

# CHATTERBOX OCTOBER 2023

## WELCOME TO OUR OCTOBER CHATTERBOX!

As the vibrant leaves of autumn signal the transition into the cozier months of the year, it's the perfect time to explore the supportive network that our Bay Ridge Connects NNORC location provides to help older adults embrace this new season of life.



## SO WHAT IS A NNORC?

NNORC is an acronym for “Neighborhood Naturally Occurring Retirement Community.” In other words, it’s a neighborhood with a growing population of older adults in which the dwellings were not purposefully intended for older adults when they were originally designed and/or built – and that’s exactly what Bay Ridge is!

## WHY ARE NNORCS SO IMPORTANT?

NNORCs play a vital role in orchestrating a comprehensive array of health and social services aimed at assisting older adults in aging gracefully within their own residences and homes. This is achieved by seamlessly coordinating and melding together existing health and social services within the community, along with the provision of additional essential services and support to realize the objective of enabling older adults to continue residing in their community.

## HOW CAN OUR NNORC SUPPORT YOU?

**Case Management:** Sam Stein, our case manager, can assist our members with applying for an array of public benefit programs such as SNAP, HEAP, SCRIE etc., while also getting our members set up with NYC Housing Connect accounts. He can also link and refer our members to outside resources and agencies. Additionally, Sam can meet with members one-on-one regularly for more in-depth services and supports.

**Healthcare Management:** Betty Steier, our Healthcare Specialist and Registered Nurse, is available to offer her expert care by checking your blood pressure, providing healthcare advice and much more. Plus, Betty is also available to meet our members for ongoing one-on-one health support and management.

**Health Promotion:** We provide a wide array of enriching activities aimed at enhancing physical, mental, and emotional wellness. Our diverse range of offerings includes chair yoga, tai chi, fitness programming, meditation, and an abundance of other options designed to cater to the unique needs and interests of our members.



From the bottom of our hearts, we thank you all for being part of our community, and we are looking forward to creating new memorable experiences with you here at Connects and at Bay Ridge Center’s new location, 15 Bay Ridge Avenue!



# WELCOME DANIELA!

By Sonia Adamski, Senior Advisory Council President

Dear Members,

I would like to welcome our new program director, Daniela Breton, to our Center. We are very fortunate to have Daniela and her enthusiasm with us. I hope that we can all share her enthusiasm and support her going forward.

Thank you to Senator Andrew Gounardes and Councilman Justin Brannan for their continued support of the annual picnic at the Dyker Beach Golf Course. We were not disappointed even though we had rain. They took the picnic inside where we enjoyed good food, great music and the wonderful company of others.

Thank you to all the members who participated by wearing their craziest socks at our last party. You were so creative, and you all deserved to win but we could only have three winners: Joyce Rua, first prize; Joanne Cintron, second prize; Mary Todisco, third prize.

Please be reminded that the \$5.00 or \$10.00 transportation donation on trip day is not for the driver, but is for the Center to subsidize the cost of tolls, maintenance of vehicles, gas, insurance, etc. We appreciate your understanding.

Daniela Breton

Our next Friday night bingo is scheduled for October 6, 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.

We will have our Halloween/birthday party on Tuesday, October 17. Wear your costumes and have a chance to win a prize. Please purchase your party ticket from Cathy before Friday, October 13, no later than that. The price of a party ticket is \$3.00, which does not include lunch. Kindly remember to donate \$2.00 for a delicious lunch.

We are planning an appreciation lunch for our volunteers on Thursday, December 7. If you volunteer the required number of hours at the Center, please see Sonia.

Our Holiday party will be held at Sirico's at 8015 13 Avenue, on Tuesday, December 12, from 1:00 pm to 5:00 pm. The cost is \$60.00 per person; family and friends are invited. This price includes a four-course meal, wine, beer and soda on the table, and music played by Victor. For reservations, please see Sonia at the Center or call 718-833-3731 for information.

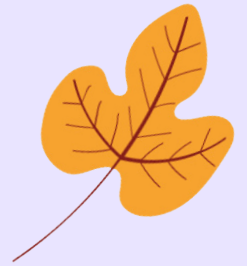
Please join us for the Holiday show at the Hunterdon Hills Playhouse on Wednesday, December 20. The price is \$82.00 per person, which includes the show, a four-course meal, tax and gratuity. For reservations, please see Sonia at the Center or call 718-833-3731 for information.

Thank you and be kind to each other.



# HELLO FALL: “LEAVES ARE CHANGING”

By Daniela Breton, Program Director



The beauty of the leaves changing. Autumn is such a beautiful time in nature. Fall flowers are colorful additions to your garden after your summer blooms fade and the weather begins to cool.

We hope this message finds you in good health and high spirits. As we step into the month of October, we are reminded of the significance that this month holds for millions of people around the world. October is Breast Cancer Awareness Month, a time when communities come together to raise awareness about breast cancer, advocate for early detection, and offer support to those affected by this disease. In honor of Breast Cancer Awareness Month, we have organized a session in which an experienced and knowledgeable healthcare professional will discuss the following:

1. Understanding Breast Cancer Risk Factors
2. The Importance of Regular Screenings
3. Performing Breast Self-Examinations
4. Healthy Lifestyle Choices for Breast Health



The talk is designed to provide you with valuable information that can empower you and your loved ones in the fight against breast cancer. It is an opportunity to ask questions, share concerns, and gain a deeper understanding of this critical health issue.

We encourage all members to attend, as knowledge and awareness play a pivotal role in early detection and prevention. Let us stand together in support of Breast Cancer Awareness Month and work towards a healthier, stronger community.

