

Chatterbox | November 2023

WELCOME TO 15 BAY RIDGE AVENUE, THE NEW HOME OF BAY RIDGE CENTER!

What a journey this has been—and like all journeys, many people played a significant role.

BRC will be forever grateful to Bethlehem Evangelical Lutheran Church (BELC), our gracious hosts for Older Adult Center operations for the past 47 years. It was BELC's own Reverend Darrell D. Helmers who founded the agency in 1976 and nurtured its initial growth. Our relationship with BELC, under the current leadership of Pastor Paul H. Knudsen, will continue as the church remains the location of BRC's Food Hub, which supplies congregational meal service at our new site and Home Delivered Meals to over 600 homebound residents daily.

15 Bay Ridge Avenue is a reality because of the incredible support of NYC Aging. They heard our cries for more space and worked with us to negotiate a contract that was the lynchpin in making today possible. Thanks to NYC Aging's visionary Commissioner Lorraine Cortés-Vázquez, who is a true champion of adults 60+ in New York City and works tirelessly to implement initiatives that empower older adults to live their best possible lives.



Construction for the buildout of 15 Bay Ridge Avenue was made possible through capital allocations from our local representatives across the political spectrum; US Representative Nicole Malliotakis, State Senator Andrew Gounardes, NYC Council Member Justin Brannan, Former State Assemblymembers Mathilde Frontus and Janele Hyer-Spencer, and Former State Senator Marty Golden. We are also grateful to Brooklyn Borough President Antonio Reynoso and State Assemblymember Michael Tannousis for their support. It was gratifying to witness our political leaders get behind BRC's vision for our members and work together to help us secure the necessary funds to turn our vision into a reality. We are also deeply grateful to the Chairman of our Building Campaign, John Abi-Habib, and the wide array of supporters who made generous contributions.

I am especially proud of the care BRC has taken in the design and outfitting of 15 Bay Ridge Avenue; ensuring it is truly older adult accessible and age friendly. This includes everything from the flooring and furniture to state-of-the-art sound, audio visual and HVAC air filtration systems. I'd like to thank G3 Architecture for their assistance as we designed the space and the amazing Alante Construction Corp. for their outstanding work.

Thanks to BRC's amazing staff, Board, Community Advisory Board, and Senior Advisory Council. Each and every team member plays a special role that cumulatively allows us to deliver a level of service that is extraordinary. They have helped me keep my sanity during the past two years leading up until this day. Of course, opening 15 Bay Ridge Avenue is only the beginning. What is most exciting is the fact that BRC now has the space to comprehensively engage the whole of our diverse, older adult community in Southwest Brooklyn. In the months ahead we look forward to facilitating new and exciting partnerships and expanding the breadth of our programs and services.



During this season of Thanksgiving, I am incredibly thankful for the support of everyone who has made Building Bay Ridge Center possible. I hope you join me in celebration of this momentous achievement.

Todd W. Fliedner, Executive Director
Bay Ridge Center

WORD FROM OUR SAC PRESIDENT

SONIA ADAMSKI, SENIOR ADVISORY COUNCIL PRESIDENT

Dear Members,

Thank you to everyone who participated in the Halloween costume parade. The decision was a difficult one for the judges, but finally they agreed and, so, first prize went to Henry, Angela and Elaine as the three blind mice; second prize to Rita as a cat; and third prize to Giuseppina as the batonist.

As well, thanks to Daniela for the beautiful Hispanic Heritage party and to everyone who made it a huge success. DJ Woody had us on our feet early in the morning, followed by a delicious lunch prepared by the Center's chefs, and flan for dessert followed by entertainment and more dancing. A perfect day!

Bingo night has been rescheduled for Friday, November 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, at the door, 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. The evening usually ends around 7:00 pm. Bring your family and friends for an enjoyable time. We appreciate your support.

Please remember to set your clocks back one hour on Sunday, November 5 at 2:00 am, and that our Center will be closed on Thanksgiving Day, November 23, and on Friday, November 24.

Our volunteer luncheon is scheduled for Thursday, December 7, and you will be receiving an invitation shortly. Please respond to me as soon as possible at the Center or call 718-833-373..

Our Holiday Party is scheduled for Tuesday, December 12, from 1:00 pm to 3:00 pm at Sirico's. The cost is \$60.00 per person, and you may invite guests. Flyers are on the entry table at the Center, and you may see or call me for your reservations; the deadline is Tuesday, December 5.

I would like to remind everyone that before long we will be voting for Council members. The Council is an integral part of our Center working behind the scenes on behalf of the membership. In a few weeks, a nomination sheet of six names will go up on the bulletin board. At that time, you may add your name to the list. Job descriptions will be posted on the bulletin board and there will be more information on the election as we move along. If you have any questions, please do not hesitate to see me.

