

Narrows OAC Newsletter November 2024



November Fun Facts

November is Observed as : Thanksgiving, Diabetes Awareness Month, Alzheimer's Awareness Month, Lung Cancer Awareness Month, Veteran's Day

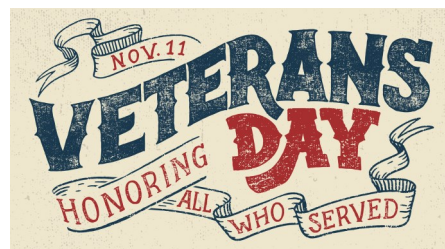
Birthstone: Citrine

Fruits and Veggies of the Month: Apples, Avocado Artichokes, Bok Choy, Sweet Potatoes, Kiwi, Lemons

Flower: Chrysanthemum

Astrological Sign: Scorpio and Sagittarius

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



Welcome to the season of pumpkin spice and everything nice. October came and went and November is inviting us into the days of cozy crisp weather and mouthwatering foods that we waited for all year long. We miss that yummy stuffing and delicious pies so it is easy for us fall into not so healthy habits of overeating. Have it all, enjoy it all, but in moderation. Eat smaller portions and try to fill up on more vegetables and proteins and decreasing the carbs. There are many healthy recipes that are absolutely delicious without compromising the flavor of fall. We at the Narrows invite everyone to spend your weekdays with us. Make new friends and participate in creative and healthy activities. We would also like to wish everyone and their loved ones a happy and healthy Thanksgiving.

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)
Mikhail Zimin

Do not wait until the fourth week of November to sit with family and friends and give thanks. Being in touch with loved ones is an important way to stay connected and involved. Who says Thanksgiving has to be once a year. Get together often, plan small celebrations and cherish the ones who put a smile on your face.

Logic to live by

1. Make peace with your past so it doesn't spoil your present.
2. What others think of you is not worth listening to.
3. Time heals almost everything, give the time.. some time to work.
4. No one is the reason of your happiness except you and yourself.
5. Don't compare your life with others, you have no idea what their journey is all about.
6. Stop thinking too much, it's alright not to know.
7. Smile, you don't have to solve all the problems of the world.

CELEBRATING NOVEMBER

Thanksgiving

In September 1620, a small ship called the Mayflower left Plymouth, England carrying many pilgrims into the new land, which eventually would be called America. They were getting away from a bad political system in England that persecuted them for their religious beliefs. The pilgrims suffered from starvation and malnutrition and many died as a result of it. They encountered a Native American named Squanto who would teach them how to plant and harvest crops, which became successful. They held the first Thanksgiving to give thanks to the Native Americans that taught them how to plant crops and have plentiful foods. Since then, thanksgiving has been celebrated every year.

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

Veteran's Day

After World War 1 ended, Armistice Day was created to celebrate the agreement between different countries that ended world war 1. However, after world war 2 happened and ended, Armistice Day was then replaced with Veteran's Day to honor all the veterans that have fought for USA. As many know, America became involved with other wars such as Korean War, Vietnam War, including recently in Afghanistan and Iraq. The name Veteran's Day is more appropriate to use to honor all American veterans that have fought in wars and unfortunately many died.

<http://www.va.gov/opa/vetsday/vetdayhistory.asp>

National Diabetes Awareness Month

November is National Diabetes Awareness Month. Diabetes is a disease when the body is unable to produce sufficient insulin to process the sugar levels. However, this disease can be managed if you follow the doctor's instructions on taking medication and other steps. This includes eating a healthy diet and eating less sugary/fattening items. Exercise also helps as well. Testing your blood is also extremely important if you have diabetes. If neglect to treat the disease, it can easily lead to other problems such as heart problems, stroke, blindness/eye problems, amputations, kidney disease and more. <https://www.cdc.gov/features/livingwithdiabetes/>

