HOWARD BEACH OLDER ADULT CENTER

Senior Voices

CATHOLIC CHARTIES NEIGHBORHOOD

155-55 Cross Bay Blvd., Howard beach, NY 11414 Phone # (718) 738-8100

Women History Month

March 2025 **Funded by NYC Dept of Aging**

Mesage from Program Manager:

Dear CCNS Howard Beach OAC Members,

We look forward to our General Howard Beach OAC Meeting on March 11, 2025 at 10:00am. This is a great time to ask any questions you may have regarding the center and activities. The Advisory Council Trip committee has planned one Spring trip and one Summer trip please see further details in newsletter.

Please keep in mind I will be sending you a message via Blooming Health with any important information about the center and/or details about weather advisories or Also, please participate in short surveys sent via Blooming Health.

March offers the perfect opportunity to reinstate or continue with our goals in order to have a life filled with fun, love, laughter and healthy eating habits as March marks new beginnings.

On Sunday, March 9th,
Set your Clock
an Hour Ahead

Live Long Live Well Live Happy

March 2025 Funded by NYC Dept of Aging

Mold and Moisture

EPA states potential health effects related to mold exposure

CCNS Howard Beach OAC

Date: March 4, 2025

Place: 155-55 Cross Bay Blvd

Department of Health: Healthy Homes

VNS Health

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CCNS Howard Beach OAC

ART CLASS

Date: 3/4/25 & 3/18/45

Time: 11:00 am - 12:00 pm

Place: 155-55 Cross Bay Blvd

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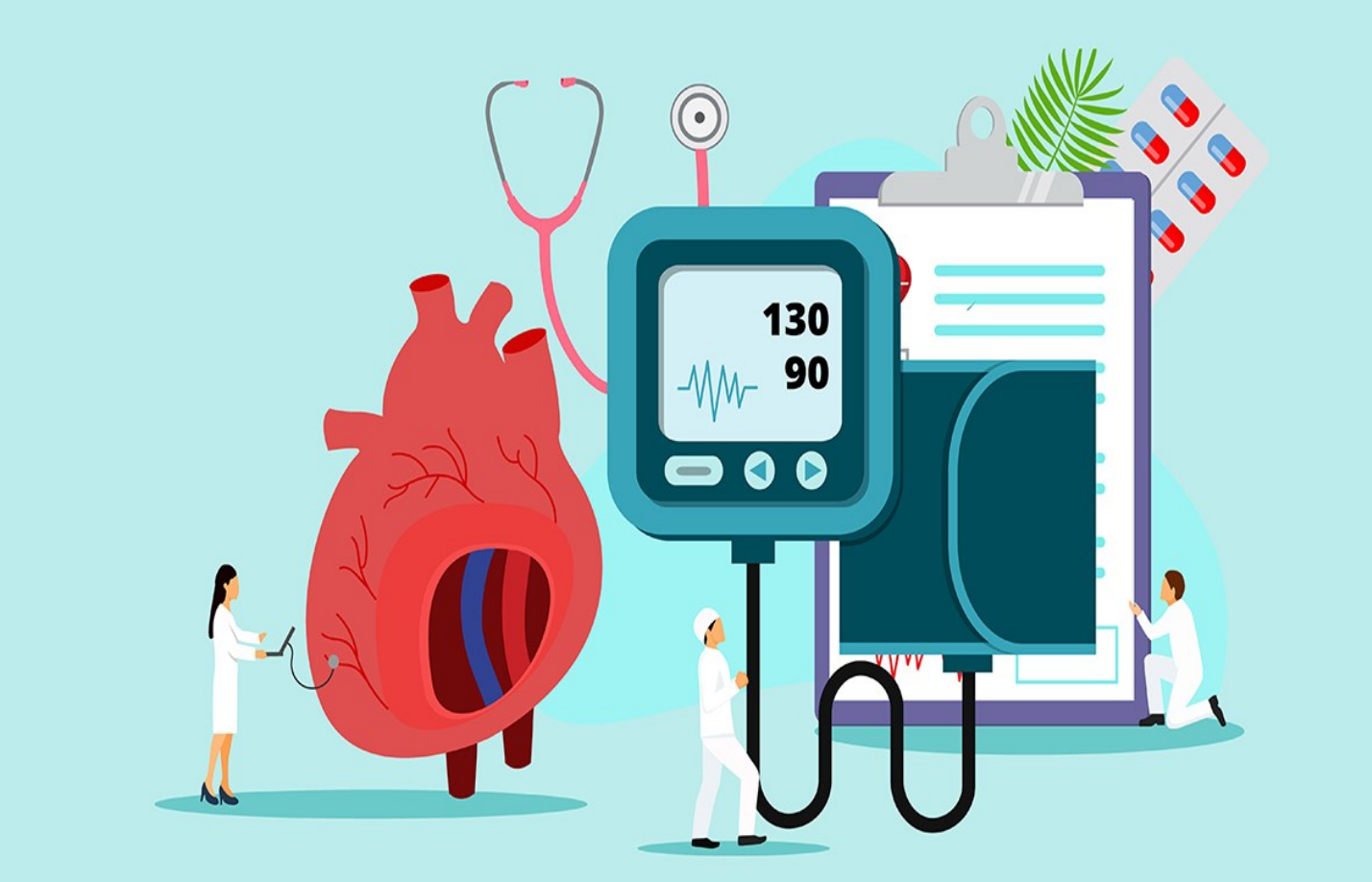
Blood Pressure Screening



