



Serving Our Greatest Generation

By Amed Alfaraji, Director of Community Outreach

I have been working in the non-profit sector for over 15 years, learning new skills, techniques thus collaborating with diverse individuals within a corporate work setting. I have had the opportunity to have exposure to multiple cultures, ethnicity, and languages. I was fortunate enough to work with various religious institutions, schools, and local business markets, I at times have equated it to a “family functioning together for the greater good”.

I have in my past job tenures, achieved numerous roles that were and are crucial in building and bringing together communities, which are essential in today’s society. Taking part in community work and helping families, individuals, and organizations has been my lifelong pursuit and passion. Currently, at Bay Ridge Center as the Director of Outreach & Community Services, I can continue to assist and support the surrounding communities.

Prior to my work at BRC, I was invariably invested in community work. Accomplishing various responsibilities, as well as personal achievements, such as my election to the post of Ambassador of Bay Ridge from current sitting Mayor of NYC Eric Addams. This set my footprint into community work, and the intention of an” inclusive family, and second home”.

During the COVID-19 outbreak, nearly all work was remote and person-to-person community work was at a standstill. My scope of work was to translate flyers; and spread awareness about the prevention of COVID-19, I personally cooked hot meals that were distributed to the homeless. I am proud to say that I helped 850 refugee families in Damascus during a political crisis to resettle and to help assist refugees in surrounding countries to find shelter and purpose while rebuilding their lives. Today, I am proud to say here at BRC, I have been able to put my experience and knowledge synergistically together for the greater good of our thriving community here in Bay Ridge and its surrounding network of communities.

Life is a power struggle, a test of strength and endurance in one’s character and integrity, but not from God, but an experience in one’s self to see how far you can truly reach. “All limits are self-imposed” is A declaration from a famous Greek myth regarding Daedalus and Icarus, about a man testing his limits. I have set my aspirations and goals on this intention, to not test my limits, and not to take no for an answer. With diligent work and like-minded individuals encompassing you, you will be able to achieve and arrive at where you want to be in all aspects of your life.

I am proud to be part of an organization that respects and honors the legacy of our older generation, “The Greatest Generation”, which is so often overlooked and underserved.



Dear Members,

I am so happy to see so many members, new and longtime, engaging in the various classes, talk sessions, trips, parties, delicious congregated meals, and making new friends. And all of this in one place.

Friday night bingo will resume on April 14 with doors opening at 3:50 pm. We will place the pizza order and begin bingo at 4:30 pm. Admission for the months of April and May will be \$12.00 which covers the cost of 4 bingo cards, 2 slices of pizza, and soda. We will play 15 games with each game winning \$10.00. We welcome family and friends to this event. We started Friday night bingo many years ago as a fundraiser for the Center and, even though we did not always meet expenses, we continued as so many of you enjoy it. Unfortunately, the cost of pizza has risen from \$13.00 pre-pandemic to \$16.00 at present. Sadly, due to this increase, in June, admission will be \$15.00. Hopefully, we can make this event worthwhile as we know how many of you do enjoy the evening.

On Tuesday, April 18, from 1:00 pm to 3:00 pm, DJ Luis will play the music for our Spring Fling party. The cost of the party is \$3.00 and does not cover lunch which is a donation of \$2.00 upon entry and before 11:30 am. Please remember to purchase your party ticket from Kathy Boyle, at the front desk, before Friday, April 14, as tickets will not be sold on the day of the party. A party ticket is necessary if you stay during that time. If you would like to join a particular table, please be sure to inform the captain.

Trip signup is due on the Friday before the trip and the lottery will be held on that Friday. You will be called over the weekend if you are selected. Please remember to call Sonia, at 718-833-3731, if you need to cancel as there is always a waiting list.

Please have exact cash for transportation on the trip day or any other cash indicated for a particular trip. Please know that the money collected for transportation does not go to our driver, but for maintenance of the vans, insurance, gas, etc.

If you require transportation, you must be registered with the office and complete the necessary paperwork. Thereafter, you may notify Rob beforehand of your transportation needs. Rob is not permitted to pick you up or take you home unless this procedure is followed. Suggested donation is \$2.00 one way, \$4.00 round trip. Please have exact cash. Also, Rob is on a schedule, so please be ready and waiting at pickup time, so that he does not keep others waiting.

