

CELEBRATING
125
YEARS



Our Voices



CATHOLIC CHARITIES
BAYSIDE ELDER ADULT

C E N T E R

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144





Bayside Older Adult Center Menu for December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Chicken Thighs BBQ Sauce Whole Wheat Bread Baked Sweet Potato Prince Edward Blend Vegetables Apple 1% Low Fat Milk	3 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk	4 Pork Tenderloin with Zesty Cilantro Sauce Whole Wheat Bread Yellow Rice Italian Blend Vegetables Orange 1% Low Fat Milk	5 Steak Pizzaiola White Rice (1/2 cup) Garden Salad Apple 1% Low Fat Milk	6 Baked Fish Oreganata Whole Wheat Bread Garlic Mashed Potatoes Sautéed Green Beans with Onions Pear 1% Low Fat Milk
9 Chicken Salad Whole Wheat Bread Health Slaw Potato Salad Apple 1% Low Fat Milk	10 Zesty Chickpea Stew Quinoa (1/2 cup) Whole Wheat Bread Garden Salad Banana 1% Low Fat Milk	11 Chambre de Gandules (Dominican Stew with Pork, Vegetables and Brown Rice) Whole Wheat Bread Prince Edward Blend Vegetables Orange 1% Low Fat Milk	12 Homemade Tomato Sauce (1/2 cup) Italian Meatballs w/ Beef and Turkey; Penne (1/2 cup) Whole Wheat Bread California Blend Vegetables Apple; 1% Low Fat Milk	13 Citrus Sesame Crusted Salmon Whole Yellow Rice Pear 1% Low Fat Milk
16 Egg Salad (3 oz) Basic Pasta Salad Whole Wheat Bread Garden Salad Apple 1% Low fat Milk	17 Mediterranean Lentil Stew (pre-prepared) Cous Cous Whole Wheat Bread Italian Blend Vegetables Banana; 1% Low Fat Milk	18 Baked Pork Brown Gravy Black Beans and Rice Whole Wheat Bread Steamed Carrots Orange; 1% Low Fat Milk	19 Beef Stew Brown Gravy Mashed Sweet Potatoes Whole Wheat Bread Prince Edward Blend Vegetables Apple; 1% Low Fat Milk	20 Baked Fish Dill Lemon Sauce Whole Wheat Bread Garden Salad Yellow Rice Pear; 1% Low Fat Milk
23 Classic Chicken Cacciatore Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) Whole Wheat Bread Apple 1% Low Fat Milk	24 Rasta Pasta Whole Wheat Bread Garden Salad Prince Edward Blend Vegetables Banana 1% Low Fat Milk	25 Center Closed "Christmas Day"		27 Baked Fish Oreganata White Rice (1/2 cup) Whole Wheat Bread Sautéed Green Beans with Onions Pear; 1% Low Fat Milk
30 Baked Chicken Thighs Brown Gravy Brown Rice (1 cup) California Blend Vegetables Apple 1% Low Fat Milk	31 Chili-Spiced Pinto Bean Ragout Whole Wheat Bread Garden Salad; Potato Salad Banana 1% Low Fat Milk			



RESOURCES



WAYS TO PRACTICE SELF-CARE

Self-care includes activities you do for yourself to feel healthier and happier:

- **Journaling:** Write down your thoughts to help process emotions and reflect on positive moments.
- **Mindfulness & Meditation:** Spend a few quiet minutes each day focusing on your breathing and relaxing your body.
- **Physical Activity:** Gentle exercise like walking or stretching can improve both mood and physical health.
- **Stay Connected:** Reach out to friends or family members. Social interactions help reduce feelings of isolation.
- **Hobbies:** Engage in activities that you enjoy and that make you feel fulfilled.

HOW TO SEEK HELP?

- Reach out to a loved one or close friend.
- **Call or text 988** to reach the Suicide or Crisis Lifeline. They provide free and confidential emotional support 24/7 across the United States
- **Veterans Crisis Line:** Call 988 then press 1

OLDER ADULT

MENTAL HEALTH

How to Practice Self-Care



MENTAL HEALTH OF OLDER ADULTS



Around 14% of adults aged 60 and over live with a mental health condition.



Common conditions include depression and anxiety.