CCNS Howard Beach OAC

Mondays

Place: 155-55 Cross Bay Blvd

Time: 9:00 am - 2:00 pm

by Ms. Campbell, RN

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WOMEN'S DAY

Empowered Women Empower Women

FINANCIAL LITERACY

STRONG & INDEPENDENT

ability to understand and effectively use various financial skills, including personal financial management, budgeting, and investing

PRESENTED BY FLAGSTAR

MARCH 11 | TUESDAY | 11AM - 12PM

March 2025 Funded by NYC Dept of Aging

CCNS Howard Beach OAC
Renal Lecture
Presented by

Thursday, March 13 at 10:00 AM

WORLD KIDNEY DAY

Place: 155-55 Cross Bay Blvd.

Time: 10:30 am –11:30 am

March 2025

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Medicare Education

With David Yam

CCNS Howard Beach OAC

Date: 3/14/2025

Place: 155-55 Cross Bay Blvd

Time: 11:00 am - 12:00 pm

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CCNS Howard Beach Older Adult Center
Is Proud to Present

ST. Patrick's Celebration

HB Cultrual Dance Performance
11:15 am - 12:00 pm

17 March, 2025 | 1:00 - 2:30pm

DJ Music, Raffle and More

155-55 Cross Bay Blvd
Howard Beach, N.Y. 11414

March 2025

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Easy Ways to…
Read an Ingredients List

Choose items with a list that…	Avoid items with a list that…
✓ **Is short** As a general rule, the fewer ingredients a product has, the healthier it is.	X **Is long** As a general rule, long ingredients lists mean more sugars and additives.
✓ **Is easy to understand** Choose foods with ingredients that have uncomplicated names.	X **Is hard to understand** Avoid ingredients you do not recognize or cannot pronounce.
✓ **Includes whole grains** In breakfast cereals, crackers, pastas and breads, the word "whole" should appear as the first or second ingredient.	X **Includes trans fat or partially hydrogenated oils** Trans fat increases your risk of heart disease by increasing "bad" cholesterol (LDL) and decreasing "good" cholesterol (HDL).
✓ **Includes no or low sugar** Choose foods that do not have a lot of sugar (see Bread #2 below, where common names for sugar are shown in **bold**).	X **Includes many sugars** Common names for sugars include cane sugar, honey, sucrose, glucose, fructose, dextrose, high fructose corn syrup, fruit juice concentrate, molasses and invert sugar.

Bread #1: Healthier Choice	Bread #2: Less Healthy Choice
INGREDIENTS: 100% WHOLE WHEAT FLOUR, WATER, SOYBEAN OIL, **MOLASSES,** YEAST, WHEAT GLUTEN, CALCIUM PROPIONATE (TO PREVENT SPOILAGE), NON FAT MILK, SALT	**INGREDIENTS:** ENRICHED WHEAT FLOUR, **CORN SYRUP, SUGAR,** PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL, **SUCROSE, DEXTROSE, HIGH FRUTOSE CORN SYRUP, FRUCTOSE,** GLYCERIN, **POLYDEXTROSE**, MODFIED CORN STARCH, SALT, SODIUM STEAROLY LACTYTALATE, PYRIDOXINE HYDROCHOLRIDE, RED #40, YELLOW #5

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).