If you are chosen for a trip and you board at the Center, you must return to the Center at the end of the trip. You are not permitted to stay longer and take another means of transportation on the return. Please remember the leader and the Center are responsible for your safety.

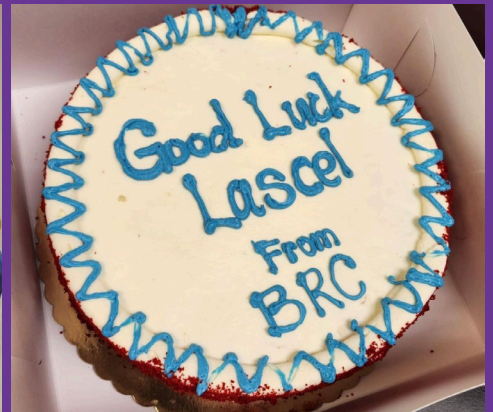
Please come by, stay informed, and don't miss anything in the rearview mirror. There is so much going on here and much more to come.

Thank you for your cooperation and continued support and, most of all, tell your friends about us.

Sonia Adamsk

Senior Advisory Council President





Bittersweet Goodbye

By D. Lascel Parkinson, Former Director Bay Ridge Connects

Hello CONNECTs family! It is a bittersweet moment today that I can confirm that this will be my last entry on behalf of the staff at CONNECTs, as I have decided to move on. This was a tougher decision than many would ever believe. The loving and encouraging members that I have had the privilege to know in my tenure here have touched not just myself, but my entire family. People who have sent gifts for my baby daughter. People who have supported our endeavors at CONNECTs, actively working to grow our programs and bring in new people to our family. So, this is not just a cookie cutter 'so long'.

I didn't want to leave here without saying a few things. One- I want to thank each member, program facilitator, and staff who have been a part of this short, but incredible ride. I want to thank you all for your care, support, and the great atmosphere CONNECTs has been growing into. Thank you all for allowing me an opportunity to enter your world, and embracing me.

Two- I want you guys to know that even though I have moved on, I was only a part of our growth. Our CONNECTs team is still here- Amed Alfaraji, Nurse Betty Steier, Kervon Jones, and new addition Ashley Witherell all have worked hard to gain the momentum that we have reached. Many of these endeavors are theirs. In short, you are in great hands. Please keep the momentum going.

I won't make this too long... but, I wanted to convey to each of you who read this how grateful I am to have had a chance to have had the ability to touch your lives. And, the absolute truth is that you have touched mine. I wish you well; and will miss you all.

Exercise of the Month

By Mary Ann Coughlin PT

Loosening your upper body before a walk will help with gait performance (how well you move), breathing capacity and good posture. It's not all about your legs! *Try this exercise before you go out for your walk.*

Stand tall, feet hip width apart. Inhale as you reach arms behind you and clasp your hands or hold your wrist. As you gently lift your chest allow your lower back to arch slightly and arms reach back a little bit more. Feel your chest opening.

Exhale as you release the clasp and bring your arms forward, shoulder height, holding on to your wrist. Drop your chin and round your upper back.

Repeat the whole movement 5-10 times. Set a goal to walk 30 minutes a day. See You On Your Walk !

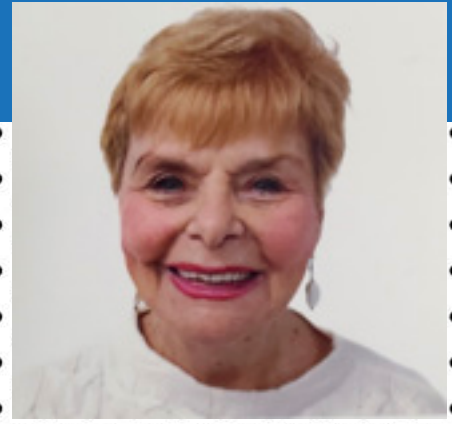
LET'S PUT A
"SPRING" IN YOUR STEP

April 7th is
Take a Walk Day



Meet a Member: Alice Boyle

By Nicole Mironov LMSW CSI & Johanna Loizides



On a typical Thursday afternoon during lunch hour here at BRC, I sat down with Alice Boyle who was full of excitement and anticipation as she shared her life experiences with me. I was able to firsthand listen to Alice's intriguing and adventurous life story.

Alice's parents immigrated to the US in the early 1930s from Ireland and resided in Flatbush Brooklyn. Her parents met at a dance; fell immediately in love married, and had four children. Alice was the middle child of 3 brothers.

