

Hello Dear Members,

Did you know March is Social Work month? I think many of you have met a social worker, maybe it was a case manager or student intern at Bay Ridge Center, during a hospital stay, or in a school, government or community agency. They are change makers often working on the front line with individuals, families and communities empowering others and helping those in greatest need.

The social work profession has been transformed and recreated over time to address societal needs. However, one thing remains constant, social workers throughout history have been north stars that serve to inspire, model and guide others. I believe they have superpowers; one is listening and one is compassion.

Social workers are committed to ensure the protection of those most vulnerable and often broader social issues. You can see the diverse reach of social workers in disaster response teams, international public affairs, research development and even working in the area of corporate social responsibility.

I started my social work practice at Lenox Hill Neighborhood House. What attracted me to social work practice is the holistic approach that looks at a person through an emotional, social, cultural and spiritual lens. Honoring all the aspects of self and always looking at a person first, then the disorder. We are taught early on in our training to start where the client is, always working from a person's strengths and using the NASW Code of Ethics as a guiding light of practice.

As social work interns come to Bay Ridge Center, I feel honored to witness their incredible growth and leaps in learning and having the courage to work outside their comfort zone. This was most striking to me during the pandemic when creativity and strategic thinking become the rule of social work practice.

Social Workers became first responders, recreating social work practice in such wonderful ways to meet needs and negotiate the new landscapes we all found ourselves in during COVID. They found ways to connect, break barriers, empower clients and make changes. They worked with policy makers writing grants to establish information centers that linked our members to vaccine sites, secured appointments and transportation. This was a time of extraordinary challenges in which social work interns, accessed mental health, food security, and medication management and became creative on making much needed referrals as they discovered hidden forms of harm such as financial abuse, domestic violence and self-neglect. They learned to have fun with clients, on-boarding them on social work platforms and developed classes offering them remotely and celebrating holidays with those most isolated.

I am proud to say that Bay Ridge Center's social work department is growing. Social workers and student interns work directly with clients, establish classes, work with political leaders and provide outreach to our communities. It's exciting to see inter-disciplinarian teams of social workers, nurses, clinicians and local government leaders working together.

Please take the time to tell us what you think social work is on our interactive message board in the lobby. As well as enjoy the video of our social workers and interns. Or just tell a social worker or student how you appreciate their work! Sending my warm wishes to you.

**Cathy King, LMSW**  
**Director of Service Provision and Social Work**



**SOCIAL WORK MONTH**

# BAY RIDGE CONNECTS

ASHLEY WITHERELL, NORC DIRECTOR

As we embrace the arrival of spring, we are thrilled to bring you exciting news and updates for the month of March! Our community continues to grow and thrive, and we are delighted to enter the month of March alongside you all!



**Sign Language:** Starting this March, we are offering a brand-new class on Sign Language, led by the experienced instructor Alina D. Whether you're interested in learning the basics of sign language for personal enrichment or enhancing your communication skills, this class is designed for you. Join us as we embark on a journey to bridge gaps and foster inclusivity through the beauty of American Sign Language (ASL)!



**Tai Chi:** Discover the art of holistic well-being through our invigorating Tai Chi class. Led by our seasoned instructor, this class provides a serene and welcoming environment for members to embrace the gentle movements and meditative practices of Tai Chi. Suitable for all fitness levels, Tai Chi promotes balance, flexibility, and mental clarity, offering a harmonious blend of physical exercise and mindfulness. Whether you're a seasoned expert or a newcomer to Tai Chi, our classes are designed to promote a supportive program where members can obtain the numerous benefits of this ancient and graceful exercise form.

**Wishing you a wonderful month of March filled with learning, connection, and joy!**

## HIP HIP HOORAY

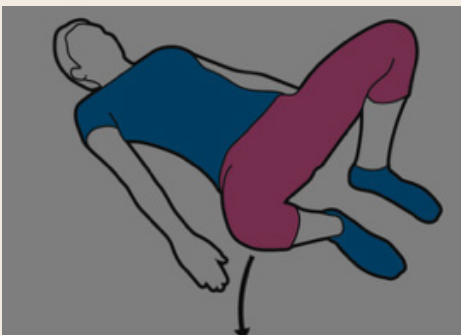
MARY ANN COUGHLIN, PT



What do we know about our hip joint. Maybe that it gets stiff or hurts on occasion or that you know someone that has had it replaced. Do you know that this joint is designed to support your body weight? That's a pretty big job.

