



Chatterbox | January 2024

IF YOU'RE READING THIS, THIS IS MEANT FOR YOU.....

It is with both excitement and a touch of reminiscence that we write to you, our cherished members and partners, and welcome you to 2024. Let's give ourselves a round of applause ****clapping hysterically****

In the spirit of the New Year, we are thrilled about the forthcoming opening of our new, state-of-the-art community center for older adults at 15 Bay Ridge Avenue. This facility symbolizes a leap forward, not just in terms of physical space, but also in our commitment to providing innovative, free services that address the diverse needs of our older adult community in Southwest Brooklyn.

This expansion is a testament to our dedication to better serve the vibrant neighborhoods of Bay Ridge, Dyker Heights, Fort Hamilton, and Sunset Park. Our new home will be a beacon of care, offering hot meals, access to medical-grade gym equipment, engaging art therapy, social services, and much more. It is poised to become a best-practice model for older adult centers, not only in New York City but across the country.

While we eagerly anticipate the possibilities that our new center holds, we cannot help but feel a bittersweet tug at our hearts as we bid farewell to our old location. For 47 years, Bay Ridge Center has operated out of the basement within the Bethlehem Lutheran Church.

Through this move, we are not just changing our physical address but reinforcing our commitment to our mission – to increase the provision of services and programs that empower older adults while supporting their independence. The new center is more than just a building; it is an innovation hub that will channel the energy and passion of our community, allowing the older adults in our community the support and resources they deserve.

As we turn the page on this exciting new chapter, we want to express our deepest gratitude for the support and shared memories that have defined Bay Ridge Center. The journey we have undertaken together has been extraordinary, and we are confident that the coming years will only add more layers to our collective story.

Let us embrace the possibilities that the New Year and our new location bring, knowing that the spirit of Bay Ridge Center remains firmly rooted in the hearts of the incredible individuals who make up our community.

Wishing you all a fun filled Year as we look forward to creating new memories in our beautiful new home.

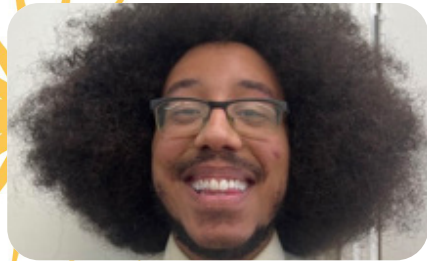
Signed your preferred network of service- Bay Ridge Center

BAY RIDGE CONNECTS

ASHLEY WITHERELL, NORC DIRECTOR

Hello Bay Ridge Connects Family,

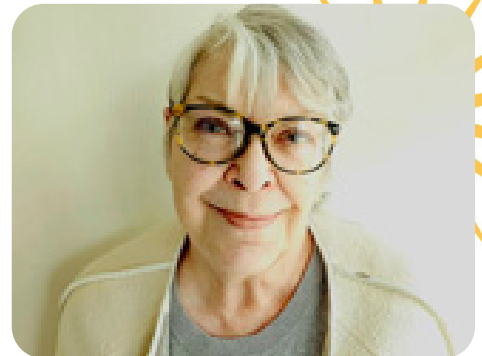
As we embark on a brand-new year, our commitment to supporting the well-being of our community remains steadfast. In January, we are thrilled to shine a spotlight on two vital services that play a crucial role in helping older adults age in place: our Case Management services and Healthcare Management services.



Case Management with Sam Stein: Navigating life's challenges can be complex, but you don't have to face them alone. Meet Sam Stein, our dedicated Case Manager, ready to offer support, guidance, and a helping hand. Whether you're seeking assistance with housing, financial concerns, or navigating healthcare systems, Sam is here to provide personalized resolutions. Feel free to drop in, schedule a weekly check-in, or arrange a monthly meeting. Together, we can help you find a path forward!

Healthcare Management with Betty Steier, RN:

Our Healthcare Management services, led by the experienced Betty Steier, is designed to empower you on your health journey. From medication management to coordinating with healthcare providers, Betty is here to ensure your health needs are met with compassion and expertise. Embrace the opportunity to drop by for a blood pressure check, join a weekly 'Health Talk' class, or schedule a monthly meeting to discuss your individual healthcare goals.



At Bay Ridge Connects, we believe that aging in place should be accompanied by a sense of community, support, and care. We encourage all our members to take advantage of these valuable services, integrating them into your routine – whether that means dropping in for a chat or attending a weekly meeting. Your well-being is our priority, and we invite you to explore the wealth of resources and support available through these services.

Here's to a new year filled with well-being, connection, and community spirit at Bay Ridge Connects!

