

Narrows OAC Newsletter December 2024



December Fun Facts

December is Observed as : Christmas, Hanukkah, Kwanzaa, Pearl Harbor Day, Safe Toys and Gifts Month

Birthstone: Zircon

Fruits and Veggies of the Month: Turnips, Winter Squash, Radish, Celery, Passion Fruit

Flower: Narcissus

Astrological Sign: Sagittarius and Capricorn

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



No season lasts forever, neither does it skip its turn. Winter is knocking at our door. We already see Christmas decorations and hear the very merry jingle on some radio stations. Relishing that cozy feeling of joy that can be quite nostalgic.

Please dress appropriately to avoid feeling chilly and draining your body trying to keep itself warm. Although attire is an individual preference, a coat, hat and gloves is reasonable when going outdoors. Body heat escapes from our head, hands and feet first, thus keeping those areas warm will protect our internal temperature.

Remember, the colder you are, the tighter your muscles are and the more your balance will be affected, which can increase your chances of falling.

Also, you want to dress up warmly to avoid lowering your immune system, which can put anyone, at any age, at a higher risk of catching a cold.

During increasingly lower temperatures, you should only go outdoors for important essentials, otherwise stay home to avoid frosty weather and earlier sunset. Christmas and New Years is around the corner as well as other winter holidays. This is an especially festive time of year but we also have to be mindful to the people who need a bit more attention. If you know a family member, neighbor or a friend who is isolated, try to give them a call or a visit.

The Narrows OAC would like to wish everyone a Very Merry, Happy and Healthy Holiday Season and a Blessed New Year.

May 2025 be a stellar year for us all.

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

Mikhail Zimin
Maintenance

CELEBRATING DECEMBER

Christmas

Christmas originally began as a celebration the birth of Jesus Christ. In the early days, many Europeans during winter time celebrated light and birth in the most dark winter days. Many celebrated during the winter solstice when the worst of the winter ended and they could look forward to longer days and longer hours of sunlight and shorter hours of nights. Later on, Christmas would be commonly celebrated among European cultures and it would reach the United States as well. Now it has become a time to exchange gifts and be together with friends and family.

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

<http://www.history.com/topics/christmas>

Hanukah

In the old days, many Jewish people were subjected to slavery due the cruel powerful control of the Syrian-Greek leaders that oppressed Jewish religions. Eventually one day the Jewish people had enough and decided to revolt against them. It was known as the Maccabean Revolt. During their escapes, they had limited supply of food and including the oil to burn candles. They only had enough oil to burn for one night, but it lasted 8 nights, which was considered a big miracle. Hanukkah started as a celebration of that time period including surviving the struggles they suffered.

<http://www.history.com/topics/holidays/hanukkah>

Pearl Harbor Remembrance

On Sunday December 7th, 1941, there was an unexpected attack on Pearl Harbor, Hawaii. This was an army port and navy base area. Thousands of lives were lost and thousands were injured. The Japanese Military was responsible for the attack due to their concerns of USA's influence over the pacific. Unfortunately, The United States had no choice, but to go to war with Japan to avenge the lives lost in Pearl Harbor. This was part of the World War 2 events that were going on at the time. Please use the time on December 7th to remember those lost lives in the Pearl Harbor.

