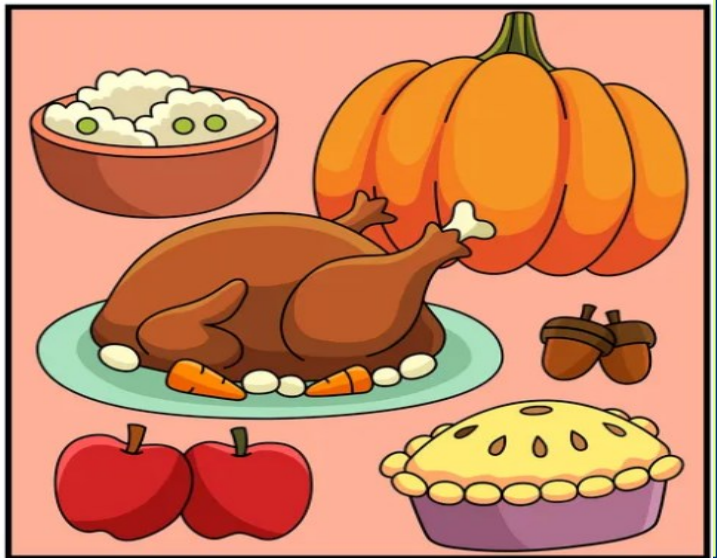
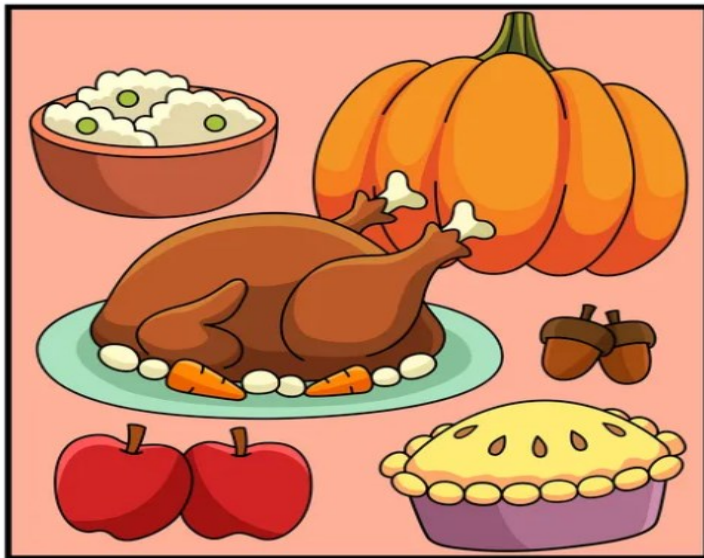
# GAME CENTER TO IMPROVE YOUR MENTAL FITNESS

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Copyright 2009 www.FreeSamuraiSudoku.com

# SOLVE THE SUDOKU GAME

Find 10 differences



# THANKSGIVING

## WORD SEARCH

Find the words listed below and mark them.

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

- TURKEY
- HOLIDAY
- PUMPKIN
- DINNER
- CORN
- WHEAT
- LEAVES
- FAMILY
- GATHERING
- SQUASH
- MEAL
- PIE

## THANKSGIVING WORD SCRAMBLE

1. pearad \_\_\_\_\_
2. erwolyfMa \_\_\_\_\_
3. ornc \_\_\_\_\_
4. nebairresrc \_\_\_\_\_
5. rovbNeme \_\_\_\_\_
6. gmsirpli \_\_\_\_\_
7. lbfaloto \_\_\_\_\_
8. opeostat \_\_\_\_\_
9. tknafulh \_\_\_\_\_
10. yrkteu \_\_\_\_\_
11. liyamf \_\_\_\_\_
12. tsufnifg \_\_\_\_\_
13. eafts \_\_\_\_\_
14. inrden \_\_\_\_\_
15. nieipmkupp \_\_\_\_\_



# UPCOMING EVENTS / ACTIVITIES / GUEST SPEAKERS

Poetry in motion (Claire & Vilma) - (Men's Round Table Group Discussion (Lenox) - /General Membership Meeting - Advisory Meeting (Center) - Current Event Group Discussion (Vilma - Claire) / Spanish Group Discussion (Corey / Grace) - center/ audio — Creole Group Discussion (Mireille JN (center - Audio) / Strength exercise — Tommy the experience — Cardio Fusion / Yoga -Island Rhythms -Yvette (Well Being with LMSW -Courtlyn -Arts & Crafts with Ms. Pumpkin -Blood pressure screening & monitoring (Claire – Maureen - Norwood– Polidore—Sewing class (Ivil W) - Nutrition education (Claudia) - / Computer Class (TBA)/Piano lesson (I.Walters) — November's birthday celebration - Elder Arts Festival \*NIA's Production— Community Fair Event — Panama's independence day celebration— Barbados's independence day celebration — Veteran's day celebration ( BRAATA production) - Thanksgiving Celebration— Elder Arts Festival @ Tilden center — Trip to BAM



