

Chatterbox July 2023



Hello Bay Ridge members! It's me, Margaret Stone. I have been an employee of Bay Ridge Senior Center since December 2016 for a total of 6 years and counting and have been nick named by the members the Lady of many hats! I'd like to share my story of how I found my way to Bay Ridge Senior Center. In 2003 my two children were old enough to be responsible for themselves and I decided it was time to get back into the workforce. I was blessed to join the office of an Orthopedic Specialist Surgeon. During my nine years working for this Doctor, I always felt a strong connection with the older adults. I noticed when I would help the older patients make an appointment, call their insurance company, or simply have a brief conversation I felt most comfortable and happiest being in their presence and held such compassion towards them. Unfortunately, after nine long years the economy took a turn and the wonderful Doctor, I worked for had to merge his private business with the local hospital. I was able to transition and work for the hospital under Internist Physicians. As my time was coming to an end in the medical field, I still had this yearning to work more closely with the older population.

My children had grown up and both decided it was time to move back to Brooklyn where they could blossom in their careers. They packed their bags and headed for the big city to spread their wings in 2014. My little family has always had close relationships with each other and we made a family decision to sell our home and move back to Brooklyn where we could be together and continue making our family memories for years to come. In December 2016, I was searching for employment in Brooklyn and stumbled upon a job opportunity with Bay Ridge Senior Center for a front desk position. I quickly opened the ad, read the job duties, and applied immediately! Soon after applying I got the job and found my forever work home. The first two-three years working for BRC I did part-time front desk duties. I welcomed the members, had each member sign up for lunch and programs of their interest. While working at the front desk I made many great relationships with the members. Making such great relationships and friendships with the members and staff I was excited to return to work each day at BRC! My third year with BRC I maintained my morning part time position at the front desk and started working part time in the afternoon with data entry. After some time, I switched gears and started working full time with data entry leaving the front desk position behind. As I worked more directly with the staff of BRC I learned of all the wonderful programs offered to the members and wanted to get more involved, but the world was struck with COVID-19, and everything came to a halt.

During the times of COVID-19 I was able to speak with the members over the phone and check in on how they were doing. Speaking with members over the phone daily made me miss that interaction I once had while working at the front desk. I chased that feeling and asked to have a meeting with Todd Fliedner the Executive Director and Candice Sessoms the Director of Operations to express where I felt my true passion lay which led me to my new position as Network Service Coordinator! The duties of a Network Service Coordinator consist of engaging new members and offering services in the programs BRC has to offer. I will be working alongside with Bay Ridge Connects, as well as another prominent NYC Agency HRA (Human Resources Administration) in conjunction with the DHS (Department of Homeless Services), Sunset Ridge Apartments located on the border of Bay Ridge and Sunset Park. Sunset Park has opened a new world of opportunities for formerly homeless Seniors who faced unforeseen challenges. Furthermore, I serve as a liaison and ensure that members are link with all the services available within the network and outside resources as deemed necessary. I am beyond thrilled to begin my new position as Network Service Coordinator and continue to help new and existing members feel welcomed and happy while in our care at Bay Ridge Senior Center!

Margaret Stone
Network Service Coordinator

FEELING GOOD IN JULY 👍 😊

By David Dring, Director of Innovative Programs

July 17th is World Emoji Day. These “emoicons” (emotion icons) have transformed communication. Today, we can send a single emoji to share our feelings (😊 or 😞), acknowledge a message (👍), and/or suggest a plan (🚲). There are over 3,500 emoji’s. Typically, they are sent as text but also within email. Originally, they were called ASCII emoicons and were started in 1982 at Carnegie Mellon University. These text-based characters started out as smileys, such as ;) or : (and even : (... to indicate crying. Today, these are represented by the wink (😏), sad face (😞), and crying face (😭). If you haven’t tried them, then come to one of our Tech Classes and we’ll teach you how.

July is also plastic free month. And I highly encourage you to reduce all of your single-use plastic use. Whether that’s a bag from the grocery, a drink cup or a straw. I learned about “Plastic Islands” (also known as the Great Pacific Garbage Patch) a few years ago. Due to the ocean currents and the vast amount of trash dumped into the ocean, plastic floats and accumulates in about five areas around the world. The trash is so thick and deep in these areas, its possible to walk on it.... In the middle of the ocean! Therefore, please do all that you can to reduce, reuse and recycle. Thank you!

