

Chatterbox June 2023



Dear Members and Friends of Bay Ridge Center and Bay Ridge Connects:

What a difference a year makes! I am thrilled to share the news that build-out of the Center's new space at 15 Bay Ridge Avenue is in full swing and that our contractor is targeting completion by the end of September and we anticipate an official opening by late October. I realize how patiently you have waited. It has been a long, arduous and challenging project but I am finally able to say with confidence that our dream is about to become a reality.

We hope you will join us at our third annual Summer Celebration of Giving, which is scheduled for Saturday June 24 from 1 to 5 pm. Good food, good music, prize raffles and more promise to make it an unforgettable afternoon. We will be honoring Judie Grimaldi and Ralph Succar who are both longtime supporters of Bay Ridge Center and whose collective careers of service to the Bay Ridge community are exemplary. We will also be honoring Sonia Adamski, Senior Advisory Council President extraordinaire and our own Andy Morales who recently celebrated his 30th Year Anniversary with BRC.

Bay Ridge Center will be closed on Monday June 19, in observance of Juneteenth, which memorializes the emancipation of enslaved African-Americans in 1865 and celebrates African-American culture. June is also Gay Pride Month during which we commemorate the importance of diversity in our membership and in our community.

Now that BRC is hitting its post Covid stride, I want to impress how important it is that all adults 60+ maintain their membership at BRC and make suggested contributions whenever possible. The collection of these suggested donations goes a long way in helping us bridge the gap between the local and state funding we receive and our actual operating expenses. We have all felt the pinch this past year as food and fuel costs reached record highs. If you are able, please contribute toward congregate meals, exercise and other programming and transportation. I am very proud to share with you that our most recent audit showed that Bay Ridge Center achieved an 84.8% efficiency rate meaning that for every dollar received almost 85 cents was spent directly on services and programs!

Wishing you all a summer filled with everything that makes you happiest!

-Todd W. Fliedner, Executive Director, Bay Ridge Center



Brooklyn Borough President Antonio Reynoso recently toured the new space.

Bay Ridge Center is a non-sectarian, non-profit agency funding part through funding from NYC Aging and the New York State Office for the Aging.

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JUNE!

By David Dring, Director of Innovative Programs



BRC 2022/2023 interns completed their residency in May.

Here's a riddle to kick off the month of June.

Email me your answer: ddring@BayRidgeCenter.org

Two fathers and two sons go fishing together in the same boat. They all catch one fish. The total catch for the day is three. How is that possible?

Riddles, cross-word puzzles and many games keep our cognition clear. Many brain fitness programs are online. Come to one of our technology classes to learn more about that.

I recall my father as the smartest man ever (I still do). When ever in a gathering, he'd be quoting scripture, poems or telling outlandish jokes. The breath of his intellect seemed to have no bounds. To this day, I don't know how he could play chess with friends across the country. They would send postcards indicating their moves. He kept it all in his head. When I became a father, there was a short time, I think my kids thought of me like that. One of my Dad's favorite jokes when I'd bring his grandchildren for a visit. "If I know being a grandfather was so great, I'd have done it first."

Using Google to search is a magical thing. Either use your browser's (the tool used to access the Internet) search and address bar or the Google App and you can find almost anything. So, I searched for the Greatest Fathers. The History Channel actually did a show on the Best and Worst Dads of All Time. Among them is Charles Darwin. It could be argued that he was the first "stay at home Dad." And his theory of adaptability (mis-interpreted as survival of the fittest) could explain how he modified his world and dedicated himself to his wife and children. It should be noted that Charles was from a wealthy family and technically he never had to work for a living.

June is once again filled with informative programs. Please check our online calendar to learn and sign-up for all of these programs at www.BayRidgeCenter.org. There are a few special classes. The Brooklyn District Attorney's office is returning for an Elder Fraud Workshop. We're excited that Raz, our self-defense class is back. And, I hope that you'll join me in a dance on the Center's June Party on June 13th.