GUEST SPEAKERS

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



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



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



MEN'S GROUP



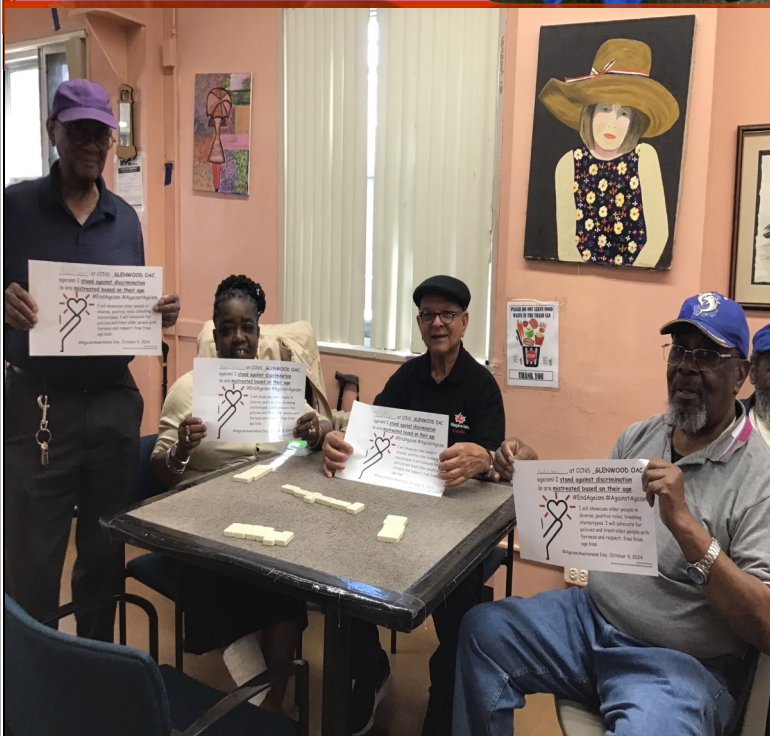


# OCTOBER'S BIRTHDAY CELEBRATION



# BREAST CANCER AWARENESS

# COMMUNITY FAIR EVENT

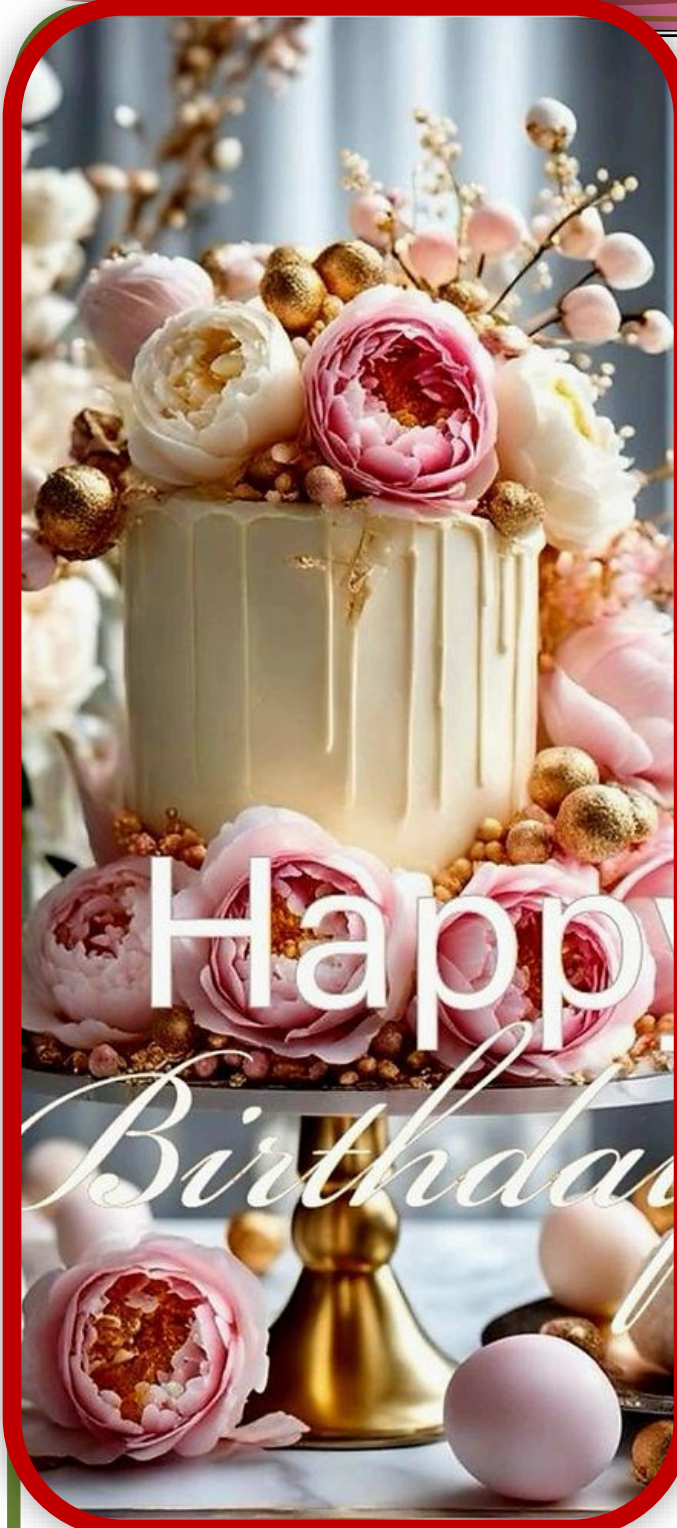


# NYPD 63 POLICE PRECINCT - FRAUD PREVENTION

# ELDER ARTS FESTIVAL WITH THE NIA PRODUCTION



# BEST WISHES TO OUR NOVEMBER BIRTHDAY CELEBRANTS!



Iris Allen 11/1	Sallie Celestine 11/22
Marcia Weekes 11/1	Raymonde Rincher 11/22
Marie Marcelin 11/1	Carol Hackett 11/22
Shirley McClean 11/2	Urban Quamie 11/24
Magdulin Lafayette 11/3	Pearl Middleton 11/24
Eurselyn Wynter 11/8	Celeste Crowder 11/25