While July begins the dog days of summer, we’ll continue to offer our engaging educational and exceptional exercise programs. Stop by and enjoy our cool center’s creative classes or join us virtually. All of our programming can be found on our printed calendars at the Center or online at www.BayRidgeCenter.org/calendar. Enjoy the month!

Summer Celebration happened! Did you make it?



HAPPY JUNE, EVERYONE!

By Ashley Witherell Director, Bay Ridge Connects

Greetings, Bay Ridge Connects Community!

Summer is here, and we are excited to bring you the latest updates and introductions from our dedicated team at Bay Ridge Connects. Our mission remains —to provide valuable support and resources to enhance the well-being of our members and older adults within the community.

We are thrilled to introduce our newest team member, Sam Stein, who has joined us as a Case Manager. With an education in social work, Sam is passionate about making a positive impact in the lives of our members within the community. He is ready to lend a helping hand and provide the support you need.

Sam is here to provide assistance and guidance with various aspects of case management, including but not limited to:

- Applying for public assistance programs such as SNAP (Supplemental Nutrition Assistance Program), HEAP (Home Energy Assistance Program), SCRIE (Senior Citizen Rent Increase Exemption), Medicaid etc.
- Linking and referring members to additional resources and support within the community
- Completing one-on-one, goal-oriented case management services at an ongoing basis

Moreover, and as most of you already know, we are delighted to have Betty Steier, RN., as part of our team at Bay Ridge Connects. Betty is a highly skilled and experienced registered nurse who brings a wealth of knowledge and expertise to our organization.

Betty is available to answer your health-related questions, provide guidance on managing conditions, and offer assistance with basic medical needs. If you need your blood pressure checked, have concerns about your health, or seek advice on maintaining a healthy lifestyle, Betty is here to help.

At Bay Ridge Connects, our team is dedicated to serving and supporting the wonderful individuals and families in our community. Whether you need help with public assistance applications, health-related concerns, or access to valuable resources, we are here to help.

Stay connected, stay healthy, and enjoy the vibrant summer months ahead!

The Midnight Telephone Call.

By: Zaza Kandakai, Tenant Care Director, Sunset Ridge

As we approach the second month of full operation at Sunset Ridge Senior Housing, it has been a great experience for me serving as “Client Care Director.” With my prior knowledge in the shelter system, coming to Sunset Ridge did not seem to pose a challenge.

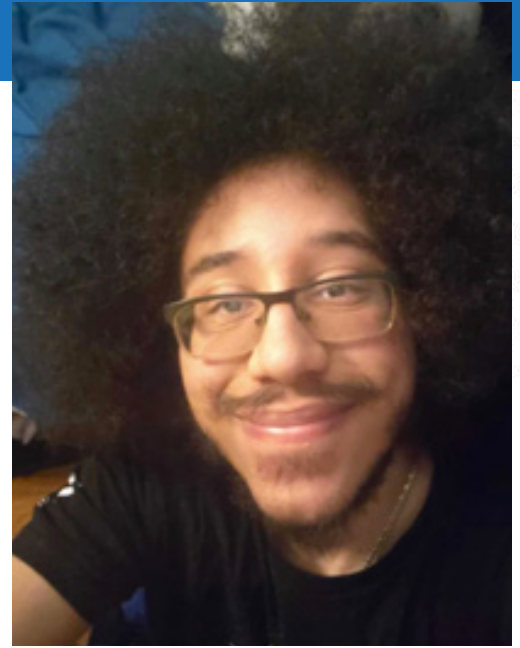
Later that I realized Sunset Ridge is not a shelter. Though the occupants have shelter backgrounds, but the building is designed to accommodate regular tenants, which means shelter criteria does not apply to Sunset Ridge. By the time I realized that my shelter experience will not serve me justice at Sunset Ridge, I quickly took that same experience and framed it to the measure of Sunset Ridge that works for the tenants.

