

Chatterbox January 2023



Wishing all of you and your loved ones a very healthy, happy, and peaceful 2023! It is my pleasure to extend all our good wishes from the Bay Ridge Center's Department of Social Services. We often work behind the scene at BRC but we work tirelessly each day to meet the growing needs of our membership. Yes, we are a whole department working each day for you! I have the great pleasure of working with a wonderful staff; a Case Worker, Case Assistants, a Social Work Field Practice Task Supervisor, and eight wonderfully talented Masters in Social Work Interns. It is our mission to help you navigate, explore and manage the multiple issues facing you as an older adult. Through Bay Ridge Center's dedicated staff, and our community Partnerships we are all finding ways to improve your life.

I have been dedicated to the field of Social Work most of my life. As a young girl, I never grew tired of hearing about the lives of older adults. At an early age, I would interview folks in the assisted living facility down the block from me to find out the wonderful treasures they would reveal to me. Bay Ridge is my hometown and I had the great fortune to live in a large home surrounded by my parents, sibling, and my paternal and maternal grandparents. Over the years, my grandparents became homebound and as a young girl, I felt they needed more care. It was from this experience that I decided early on to build a career to try and meet the unmet needs of older adults. Now I am older myself and a Grandmother of a beautiful baby boy! Maybe you can tell me, How did this happen so fast?! This New Year will be a wonderful time for me to reflect a bit on the past, find new ways to enjoy life, learn more and make space for others.

As Social Workers, we are constantly evolving and adjusting to the world around us. We find ourselves quietly or sometimes not so quietly pivoting, exposing the gaps in services that need to be filled, and ready to plant seeds of change and place new ideas into action so we can serve you and our community better. Social Workers are Change Makers. Through the shifts and challenges of last year, and the continuing changes that the pandemic has brought, I find myself becoming kinder and more open to others; narrowing the bridge of division and finding ways to find our commonality. Especially as we venture into our new space at 15 Bay Ridge Avenue with an influx of new members joining our center, let's open our hearts and find a seat at our regular table for someone new. Because of the hard work of social workers, I remind my staff often not to forget Self-Care. Please don't forget this in your own life.

Looking forward to seeing you around the center this New Year.



All my best,

Cathy King LMSW
Director of Senior Programs



From the desk of Executive Director

By Todd W. Fliedner

To me January represents a clean slate and the opportunity to thoughtfully consider my personal and professional goals for the year ahead. At this juncture my professional life is very much in sync with my personal life as I too am now an official member of BRC as well as the administrator who is guiding the agency on a path forward. The path in 2023 is going to be an incredibly exciting one because on the horizon is the completion and opening of our new site at 15 Bay Ridge Avenue. It is going to be the kind of place where I would relish spending time even if I didn't have to! I am anxious to hear what you are looking forward to in connection with our upcoming move and we will be conducting focus groups throughout the early part of the year for you to weigh in. 15 Bay Ridge Avenue is your center and it is very important to me that you have ample input concerning the journey ahead. **Wishing everyone health and happiness in 2023.**

OPERATIONS CHATTER:

Operations Chatter by Candice Sessoms: Greetings & Happy New Year! Friendly reminders that Bay Ridge Center and Connects will be closed on Monday January 2nd observing the New Year holiday and Monday January 16th in honor of Martin Luther King Holiday. Please be sure to subscribe to our website at www.bayridgecenter.org. Here is where you will find all information related to 15 Bay Ridge Avenue, our volunteer program, membership, Connects and more. With inclement season approaching BRC will make every effort to remain open and provide regular onsite programming as planned. Virtual programs will remain intact. Should any changes occur it would be reflected on our website. For information about collaborations, partnerships, donations, contracts and general information feel free to contact

Candice Sessoms, Direction of Operations & QA. Csessoms@bayridgecenter.org, 718-748-0650 ext 114

At this time BRC would also like to give a big SHOUT OUT two employees that have been with the company for over 20 years: Facilities Manager, Andres (Andy) Morales, 29 yrs · HDML Director -Kim Laraichi, 21 yrs

It is with our sincere condolences that BRC announces the passing of one of our very own staff Theresa Ciccone. Theresa worked as a proud Case Manager at the CONNECTS office for the past 3 years ensuring seniors within the community received all the services they are entitled. She will be deeply missed.

Our thoughts and prayers are with the family at this time.

“Wolf Pack” Kitchen Soup:

This winter keep warm recipes available to help stay warm such as Chili or Chicken noodle soup, they should do the trick. Don't forget the drinks, hot cocoa and tea; chamomile to relax and peppermint tea to sooth your stomach. Here's a quick and easy hot open sandwich for your cold nights made from leftover baked chicken:

A) Break pieces off (warm in oven) B) Chicken gravy C) Wheat bread

Enjoy your night and always watch your salt intake!

happy new year

WHAT A 2022 WE HAVE HAD!