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Nutrition Lecture

with Neuron

CCNS Howard Beach Older Adult Center

Date: March 20, 2025

Place: 155-55 Cross Bay Blvd.

Time: 10:30 am –11:30 am

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March 2025

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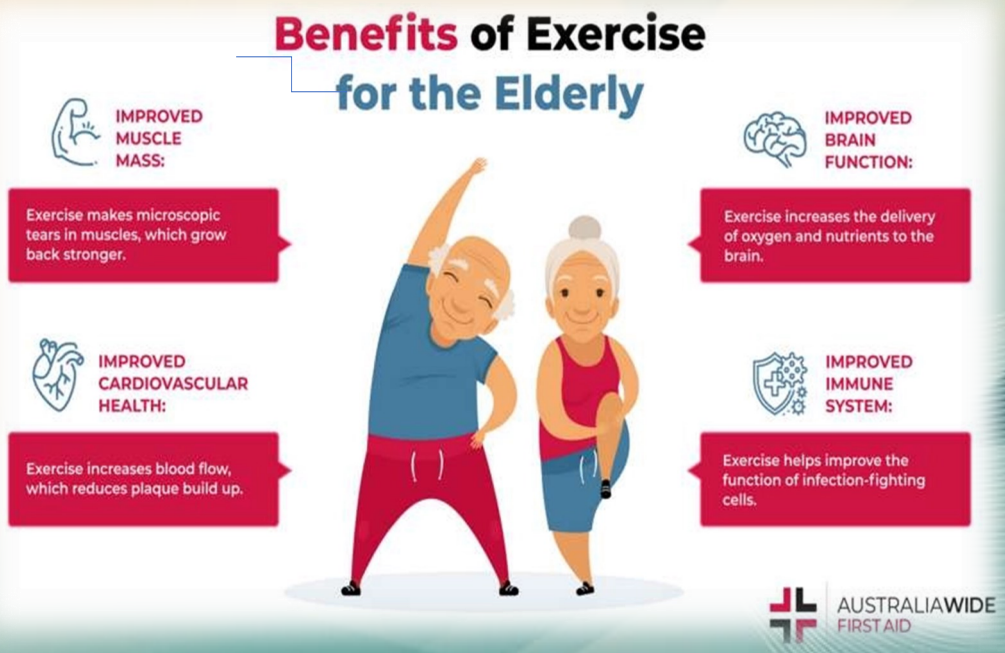
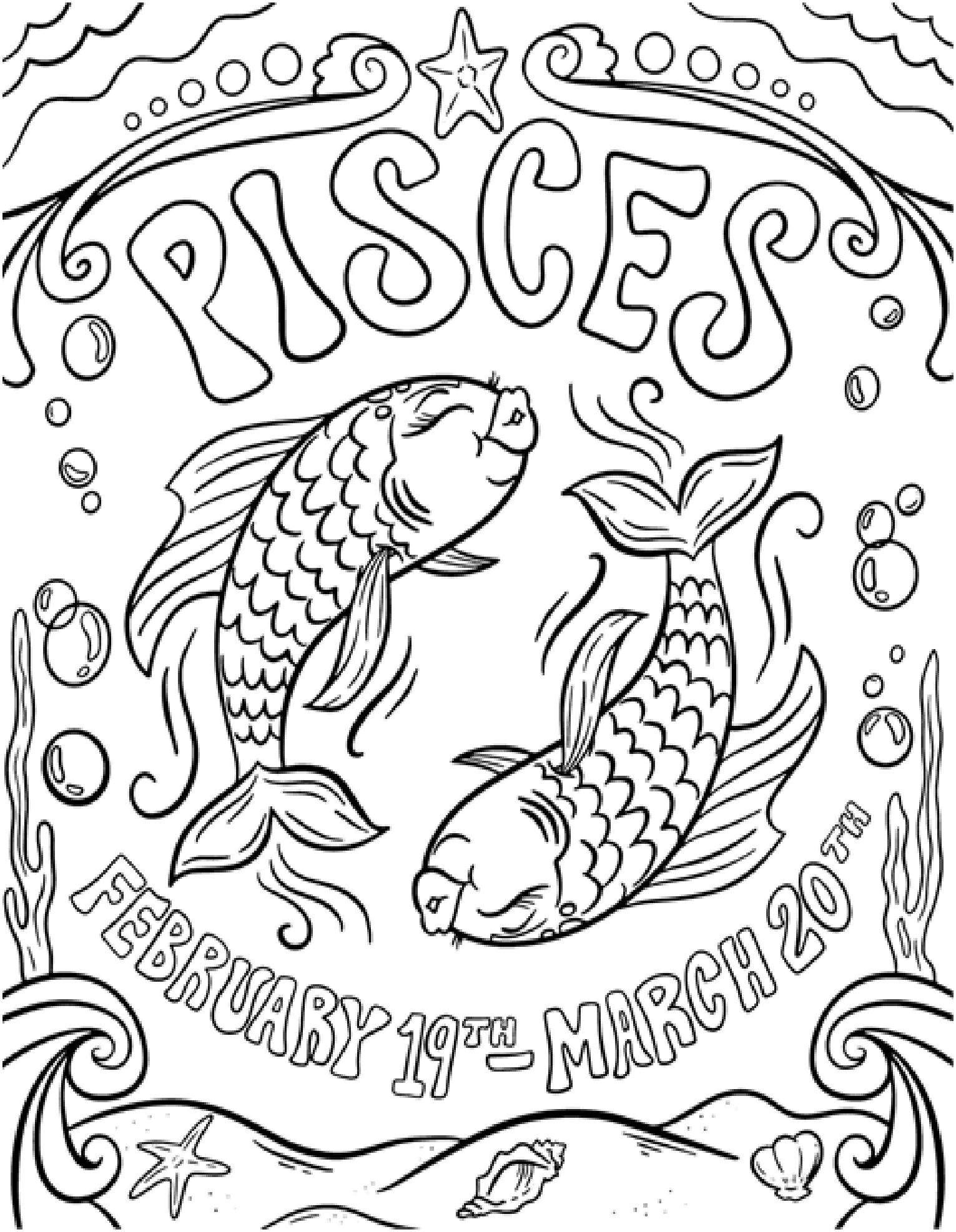
Why Physical Activity Matters for Seniors