Loneliness and social isolation increase the risk of mental health concerns later in life (WHO, 2023).

SIGNS & SYMPTOMS OF MENTAL HEALTH CONCERNS

If you notice any of the following, it may be time to reach out for support:

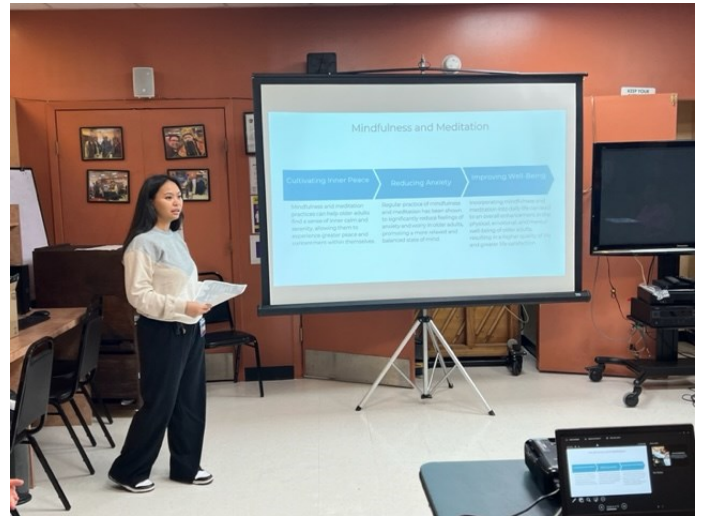
- Irritability or restlessness
- Feelings of guilt or worthlessness
- Low energy or fatigue
- Loss of interest in hobbies
- Thoughts of death or suicide

“Mental health is a state of mental-well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community”.

(WHO, 2022)

**Thank
you**

To our registered nurses Kris and Eva for their amazing work this semester. Our members, staff and volunteers appreciated all your time and effort in educating us for the better.



SEASON'S GREETINGS!



10 Stress Management Techniques

1. **Organize Yourself.**

Take better control of the way you're spending your time and energy, so you can handle stress more effectively.

2. **Control Your Environment**

Control who and what is surrounding you.

3. **Love Yourself by giving yourself positive feedback.**

Remember, you are a unique individual who is doing the best you can.

4. **Reward Yourself by planning leisure activities into your life.**

It really helps to have something to look forward to.

5. **Exercise Your Body**

Your health and productivity depend upon your body's ability to bring oxygen and food to its cells. Therefore, exercise your heart and lungs regularly, a minimum of three days per week for 15-30 minutes. This includes such activities as walking, cycling, swimming, aerobics, etc.

6. **Relax Yourself by taking your mind off your stress and concentrating on breathing and positive thoughts.**

Dreaming counts, along with meditation, exercise, listening to relaxing music, communicating with friends and loved ones, etc.

7. **Rest Yourself as regularly as possible.**

Sleep 7-8 hours a night. Rest your eyes as well as your mind.

8. **Be Aware of Yourself.**

Be aware of distress signals such as insomnia, headaches, anxiety, upset stomach, lack of concentration, colds/flu, excessive tiredness, etc. These can be signs of potentially more serious disorders (i.e., ulcers, hypertension, heart disease).

9. **Feed Yourself / Do Not Poison Your Body.**

Eat a balanced diet. Avoid high calorie foods that are high in fats and sugar. Don't depend on drugs and/or alcohol. Caffeine will keep you awake, but it also makes it harder for some to concentrate. Remember, a twenty-minute walk has been proven to be a better tranquilizer than some prescription drugs.

10. **Enjoy Yourself.**

It has been shown that happier people tend to live longer, have less physical problems, and are more productive. Look for the humor in life when things don't make sense. Remember, you are very special and deserve only the best treatment from yourself.