By D. Lascel Parkinson, Director Bay Ridge Connects

At CONNECTs, we have made so many strides that have improved programming, and bringing more qualified staff to make sure people can stay confidently in their homes, but we are not satisfied. We started the WANDERERS, who have had several successful outings, and have so much to come for 2023. We have doubled our benefits offerings; so that people can receive help understanding the issues they are being faced with. Our Movie offerings on Tuesdays have gotten so vast that there is no request we can't bring up to show our members. We have snuck in before the buzzer to launch programming at Dimensions in Dance, with great thanks to Lauren and Pat, to offer even greater diversity in programming. 2023 has so much promise, we literally have to wear shades! I look forward to being there; and seeing each of you that joins us on this journey. Cheers to each of you, and best wishes, health, and prosperity to all our members!

Voting for Council members will take place on Friday morning, January 20, 2023, with the nomination sheet being posted on December 20, 2022; job descriptions will be posted as well. Our Council consists of 11 members who are a very important part of our successful Center. Please give careful thought to being a Council member and/or being a part of our entertainment, decorating and food committees. If you have any questions, please see David or Sonia. Your involvement is extremely important and greatly appreciated.



LOOKING FORWARD TO 2023 - OUR BEST YEAR EVER

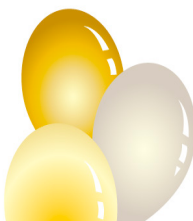
By David Dring, Director of Inovative Programs

For many, January is a time for making resolutions. New Year Resolutions are about so many things. For me, it's about losing more weight, exercising more, and sailing more. For the Agency, it's about moving into our new location. We are so excited about that. We expect to be in the space in the late spring (yes, I'm being vague on purpose – we've had so many construction delays already).

We'll go from two spaces for activities to six. These rooms will be dedicated to programs, such as art, exercise, health & wellness, and music. We will have many programs going on simultaneously to serve our larger member population.

Some of the programs that I'm particularly excited about are: the exercise classes that will be both group classes as well as individual use of state-of-the-art senior-specific equipment; we'll have a computer lab with tablets that we'll lend to members while in the space; we'll have an art room where programs will vary from drawing, painting (of various types) and we'll have air-dry clay to make ceramic creations; and we'll have a multi-purpose room for large classes, hot lunches, and performances. Also, we will have the technology in each room to create hybrid classes for that who want to participate virtually.

We look forward to seeing you in the new space. I'm always interested in your ideas, feedback, and comments. Shoot me an email at ddring@bayridgecenter.org or call 718.748.0650.



MEET A MEMBER: Mary F. Lennon

By Nicole Rossetti Social Work Intern, NYU



On a rainy Thursday afternoon just before lunch, I got to sit down and chat with Mary Lennon. Mary is a long-time resident of Bay Ridge, having lived here for about 50 years! She has been settled here for quite some time but she has a history of world travel and I was beyond intrigued to learn more about each journey.

Mary was born in 1940 in the beautiful land of Ireland. She later moved to London where she lived for six years. Fast forwarding to her teenage years, she took residence in the United States and attended high school in North Dakota. She attended a national and vocational school, of which she received a scholarship. She was also awarded a scholarship to the University of North Dakota. She studied psychology and later attended St. Francis and became a registered nurse. She provided exemplary, dedicated service as a nurse for 50 years.

In addition to her love for education and providing health services, one of her other passions is traveling. I was eager to hear more about her travels across the globe and to learn what brought her here to the heart of Bay Ridge. Mary was happy to recall a pilgrimage she took which led her to a plethora of different countries. I could tell Mary was most adventurous as I felt like I was on an adventure just from engaging in this conversation about her vast travels around the world. She mentioned visiting countries such as Israel, Rome, the Philippines, and Germany just to name a few! In the United States, she mentioned traveling to Chicago, Newark, North Dakota, and of course, New York. She recalls that she had traveled alone on her pilgrimage and took in all the sights and timeless memories. As we sat there I felt exhilarated just hearing all about it!

Despite all of these magnificent journeys, Mary declares that she feels most at home right here in Brooklyn. She describes that she feels most comfortable here in Bay Ridge among great neighbors and dear friends. She explained that she is a proud member of the center for about five years now. When asked what her favorite thing is about the center, Mary does not hesitate to say, her friends as she gestures to them with a smile. Around us at the table are her closest friends and fellow members, Mary and Faye. Mary describes their friendship as comradeship. I love that she used this word which is synonymous with the terms “spirit of friendship” and “community.” Both of these are necessary values in Mary’s life. In addition to her friends, she mentions she has three grown children. She expresses pride that her children have grown to be successful leaders in their professional careers.

It comes as no surprise that Mary loves people and is friendly. She also loves warmer climates and expressed that she has the desire to travel to Greece, one country she has not yet visited. Mary loves to read in her free time, she works through a couple of novels on a weekly basis. Her favorites are biographies. Mary has a clear passion for learning, she suggests that the center should implement more tech and universal safety classes. What a fun and unique idea to bring to the center!