How Much Physical Activity is Needed?

Seniors should aim for at least 150 minutes of moderate-intensity exercise per week:

- **Aerobic Exercise:** 150 minutes per week (e.g., brisk walking, swimming).
- **Strength Training:** 2-3 times per week for muscle and bone health.
- **Balance Exercises:** At least 3 times a week to reduce fall risk.



March 2025

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March 2025

AHMED,ABDUL

AMENDOLARA,CAROLE

Berard,Donna

Bruno-Pelaez,Elizabeth

CAROTENUTO,PETER

Castagna,Pauline

COHEN,LORRAINE

DAMBRUZZO,NATALIA

DE SIMONE,BIAGIO (BENNY)

DIAZ,MATILDE

Doody,Ann

ESPOSITO,LORENZO

FALKOWSKI,LOUISE

Falzetta,Theresa

Gonzalez, Ana

Jean Baptiste, Marie

Koomah, Roopmatie

Langan, Dorothy

MANNINO,JOHN

MINORE,MARGIE

MISURACA,SUE

Muller, Louise

MYERS,PAULINE

Parente, Ester

PIONEGRO,ANNEMARIE

ROBERTS,PATRICIA

SCOTTO,FORTUNATA

Stank, Virginia

STASIO,JOANN

Whittingham, Yvonne

Zhu,Mei Ru (Miki)

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CCNS Howard Beach

Older Adult Center Members

come celebrate your birthday with us

March 28, 2025

155-55 Cross Bay Blvd

Time: 1:00 pm - 3:00 pm

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Start saving
for
fantastic summer fun!

Krucker's Picnic Grove

Food, fun, and relaxation!

June 25, 2025, $140.00
Tickets go on sale May 20, 2025.