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 November 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Menu Subject to Change sometimes • All Meals Served with 8 oz., 1% Milk • Hot beverages are offered throughout the day • Sugar substitute is available • Funded by NYC Aging 				<p>1</p> <p>Citrus Sesame Crusted Salmon Oriental Blend Vegetables White Rice Whole Wheat Bread Pear</p>
<p>4</p> <p>Egg Salad Basic Pasta Salad Garden Salad Whole Wheat Bread Apple</p>	<p>5</p> <p>Mediterranean Lentil Stew Italian Blend Vegetables Brown Rice Whole Wheat Bread Banana</p>	<p>6</p> <p>Baked Pork with Brown Gravy Sautee String Beans Roasted Potatoes Whole Wheat Bread Orange</p>	<p>7</p> <p>Spanish Style Beef Stew w/ Brown Gravy Prince Edward Blend Vegetables Mashed Sweet Potatoes Whole Wheat Bread Apple</p>	<p>8</p> <p>Tuna Fish Salad Garden Salad Pasta Salad Whole Wheat Bread Pear</p>
<p>11</p> <p>Classic Chicken Cacciatore Prince Edward Blend Vegetables Penne w/ Homemade Tomato Sauce Whole Wheat Bread Apple</p>	<p>12</p> <p>Rasta Pasta Garden Salad Italian Blend Vegetables Whole Wheat Bread Banana</p>	<p>13</p> <p>BBQ Pulled Pork Baked Sweet Potato Yellow Rice Whole Wheat Bread Orange</p>	<p>14</p> <p>Beef Salisbury Steak w/ Mushroom Gravy California Blend Vegetables Garlic Mashed Potatoes Whole Wheat Bread Apple</p>	<p>15</p> <p>Baked Fish Oreganata Sauteed Green Beans with Onions White Rice Whole Wheat Bread Pear</p>
<p>18</p> <p>Baked Chicken Thighs w/ Brown Gravy California Blend Vegetables Brown Rice Apple</p>	<p>19</p> <p>Chili-Spiced Pinto Bean Ragout Italian Blend Vegetables Brown Rice Whole Wheat Bread Banana</p>	<p>20</p> <p>Italian Style Pork Loin w/ Tomato Sauce Garden Salad Garlic Mashed Potatoes Whole Wheat Bread Orange</p>	<p>21</p> <p>Spanish Style Beef Stew Prince Edward Blend Vegetables Yellow Rice Whole Wheat Bread Apple</p>	<p>22</p> <p>Baked Salmon w/ Annes Lemon Garlic Sauce Sauteed Green Beans with Onions Roasted Potatoes Whole Wheat Bread Pear</p>
<p>25</p> <p>Chicken Piccata Garlic Mashed Potatoes California Blend Vegetables Whole Wheat Bread Apple</p>	<p>26</p> <p>Orange and Soy Glazed Tofu Prince Edward Blend Vegetables Brown Rice with Black Beans Whole Wheat Bread Banana</p>	<p>27</p> <p>Chambre de Gandules Oriental Blend Vegetables Yellow Rice Whole Wheat Bread Orange</p>	<p>28</p> <p><u>CENTER IS CLOSED</u></p>	<p>29</p> <p><u>CENTER IS CLOSED</u></p>

November 2024 Presentations

Monday 11/4/2024 10:15am — Elder Abuse

(English 10:15am Large Dining Room / Chinese 10:30am Small Dining Room)

Monday 11/18/2024 10am — General Protocols Of Assisted Living
(English)

Please note these presentation dates are subject to changes.