This month, we are also celebrating Hispanic Heritage Month, a time dedicated to honoring rich cultural contributions of the Hispanic community. To mark this occasion, we have a special event planned for you! On October 11, we are hosting a vibrant celebration that promises an array of delightful experiences.

- Experience the flavors of Hispanic cuisine with a selection of traditional dishes that promise to tantalize your taste buds.
- Indulge in the delectable desserts that are an integral part of Hispanic culinary tradition.
- Immerse yourself in the lively beats and colors of Hispanic culture with a special performance.



We invite you to join us in this joyful gathering as we pay tribute to the diverse and vibrant Hispanic heritage. If you have any questions or would like further details, please feel free to reach out.





# I Choose Wellness

By Mary Ann Coughlin PT, Health Care Coordinator

**“There is no better exercise for your heart than reaching down and helping to lift someone up.” - Bernard Meltzer**

I am so excited to share the news of our new Strengthening and Movement Studios at 15 Bay Ridge Avenue. For those of you who have taken part in our classes for years or are just joining us, you know the challenges of attending a class as the rest of the Center needs to function around us. At the new building, we will have a dedicated room for exercise that can host a class with anywhere from 15-30 members. We will be offering a variety of classes throughout the day as well as our tried and true ones. You are invited to try them out and choose the ones that fit your needs.

This is the part where you can make a difference. In addition to the Movement Studio, we will have a Strengthening Studio consisting of five state-of-the-art exercise machines designed to strengthen 10 different muscle groups. They will be used in a circuit fashion, where members move from one machine to the next. There will also be two recumbent bicycles to assist in building strength and endurance and a balance platform to challenge and improve stability. To do this safely and successfully, I am looking to recruit members for two different activities. First, I will need volunteers to be another set of eyes. Not to physically assist the users of the machines, but to keep an eye out for safety and flow of movement, and to answer questions. There will also be a trained staff member available so you will not be alone. Secondly, I would like you to think about committing to a strengthening program on the five machines, possibly twice a week. The circuit on the machines will take about 20 minutes to complete once your routine is set. Studies have shown that you can improve your strength considerably in that amount of time. Due to the safe design of these machines, the majority of older adults are able to use them successfully.

Please consider volunteering with us in assisting us to get our Studios up and running. You can contact me at [mcoughlin@bayridgecenter.org](mailto:mcoughlin@bayridgecenter.org) or 718-306-2924 or see me at the center.



## HANNA MOUSSA

Exciting News! BRC's very own Hanna Moussa, a shining star from our HDM staff, has achieved an incredible milestone tonight at the City Meals Star Awards!

Hanna's award is a testament to the passion and excellence that he brings to his role every single day. We want to take a moment to congratulate Hanna for this outstanding achievement.

Your dedication to your work and the positive energy you bring to our team is truly inspiring. You've earned this recognition, and we couldn't be happier for you.

Let's all join in applauding Hanna for his well-deserved success!

# OCTOBER MENU

## 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>02</b> Apricot-Glazed Pork Chops Homemade Mashed Potatoes Oriental Blend Vegetables	<b>03</b> Chicken Stir Fry w/ Vegetables Yellow Rice & Pigeon Peas Steamed Carrots & Green Beans	<b>04</b> Beef Pot roast w/ Mushrooms Egg Noodles Sauteed Spinach	<b>05</b> Baked Macaroni & Cheese Steamed Broccoli Steamed Sliced Carrots	<b>06</b> Homemade Fish Cake Roasted Sweet Potato Fries Sauteed Zucchini
<b>09</b> Chicken Cacciatore Arroz con Gandules (Brown Rice w/ Pigeon Peas 1/2 cup) Oriental Blend Vegetables	<b>10</b> BBQ Pulled Pork Polenta Broccoli & Red Peppers	<b>11</b> Shepherd Pie w/ Beef & Turkey Roasted Zucchini Steamed Carrots	<b>12</b> Black Bean & Sweet Potato Chili White Rice (1/2 cup) Brussels Sprouts California Blend Vegetables	<b>13</b> Baked Fish Orzo w/ Vegetables Baby Carrots w/ Parsley
<b>16</b> Italian Roast Chicken Brown Rice (1 cup) Cauliflower w/ Carrots & Parsley	<b>17</b> Pork Stir Fry w/ Vegetables California Blend Vegetables Roasted Peppers	<b>18</b> Homemade Hamburger Baked Onions Corn & Red Peppers Roasted Sweet Potato Fries	<b>19</b> Baked Ziti w/ Cheese Baby Carrots w/ Parsley Brussels Sprouts	<b>20</b> Baked Fish Orzo w/ Vegetables Kale w/ tomato
<b>23</b> Breaded Pork Loin Baby Carrots w/ Parsley Homemade Mashed Potatoes Roasted Peppers	<b>24</b> Chicken w/ Peach Sauce Egg Noodles Brussels Sprouts Steamed Cauliflower	<b>25</b> Vegetarian Chili White Rice (1/2 cup) California Blend Vegetables	<b>26</b> Beef Brisket w/ Tomatoes & Onions Pasta (1 cup) Roasted Mushrooms Sauteed Green Beans w/ Onions	<b>27</b> Baked Fish w/ Cream sauce Cous Cous Boiled Pumpkin Sauteed Spinach
<b>30</b> Italian Style Pork Loin California Blend vegetables Homemade Mashed Potatoes	<b>31</b> Beef Stroganoff w/ Noodles Sauteed Spinach Steamed Cauliflower			

**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.**