Name: _____

December Word Search



DECEMBER
CHRISTMAS
WINTER
COLD
SOLSTICE

CELEBRATE
HANUKKAH
PEARL HARBOUR
GIFTS
HOLIDAYS

SANTA
SLEIGH
RELIGION
GREETINGS
PARTY





Bayside Older Adult Center Activities for December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Painting Group (9am-3pm) Computer Class (Chinese) (9:00am) (10:15am) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat Walton 12:30pm Line Dance w/ Rose (1:30pm)</p>	<p>3 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11am) Karaoke w/Davi(10:30am-3:30pm) Bingo w/ Pat (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>4 Painting Group (9am-3pm) Computer Class (Chinese) (9:00am) (10:15am) Low Impact Aerobics w/ Ira (9:30am-10:30pm) Latin Dance w/ Yukari (1-2pm) Mah Jong (12:30-3:30pm)</p>	<p>5 Painting Group (9am-3pm) Wing Chun (10am-11am) Karaoke w/ David (12:30-3:30pm) Line Dance w/ Harrison (1-3:pm)</p>	<p>6 Painting Group (9am-3pm) Ballroom & Latin Dance (9am-10am) Age-Justic (10am-11am) Mah Jong (12:30-3:30pm) Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>9 Painting Group (9am-3pm) Computer Class (Chinese) (9:00am) (10:15am) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat Walton 12:30pm Line Dance w/ Rose (1:30pm)</p>	<p>10 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11am) Karaoke w/Davi(10:30am-3:30pm) Bingo w/ Pat (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>11 Painting Group (9am-3pm) Computer Class (Chinese) (9:00am) (10:15am) Low Impact Aerobics w/ Ira (9:30am-10:30pm) Latin Dance w/ Yukari (1-2pm) Mah Jong 12:30-3:30pm)</p>	<p>12 Painting Group (9am-3pm) Wing Chun (10am-11am) Karaoke w/ David (12:30-3:30pm) Line Dance w/ Harrison (1-3pm)</p>	<p>13 Painting Group (9am-3pm) Ballroom & Latin Dance (9am-10am) Age-Justic (10am-11am) Mah Jong (12:30-3:30pm) Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>16 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat (12:30am) Line Dance w Rose (1:30pm)</p>	<p>17 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11am) Karaoke w/David(10:30am-3:30pm) Bingo w/ Pat. Walton (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>18 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30am-10:30pm) 11:00am "Lowering Prescription Drug Cost" Latin Dance w/ Yukari (1-2pm) Mah Jong (12:30-3:30pm)</p>	<p>19 Painting Group (9am-3pm) Wing Chun (10am-11am) Karaoke w/ David (12:30-3:30pm) Line Dance w/ Harrison (1-3pm)</p>	<p>20 Painting Group (9am-3pm) Ballroom & Latin Dance (9am-10am) Age-Justic (10am-11am) Mah Jong (12:30-3:030pm) Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>23 Painting Group(9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat (12:30pm) Line Dance w/ Rose (1:30pm)</p>	<p>24 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11am) Karaoke w/David (10:30am-3:30pm) Bingo w/ Pat. Walton (12:30pm) Yoga w/ Sharon ((1:30-2:30pm)</p>	<p>25 Center Closed "Christmas Day"</p>	<p>26 Painting Group (9am-3pm) Wing Chun (10am-11am) Karaoke w/ David (12:30-3:30pm) Line Dance w/ Harrison (1-3pm)</p>	<p>27 Painting Group (9am-3pm) Ballroom & Latin Dance (9am-10am) Age-Justic (10am-11am) Mah Jong (12:30-3:30pm) Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>30 Painting Group(9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira Bingo w/ Pat (12:30pm) Line Dance w/ Rose (1:30pm)</p>	<p>31 Painting Group(9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira Karaoke w/David (10:30am-3:30pm) Bingo w/ Pat (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>			



Eulalia Choi - Case Manager

Social Work Assistance

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.

Alcohol & Medication: A Deadly Combination

December 12, 2024 10:00AM - 11:00AM

Learn why combining medication and alcohol can be dangerous.



CLICK HERE TO JOIN THE MEETING

<https://us02web.zoom.us/j/84652645877?pwd=ahyS5Nb3OabT0mvpFYjLA7rZVYRpFP.1#success>

MEETING ID: 846 5264 5877

PASSCODE: 332150

CALL-IN NUMBER: 929 436 2866

HAPPY
HOLIDAYS





INQUIRING MINDS WANT TO KNOW

CELEBRATING
125
YEARS



What were you happy to see or do in 2024?

Alice Chen - is happy to go to swim indoors and to take free style lessons.



Carl Dietz - as a participant in the Strider's Group, he joyfully walked in Central Park, went over the Brooklyn Bridge and toured the Hindu Temple in New Jersey.