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Blood Pressure Screening Mondays

Acitivities March 2025 Calender

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Adult Coloring 3 9:15 HB Golden Age Dance Group 10:15 Work your Heart Work your Muscles 11:00 BP Screening 1:00 Bingo w/Delia 2:15 Leisure Games	9:30 Exercise/Delia 4 10:15 Mold & Moisture Lecture 11:00 Art Class 1:00 Embroidery 1:45 Tai Chi /Maggie	9:30 AreoFit/Elaine 5 10:30 Zumba w/ Elaine 1:00 Karaoke 1:00 Leisure Games:Mahjong	9:30 Exercise 6 10am Begin Crochet 10:30 Guess Who? 11am Intermediate Crochet with Mary 1:00 Rock painting 1:45 Yoga w/Maggie	9:30 Exercise Delia 7 10:00 Sign Language 1:00 Dance Party W/DJ Ray 1:00 Leisure Games: Canasta
9:30 Brain Teaser 10 9:15 HB Golden Age Dance Group 10:15 Work your Heart Work Muscles 11:00 Lecture/RN 1:00 Bingo/Delia 2:15 Leisure Games	9:30 Exercise 11 10:00 General Older Adult Center Meeting 11:00 Women Empowered Financial Literacy 1:00 Embroidery 1:45 TaiChi w/Maggie	9:30 Exercise 12 10:30 Zumba Mix Class w/Elaine 1:00 pm Karaoke 1:00 Leisure Games: Mahjong	9:30 Exercise 13 10am Begin Crochet 11:00 World Kidney Day Activity 11am Intermediate Crochet with Mary 1pm Rock painting 1:45 Yoga w/Maggie	9:30 Exercise/Delia 14 10:00 Sign Language 11:00 Medicare 1:00 Dance Party w/ DJ Joel 1:00 Leisure Games: Canasta
9:30 Adult Coloring 17 10:15 Work your Heart Work your Muscles 11:15 HB Golden Age Dance Performance 1:00 St. Patrick's Dance Party w/DJ 2:15 Leisure Games	9:30 Exercise 18 10:30 Nutrition Bingo 11:00 Art Class 1:00 Embroidery 1:45 Tai-Chi w/ Maggie	9:30 AreoFit 19 10:30 Zumba Mix w/ Elaine 1:00 Karaoke 1:00 Leisure Games: Mahjong *Age Strong Advocacy Day	9:30 Exercise 20 10:00 Beginner Crochet w/Mary 10:30 Nutrition Lec 11:00 Intermediate Crochet w/Mary 1:00 Rock painting 1:30 Book Club 1:45 Yoga w/Maggie	9:30 Exercise 21 10:00 Sign Language 10:30 The Telephone 1:00 Spring is Here Party w/DJ LOU 1:00 Leisure Games: Canasta
9:30 Brain Teasers 24 10:15 Work your Heart & Muscles 1:00 Bingo w/Delia 2:15 Leisure Games ——————— 9:30 Brain Teasers 31 10:15 Work your Heart & Muscles 11:00 Lecture/RN 1:00 Bingo w/Delia 2:15 Leisure Games	9:30 Exercise 25 10:30 Women's History Month Activity 1:00 Embroidery 1:45 Tai Chi w/ Maggie	9:30 Exercise 26 10:30 Zumba Mix 1:00 Karaoke 1:00 Leisure Games: Mahjong **Activities are subject to cancelation due to unforeseen circumstances	9:30 Exercise 27 10am Beginner Crochet w/Mary 11:00 Lecture/Risa 11am Intermediate Crochet with Mary 1pm Rock painting 1:45 Yoga w/Maggie 2:30 Games/Yvonne	9:30 Exercise 28 10:00 Sign Language 10:30 Birthday Bingo 1:00 March Birthday with DJ/LOU 1:00 Leisure Games: Canasta

March 2025

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CCNS Howard Beach Older Adult Center