<https://www.timeanddate.com/holidays/us/pearl-harbor-remembrance-day>

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 Holiday Crafts	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	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 December 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Chicken Thighs with BBQ Sauce Prince Edward Blend Vegetables Baked Sweet Potato Whole Wheat Bread Apple	3 Arroz con Gandules(Mexican Style Brown Rice with Pigeon Peas) California Blend Vegetables Whole Wheat Bread Banana	4 Baked Pork w/ Mushroom Gravy Italian Blend Vegetables Homemade Mashed Potatoes Whole Wheat Bread Orange	5 Beef Stew Garden Salad White Rice Apple	6 Baked Fish Oreganata Sauteed Green Beans with Onions Garlic Mashed Potatoes Whole Wheat Bread Pear
9 Chicken Salad Health Slaw Potato Salad Whole Wheat Bread Apple	10 Zesty Chickpea Stew Garden Salad Brown Rice Whole Wheat Bread Banana	11 Chumbre de Gandules (Dominican Stew with Pork, Vegetables and Brown Rice) Prince Edward Blend Vegetables Yellow Rice Whole Wheat Bread Orange	12 Homemade Tomato Sauce Italian Meatballs with Beef and Turkey California Blend Vegetables Penne with Homemade Tomato Sauce Whole Wheat Bread Apple	13 Citrus Sesame Crusted Salmon Oriental Blend Vegetables White Rice Whole Wheat Bread Pear
16 Egg Salad Basic Pasta Salad Garden Salad Whole Wheat Bread Apple	17 Mediterranean Lentil Stew Italian Blend Vegetables Brown Rice Whole Wheat Bread Banana	18 Baked Pork with Brown Gravy Sautee String Beans Roasted Potatoes Whole Wheat Bread Orange	19 Spanish Style Beef Stew w/ Brown Gravy Prince Edward Blend Vegetables Mashed Sweet Potatoes Whole Wheat Bread Apple	20 Tuna Fish Salad Garden Salad Pasta Salad Whole Wheat Bread Pear
23 Classic Chicken Cacciatore Prince Edward Blend Vegetables Penne w/ Homemade Tomato Sauce Whole Wheat Bread Apple	24 Rasta Pasta Garden Salad Italian Blend Vegetables Whole Wheat Bread Banana	25 <u>CENTER IS CLOSED</u>	26 Beef Salisbury Steak w/ Mushroom Gravy California Blend Vegetables Garlic Mashed Potatoes Whole Wheat Bread Apple	27 Baked Fish Oreganata Sauteed Green Beans with Onions White Rice Whole Wheat Bread Pear
30 Baked Chicken Thighs w/ Brown Gravy California Blend Vegetables Brown Rice Apple	31 Chili-Spiced Pinto Bean Ragout Italian Blend Vegetables Brown Rice Whole Wheat Bread Banana		<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 	

December 2024 Presentations

Monday 12/9/2024 10am — Flu Prevention (English)

Monday 12/9/2024 10:15am — Medicare Updates (Chinese)

Monday 12/16/2024 10am — General Protocols Of Home Care
(English/Chinese)

Monday 12/30/2024 10am — Healthy Living For Elderly (English)

Please note these presentation dates are subject to changes.

Entertainment Events

Friday 12/6/2024 10am — 11:30am DJ Music With Joel Pawiak

Friday 12/13/2024 10:30am — 11:30am Joseph Lombardo Mini Concert

Friday 12/20/2024 10am — 11:30am Christmas Celebration
Aetna Will Sponsor Cookies

Friday 12/27/2024 10:30am—11:30am Estella & Peter Chan Mini Concert

Please Note They Are Subject To Changes At Any Time



**Comfort
Keepers.**

Elevating the
Human Spirit™

25 Winter Activities For Seniors In Peterborough

Ways to have a happy and healthy winter.

The winter season provides lots of opportunities for both indoor and outdoor activities. However, for seniors, it can be a challenging time of year.

Here is a list of 25 winter activities seniors can enjoy at home or in their community. Many are suitable for seniors to do on their own while others might be better and more safely enjoyed with the company and support of a loved one or caregiver.

If you or a senior loved one needs the support and care of an in-home caregiver, don't hesitate to contact Comfort Keepers Peterborough.

We're here, ready to make the winter season a joyful one.

1. **Painting**
2. **Sewing**
3. **Knitting**
4. **Pottery**
5. **Sculpting**
6. **Quilting**
7. **Carving or whittling**
8. **Model building**
9. **Scrapbooking**
10. **Cooking**
11. **Baking**
12. **Yoga**
13. **Dance**
14. **Strength training**
15. **Learning a musical instrument**
16. **Writing a journal**
17. **Writing a memoir**
18. **Holiday crafts and decoration**
19. **Learning a language**
20. **Watching or Feeding Birds**
21. **Nature walks**
22. **Reading**
23. **Card and letter writing**
24. **Storytelling**
25. **Swimming (indoor)**

Comfort Keepers Peterborough

(705) 243-4042 or www.peterborough.comfortkeepers.ca

Cranberry Stuffing Balls



Ingredients:

2 cups cooked turkey, shredded
 3 cups prepared stuffing
 1/2 cup cranberry sauce (jellied or whole)
 1/4 cup mayonnaise
 1/4 teaspoon black pepper
 1/4 teaspoon garlic powder
 1/4 teaspoon dried thyme
 Fresh parsley, for garnish

Directions:

Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.

In a large bowl, combine the shredded turkey, prepared stuffing, mayonnaise, black pepper, garlic powder, and dried thyme, mixing well.

Take a small portion of the mixture and flatten it in your hand. Add about a teaspoon of cranberry sauce to the center and roll into a ball, ensuring the cranberry sauce is covered by the turkey stuffing mixture. Repeat with the remaining mixture.

