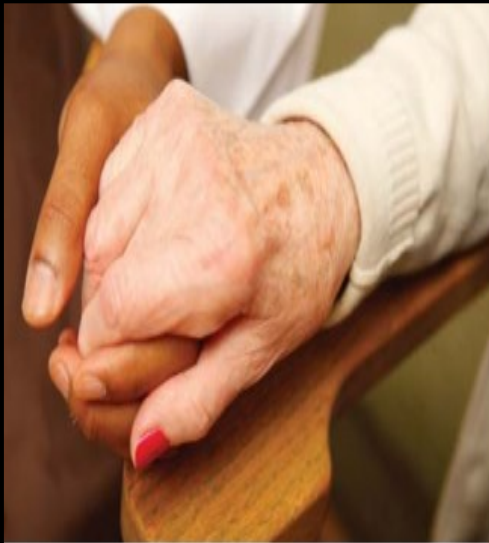


**CCNS CATHERINE SHERIDAN  
OLDER ADULT CENTER  
35-24 83 RD STREET  
JACKSON HEIGHTS, NY 11372  
718-458-4600  
FUNDED BY THE NYC DEPT. FOR  
THE AGING**

**20  
JANUARY**

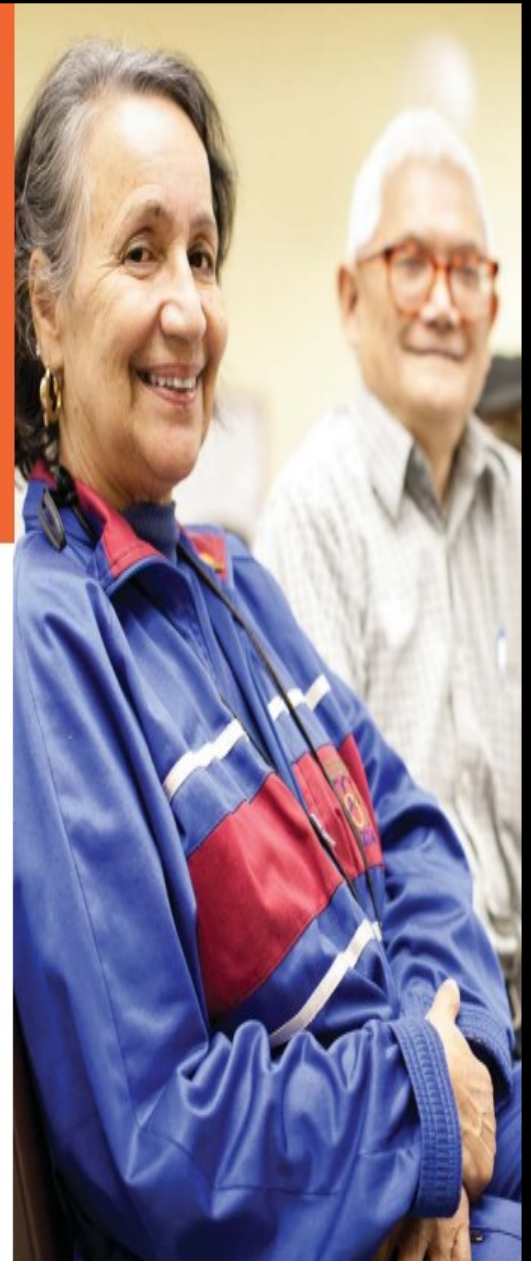
# JANUARY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>YEAR OF THE SNAKE</b> ...1965, 1977, 1989, 2001, 2013, 2025, 2037...</p> <p>www.chinatravel.com</p>						
2	3	4	5	6	7	8
 <p>Today is World Introvert Day (Jan. 2), so I'll talk to you tomorrow.</p> <p>INTROVERTDEAR.COM</p>	 <p>January is Prune Breakfast Month</p> <p>3605.com eat, sleep, celebrate.</p>	 <p><b>NATIONAL Spaghetti DAY</b></p>	 <p>Epiphany Of The Lord</p>	 <p><b>PIZZA WEEK</b></p>	 <p><b>NATIONAL TEMPURA DAY</b></p>	 <p><b>NATIONAL ARGYLE DAY</b></p>
9	10	11	12	13	14	15
 <p>Balloon Ascension Day</p>	 <p>Oysters ROCKEFELLER</p>	 <p><b>WORLD MILK Day</b></p>	 <p><b>NATIONAL TEA DAY</b></p> <p>BREW MORE DO MORE</p>	 <p><b>RUBBER DUCKY DAY</b></p> <p>JANUARY 13</p>	 <p><b>NATIONAL HOT Pastrami Sandwich DAY</b></p>	 <p><b>National Hat Day</b></p> <p>Every Year Celebrate</p>
16	17	18	19	20	21	22
 <p><b>National Nothing Day</b></p> <p>JANUARY 16</p>	 <p><b>HOT BUTTERED RUM</b></p>	 <p><b>NATIONAL PEKING DUCK DAY</b></p>	 <p><b>NATIONAL POPCORN DAY</b></p>	 <p><b>NATIONAL CHEESE DAY</b></p>	 <p><b>NATIONAL HUGGING DAY</b></p> <p>JANUARY 21</p>	 <p><b>HAPPY HOT SAUCE DAY</b></p>
23	24	25	26	27	28	29
 <p><b>NATIONAL COMPLIMENT DAY</b></p> <p>January 23</p>	 <p><b>NATIONAL IRISH COFFEE DAY</b></p>	 <p><b>National Green Juice Day</b></p> <p>Get a simple green juice recipe and learn other ways to celebrate.</p>	 <p><b>International Holocaust Remembrance Day</b></p> <p>January 27<sup>th</sup></p> <p>Never Forget</p>	 <p><b>National Kazoo Day</b></p> <p>January 28</p>	 <p><b>National Carnation Day</b></p> <p>What do US presidents &amp; National Carnation Day have in common?</p> <p>Find out the answer plus facts about carnations &amp; ways to celebrate the day.</p> <p>Always The Holidays</p>	
30	31					
 <p><b>NATIONAL CROISSANT DAY</b></p> <p>JANUARY 30<sup>th</sup></p>	 <p><b>NATIONAL BACKWARD DAY</b></p>					