March 2025 LUNCH MENU 12:00 – 1:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 *Honey Mustard Chicken, Mashed Sweet Potatoes Caesar Salad.*	4 *Pernil (Roasted Pork Shoulder) Coconut Rice & Peas,California Blend Vegetables Mango ⋆*	5 *Beef & Cheese Lasagna Sauteed Zucchini Apple*	6 *Baked Asian Style Honey Chicken White Rice, Steamed Broccoli ⋆ Orange*	7 *Parmesan Baked Fish Capri Blend Vegetables ⋆ Glazed Sweet Potatoes Watermelon*
10 *Vegetarian Lo-Mein Normandy Blend Cantaloupe*	11 *Lemon Chicken Homemade Mashed Potatoes Sauteed Spinach Honeydew*	12 *Steak & Onions Multigrain Bread Yellow Rice and Pigeon Peas Carrots& Parsley Pineapple*	13 *Baked Breaded Pork Chops Apple Sweet Potatoes Braised Collard Greens ⋆ Applesauce ⋆*	14 *Tuna Salad* *Garden Salad* *Grapes*
17 *California Veggie Burger Whole Wheat Bun Garden Salad ⋆ Roasted Sweet Potato Fries Canned Mandarin Oranges*	18 *Turkey w/ Gravy Garlic Mashed Potatoes Sauteed String Beans Cantaloupe*	19 *Beef Stroganoff with Noodles Steamed Broccoli Orange*	20 *Apricot-Glazed Pork Chops Yellow Rice California Blend Vegetables ⋆ Honeydew*	21 *Pineapple Glazed Salmon Home Fries Sauteed Spinach Grapes*
24 *Velvety Meatless Shepherd's Pie California Blend Vegetables ⋆ Orange*	25 *Deluxe Cheeseburger w/ burger Bun Baked Red Potato Wedges Broccoli Apple*	26 *Garlic Chicken Meatballs Chinese Style Spaghetti Garlic Snap Peas Honeydew*	27 *Smothered Pork Chops Baked Sweet Potato Kale with Tomato Plums (2) ⋆*	28 *Baked Fish with Cream Sauce Yellow Rice Zucchini with Onions and Peppers Grapes*
31 *Chili-Spiced Black Bean Burger Baked Red Potato Wedges Fruit Cocktail*		Contribution $2.00 for Lunch	***Served with all meals 1% Low Fat Milk, butter Multigrain Bread*	*⋆Meals are subject to change*

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Senior Citizen Homeowners Exemption (SCHE)

Savings of up to 50% to qualified property owners of 1 to 3 unit dwellings, or condominiums, or cooperative apartments. Applicants must be age 65 or older and have held title to the property for at least 12 consecutive months. The property must be applicant's legal residence, used exclusively for residential purposes.

Age:

65 and older. If spouses or siblings are co-owners, only one of them must be 65 or older. If other persons are co-owners, all must be 65 or older.

Under the age of 65, if a veteran, a spouse of a qualified veteran or unmarried surviving spouse.

Income: Limit -- $58,399 for the last calendar year.

Assets: No limit

Apply:
Applications are accepted throughout the year. However, the start date for tax reduction benefits varies according to when you apply.

Must apply or renew by March 15 to receive the benefit in the

Following tax year which begins July 1st.

Make an appointment with Lisa in order to assist you!

CCNS HB OAC STAFF

Annie	Director of Field Operations
Martha	Program Manager
Lisa	Case Manager
Kamani	Administrative Assistant
Tracy	Cook
Shammel	Assistant Cook
Maria	Kitchen Aide
Vadym	Maintenance

CENTER ADDRESS

155-55 Cross Bay Blvd.

Howard Beach, NY 11414

PHONE: (718) 738-8100

Monday—Friday

8:30 a.m.—4:00 p.m.

125+ YEARS OF CHANGING LIVES

CATHOLIC CHARITIES Brooklyn & Queens

NYC Department for the Aging

HOWARD BEACH ADVISORY COUNCIL

President: Joyce Taraby
Vice President: Grace Denza
Treasurer: Pat Mckeever
Secretary: Elaine Anderson
Councilmembers:
Florence Carbone
Yvonne Whittingham
Matilde Diaz
Dee Martins

Councilmembers:
Patty Dwyer
Nancy Lopez
Nieves Gonzalez
Hilda Spinner
Richard Tabakoff
Connie Pionegro
Lorraine Trotta
Linda Mastrangelo

Happy March from your friends at Howard Beach OAC

Our Case Manager Lisa is available here at the center for your needs by appointment only. Stop in or call the office at 718-738-8100 to make an appointment. Lisa is available to assist with SCRIE, which is described as follows, eligible senior citizens 62 and older stay in affordable housing by freezing their rent. Tenants can keep paying what they were paying even if their landlord increases the rent. The landlord gets a property tax credit that covers the difference between the new and original rent amount. For additional information contact Lisa!