In collaboration with my co-worker, we organized a “Meet and greet” event; it officially kicked off June 31 in the main lobby of the building. The tenants were encouraged to get acquainted and exchange contacts if possible. We had full attendance, tenants talked to each other and shared their shelter experiences and what they like about Sunset Ridge. One tenant shared that he has no shelter background and that he lived Long Island in a non-subsidy 1 bedroom apartment. He made the decision to leave not because he was delinquent in payments, but the rent went from \$1200 – \$2200. With age not being in his favor and Sunset Ridge coming to the rescue, he is grateful. So many other stories were heard from tenants, the misfortune that led to their homelessness and many more. The second “Meet and greet” event took place June 12 on the 9th floor of the residence; it lasted for two hours from 7pm – 9pm, a little refreshment was served. The tenants sat and overlooked the beautiful skyline and see the colorful lights lighting up the sky.

Like I said, Sunset Ridge is a different ball game compared to the shelter system from where I came. Twice I have received an after hour (1am) telephone calls from tenants who could not find their way back to Sunset Ridge. Nothing is wrong with the tenants just that they are not familiar with the area as they are from boroughs other than Brooklyn. Also, the previous address (6309 4th Ave) is being confused with the current address (408 63rd St). Getting telephone calls at that time of the hour is a new experience, but I have added it to my archive of experiences and responsibilities, and ready to answer that “Midnight telephone call.”

Case Manager Sam

Hello everyone! My name is Sam Stein, I am the new Case Manager at Bay Ridge Connects. I am a recent graduate of Silberman school of Social Work/Hunter college, I discovered Connects during my time as an intern in the last year of my master's program. My time here gave me a better understanding of working with older adults, what made the experience more enjoyable were my supervisors Catherine King, and Ashley Witherell. They helped me grow into a better social worker/case manager, and facilitated environments that allowed me to help multiple clientele at once. I am enjoying my time at Connects, this is a new experience/big chapter of my life, this is my first real job in the workforce. Getting hired after completing an internship was a joyful accomplishment, I feel supported from my colleagues as they get me accustomed to the process. I look forward to seeing everyone who comes in to Connects, I will be happy to assist you to the best of my abilities.



HEAT EDEMA

By Mary Ann Coughlin PT, Health Care Coordinator



NORMAL



EDEMA

Why do our ankles swell in the heat? According to the Mayo Clinic “swelling is caused by excess fluid trapped in your body’s tissues”. Heat causes the blood vessels to expand, so body fluid moves into the hands or legs by gravity. This is called heat edema. High temperatures and excess salt can lead to swelling of the feet and ankles. To decrease swelling- elevate your feet and/or arms higher than your heart. That means lying down and putting your feet on pillows or the arms of the couch. Or raising your arms up in the air. While you are there, rotate your ankles and hands in both directions, pump your feet and hands up and down and wiggle your toes and fingers. Sitting and standing in

one place too long will also increase swelling. Try to move around regularly throughout the day. And stay hydrated. Becoming dehydrated will increase the heat in your body causing fluids to pool in those gravity dependent limbs. So, grab a cool drink, put your feet up, take a deep breath and enjoy the moment! **Have You Exercised Today?**

BINGOCIZE!

Join us for the next few weeks as we play an evidence based exercise program that is fun and will improve your health and quality of life. Online and in person we will play a game of bingo but you will have to exercise and answer health questions as well as trying to win the game. Join Tess and I as we enjoy this new way of moving. There will be laughter and prizes.

Please note the schedule below.

Wednesday mornings- 9:30 -10 Balance class

10:00-10:45 Bingocize

Friday mornings

9-9:30 Standing strengthening class

9:30-10:45 Sitting stretching and Bingocize



Dear Members,

This monthly page originated many years ago mostly to keep our members informed of events happening at our Center by your Senior Advisory Council. If you need a calendar to keep yourself organized, please see Sonia at the Center.

The Center will be closed on Tuesday, July 4th, for the observance of Independence Day.

On Wednesday, July 5th, we are planning a trip to IKEA in Red Hook. The last day to sign up is Friday, June 30th, which is the day we will call the lottery.