# Southwest Queens Senior Services

is funded by the New York City Department for the Aging



## Who are we?

Southwest Queens Senior Services is a program of Catholic Charities Brooklyn and Queens. We have had the privilege of serving older adults in Queens for over 30 years. The goal of our program is to help older adults to live as independently as possible in their own homes.

The program is sponsored by **Catholic Charities Neighborhood Services**  
Affiliate of Catholic Charities  
Brooklyn and Queens

Accredited by the Council on Accreditation for Children and Family Services

Catholic Charities Southwest Queens Senior Services can help.

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.**  
**718-217-0126**



*Serving Homebound Older Adults in Southwest Queens*

## Southwest Queens Senior Services

183-16 Jamaica Avenue  
Hollis, NY 11423

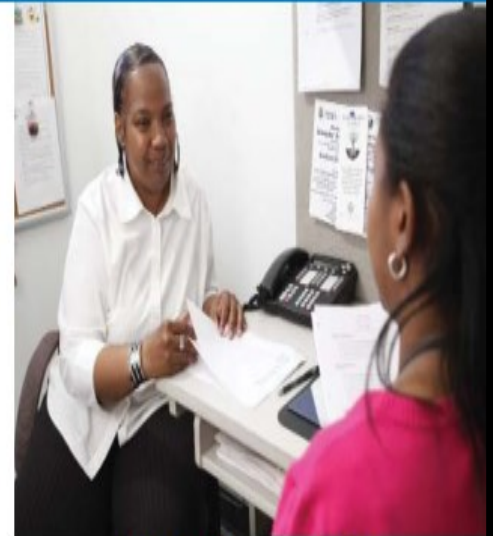
T: 718-217-0126 • F: 718-217-0495

## Who is eligible to receive services?

Our program is open to people age 60 and over who need some assistance to continue living safely in their own homes. Catholic Charities is non-sectarian, serving all older adults regardless of religion, national origin, ethnicity, income, sexual orientation, gender or immigration status.

## We serve the neighborhoods of:

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens
- Breezy Point
- Belle Harbor
- Neponsit
- Bayswater
- Arverne
- Edgemere
- Rockaway Park
- Rockaway
- Far Rockaway



## What do we do?

The staff of Southwest Queens Senior Services help seniors obtain needed in-home services. We also provide referrals to other community services.

## What services are available?

- Care Management
- Home-delivered Meals
- Home Care
- Housekeeping
- Transportation
- Long-Term Care Planning
- Benefits and Entitlements
- Information and Referral
- Caregiver Support

**We care! You are not alone!**

*Program funded by the New York City  
Department for the Aging*



新年快樂

Happy Chinese New Year



Year of the Snake

# Human Trafficking

A Global Problem

Prostitution. Servitude. Forced Labor.





WORLD  
BLOOD  
DONOR  
DAY!