Christina Lau - happy that her son got engaged and is getting married in June, 2025.

Chung Sikorski - enjoys coming to our Center and seeing the beautiful people.

George Yap - happily watched the Philippine Independence Day Celebration.

Herman Cheng - happily went with his family to Shanghai and Zhongxing, China in November.

Leo Palumbo - enjoys participating in the entertaining shows at our Center and at the Queens Theater.

Lillian Krochak - enjoyed getting together with her family to celebrate special events.

Sharon Ng - is happy that everyone is healthy and that her daughter is safe from the flood in Florida and is now moving back to New York, and that she will have her seventh grandchild in 2025.

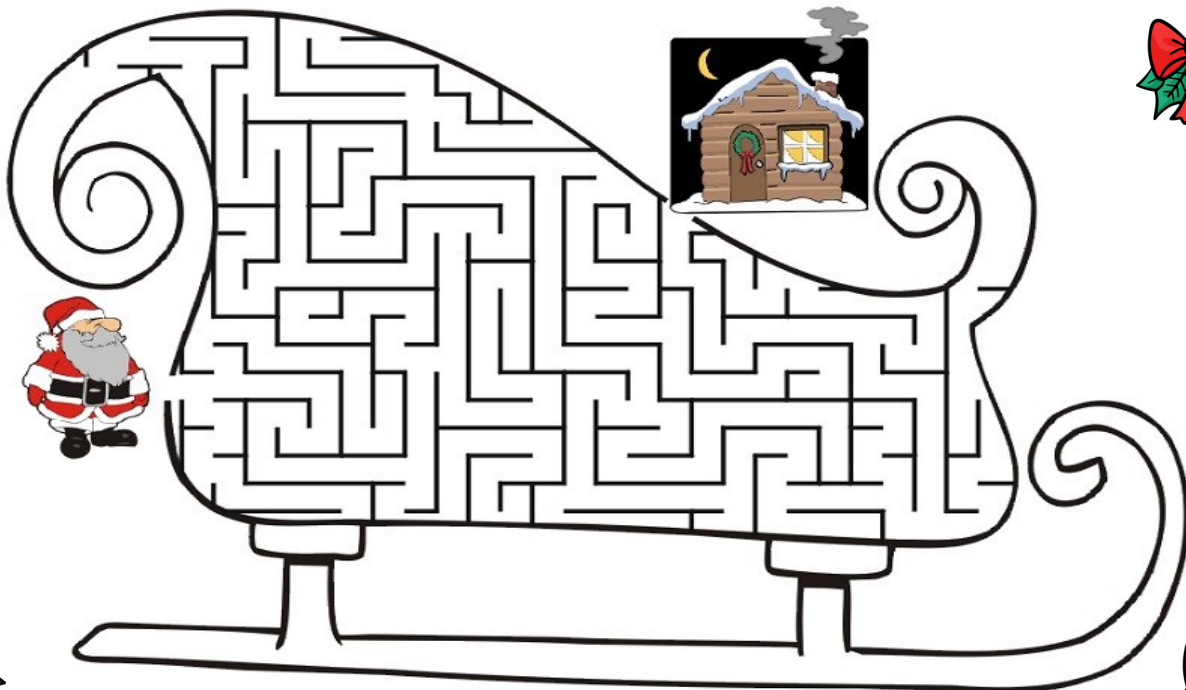


**Advisory Council VP
Susan Hall**

I enjoyed the year 2024. In June, I happily saw my daughter and later she and her family on their two visits to New York. In July, I happily went with my two cousins to a family dinner at our other cousin's home in New Jersey and went on his boat ride to watch the spectacular firework display. In October, I joyfully went with Joann Mistretta to Radio City to see Barry Manilow perform