Place the turkey stuffing balls on the prepared baking sheet and bake for 15-20 minutes, or until golden brown.

Garnish with fresh parsley and serve warm, with additional cranberry sauce on the side if desired.

Prep Time: 15 minutes | Cooking Time: 20 minutes | Total Time: 35 minutes

Eggnog



Ingredients

4 medium eggs

300g white sugar

480ml whole milk

360 ml whipped cream

Freshly grated nutmaeg

1/2 tbsp rum

1 1/2 tbsp whiskey

Method

1. Carefully crack the eggs and separate the yolks and whites.
2. In a large bowl, beat the egg yolks until they are thick and pale in colour. Gradually add the sugar to the yolks, continuing to beat.
3. Next whisk in the milk and cream.
4. Add the rum and whiskey, stirring continuously.
5. In a separate bowl, beat the egg whited until they are stiff and fold into the mixture.
6. Pour into serving glasses and sprinkle with nutmeg.

TIPS FOR HEALTHY HOLIDAY EATING



TIP 1: MOVE MORE

For the best health, adults need at least 30-60 minutes of exercise a day. How you get those minutes is up to you! Do something you enjoy. Be active with friends for extra fun and support. Having a smart watch or app to remind you to get up and move helps. Don't let exercise go on vacation!

TIP 2: SHORT AND SWEET

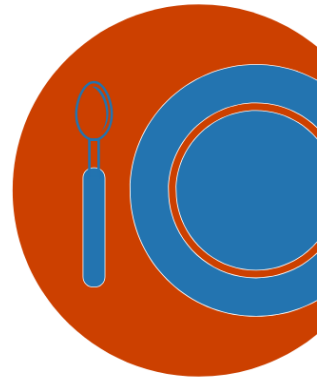
Look at the holiday as a day, not a week or a month. Splurge on just one day. Remember that desserts are for special occasions.

TIP 3: MAKE A PLAN

If you're going to have a big dinner, eat a lighter lunch. Fill your plate once at the buffet or office party and don't go back for seconds. Make a choice about what food you want, and eat slowly and mindfully. Just because it's there, doesn't mean you have to eat it.

TIP 4: MODERATION

Remind yourself that holiday season is not your last chance to ever eat. Don't avoid your favorite high-calorie foods altogether – that can cause feelings of deprivation and can lead to binge eating. Fill up first on healthier, lighter choices, and then enjoy small portions of your "splurge" foods. Eat until you feel satisfied, not "stuffed."



TIP 5: SMART SNACKING

Never attend a party or get-together on an empty stomach. Make sure to grab a healthy snack or meal at home before the chaos begins!

TIP 6: LOVE IT OR LEAVE IT

If you don't love it, don't eat it. How often do you take a bite of food and it's not that good, and then you eat it anyway? What wasted calories!

TIP 7: KEEP YOUR FOCUS

Remember what the holidays are all about. Focus less on the food and drinks and more on celebrating the beauty of the season and the company of the people you love. Give yourself the gift of health over the holiday season by sticking with your fitness routine and planning ahead to curb excessive overeating. If you fail to plan, you plan to fail.

TIP 8: H2O TO GO

Get enough rest and hydration. Sometimes it's not food we crave, it's lack of sleep and water. Before grabbing that snack, drink some water. If the hunger feeling goes away, then you were probably dehydrated.



NC COOPERATIVE
EXTENSION

N.C. A&T
STATE UNIVERSITY

NC STATE
UNIVERSITY

Polk County Center

PREVENTION:

It's the gift that keeps on giving

Between 2009-2013, U.S. fire departments responded to an annual average of **860 home structure fires** that began with **holiday decorations** and an additional **210 home structure fires** that began with **Christmas trees** according to the **National Fire Protection Association**.

CO AND SMOKE ALARMS SAVE LIVES.

Install CO and Smoke Alarms on every level of your home, in every bedroom, and outside each sleeping area.

Be sure to test the alarms once a month and change the batteries yearly.



Happy Holidays
from ESFI

PREVENTION IS...

keeping decorations, or any other **flammable items** at least **3 ft** away from open flame and heat sources.



PREVENTION IS...

ensuring multiple **extension cords** are **never strung together** or run under rugs, carpets or furniture. And making sure those used **outdoors** are labeled "for outdoor use."



PREVENTION IS...

never leaving a **space heater** unattended and **turning it off** when you're leaving a room or going to sleep, and not letting **pets or children** play too close to a space heater.