Best,
The Bay Ridge Connects Team



IMPORTANT DATES

New Years Day 1/1

Martin Luther King Jr. Day 1/15

National Day of Racial Healing (Human Rights Week)

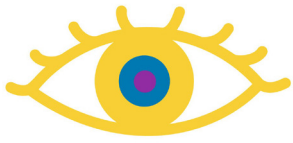
Holocaust Remembrance Day 1/27

Happy New Year
2024



HAPPY NEW YEAR!

MARY ANN COUGHLIN, PT

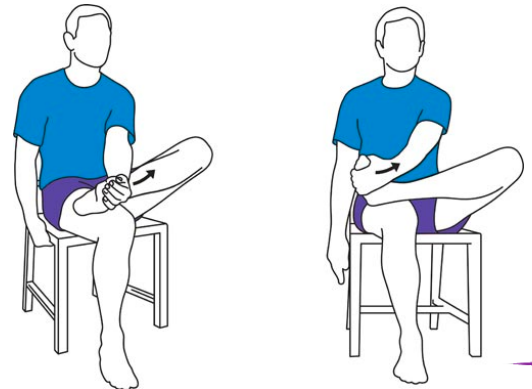


KEEP YOUR EYES ON THE STARS AND YOUR FEET ON THE GROUND

As we go into the New Year, let us start by talking about those feet. Most people that I talk to complain that their feet hurt, their shoes are not comfortable or they cannot find shoes that look nice and are comfortable as well. As I cannot go shoe shopping with you, I do have some ideas on how to make your feet more comfortable if you have shoes that lace up. I knew about 3 different ways to lace up your shoes to help with foot pain but just recently learned that there are numerous ways to make your laces work in your favor. I am attaching a picture reference to help you find the best lace up. Let me know if it helps!

EXERCISE OF THE MONTH

1. Sitting in a chair, try to pull the ball of your foot toward your heel without crunching your toes. Your toes will want to crunch but keep trying. Do one foot at a time. 5-10x
2. While sitting. Hold onto your big toe and gently bend it forward, hold for 5 seconds. Gently bring it out to the side and hold for 5 seconds. Gently bend it back and hold for 5 seconds. 2-3x each foot.



Strength and flexibility in your feet are key for good balance.

NEW TEAM MEMBER!

FIONA HO, HEALTH AND WELLNESS COORDINATOR



Hello everyone! My name is Fiona Ho and I am the Health and Wellness Coordinator at the Bay Ridge Center. I am ecstatic to guide our members through their wellness journeys so that they may thrive through their golden years! Over the last ten years, I have dedicated my time working with people towards achieving their health goals. I have worked in various settings across a wide variety of populations from athletes, corporate employees, rehab patients and older adults. I have a Bachelors in nutrition and exercise science. I am a certified personal trainer as well as a certified strength and conditioning specialist. I am extremely passionate about fitness and martial arts. I have always believed that it is never too early or too late to work towards bettering your health. I always like to say that "Old is the goal" and I am excited to be a part of all our members' journey living this goal. I look forward to meeting everyone. I hope to provide as many resources and programs so that everyone may have a wonderful progressive health and wellness journey. Please feel free to reach out with any questions, concerns or suggestions. **Email: FHo@bayridgecenter.org Phone: 646-580-0408**

SOCIAL WORK DEPARTMENT

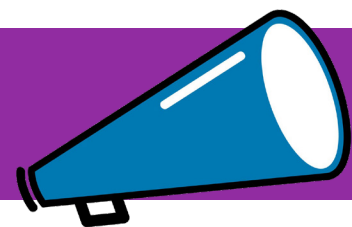
CATHY KING, DIRECTOR OF SERVICE PROVISION & SOCIAL WORK

I hope everyone is enjoying the Holiday Season! I am excited about the wonderful spaces our center has to offer for members to just unwind, relax and find some balance in their life. And who doesn't need emotional balance after the long Covid years and the approaching winter season? At times we can feel a bit isolated, disconnected and experience some emotional, psychological and social challenges.

Our social workers and practitioners are here to help you focus on your wellbeing, take better care of yourself and learn healthier ways to manage life crises. We offer programs that strengthen your mind and body. I like to think of it as imagining and creating for yourself what a healthy, happy aging life can be!

Here are some updates from our department I wanted to share with you – Bay Ridge Center is hosting two Creative Art students from Pratt Institute that offer Art and Movement Therapy. They will begin by engaging members through group activities, then in the Spring Pratt students will offer individual therapy session. The Weill Cornell TRIO program will have on site a new counselor. The TRIO program integrates medical, psychological and social ways to support successful aging. They offer individual counseling, support groups and referrals to other services if needed. Please contact us if you are interested! After a long-deserved break our student interns Maddie Claman, Rose Sacco and Jingmei return for a second semester with us. In addition you will meet a new student from Columbia University, Michelle Romeika. Our part-time Case Managers, Nicole Rossetti and Kristen Cordero continue to be available on Friday. Kristen will continue to offer us her Sound Healing Class and show us ways to practice mindful meditation through sound!