Bernice Christopher 11/3	Carmen Reyes 11/25
Lloyd Hall 11/12	Jocelyn Joseph 11/25
Anne Marie Norwood 11/13	Beulah Reid 11/26
Oscar Burns 11/14	Carmeta Bacquain 11/27
Lisa Burns 11/14	Norma Dunkley 11/27
Cynthia Hercules 11/15	Geraldine McCalla 11/27
Bentley Gayle 11/16	Gayle Bentley 11/27
Margaret Otunba 11/16	Sonia Miller 11/28
Cynthia Glover 11/17	Cynthia Moore 11/29
Ardril Jackson 11/17	Valerie Reid 11/29
Novella Ford 11/17	Sonia Ryce 11/29
Winsome Sterling 11/17	Michel Pyram 11/30
Althea Wiltshire 11/19	Violet Notice 11/30



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

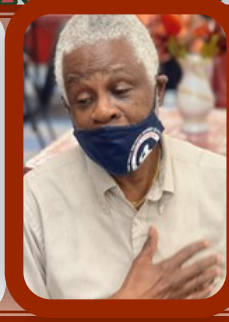
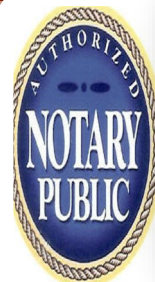
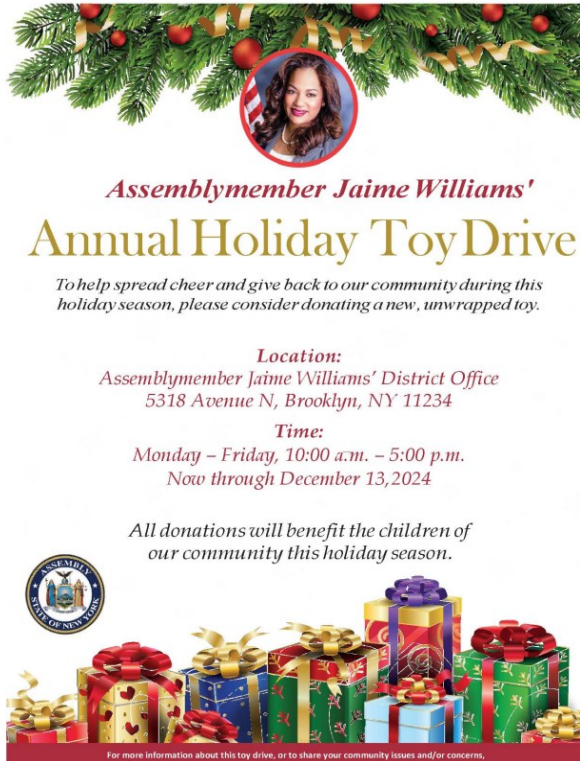
# IN THE CASE MANAGER'S CORNER