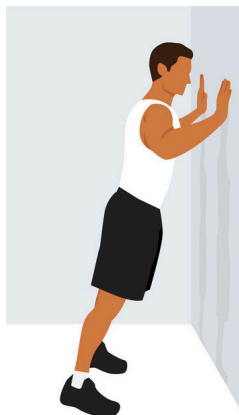
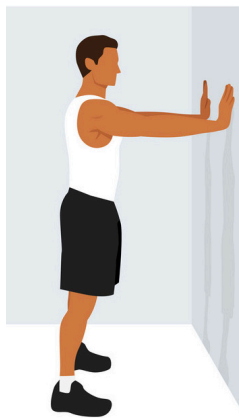
In addition to these interests, Mary also loves positive thinkers. She emphasized the importance of having a positive attitude. Some motivation that I will bring forth with me into the new year is a quote from Mary herself, “look ahead and don’t look back.” Mary also states, “If you can’t do a kind act, keep moving.” I hope these words resonate with you as well as we dive into 2023. You can catch up with Mary here at the center and she will also be honored at the Park Slope parade this March!



YOUR LIFE, YOUR TIME, YOUR YEAR!

By Mary Ann Coughlin PT

It's that time of year again when we make resolutions, break resolutions and feel guilty about them. I think the real test is to make resolutions that are doable. So, since exercise is always at the top of my list, I would say that making a resolution to try one new exercise class this month might be an easy solution. Or how about having one of our tech savvy interns show you how to get on zoom through your phone, I pad or computer so you can try out a new class from home. Ok, it doesn't have to be an exercise class! Think about how nice it would be on a cold, snowy day to hunker down with your friends and try something new from home! Or maybe, you could try doing one new exercise for a week. I know for myself, that the exercise I don't like to do is the one that is most challenging for me. Those hip stretches always make me grumble. Maybe, your resolution could be changing your mind about exercise. Let's try saying. "Exercise is fun" over and over again. Or your mantra could be "I love to exercise" or how about "I feel so much better after I exercise". Whatever it takes for you to feel good about yourself, staying healthy and enjoying life is the goal. So, let's start by trying out our January exercise of the month together.



EXERCISE OF THE MONTH

By Mary Ann Coughlin PT

Standing Push Ups

Start in your kitchen and rest your hands on your counter. Take some steps back until you are leaning on your hands and your body is in a straight line. Heels are on the floor, elbows are straight. Lean into your arms, bending your elbows and keeping your body tight as you lean in and then push away. Check to see that you are not leading with your stomach but using those arms instead. Make sure you are not on a slippery surface and that you have non slip soles on your shoes. **Repeat 10x.**

Try this exercise for the month or for a week and see how you feel.

Have you exercised today?

Happy New Year! Can't wait to start 2023 with you!



JANUARY MENU

2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed	3 Chicken Stir Fry w/ Vegetables Brown Rice w/ Pigeon Peas Sautéed Greens	Beef Brisket w/ Tomatoes & Onions Egg Noodles Brussel Sprouts	5 Vegetarian Chili White Rice (1/2 cup) Winter Blend Vegetables	6 Baked Fish w/ Lemon Sauce Orzo Sautéed Spinach
9 BBQ Chicken Quarters Baked Macaroni & Cheese Collard Greens w/ Tomato	10 Turkey Meatloaf w/ Gravy Homemade mashed Potatoes Brussel Sprouts	11 Vegetable Ratatouille White Rice (1/2 cup) Broccoli & Red Peppers	12 Beef Pot Roast w/Mushrooms Egg Noodles Baby Carrots w/ Parsley	13 Baked Fish Cous Cous Sautéed Spinach
16 Center Closed	17 Beef & Broccoli Egg Noodles Corn & Red Peppers	18 Baked Asian Chicken Style w/ Honey Brown Rice (1/2 cup) Brussel Sprouts	19 Baked Macaroni & Cheese Baby Carrots w/ Parsley Broccoli and Red Peppers	20 Baked Fish Orzo w/ Vegetables Zucchini & Tomato
23 Caribbean Curry Chicken Yellow Rice Steamed Cabbage w/ Soy Sauce	24 Beef Stew Egg Noodles Broccoli & Red Peppers	25 Roasted Turkey Breast w/ Brown Gravy Homemade Mashed Potatoes Steamed Carrots & Green beans	26 Black Bean and Sweet Potato Chili w/ Brown Rice (1/2 cup) & California Blend Vegetables	27 Baked Fish Penne (1/2cup) Brussels Sprouts
30 Apricot -Glazed Pork chops California blend Veggie Mashed Potatoes	31 Shepherd pie w/ Beef & Turkey Steamed Broccoli Steamed Cauliflower		 Happy New Year!	