PREVENTION IS...

inspecting all decorations to ensure they do not have any **frayed or pinched wires** and discarding any **worn decorations**.



PREVENTION IS...

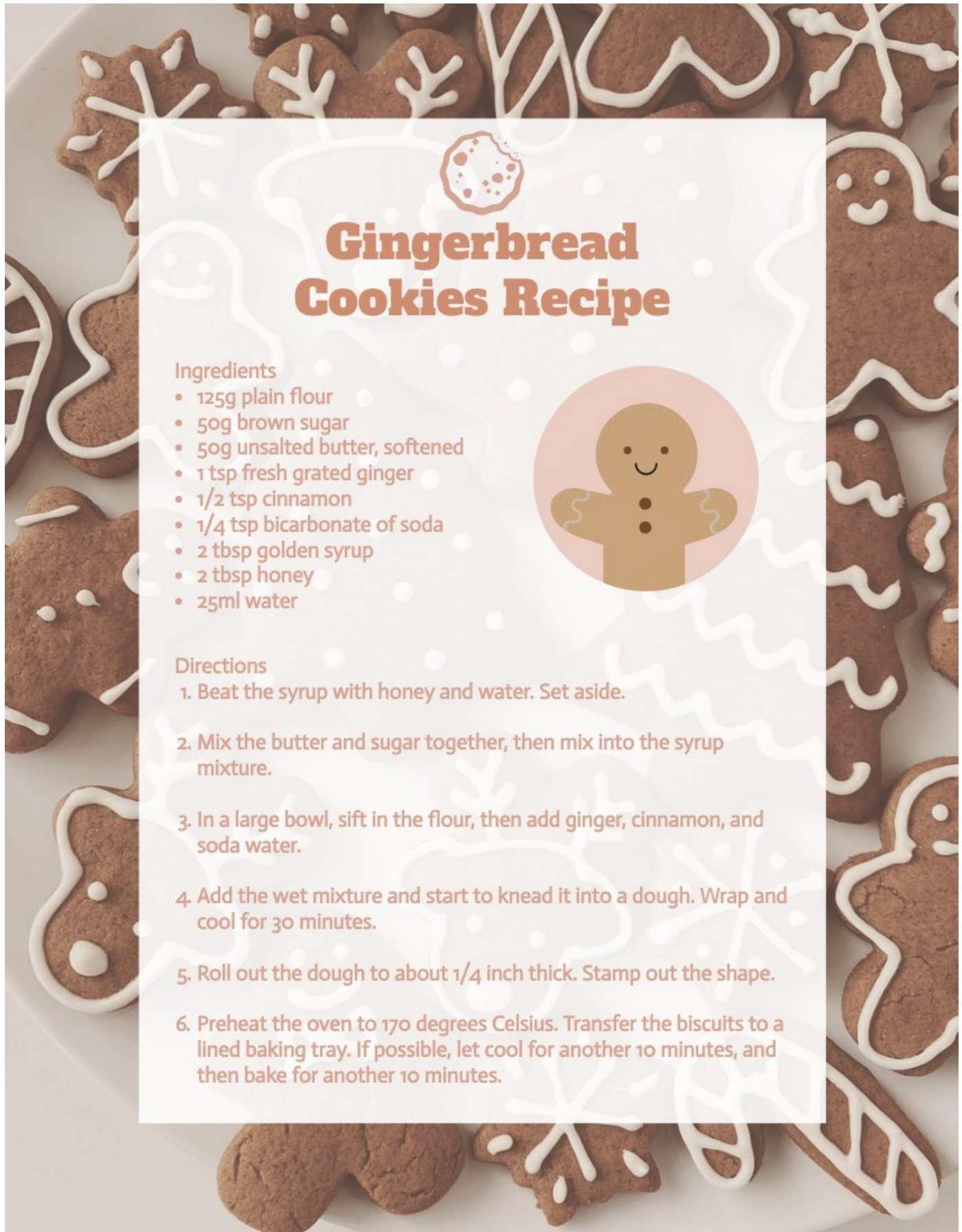
never leaving cooking equipment **unattended** and **turning off burners** if you have to leave the room.



PREVENTION IS...

watering Christmas Trees daily and **discarding trees** when they are dry and begin **dropping needles**.





