

In this month's news, we are preparing to honor some truly remarkable individuals. First and foremost, with Mother's Day approaching, it is a time to celebrate the incredible women who enrich our lives with love and wisdom. Stay tuned for exciting details about the special celebration we'll be hosting to honor these amazing mothers.

Additionally, as Memorial Day weekend draws near, let us solemnly remember and honor those who have bravely served our country. Let us take a moment to reflect on their sacrifices and express our gratitude for their service.

In a month dedicated to mental health awareness, it is vital to prioritize our well-being. Here are some valuable tips to help nurture your mental health and foster a positive mindset:



Practice Self-Care:

Allocate time each day to engage in activities that bring you joy and relaxation, whether it is reading a book, going for a walk, or practicing mindfulness exercises.



Stay Connected:

Lean on friends and loved ones for support and companionship. Connection and social support are fundamental for mental well-being.



Seek Professional Help if Needed:

Don't hesitate to reach out to a mental health professional for guidance and support if you're struggling. Therapy and counseling can be incredibly beneficial.



Prioritize Healthy Habits:

Nourish your body with nutritious foods, engage in regular exercise, and make quality sleep a priority. A healthy lifestyle significantly impacts mental well-being.



Practice Gratitude:

Reflect on the things you're grateful for daily. Cultivating a mindset of gratitude can help shift your focus towards the positive aspects of life.

By prioritizing our mental health and offering support to one another, we can build a community that fosters well-being and resilience.

Sincerely,
Daniela Breton
Program Director



Dear Bay Ridge Connects NNORC Members,

Welcome to another edition of our monthly Chatterbox! We are excited to share updates and highlights of our programs and events for the month of May.

Guided Meditation Group

Join us every Friday at 1:30 pm for a mental health-focused meditation experience led by Julie L., LMHC, from Weill-Cornell's Trio Program. This calming and rejuvenating session is designed to promote mindfulness and foster a sense of inner peace. Whether you are new to meditation or looking to deepen your practice, this group welcomes all levels of experience.



Bay Ridge Rocks

Get creative and spread joy throughout the neighborhood with our Bay Ridge Rocks program! Led by Eletra J., this class invites members to paint rocks and then hide them around the community for others to find. It is a fun and uplifting way to connect with others and brighten someone's day. Join us every other Wednesday at 2:00 pm for a rock-painting adventure!



Health Talk

Stay informed and empowered with our Health Talk class led by Nurse Betty S. Held every Friday at 11:00 am at Bay Ridge Center, this informative session covers a range of health topics, from nutrition and exercise to managing chronic conditions and preventive care. Gain valuable insights and ask questions in an environment dedicated to your well-being.

We invite you to join us in these enriching programs and connect with fellow members of our NNORC community. Your health and happiness are our top priorities, and we look forward to seeing you at our upcoming events.

I always like to begin my monthly Chatterbox article by extending a thank you to the many deserving people who hold our Center close to their hearts. Some we know and some we may never know but, for sure, there are many.



I would like to send out a special thank you to Skinflints for remembering our Center year after year with their much-appreciated home delivered Holiday dinner.

Thank you to Mayor Eric Adams and the Department of Aging Commissioner, Lorraine Cortes-Vaquez for hosting a town hall meeting at our Center to discuss many issues of concern to the older adults of our community and their safety. Of course, thank you to our members who attended and participated in the very interesting discussions, making this a very informative and well-spent afternoon.

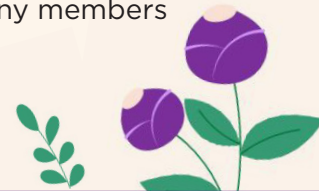
Many thanks to our members who decorated and showed off their bonnets at the Spring Fling parade. The winners were Kathleen Arafin, first prize; June Johnson, second prize; and Loretta Rodrigues, third prize.

Thank you to everyone who supported our April bingo night. Our next monthly Friday night bingo is scheduled for Friday, May 3, 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. You need not be a member for this event, but it is required you be at least 18 years of age.

On Wednesday, May 8, we are going to the Staaten in Staten Island to enjoy the show, Country Hall of Famers. This show is sold out, but you may include yourself on the wait list. We sometimes do have cancellations. Please see Sonia at the Center or call 718-833-3731.