HAPPY JUNE, EVERYONE!

By Ashley Witherell Director ,Bay Ridge Connects

I'm delighted to bring you the latest updates from Bay Ridge CONNECTs, your community hub for connection and engagement for older adults! Since last month, we are thrilled to announce the introduction of two exciting new programs here at our storefront.

Firstly, we're delighted to present our new Tai Chi program, where you can immerse yourself in the ancient art of harmony and balance. Led by an experienced instructor, Kim Brantley, these gentle movements and mindful exercises will rejuvenate your mind, body, and spirit. Whether you're a beginner or have practiced Tai Chi before, this program welcomes individuals of all fitness levels. Come and experience the serenity and health benefits this program has to offer!

Secondly, we're thrilled to unveil our new Mystery Book Club, led by former police reporter, Marian Betancourt. This club is designed for all the avid readers and curious minds. Get ready to explore thrilling literary adventures as you dive into the captivating world of mystery novels. This club will keep you guessing, discussing, and forming lasting connections with fellow book lovers.

Bay Ridge CONNECTs has become more than just a place—it's a vibrant center that aims to support the older adults in our community on their journey to a healthier and happier life. I encourage you all to come join us this month as we continue to make positive strides here at CONNECTs. I hope to see you all soon!



HAND EXERCISES OF THE MONTH

By Mary Ann Coughlin PT, Health Care Coordinator

If your hands are feeling crampy, arthritic or tired here are some strengthening and stretching exercises for you to try. A recent study suggested that low grip strength can be associated with a range of poorer health outcomes. So, let's strengthen those hands and live longer!

1. Let your hand hang over the side of a table or chair, fingers pointing down. Circle wrist in one direction 3x. Reverse 3x. Bend wrist up and down 3x. Repeat sequence 5x
2. Touch your thumb to each finger stretching hand open in between each touch. 5x each finger.
3. Use a spring clothespin and pinch it between your thumb and each of your fingers. 5x
4. Elbows are bent at 90 degrees at your side, palm up. Keeping upper arm close to your body and elbow bent, turn palm down, then up 5x each direction.
5. Place a rubber band around the back of your fingers including the thumb Open your hand stretching the palm and fingers out. It helps to strengthen the fingers. 10x

Keep your eye on the calendar as we have Physical Therapy students joining us for presentations during the month of June. Come and join us to learn more about how to keep your body healthy and prevent injuries. **HAVE YOU EXERCISED TODAY?**

Meet a Member: Sati Monegal

By: Maddie Tenebaum – Social Work Intern

I recently had the pleasure of interviewing Sati Monegal, a loyal and active member of the Bay Ridge Center. Despite her humble and unassuming demeanor, Sati is a wealth of knowledge and has quite an impressive personal history. Sati was born in Uruguay, and spent her first 18 years living on the border of Uruguay and Brazil. She grew up between two cultures, speaking both Spanish and Portuguese. Sati was a ballerina, and when she was 14-years-old she was photographed by a photographer who told her: “You are going to be lucky and you are going to finish your life in North America and get married there.” When she was 18, Sati moved to Brazil to get her Bachelor’s degree, and later received her

Master’s degree in Journalism, with a focus on Anthropology. During her twenties, Sati traveled around the world, spending swaths of time with native tribes in South America and living in various communities in Spain and Thailand. In her career as a journalist, Sati worked for Cambio 16, a monthly current affairs magazine published in Madrid, and later at Agency F in London.