Gingerbread Cookies Recipe

Ingredients

- 125g plain flour
- 50g brown sugar
- 50g unsalted butter, softened
- 1 tsp fresh grated ginger
- 1/2 tsp cinnamon
- 1/4 tsp bicarbonate of soda
- 2 tbsp golden syrup
- 2 tbsp honey
- 25ml water

Directions

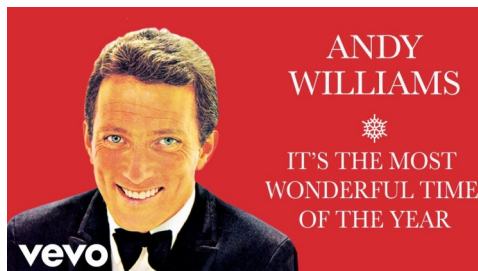
1. Beat the syrup with honey and water. Set aside.
2. Mix the butter and sugar together, then mix into the syrup mixture.
3. In a large bowl, sift in the flour, then add ginger, cinnamon, and soda water.
4. Add the wet mixture and start to knead it into a dough. Wrap and cool for 30 minutes.
5. Roll out the dough to about 1/4 inch thick. Stamp out the shape.
6. Preheat the oven to 170 degrees Celsius. Transfer the biscuits to a lined baking tray. If possible, let cool for another 10 minutes, and then bake for another 10 minutes.

It's the Most Wonderful Time of the Year

Song by Andy Williams

It's the most wonderful time of the year
 With the kids jingle belling
 And everyone telling you, "Be of good cheer!"
 It's the most wonderful time of the year
 It's the hap-happiest season of all
 With those holiday greetings and gay happy meetings
 When friends come to call
 It's the hap-happiest season of all
 There'll be parties for hosting
 Marshmallows for toasting
 And caroling out in the snow
 There'll be scary ghost stories
 And tales of the glories of Christmases long, long ago
 It's the most wonderful time of the year
 There'll be much mistletoeing
 And hearts will be glowing when loved ones are near
 It's the most wonderful time of the year
 There'll be parties for hosting
 Marshmallows for toasting
 And caroling out in the snow
 There'll be scary ghost stories
 And tales of the glories of Christmases long, long ago
 It's the most wonderful time of the year
 There'll be much mistletoeing
 And hearts will be glowing when loved ones are near
 It's the most wonderful time
 Yes, the most wonderful time
 Oh, the most wonderful time of the yeah

https://www.youtube.com/watch?v=AN_R4pR1hck



Christmas Word Search

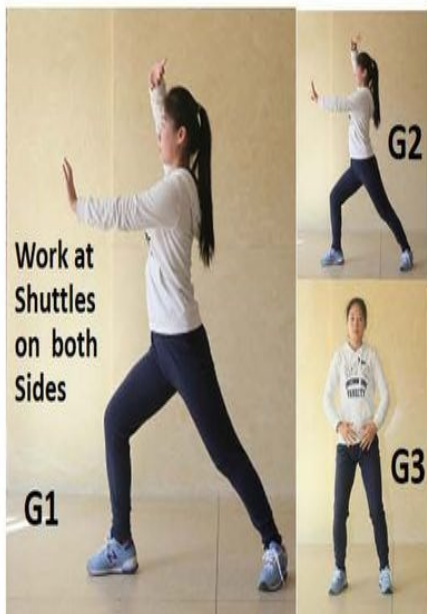
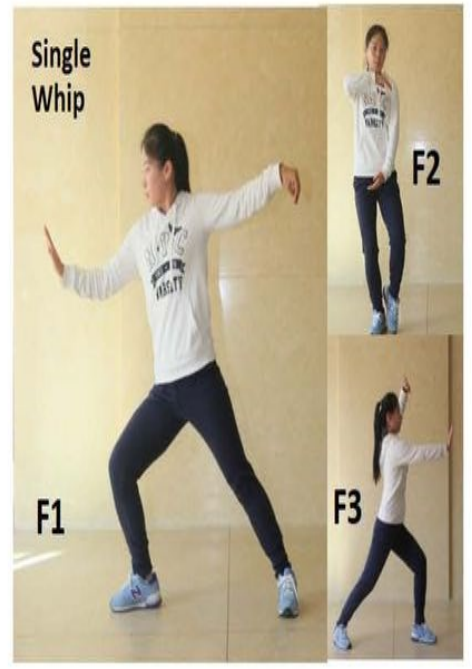
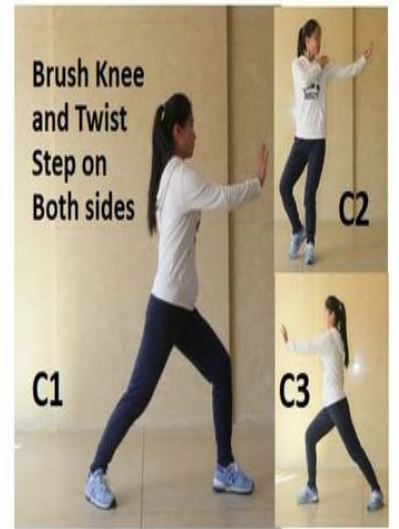