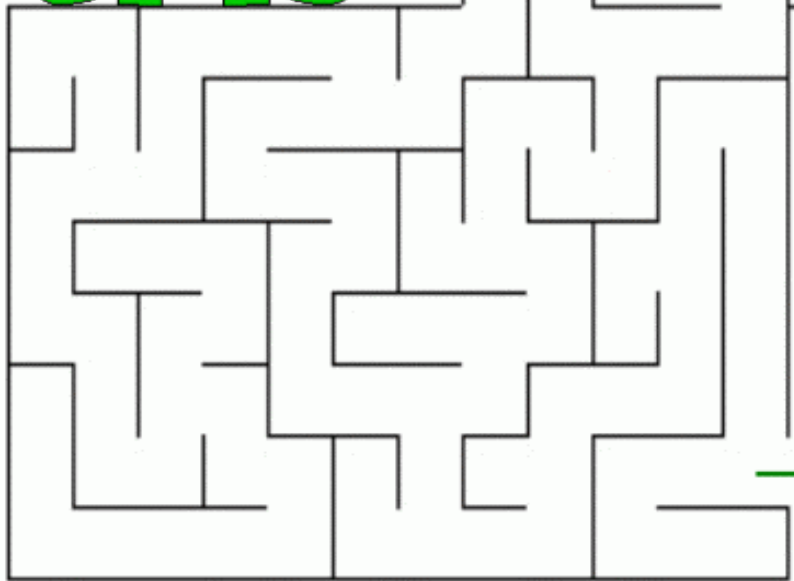
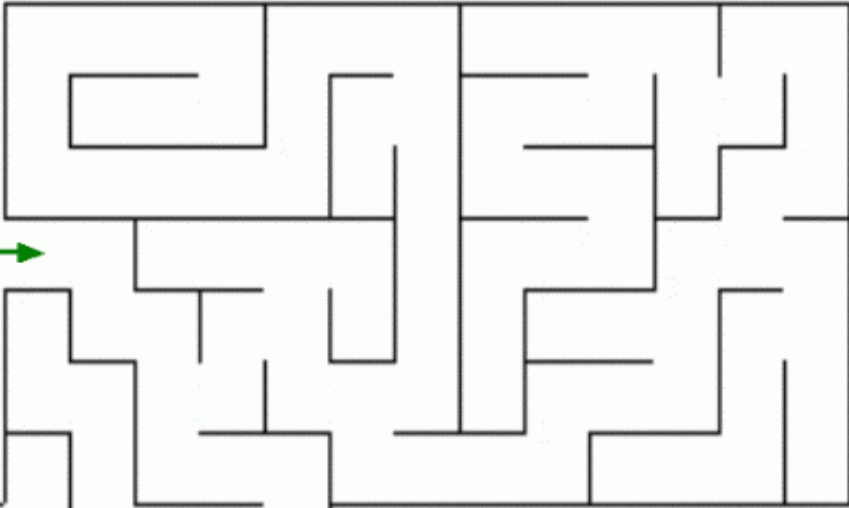
Help Santa through the Sleigh maze to find the next house to go to.

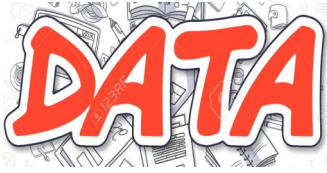




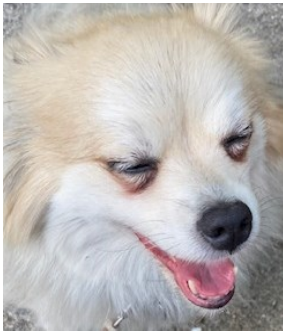
Christmas Maze

Help Jo Jo the elf find the missing Christmas present!





BLOOMING HEALTH Bayside Senior Center
Older Adults Survey



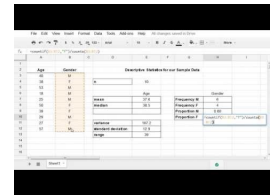
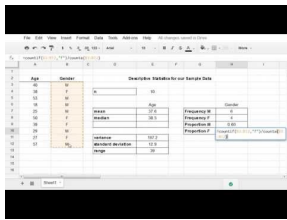
1. How would you rate your current level of stress or anxiety?

- a. Not at all – 65%
- b. Moderate –29%
- c. Extremely stressed - 5%



2. How often do you participate in social activities or community programs?

- a. Never—3%
- b. Sometimes 17%
- c. Very often –79%



3. How confident do you feel in managing stress and emotional challenges on your own.

- a. Not confident 5%
- b. Moderately confident 40%
- c. Extremely confident 55%



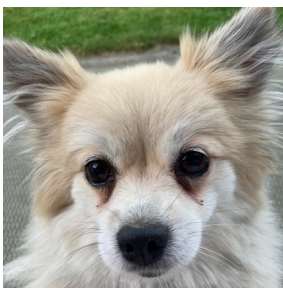
4. How familiar are you with meditation, journaling, or mindfulness techniques?