If you would like to talk with a Case Manager or a Master of Social Work Intern just call the Social Work Department at (718) 748-0650 ext 105 or email at cking@bayridgecenter.org to make an appointment. You will meet with a knowledgeable, nonjudgmental, compassionate practitioner. They can offer you support, guide you through life goals or just listen to the many paths your life has taken you. Looking forward to seeing you all in our new space! I wish you and your loved ones a peaceful and joyous Holiday Season.



FROM YOUR COUNCIL

SONIA ADAMSKI, SENIOR ADVISORY COUNCIL PRESIDENT

I hope that everyone enjoyed their holidays as much as I did. December is my favorite time of the year in that we get to share the holidays with family and friends. This month, more than any other, I am reminded of how fortunate I am for the friendships I have made here at the Center and all the occasions we get to share with each other.

This year, we celebrated the holidays with a trip to Radio City Music Hall to see the very special Christmas Spectacular; our Volunteer luncheon at Vesuvio's; our Holiday party at Sirico's; our Holiday party here at the Center; and a trip to the Hunterdon Hills Playhouse in New Jersey to see the Christmas Show. Thank you for making these occasions a huge success.

As a reminder, please note that for January, February and March, there will be no bingo nights, and only trips that require no prepayment. Trips planned for January by the Senior Advisory Council will be posted in the new year.

On Friday, January 19, between 10:00 am and 12:00 pm, we will have our election for Council members. It is very important that you be at the Center to cast your vote. The four nominees with the most votes and 4 appointees will be announced in the afternoon at our Annual Meeting to join the Council on February 6. Also, we hope that you will consider joining our food, entertainment, decorating and bingo committees. If you are interested, please see me. **Our next monthly party is being planned for Tuesday, January 23. Please save the date.**

In closing, I would like to wish everyone good health and happiness in the New Year! Thank you and be kind!



JANUARY MENU 2024

Monday	Tuesday	Wednesday	Thursday	Friday
01 CENTER CLOSED	02 BBQ Pulled Pork Polenta Broccoli & Red Peppers	03 Shepherd Pie w/ Beef & Turkey Roasted Zucchini Steamed Carrots	04 Black Bean & Sweet Potato Chili White Rice (1/2 cup) Brussels Sprouts California Blend Vegetables	05 Baked Fish Orzo w/ Vegetables Baby Carrots w/ Parsley
08 Italian Roast Chicken Brown Rice (1 cup) Cauliflower w/ Carrots & Parsley	09 Pork Stir Fry w/ Vegetables California Blend Vegetables Roasted Peppers	10 Homemade Hamburger Baked Onions Corn & Red Peppers Roasted Sweet Potato Fries	11 Baked Ziti w/ Cheese Baby Carrots w/ Parsley Brussels Sprouts	12 Baked Fish Orzo w/ Vegetables Kale w/ tomato
15 Breaded Pork Loin Baby Carrots w/ Parsley Homemade Mashed Potatoes Roasted Peppers	16 Chicken w/ Peach Sauce Egg Noodles Brussels Sprouts Steamed Cauliflower	17 Vegetarian Chili White Rice (1/2 cup) California Blend Vegetables	18 Beef Brisket w/ Tomatoes & Onions Pasta (1 cup) Roasted Mushrooms Sauteed Green Beans w/ Onions	19 Baked Fish w/ Cream sauce Cous Cous Boiled Pumpkin Sauteed Spinach
22 Italian Style Pork Loin California Blend vegetables Homemade Mashed Potatoes	23 Beef Stroganoff w/ Noodles Sauteed Spinach Steamed Cauliflower	24 Turkey Chili w/ Sweet Potatoes & Corn White Rice (1/2 cup) Sauteed Green Beans w/ Onions	25 Spinach Mozzarella Quiche Baby Carrots w/ Parsley Brussels Sprouts	26 Mango-licious Fish Orzo w/ Vegetables Roasted Broccoli
29 Beef & Pepper Pasta Baby Carrots w/ Parsley Steamed Cauliflower	30 BBQ Chicken Leg Quarters Braised Collard Greens Homemade Mashed Potatoes Roasted Peppers	31 Baked Turkey Meatballs Tomato Sauce (pre- prepared 1/4 cup) Spaghetti (1/2 cup) Brussels Sprouts		

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.