VISIT YOUR LOCAL HOSPITAL!

BE A HERO.





eye care

month

visit your doctor!

care for your eyes!

care for your eyes!

visit your doctor!



# SELF-LOVE MONTH

I'M:

I HAVE THE POWER TO CHANGE  
TALENTED

SPECIAL

UNIQUE

PROUD



BRAVE

BOLD

BEAUTIFUL

# FACTS ABOUT ALZHEIMER'S DISEASE

Alzheimer's is a  
progressive brain disorder,  
**NOT** a normal part of aging



**MORE  
THAN**

**6 MILLION  
AMERICANS**  
are living with Alzheimer's



The number of Americans with  
Alzheimer's is projected to surpass  
**14 MILLION** by 2060



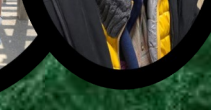
**MORE THAN 16 MILLION**  
American caregivers provide  
**OVER 17 BILLION**  
hours of unpaid care

**Connect with information and support.**

**Contact AFA's Helpline**

**Phone:** 866-232-8484 • **Text:** 646-586-5283 • **Web:** [alzfdn.org](http://alzfdn.org)

# 2024 GREAT MEMORIES



*Happy Birthday*

January Born

**PLEASE SEE MARIANA**

# Happy Birthday

Acevedo, A.  
Acevedo, N.  
Adams, E.  
Agudelo, J.  
Agudelo, O.  
Aller, A.  
Alvarenga, L.  
Amador, T.  
Arroyave, E.  
Barbin, M.C.  
Bello, E.  
Benavente, W.  
Benavides, N.  
Bohorquez, E.  
Brenner, K.  
Cabrera, M.  
Cajamarca, F.  
Camargo, J.  
Camargo, M.  
Canales, I.  
Cano, L.  
Carrasco, A.  
Cheng, J.  
Clark, W.  
Cleary, M.  
Cordova, T.  
Cortez, Y.  
Coyle, E.  
Cui, J.  
Cusmai, I.  
DeSantis, C.  
Del Toro, L.  
Derolland, V.  
Di Meglio, F.  
Done, A.  
Fernandez, M.  
Franco, N.  
Francois, L.  
Fuentes, N.  
Galindo, G.  
Garzon, K.  
Garzon, S.

Ghoneim, M.  
Golick, L.  
Gomez, D.  
Gonzales, G.  
Gonzalez, M.  
Gonzalez, M. E.  
Gonzalez, V.  
Goodman, L.  
Gregory, A.  
Guacho, A.  
Gutierrez, I.  
Gutierrez, J.  
Hago, H.  
Hernandez, A.  
Hernandez, L.  
Hernandez, M.  
Hernandez, P.  
Horvath, L.  
Huerta, E.  
Huynh, L.  
Hwang, J. Y.  
Jimenez, H.  
Kinder, L.  
Larkin, E.  
Lau, P. K.  
Lazo, M.  
Lehrer, E.  
Marte, R.  
Martin, E.  
Martinez, J.  
Martinez, M.  
Mejia, Ma. P.  
Monsalve, M.  
Montano, A.  
Morales, M.  
Orozco, J.  
Orta, M.  
Palacios, B.  
Palaguachi, M.  
Parker, P.  
Patino, M.  
Pena, M.

Postigo, S.  
Pulido, H.  
Putilina, R.  
Ramirez, G.  
Reyes, M.  
Rivera, C.  
Roberto, E.  
Rojas, L.  
Rojas, M.  
Romero, L.  
Rozo, G.  
Sabogal, M.  
Saenz, J.  
Salinas, A.  
Salvacion, A.  
Sanchez, J.  
Seda, J.  
Silva, M.  
Simbana, J.  
Spamer, E.  
Tapia, M.  
Taveira, J.  
Teran, A.  
Toala, W.  
Toledo, R.  
Torres, A.  
Torres, L.  
Torres, L.  
Torres, M.  
Trenk, P.  
Trujillo, O.  
Trujillo, L.  
Ugarte, V.  
Vallejo, H.  
Vasquez, M.  
Vega, N.  
Villamarin, L.  
Warren, P.  
Yuan, Ch.  
Zevallos, E.  
Zhu, Z 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**  
**Janeth Ospino, Transportation Coordinator**  
**Marcia Jijón, Recreation Coordinator**  
**María Rua, Kitchen Aide**  
**Sandra Mejía, Kitchen Aide**  
**Ana Judith Villa Osorio, Driver**  
**Maryann Ubaldo, Driver**  
**William Clark, Maintenance**