After growing tired from her busy career in journalism, Sati decided to move to the United States to get a fresh start. Once in the U.S., Sati worked for the Department of Labor, where she was awarded her Green Card to live in the United States. After receiving her Green Card, Sati started working as a waitress in a restaurant in Manhattan, where a customer told her about his life in Bay Ridge. In 1984, Sati was inspired to move to Bay Ridge, and started working as a personal assistant for high profile women. Not long after moving to Bay Ridge, Sati met her husband, Frank Berte, on a bus from Bay Ridge to Atlantic City. The two fell in love, and were happily married for 26 years. Sati describes Frank as a funny, organized, generous and incredibly loyal man. When Sati was with Frank, she felt like the happiest person in the whole world. Decades later, Sati thinks back to the photographer she met when she was 14-years-old, and is amazed by the accuracy of his prediction. Sati worked as a personal assistant until she was 79, and continues to serve as an advocate for native tribes around the world. She loves to play poker and study metaphysics.



HOPE FOR THE FORMALLY HOMELESS

By: Zaza Kandakai, Tenant Care Director, Sunset Ridge

The name “Sunset Ridge” may not immediately ring the bell because everyone uses the phrase “The new building,” but yes, it is Sunset Ridge. This building was formally known as 6309 4th Avenue Brooklyn New York. After it was converted into a residential dwelling for homeless seniors, it changed to 408 63rd Street Brooklyn New York. For a short period of time the building was unoccupied while the city selected qualify applicants. The process was not as fast as we thought due to the thousands of applications received. As tedious as the process was, the committee managed to make headway for the first batch of seniors to move in. Currently, we have four tenants in the building and expecting more to come by 5/25/2023.

What I like about Sunset Ridge is that it integrates the formally homeless into the community. My job is to assist tenants with needed services such as helping to set up electric accounts with ConEd, finding a nearby healthcare provider, connecting them with Bay Ridge Center (senior center), and many more. It is an exciting time for me, as I get to lay the foundation and develop the program from its inception. How wonderful to provide housing for not only seniors; but also many of our city’s most vulnerable, while also supporting the latter with an eye to assisting in their social and emotional service needs in such a lovely environment. My short-term goal is to get to know the tenants and meet their immediate needs and one of my visions is to uphold the integrity of Bay Ridge Center so it can be trusted with more senior housing.

Sunset Ridge has been receiving staffs from Bay Ridge Center over the course of the weeks. In the last two weeks we received Catherine, Margaret, Candice, and John. Catherine had the opportunity to meet one of the tenants and they had a lengthy and healthy conversation on various topics from health to families and friends. Candice and Margaret have been very instrumental in putting together the gift baskets for the tenants. On one occasion they showed up with John, he helped to package the tenants’ gifts. The first set of tenants received their gift baskets two weeks ago it was a hooray moment. Some were in disbelief, but grateful for the gift. I was filled with joy seen how bright their smiles light up the room as they received the gifts.



Dear Members,

When I sit down to write this monthly note to you, I realize how quickly time is passing.

Didn't we just have Friday night bingo? Well, it is here again on June 2nd with doors opening at 3:30 pm. As previously mentioned, in June we would have to raise the price of admission to \$15.00 which covers 4 bingo cards, 2 slices of pizza and soda. As usual, we will play 15 games with a winning prize of \$10.00 for each game. Bring your family and friends for an evening of fun.

We will celebrate Father's Day on Tuesday, June 13th with Luis playing the music. Remember to purchase your tickets by Friday, June 9th as I plan the seating that evening. The cost of a party ticket is \$3.00. This does not include your usual donation of \$2.00 for lunch.

On Wednesday, June 7th the trip planned is Food Bazaar food shopping in Red Hook. The last day to sign up is June 2nd which is the day the lottery will be held.

On Tuesday, June 20th we will be going to the Brownstone in New Jersey to see "Under the Boardwalk." At this time, this trip is sold out but you can go on the waiting list. Please see Sonia if interested.

Please remember to purchase your picnic tickets for Saturday, June 24th from Kathy Boyle. The cost is \$60.00. This is a rain or shine date. Of course, we hope for shine but it will be held inside if it rains.