CANDY CANE
CAROLS
CHRISTMAS
DECEMBER
ELVES
GINGERBREAD
JINGLE

HOLLY
LIGHTS
MERRY
NORTH POLE
ORNAMENTS
PRESENTS
REINDEER

SANTA
SLEIGH
STOCKING
TREE
WINTER
WREATH






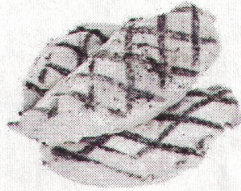







Easy Ways to...

Eat a Variety of Proteins

Eat a variety of proteins as part of a healthy diet. Eat plant proteins more often.

Beans and Lentils	Nuts and Seeds	Lean Animal Proteins
 <p data-bbox="123 810 537 846">Make a three bean salad.</p>	 <p data-bbox="578 810 1016 888">Spread nut butter on apple or banana slices.</p>	 <p data-bbox="1057 810 1484 846">Choose fish twice a week.</p>
 <p data-bbox="152 1152 513 1272">Add beans to sautéed greens and eat with brown rice.</p>	 <p data-bbox="610 1146 984 1224">Add nuts to vegetables and salads.</p>	 <p data-bbox="1049 1125 1492 1287">Eat lean meat and poultry in the right portions – about the size of your palm.</p>
 <p data-bbox="128 1572 540 1650">Make a bean dip to enjoy with vegetables.</p>	 <p data-bbox="591 1551 1005 1629">Snack on a handful of unsalted nuts or seeds.</p>	 <p data-bbox="1081 1551 1463 1671">Bring a hard boiled egg with you for an easy snack.</p>

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

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).

Narrows Older Adult Center Would Like To Thank VNS Health For Sponsoring Tote Bag Giveaways For Our Caribbean Style Party Let's Also Thank Tselita McBride For Arranging Fancy High End Style Refreshments



**Narrows Senior
Center**

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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

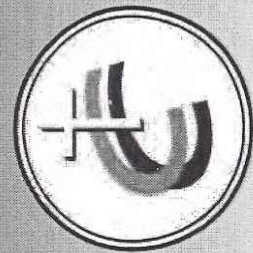




Benson Ridge Senior Services is funded through a grant from the New York City Department for the Aging.

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.

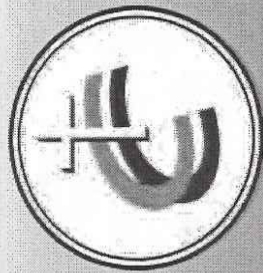
One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

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."

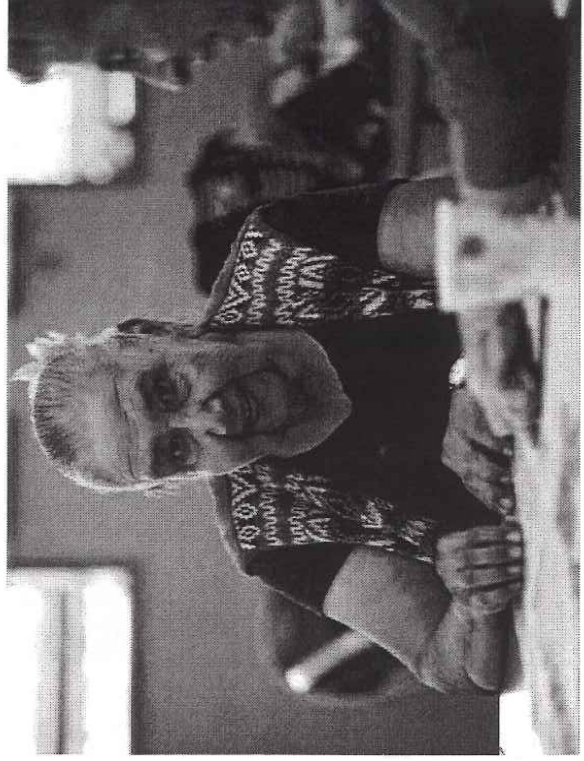
—Garson Kanin

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