On July 7th we will have Friday night bingo with doors opening at 3:30 pm. At 4:30 pm, we will begin the bingo games and call with the final pizza count. The price of admission is \$15.00 which covers the price of 4 bingo cards, 2 slices of pizza and soda. We will play 15 games with a winning prize of \$10.00 for each game. Generally, the evening ends around 7:00 pm. Bring your family and friends for an enjoyable time.

Our General Meeting will be held on Friday, July 14th, at 12:30 pm. Come with your questions, concerns, and suggestions.

On Tuesday, July 18th, we will celebrate Independence Day and July birthdays with a party from 1:00 pm to 3:00 pm, so wear your red, white, and blue. Purchase your tickets from Kathy for \$3.00 before Friday, July 14th. Lunch donation on party day is the usual \$2.00.

On Wednesday, July 19th, we have a trip planned to Medieval Times in New Jersey. Presently, it is sold out, but if you would like to be on the waiting list, please see or call me at 718-833-3731.

On Saturday, August 12th, your Senior Advisory Council has planned a special event at Sirico's from 1:00 pm to 5:00 pm to benefit our new Center. The cost is \$80.00 which includes a 4-course meal, wine, beer and soda and music with Victor throughout the afternoon. Family and friends are invited, and our goal is 100 guests.

Please join us in having an afternoon of great food, music that your feet will not be able to stop dancing to, and fun with friends. We are counting on your support in making this event a success.

Be kind to each other.

Sonia Adamski

Senior Advisory Council President



IMPORTANT DATES

JULY 4TH - INDEPENDENCE DAY

JULY 28TH - ASHURA

JULY MENU

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 Turkey-N-Swiss Cole Slaw Mexican Corn Confetti Salad
03 Beef & Pepper Pasta Baby Carrots w/ Parsley Steamed Cauliflower	04 CLOSED	05 Baked Turkey Meatballs, Tomato Sauce (pre-prepared 1/4 cup) Spaghetti (1/2 cup) Brussels Sprouts	06 Three Bean Chili w/ Cheddar Cheese White Rice (1/2 cup) California Blend Vegetables	07 Baked Flounder Cous Cous Roasted Broccoli Sautéed Zucchini	08 Chicken Salad Beet Salad Chickpea Salad w/ Dill
10 Apricot-Glazed Pork Chops Homemade Mashed Potatoes Oriental Blend Vegetables	11 Chicken Stir-Fry w/ Vegetables Yellow rice & Pigeon Peas Steamed Carrots & Green Beans	12 Beef Pot Roast w/ Mushrooms Egg Noodles Sautéed Spinach	13 Baked Macaroni & Cheese Steamed Broccoli Steamed Sliced Carrots	14 Homemade fish Cake Roasted Sweet Potato Fries Sautéed Zucchini	15 Turkey-N-Swiss Carrot Salad Israeli Salad
17 Chicken Cacciatore Arroz con Gandules (Brown Rice w/ Pigeon Peas, 1/2 cup) Oriental Blend	18 BBQ Pulled Pork Polenta Broccoli & Red Peppers	19 Shepherd Pie w/ Beef & Turkey Roasted Zucchini Steamed Carrots	20 Black Bean & Sweet Potato Chili White Rice (1/2 cup) Brussels Sprouts California Blend Vegetables	21 Baked Fish Orzo w/ Vegetables Baby Carrots w/ Parsley	22 Chicken Salad Beet Salad Chickpea Salad w/ Dill Cole Slaw
24 Italian Roast Chicken Brown Rice (1 cup) Cauliflower w/ Carrots & Parsley	25 Pork Stir Fry w/ Vegetables California Blend Vegetables Roasted Peppers	26 Homemade Hamburger Baked Onions corn & Red Peppers Roasted Sweet Potato Fries	27 Baked Ziti w/ Cheese Baby Carrots w/ Parsley Brussels Sprouts	28 Baked Fish Orzo w/ Vegetables Kale w/ tomato	29 Turkey-N-Swiss Beet Salad Russian Tomato Salad
31 Breaded Pork Loin Baby Carrots w/ Parsley Homemade Mashed Potatoes Roasted Peppers	<p>Every meal comes with a protein, grain, vegetable, fruit, juice, whole wheat bread and low fat milk.</p> <p>Please contact Bay Ridge Center with any concerns 718-748-0650. Menu is subject to change.</p>				