Entertainment Events

Friday 11/1/2024 10am — 11:30am Luau in November Party

VNS Will Sponsor A Photobooth Service

Friday 11/8/2024 10:30am — 11:30am Maurice Zebede Mini Concert

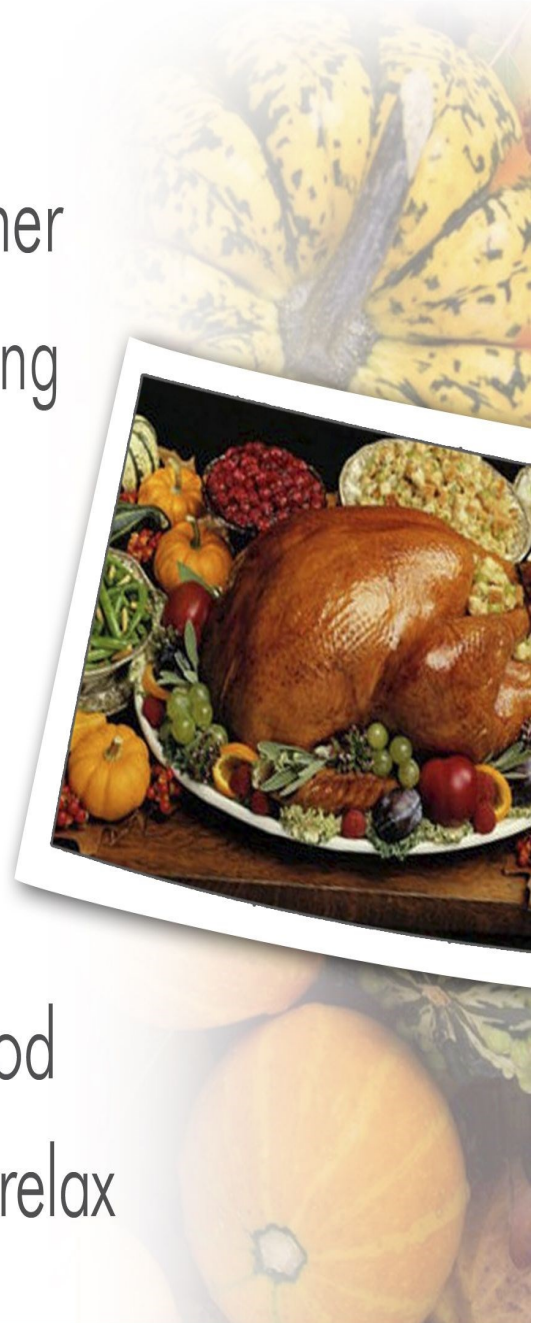
Friday 11/15/2024 10am — 11:30am Thanksgiving Celebration

Friday 11/22/2024 10:30am—11:30am Estella & Peter Chan Mini Concert

Please Note They Are Subject To Changes At Any Time

TIPS FOR **EATING HEALTHY** DURING **THE HOLIDAYS**

1. Eat breakfast
2. Don't go hungry to holiday dinner
3. Watch the calories you are drinking
4. Make a healthy dish
5. It's okay to say "No" to food
6. Don't pile your plate full
7. Have smaller bites & portions
8. Focus on family, rather than food
9. Keep your stress level down and relax



Live the SPARK Lifestyle



SPARK[™]
HEALTH

4 SIMPLE WAYS FOR PREVENTION OF DIABETES

440,000 Singaporeans had diabetes in 2014 and the number of diabetic patients is estimated to rise to 1 million by 2050.



1 REGULAR HEALTH SCREENINGS

Know your risk by trying out online risk screening questionnaire and go for tests if you are at risk.

2 HEALTHY DIET

Eat in moderation. Increase your intake of whole grains, fruits and vegetables. Reduced intake of sugar and saturated fats.



3 EXERCISE

Adopt an active lifestyle. Try 150 minutes of exercise every week. Find an activity (i.e. swimming, jogging, tai-chi or yoga) you like to motivate you to exercise!

4 NO SMOKING & DRINKING

Try to quit smoking and limit your alcohol intake!



Veterans Day

*Thank you from a
grateful nation*

*To all who
have and
do serve.*

*Honoring and
remembering*

*All who
have fallen*

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www.TheGriefToolbox.com

www.facebook.com/griefftoolbox



NOVEMBER

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

NOVEMBER

PIES

THANKSGIVING

THANKFUL

DINNER

TURKEY

YAMS

CRANBERRY

STUFFING

PARADE

FALL

AUTUMN

PILGRIMS

PUMPKINS

MAYFLOWER

LEAVES

FAMILY

FRIENDS

Marinated Turkey

Prepare the night before roasting

This recipe is from the Ochs family and is a Thanksgiving tradition. Once you've had this moist flavorful turkey you won't want that boring dry kind ever again! Enjoy!

Ingredients

20 lb.	Turkey
2/3 cup	Warm Water
1/4 cup	Salt
1 Tblsp.	Hot Sauce (Tabasco, Franks, etc.)
1/3 cup	Lemon Juice
1 Tblsp.	Garlic Juice



Directions

- Mix all ingredients other than the turkey until the salt is fully dissolved. Using an injector, insert under the skin and into the meat all over the turkey. Cover your turkey and refrigerate overnight. Roast your turkey following basic instructions, basting every 45 minutes or so.
- Use your drippings to make delicious tangy gravy. To de-fat your drippings, simply pour over a sieve filled with ice. The fat will stick to the ice but the flavorful juices will flow right through. You may have to repeat this a couple of times since your drippings will be warm.

Alookthroughmyeye.blogspot.com

Salt can be replaced with Ms. Dash. An all herb, zero sodium seasoning substitute.

This Easy Pecan Pie Recipe is Perfect for the Holidays!