Alice's father worked for the MTA as a mechanic, while her Mother was a nurse. Her father lived to the age of 50 years old, while her mother lived to the ripe old age of 100.

Alice moved from Flatbush where she lived and purchased a home in Marine Park where she raised her 3 sons as a single mother. She was able to pay off the home mortgage in 22 years, which at that time was a huge accomplishment for a single woman and mother. Alice later sold her home when the children graduated high school and moved to Bay Ridge where she presently resides. Michael; was her firstborn and although she had 2 other sons Michael was a rock for his mother. He supported and encouraged her entirely in all aspects of her daily routines.

Alice; studied at Pace University and received her Secretarial Degree. As an Executive Assistant Alice worked on Wall Street and later at the Empire State Building for a Corporate Insurance Company.

Alice; retired from the corporate world at the age of 61 years old. This is where Alice's life takes a complete turn that spans 3 continents. Alice; began missionary work that took her to Nigeria in West Africa and on to South Africa for 4 months, then to Haiti, and finally to Scotland as she assisted families and individuals during the height of the AIDS epidemic.

Alice; is also a Eucharistic Minister as well as a biblical counselor to married and single women, and to all who seek religious instruction. Alice; attributes this to her membership and experiences while attending services at the Times Square Church in NYC. Currently, as an active volunteer at the Leopard Church in Bay Ridge, Alice also assists her parish priest in the preparation of the mass service, and she also volunteers at the local food pantry.

Today, Alice enjoys spending time with her 7 grandchildren who reside in New Jersey. In addition to her family, there is Jackson a Yorkie that Alice adopted at 6 months old. Alice enjoys coming to the Center to spend time with her friends, as she has been doing since 2013.

IMPORTANT DATES

APRIL FOOL'S DAY, APRIL 1ST

WORLD AUTISM DAY, APRIL 2ND

PASSOVER (BEGINS SUNDOWN), APRIL 5TH

EASTER, APRIL 9TH

SINKING OF THE TITANIC IN 1912, APRIL 15TH

ORTHODOX EASTER, APRIL 16TH

EARTH DAY, APRIL 22ND



APRIL MENU

2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Leg Quarters Italian Roast Chicken Bakes Macaroni and Cheese Collard Greens with Tomato	4 Turkey Meatloaf with Mushroom Gravy Brussels Sprouts Homemade Mashed Potatoes	5 Vegetable Ratatouille White Rice (1/2 cup) Broccoli and Red Peppers	6 Beef Pot Roast with Mushrooms Egg Noodles Baby Carrots with Parsley	7 Baked Fish Cous Cous Sautéed Spinach
10 Breaded Pork Loin California Blend Vegetables Homemade Mashed Potatoes	11 Beef and Broccoli Egg Noodles Corn and Red Peppers	12 Baked Asian Style Honey Chicken Brown Rice (1/2 cup) Brussels Sprouts	13 Baked Macaroni and Cheese Baby Carrots with Parsley Broccoli and Red Peppers	14 Baked Fish Orzo with Vegetables Zucchini and Tomato
17 Caribbean Curry Chicken Yellow Rice Steamed Cabbage with Soy Sauce	18 Beef Stew Egg Noodles Broccoli and Red Peppers	19 Brown Gravy Roasted Turkey Breast Homemade Mashed Potatoes Steamed Carrots and Green Beans	20 Black Bean and Sweet Potato Chili Brown Rice (1/2 cup) California Blend Vegetables	21 Baked Fish Penne (1/2 cup) Brussels Sprouts
24 Apricot-Glazed Pork Chops California Blend Vegetables Homemade Mashed Potatoes	25 Shepherd Pie with Beef and Turkey Steamed Broccoli Steamed Cauliflower	26 Chicken Cacciatore Sautéed Green Beans with Onions	27 Cauliflower Chickpea Bulgur Bake Brown Rice (1/2 cup) Baby Carrots with Parsley Steamed Zucchini	28 Homemade Fish Cake Brussels Sprouts Roasted Sweet Potato Fries
1 Beef Stroganoff with Noodles Broccoli and Red Peppers Steamed Yellow Squash				
<p>Every meal comes with a protein, grain, vegetable, fruit, juice, whole wheat bread and low fat milk. Please contact Bay Ridge Center with any concerns 718-748-0650. Menu is subject to change.</p>				