It is one of the largest joints in your body and allows your legs to move. The connection between two bones is called a joint. Your hip joint connects your thigh bone (femur) to your pelvis. It is a ball and socket joint which allows it to move in many directions. The ball part is approximately the size of a small apple. The socket part is in your pelvis. Because of this it provides the support to your legs to move your body. Imagine that your hip could only bend forward and back? That would limit the way we move our entire body and also make us walk funny!

**Let's start with a simple hip exercise to help loosen up that joint.**



Lie on your bed. Both knees bent, feet flat on the bed. Let one knee drop gently toward the bed, keeping the knee bent. It is like a gentle roll of the knee to the bed. Do not overstretch or push your knee down. You can place a pillow next to your leg and let your knee rest on it if that is comfortable. Return the knee to starting position and repeat with the other leg. Always remember if it becomes uncomfortable or sore, please stop and check in with your health care provider.





March in New York marks a period of transition. Winter’s grasp hasn’t fully loosened, yet as the month progresses, daylight stretches longer into the evening, and temperatures gradually climb. The whispers of spring grow louder with each passing day.

Amidst this transition, March ushers in a host of celebrations and festivities, some postponed from February but nonetheless eagerly anticipated. From the vibrant festivities of Chinese New Year to the reflective observance of Black History Month, and the spirited revelry of Saint Patrick’s Day, there’s no shortage of reasons to come together and celebrate.

In addition to these cultural events, March promises a myriad of other happenings. We’ll commemorate birthdays, host engaging presentations, delve into nutrition readings, embark on exciting trips, and much more. There’s something for everyone this March, so mark your calendars and join us for the festivities!



**A WORD FROM YOUR COUNCIL**  
SONIA ADAMSKI, SENIOR ADVISORY COUNCIL PRESIDENT

Dear Members,

We are so sorry that our Valentine’s Day party was canceled due to weather conditions. Our next party is scheduled for Tuesday, March 12th to celebrate St. Patrick’s/St. Joseph’s Day. Please remember to sign up with Kathy at the front desk by Friday, March 8th. If you paid for the Valentine’s Day party and plan to attend the March 12th party, then that money will be applied to the new party. Otherwise, the cost of the party is \$3.00. The cost of lunch on party day is a suggested donation of \$2.00.

On Wednesday, March 12th, we are planning a trip to the Chocolate Factory and Lorenzo’s in Staten Island. Please sign up with Sarah by Friday, March 8th, which is the day we will call the lottery. Details to be posted at the Center.

On Wednesday, March 28th, we are planning a food shopping trip to Lidl’s and lunch at Tommy’s in Staten Island. Please sign up with Sarah by Friday, March 22nd, which is the day we will call the lottery. Details to be posted at the Center.

On Wednesday, April 17th, we have a trip planned to the Hunterdon Hills Playhouse to see “Beehive” a 1960’s musical celebration of the powerful voices of Aretha Franklin, Tina Turner, and Janis Joplin. The cost is \$81.00 which includes the show, table served entrée, unlimited desserts, coffee, tea, tax and gratuity. Reservations and payment required in advance. Please see Sonia at the Center or call 718-833-3731 for information.

**Be kind to each other.**



# NEW TEAM MEMBER ALERT!

MICHAEL SCHUMER, DIRECTOR OF DEVELOPMENT & GRANTS



Hello!

I first joined Bay Ridge Center (BRC) during the height of the pandemic. When I saw our staff and members come together to transform our award-winning services into a full suite of virtual programs for 2,000+ New Yorkers, I knew right away BRC was destined for greatness. And I was right: this community of Southwestern Brooklyn, spanning neighborhoods up and down New York Bay, is a special one. BRC once again raised the bar for human services in the Big Apple with a new 21,000-square-foot center of excellence, and I am so proud to be back here with you to grow it as our Director of Development & Grants!