## CASE ASSISTANCE - COMMUNITY INFORMATION BOARD



If you need assistance because you have difficulty getting around, are home isolated, or unable to come to the center, please ask to talk to Case Manager Ms. K 718-241-7711

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

**Assemblymember Jaime Williams' Annual Holiday Toy Drive**

To help spread cheer and give back to our community during this holiday season, please consider donating a new, unwrapped toy.

**Location:**  
Assemblymember Jaime Williams' District Office  
5318 Avenue N, Brooklyn, NY 11234

**Time:**  
Monday – Friday, 10:00 a.m. – 5:00 p.m.  
Now through December 13, 2024

All donations will benefit the children of our community this holiday season.

For more information about this toy drive, or to share your community issues and/or concerns, please contact the office of Assemblymember Jaime Williams at 718-252-2124.



Join Assemblymember Rodneise Bichotte Hermelyn

**Free Thanksgiving TURKEY GIVEAWAY**

First Come. First Serve. While Supplies Last!

**SATURDAY, NOVEMBER 16, 2024**  
1:00PM – 4:00PM

**MEMORIAL SLOAN KETTERING CANCER CENTER PARKING LOT**  
2236 Nostrand Avenue, Brooklyn, NY 11210  
Between Avenue H & Avenue I

**ID Required**

Sign-Up Here



Logos: MetroPlusHealth, COMPARE FOODS, PIONEER, Met, Memorial Sloan Kettering Cancer Center, NEW YORK CANCER & BLOOD SPECIALISTS

**69th Precinct Community Council**



**Thanksgiving Day Dinner**

Thursday, November 21, 2024  
4:30pm - 7:00pm

South Shore Manor  
1041 E. 83 Street  
Brooklyn, NY 11236

This event is sponsored by



For more information call: 718.257.6205

**4:00 PM Food Mondays Giveaways**

Free Hot Halal Food & Fresh Produce

Canarsie Flatlands Avenue & East 81 Street	Bay View Rockaway Pleny. & Skidmore Ave.	Sheepshead 3679 Nostrand Ave. near Ave. X
Monday, July 15	Monday, July 22	Monday, July 29
Monday, Aug. 5	Monday, Aug. 12	Monday, Aug. 19
Monday, Aug. 26	Monday, Sept. 9	Monday, Sept. 16
Monday, Sept. 23	Monday, Sept. 30	Monday, Oct. 7
Monday, Oct. 21	Monday, Oct. 28	Monday, Nov. 4
Monday, Nov. 18	Monday, Nov. 25	Monday, Dec. 2
Monday, Dec. 9	Monday, Dec. 16	

**CITY COUNCIL MEMBER MERCEDES NARCISSE**  
46th COUNCIL DISTRICT



Logos: CAMBA, GBGC, MJC, Brooklyn 18, NYPI

For more information call (718) 241-9330



**Council Member Farah Louis**  
in partnership with Flatbush Development Corporation

**NY HOUSING CONNECT**  
We guide you through the process and help you apply for affordable housing. Ask us any questions you have regarding the NYC Housing Lottery.

**ASSISTANCE**  
Senior/Affordable Housing  
Domestic Violence Survivor Assistance

**EVICTON PREVENTION**  
Brokers Listing  
Charity Listing  
SCRIE/ DRIE  
One Shot Deal

**PUBLIC BENEFITS ASSISTANCE**  
SNAP, HRA Referrals

**EVERY WEDNESDAY**  
10:00am - 4:00pm  
To make an appointment: (718) 629-3800 | www.fdcnyc.org  
For more information: (718) 629-2900 | district45@council.nyc.gov



# DAYLIGHT SAVINGS END



*Daylight saving time ends*  
turn the clocks back



## GLENWOOD SENIOR CENTER STAFF

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

## GLENWOOD ADVISORY BOARD

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

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

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

Catholic Charities Neighborhood Services, Inc.

### Catholic charities Mission Statement

"Catholic Charities Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order that promotes justice and embraces



Funded by the NYC Department for the Aging

NYC Department for the Aging