- a. Not familiar 62%
- b. Moderately familiar 33%
- c. Extremely familiar 5%



5. How often do you currently engage in self-care practices like meditation, journaling or mindfulness?

- a. Not familiar 60%
- b. Moderately familiar. 31%
- c. Extremely familiar 7%





WELCOME



1. Stamatia Fragias
2. George G. Fragias
3. Guat Hoon H. Chang
4. Ming Yu Wang
5. Yiping Ma
6. Ting Ju Huang
7. Sataish K. Ram
8. Sau Ping Tsoi
9. Mydzung Duong
10. Ham T. Duong
11. Charles I. Resnick
12. Jianping Li
13. Kevin Liu
14. Yun-Hsia (Angela) Chan
15. Miriam E. Beraiah

16. Debbie A. Roberts
17. Susanne Livathinopoulos
18. Alana Ferrier
19. Hao Liu
20. Tai Sang Hum
21. Gui-Zhen Hum
22. Yuzhen Li
23. Idalia F. Rosario
24. John A Tsivgoulis
25. Samuel Benoit
26. Haydee C. Pistone
27. Pulinthanathu Rajesawari
28. Magally L. Chappell
29. Raul Chappell
30. Catherine L. Wu



Skillet Lemon Chicken & Potatoes with Kale

This easy one-pan skillet-roasted lemon chicken is perfect for weeknight dinners. Juicy chicken thighs are cooked in the same pan as baby potatoes and kale for a satisfying meal minimal cleanup.

AND IT IS DIABETIC FRIENDLY, LOW CALORIE AND DELICIOUS

Servings: 4

Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 1-pound chicken legs and thighs, trimmed
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1-pound baby Yukon Gold potatoes, halved lengthwise
- 1 cup low-sodium chicken broth
- 1 large lemon, sliced and seeds removed.
- 4 cloves garlic, minced.
- 1 tablespoon chopped fresh parsley
- 6 cups baby kale

Directions

Step 1 Preheat oven to 400 degrees F.

Step 2 Heat 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Sprinkle chicken with 1/4 teaspoon each salt and pepper. Cook, turning once, until browned on both sides, about 5 minutes total. Transfer to a plate.

Step 3 Add the remaining 2 tablespoons oil, potatoes and the remaining 1/4 teaspoon each salt and pepper to the pan. Cook the potatoes, cut side down, until browned, about 3 minutes. Stir in broth, lemon, garlic, and parsley. Return the chicken to the pan.

Step 4 Transfer the pan to the oven. Roast until the chicken is cooked through and the potatoes are tender, about 15 minutes. Stir kale into the mixture and roast until it has wilted, 15 more minutes. Toss the vegetables in the pan juices and serve.





BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364



Phone: (718) 225-1144 Fax: (718) 229-7320



Officers:

Rosa Farmer.....President
Susan Hall Vice President
Pat Walton Treasurer
Leo Palumbo Secretary

ADVISORY COUNCIL

Members:

Carmela Pozzi
Rosa Farmer
Jane Chin
Fraternidad Sevilla
Christina Lau



BAYSIDE OLDER ADULT CENTER STAFF



Pang F. Chu Program Manager
Kathy Lundgren Office Manager
Eulalia ChoiCase Manager
Yolanda De Martinez Custodian
Anmarie Payne Transportation Coordinator
Elizabeth Mui.....Recreational Coordinator

Henry Cadet
Vacant
Laura Moy
Yung Ping Tam
Vacant
Transportation
Transportation
Kitchen Aide
Kitchen Aide
Kitchen Aide

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 human development.

All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.

Name: _____



Winter Word Search



COLD
SNOW
ICE
SCARF
SNOWMAN

PENGUIN
HOT CHOCOLATE
WINTER
SNOWFLAKE
BLIZZARD

BOBSLEDS
SNOWBALLS
SKIING
SKATING
MITTENS





Happy Recap!



NOVEMBER 2024