On behalf of the Senior Advisory Council, I would like to wish all a peaceful and happy Thanksgiving.

Respectfully,
Sonia Adamski
Senior Advisory Council President



ORDINARY ACTIONS

MARY ANN COUGHLIN, PT

Ordinary actions have extraordinary results! I just read that somewhere and thought, WOW! That is so true when it comes to taking care of ourselves. I am thinking about all those positive actions that we do everyday that yield amazing results. Lately, one of the things that has really struck me is seeing how the members in our exercise classes have gotten stronger and have better balance. A little bit of time, 2 or 3 days a week have yielded extraordinary results. A daily walk, a nutritious snack, even a rest during the day can significantly change how you feel about yourself or about how easily you move. It doesn't mean making a major change in your lifestyle, it means taking something that you want to achieve, making a goal and taking small steps to get there.

I am inviting you to try out your moves in our exercise spaces. Find the one that fits your goal, learn about which exercise is right for you and why it helps. Ask us questions, learn proper techniques, make a reachable goal. Become Extraordinary with us!



EXERCISE OF THE MONTH

HIP AND THIGH STRENGTHENER

Stand next to a chair or wall for support. Lift your thigh up in front of you. Knee is bent at 90 degrees. Lift to a count of 3, hold to a count of 3, lower to a count of 3. A nice slow even movement. The count should sound like this: up, 2, 3; hold 2, 3; down 2,3. Repeat 8-10 times with each leg. **HAVE YOU EXERCISED TODAY?**

CONNECT WITH CONNECTS

ASHLEY WITHERELL, NORC PROGRAM DIRECTOR

First and foremost, we are delighted to introduce our latest addition, the 'Bay Ridge Wellbeing Committee' class, led by the esteemed Leah M., LMSW, a licensed counselor from Weill-Cornell's Trio Program. Leah brings a wealth of knowledge and experience to our center. This class is a unique opportunity to focus on enhancing your mental and emotional wellbeing in a group setting, while equipping you with valuable tools to navigate life's challenges with resilience and positivity. In addition, the input from our members will be transformed into a book that will be used to guide new Bay Ridge Connects members on their own mental and emotional wellbeing journey.

For our health-conscious members, Nurse Betty's 'Healthy Hearts' class is offering not only vital health education, but also personalized one-on-one healthcare management and assistance. This program is designed to help you keep your overall health in check, offering free blood pressure screenings and much more. At our centers, your health and well-being are our top priorities!

As we move into November, be sure to check out our calendar for the full list of activities and events, including our ever-popular Fun and Fit, Sound Healing Meditation, and Tap Dance classes. Together, we'll make the most of this beautiful season while nurturing our physical and emotional well-being.

At Bay Ridge Connects NNORC, we are dedicated to fostering a close-knit community that thrives on your involvement and well-being. We look forward to seeing you at our center and experiencing the warmth of our community as we journey through November together! – Bay Ridge Connects Team

IMPORTANT DATES

DANIELA BRETON, PROGRAM DIRECTOR

Greetings, Chatterbox community!

November is here, and it's a month of giving thanks and celebrating a cornucopia of festivities! We've got some exciting events lined up for you at our new space at 15 Bay Ridge Avenue, which will begin programming in mid-November.

1. Thanksgiving Party - November 14th

Mark your calendars, because on November 14th, we're hosting a spectacular Thanksgiving party! More details will be shared soon, so keep an eye out for updates. It promises to be an event full of gratitude and good times.

2. Diwali Celebration - November 16th

Following our Thanksgiving party, we'll be spreading even more joy with a celebration in honor of Diwali on November 16th. Diwali, the festival of lights, is a time of unity, reflection, and joy. Join us as we light up the night and revel in the festivities!

3. Christmas Spectacular- December 6th

We will be going to Radio City to enjoy the Christmas Spectacular. Christmas shows and performances are often filled with holiday cheer, beautiful decorations, music, and heartwarming stories. It's a perfect way to get into the festive spirit.

Stay tuned for further updates and additional activities throughout the month. We're looking forward to sharing these special moments with you. Let's make this November a month to remember!

Wishing you all a season filled with warmth, gratitude, and cherished memories.

Warm regards,

Daniela Breton, MBA
Program Director



HAPPY THANKSGIVING!

Once again, Skinflints will be offering a free holiday meal on Thanksgiving, Thursday, November 23rd. Please sign up with Kathy at the front desk or call 718-748-0650, ext. 102. (Members only)

Bay Ridge Center will receive \$1 from every \$2.50 reusable Community Bag sold at Stop & Shop at 2965 Cropsy Avenue, Brooklyn NY during November 2023.