On Tuesday, May 14, we will have our Mother's Day party at the Center. Save the date and join us for a special lunch, dessert, and music for your listening and dancing pleasure. The cost of the party is \$3.00 in advance with a donation of \$2.00 for lunch on the day of the party. Please remember to purchase your party ticket from Rasha no later than Friday, May 10. We do need a good idea of how many members will be attending.

Lastly, I would like to close by saying: **Be kind to each other.**



HAPPINESS



ZAZA KANDAKAI, TENANT CARE DIRECTOR

Happiness is something that people try to find, and can differ from person to person. Stereotypically, happiness is an expressive state categorized by a frame of mind that leads to delight, fulfillment, gladness, and contentment. While happiness has other definitions, it is frequently defined as connecting passions with gratification.



The tenants at Sunset Ridge Senior Housing have demonstrated that happiness is largely associated with having more positive spirits than negative ones. I have observed this spirit in them from the day of their residency at Sunset Ridge Senior Housing. Coming from homelessness to a near five-star luxurious apartment is something these seniors find hard to grasp; as a result, they show an enormous appreciation. Though it is clear that even the happiest person occasionally feels down, this mood change has not interfered with the way seniors at Sunset Ridge feel about their luxurious apartments. Part of their happiness has to do with the social support they get from us because we do not see ourselves as employees; which of course we are, but we weave ourselves in a fabric of friendship where everyone feels important and can speak freely without being judged.

In order to remain happy and continue being a part of this resourceful community (Sunset Ridge Senior Housing), the tenants are encouraged to think of things they are grateful for in life because the journey to happiness is having a more positive spirit.



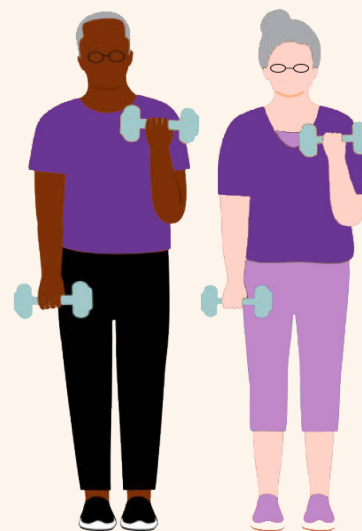
THE IMPORTANCE OF STRENGTH TRAINING

FIONA HO, HEALTH & WELLNESS COORDINATOR

As we age, we naturally lose muscle mass and strength. Strength training helps counteract this age-related muscle loss, preserving muscle mass and enhancing overall strength. It also promotes bone density, reducing the risk of osteoporosis and fractures. The stress placed on the bones during resistance exercise stimulates bone growth and remodeling, making them stronger and more resilient. Strong muscles are essential for performing daily activities such as lifting groceries, climbing stairs, or getting up from a chair. Strength training improves functional ability and independence, allowing you to maintain an active lifestyle. Strengthening the muscles, especially those in the legs and core, improves balance and stability and reducing the risk of falls. Stronger muscles provide better support and coordination, enhancing overall mobility and reducing the likelihood of accidents. Engaging in regular strength training can have positive effects on mental health and cognitive function. Regardless of age or fitness level, we can all benefit from incorporating strength training into our exercise routine. It is never too late to start. You can come learn about and use any of our state-of-the-art equipment designed specifically for older adults in our strength training studio during open gym hours. If you are interested in having a personalized strength training program, you will need to make an appointment for an assessment.

STRENGTH TRAINING STUDIO HOURS

MONDAY	8:30am-12pm Open Gym 12pm-1pm Closed for Lunch 1pm-4pm Closed for Assessments (By Appointment Only)
TUESDAY	8:30am-12pm Open Gym 12pm-1pm Closed for Lunch 1pm-4pm Open Gym
WEDNESDAY	8:30am-12pm Open Gym 12pm-1pm Closed for Lunch 1pm-4pm Open Gym
THURSDAY	8:30am-12pm Open Gym 12pm-1pm Closed for Lunch 1pm-4pm Open Gym
FRIDAY	8:30am-12pm Open Gym 12pm-1pm Closed for Lunch 1pm-4pm Closed for Assessments (By Appointment Only)



NOTABLE DATES

5/3 World Press Freedom Day	5/12 Mother's Day	5/21 Anti -Terrorism Day
5/4 International Firefighters Day	5/15 International Day of Families	5/27 Memorial Day
5/8 World Red Cross Day	5/17 Telecommunications Day	
5/11 National Technology Day	5/18-Armed Forces Day	
5/12 International Nurses Day	5/18 International Museum Day	