The Older Adult Center at 15 Bay Ridge Avenue will open to the public in early 2024 and has state-of-the-art facilities; tech-enabled fitness equipment; and age-friendly construction, and human-centered design. This two-story structure will feature two distinct, yet connected, identities: Bay Ridge Center for Lifelong Learning (BRCLL) and Bay Ridge Center for Health and Wellness (BRCHW).

This magical place joined BRC's network along with a new housing development, Sunset Ridge, that houses the formerly unhoused amidst the national housing crisis. BRC's newest two sites will welcome even more older adults to enrich their lives with community; delicious food; and masterful art and music; and so much more.

To celebrate, please join us on April 20 for our Red Carpet Gala. Join us at our nationally acclaimed center of excellence for an unforgettable evening; for more info and to buy your ticket, head to [bay-ridgecenter.org](http://bay-ridgecenter.org). I cannot wait to work with you as we expand our social impact, together. We have proven that we will never give up the fight for food security; housing for all; and world-class intergenerational programming.

Thank you for taking this journey with us. See you soon!



**Join Us for Bay Ridge's Annual St. Patrick's Day Parade! March 24th, 2024 | 1:00 pm. Starting from Marine Avenue and 3rd Avenue**

Come cheer for Bay Ridge Center's float as we March for Meals! Wear green, bring your spirit, and let's celebrate together. Don't miss the fun - see you there!

## NOTABLE DATES

**Employee Appreciation Day 3/1**  
**International Women's Day 3/8**  
**Ramadan Begins 3/10**  
**Day Light Savings Time Begins 3/10**  
**National Good Samaritan Day 3/13**

**St. Patrick's Day 3/17**  
**Purim Begins (Sundown) 3/23**  
**Palm Sunday 3/24**  
**Greek Independence Day 3/25**  
**Palm Sunday 3/29**  
**Easter 3/31**



# MARCH MENU 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>01</b> Baked Fish w/ Cream sauce Cous Cous Boiled Pumpkin Sautéed Spinach
<b>04</b> Italian Style Pork Loin California Blend vegetables Homemade Mashed Potatoes	<b>05</b> Beef Stroganoff w/ Noodles Sautéed Spinach Steamed Cauliflower	<b>06</b> Turkey Chili w/ Sweet Potatoes & Corn White Rice (1/2 cup) Sautéed Green Beans w/ Onions	<b>07</b> Spinach Mozzarella Quiche Baby Carrots w/ Parsley Brussels Sprouts	<b>08</b> Mango-licious Fish Orzo w/ Vegetables Roasted Broccoli
<b>11</b> Beef & Pepper Pasta Baby Carrots w/ Parsley Steamed Cauliflower	<b>12</b> BBQ Chicken Leg Quarters Braised Collard Greens Homemade Mashed Potatoes	<b>13</b> Baked Turkey Meatballs Tomato Sauce (pre- prepared 1/4 cup) Spaghetti (1/2 cup) Brussels Sprouts	<b>14</b> Three Bean Chili w/ Cheddar Cheese White Rice (1/2 cup) California Blend Vegetables	<b>15</b> Baked Flounder Cous cous Roasted Broccoli Sautéed Zucchini
<b>18</b> Apricot-Glazed Pork Chops Homemade Mashed Potatoes Oriental Blend Vegetables	<b>19</b> Chicken Stir Fry w/ Vegetables Yellow Rice & Pigeon Peas Steamed Carrots & Green Beans	<b>20</b> Beef Pot roast w/ Mushrooms Egg Noodles Sautéed Spinach	<b>21</b> Baked Macaroni & Cheese Steamed Broccoli Steamed Sliced Carrots	<b>22</b> Homemade Fish Cake Roasted Sweet Potato Fries Sautéed Zucchini
<b>25</b> Chicken Cacciatore Arroz con Gandules (Brown Rice w/ Pigeon Peas 1/2 cup) Oriental Blend Vegetables	<b>26</b> BBQ Pulled Pork Polenta Broccoli & Red Peppers	<b>27</b> Shepherd Pie w/ Beef & Turkey Roasted Zucchini Steamed Carrots	<b>28</b> Black Bean & Sweet Potato Chili White Rice (1/2 cup) Brussels Sprouts California Blend Vegetables	<b>29</b>  <b>CENTER CLOSED</b>

**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.**