Shelly

2 minutes

Description

This **homemade pecan pie** is a classic old-fashioned dessert that's perfect for Thanksgiving and Christmas. It has the best combination of sweet and salty! Plus, it's so easy to make that the kids can help with every step of this recipe.

- 1 cup Karo® Light OR Dark Corn Syrup
- 3 eggs
- 1 cup granulated sugar
- 2 tablespoon butter, melted
- 1 teaspoon pure vanilla extract
- 1– 1/2 cups (6 ounce) coarsely chopped pecans
- 1 (9-inch) unbaked OR frozen deep-dish pie crust

1. Preheat oven to 350°F.
2. Mix Karo® Light Corn Syrup, eggs, sugar, butter and vanilla using a spoon or a rubber spatula.
3. Stir in pecans.
4. Pour the mixture into pie crust.
5. Bake on center rack of oven for 60 to 70 minutes.
6. Cool for at least 2 hours on wire rack before serving.

The Best Easy Pecan Pie Recipe

0 seconds of 1 minute, 16 seconds Volume 90%

Notes

If you are using a prepared frozen pie crust, place cookie sheet in oven and preheat oven as directed. Pour filling into frozen crust and bake on preheated cookie sheet.

The pie is done when center reaches 200°F. Tap center surface of pie lightly – it should spring back when done. If pie crust is over-browning, cover edges with foil.

Nutrition

- **Serving Size:** 1 slice
- **Calories:** 304
- **Sugar:** 46.7 g
- **Sodium:** 54.6 mg
- **Fat:** 12.4 g
- **Carbohydrates:** 48.9 g
- **Protein:** 3 g
- **Cholesterol:** 61.9 mg

Keywords: *pecan pie recipe, best pecan pie recipe, easy pecan pie recipe, how to make pecan pie, easy pecan pie*

Taking care
of your mind &
thoughts

Taking care of
your physical
health & body

Self-Care

Increasing your
own well-being through self-
care behaviors

Taking care
of your spiritual
health

Taking care of
your emotions

Take some time out to **JUST BREATHE**

STEP 1

Inhale through the nose to a count of four, lungs should be completely full of air.

STEP 4

Hold the lungs in an empty state for a count of four.

STEP 2

Hold the air in your lungs for a count of four.

STEP 5

Repeat steps one through four for a total of at least 5 minutes. If ready, you can increase to a count of 8.

STEP 3

Exhale through the mouth to a count of four, all of the air should be out of the lungs.



Easy Ways to... Cut the Salt

At the Store

- Choose foods with less than 5 percent Daily Value of sodium (salt) per serving.

Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%

- Buy whole foods as often as possible.
- Fill your cart with fruits and vegetables.
- If buying packaged foods, choose those labeled:
 - ✓ “Low-sodium”
 - ✓ “Sodium free”
 - ✓ “No salt added”
- Instead of processed or cured meats, choose:
 - ✓ Lean cuts of meat and poultry
 - ✓ Fish
 - ✓ Beans and legumes
- Instead of quick-cooking rice mixes and noodles, choose:
 - ✓ Brown rice
 - ✓ Whole wheat noodles and pasta
 - ✓ Whole cornmeal
- Instead of salty snack foods, choose:
 - ✓ Fresh vegetables with a bean dip
 - ✓ Whole grain crackers
 - ✓ Plain, lightly salted popcorn

At Home

- Make homemade soups and broths.
- Rinse canned beans and vegetables with water to reduce the amount of sodium.



- Create salt-free spice blends using your favorite spices.
- Add vinegar, lemon or orange zest and/or juice to foods.



- Flavor foods with fresh and dried herbs, spices and low sodium soy sauce.
- Avoid adding salt to the water when cooking beans, rice, pasta and vegetables.
- Slowly cut back on the amount of salt you add to food, until you are using little to no salt.



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.

NYC
Health

Just Say Yes to Fruits and Vegetables

**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.



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

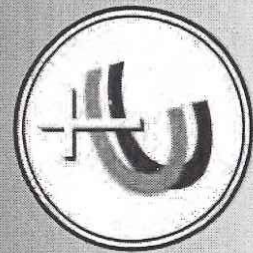




Benson Ridge Senior Services is funded through a grant from the New York City Department for the Aging.

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.

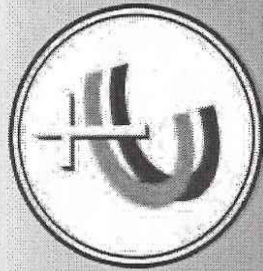
One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

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