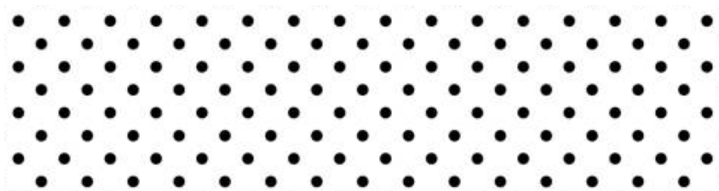
Also, we still have \$100.00 raffle tickets which you can purchase jointly with your friends. The prize is \$15,000.00 and the winner will be selected at the picnic. You do not have to be present to win.

Your Senior Advisory Council is hosting a Benefit Dinner and Dance for our Center at Sirico's on Saturday, August 12th from 1:00 pm to 5:00 pm. The cost is \$80.00 which includes a 4-course meal, wine, beer and soda and music throughout the afternoon. Family and friends are invited and our goal is to have 100 guests. This event can only be a success with your support. Please see Sonia for more information.

Be kind to each other.

Sonia Adamski

Senior Advisory Council President



IMPORTANT DATES

JUNE 1ST FIRST DAY OF PRIDE MONTH 

JUNE 14TH FLAG DAY

JUNE 18TH FATHER'S DAY

JUNE 19TH JUNETEENTH

JUNE 29TH EID AL-ADHA

Council Member Crystal Hudson & Amed Alfaraji

Members at our Mother's Day luncheon

JUNE MENU

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Black Bean and Sweet Potato Chili Brown Rice (1/2 cup) California Blend Vegetables	2 Baked Fish Penne (1/2 cup) Brussels Sprouts	3 Chicken Salad Beet Salad Cucumber Chickpea Salad
5 Apricot Glazed Pork Chops California Blend Vegetables Homemade Mashed Potatoes	6 Shepards Pie w/ Beef & Turkey Steamed Broccoli Steamed Cauliflower	7 Chicken Cacciatore Sautéed Green Beans w/ Onions	8 Cauliflower Chickpea Bulgau Bake Brown Rice (1/2 cup) Baby Carrots w/ Parsley Steamed Zucchini	9 Homemade Fish Cake Brussel Sprouts Roasted Sweet Potatoe Fries	10 Turkey -N- Swiss Carrot Salad Mexican Corn Confetti Salad
12 Beef Stroganoff w/ Noodles Broccoli & Red Peppers Steamed Yellow Squash	13 Cheese Ravioli (pre- prepared) Tomato Sauce (pre-prepared, 1/4 cup) Baby Carrots with Parsley Brussels Sprouts	14 Chicken Cacciatore Penne (1/2 cup) Corn and Red Peppers	15 Pork Stir Fry with Vegetables Brown Rice (1/2 cup) Cauliflower with Carrots and Parsley	16 Baked Fish with Cream Sauce Cous Cous Steamed Green Beans	17 Turkey-N-Swiss Beet Salad Cucumber Chickpea Salad
19 CLOSED	20 ⊕ Chicken Stir Fry with Vegetables Brown T Rice with Pigeon Peas Sautéed Green Beans with Onions	21 Beef Brisket with Tomatoes and Onions Egg Noodles Brussels Sprouts	22 Vegetarian Chili White Rice (1/2 cup) Winter Blend Vegetables	23 Baked Fish with Lemon Sauce Orzo with Vegetables Sautéed Spinach	24 Chicken Salad Carrot Salad Israeli Salad
26 BBQ Chicken Leg Quarters Italian Roast Chicken Baked Macaroni and Cheese Collard Greens with Tomato	27 Turkey Meatloaf with Mushroom Gravy Brussels Sprouts Homemade Mashed Potatoes	28 Vegetable Rataouille White Rice (1/2 cup) Broccoli and Red Peppers	29 Beef Pot Roast with Mushrooms Egg Noodles Baby Carrots with Parsley	30 Baked Fish Cous Cous Sautéed Spinach	
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.					

