



Chatterbox

May 2022



Dear Members and Friends,

April showers bring May Flowers. It's not surprising that there are so many beautiful flowers now. I'm jealous of anyone who lives on 72nd Street between 3rd and 4th Avenues — the blossoms are breathtaking.

May is Older Adults Month. It's a time to recognize the contributions that older adults have made to our hearts, lives and community. I'm so impressed with the energy of the Bay Ridge Center's members and their willingness to try something new.



The author pauses during another busy day at the Center.

Many of you know me as the tech guy. For more than two years, I've thought through technology strategy for the agency, planned engaging and compelling classes, and taught many of them. My classes are two parts. The first is technical support. The remainder is on a specific educational topic ranging from digital photography to Zoom. Join us on Tuesdays and Thursdays.

May is a transition month as many of our wonderful interns complete their time with us. Summer interns will create their own engaging programming. Expect more nutrition education, and two Su-Casa arts programs developed in conjunction with the

Brooklyn Arts Council. More exercise programs will be hybrid with most instructors onsite.

The news I'm most excited to share is about our new location, 15 Bay Ridge Avenue (internally we call it BRAVE). We've been working hard with architects to get the design, layout and finishings complete and approved by the various regulatory bodies, and the goal is to open around mid-Fall.

On the first floor of BRAVE we'll have a state of the art Fitness Studio. There will be equipment for individual workouts as well as a large space for fitness classes, such as Mary Ann's strengthening programs, chair yoga, Zumba Gold, cardio classes as well as many others. We will also have private rooms for interns and others to conduct interviews. On the second floor we'll have individual classrooms for an art studio, a computer lab, health & wellness educational classes, and a music room. This is where the staff will be located, and there are private case management offices and other rooms for private meetings.

With all of these rooms, I'm working hard to create programming that will be compelling and meaningful for you. If you have any ideas about classes, please let me know at ddring@bayridgecenter.org. Thank you, and I look forward to seeing you at the Center.

David Dring

Director of Innovative Programs for Older Adults

Bay Ridge Center is a non-sectarian, non-profit agency funded in part through funding from the New York City Department for the Aging and the New York State Office for Aging.
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MEET TESS ALLON: BRC PROGRAM ASSISTANT



My name is Tess Allon. I am 25 years old, and I was born in Manhattan and have lived in New York my whole life. I have an older brother named Jonah and a younger sister named Lena; they are both doing work that is about making the world a better place, which makes me very proud. My family and friends would describe me as down-to-earth, fun, goofy and very friendly. In fact some of the people in my building call me “the Mayor” because of my friendliness. I really like helping people in need and just helping people in general, because it not only makes them feel good, it makes me feel good. I love learning new things and learning about people, their interests in life, and what their goals and passions are.

Apart from enjoying people, I also like playing some sports and singing. I started playing basketball at age eight in a neighborhood league, and I also played on my school teams in middle school and high school. I love racket sports like tennis, ping pong, and squash, and I have been told that I have a mean forehand. My other hobbies are watching “The Voice” or “American Idol” and going for long walks in the park or anywhere really. One of my other passions is hair care, and I even went to school to study it more. I like funny movies like *White Chicks* and inspiring movies like *Hidden Figures*. I recently got an adorable rescue dog named Cami. She has a heart-shaped mark on her back and is very funny and cute, though she does not really like strangers. Another thing to know about me is that I have a different kind of brain. I learn and process things a bit more slowly than other people because of this neurological difference, so sometimes I need people to repeat things to me, or I ask a lot of questions because it helps me to understand. Sometimes I also miss social cues, so be patient with me.

I’ve been working at the center since October 17, first as an intern and then, as of February as the assistant to the director of programs. I am here three days a week, and I help out in the office, call Bingo, and hold the group discussion on Mondays where I ask seniors questions about their lives. I am also always happy to pitch in wherever I am needed and recently really enjoyed the March for Meals walk. I love working here, and I hope to bring joy and laughter to our clients as well as my colleagues.

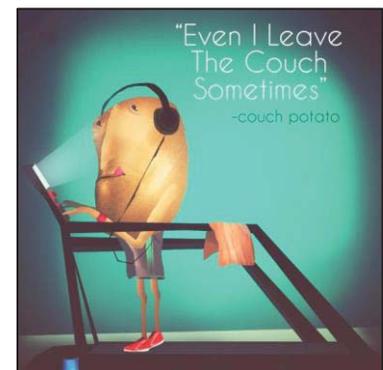
LET’S BUILD SOME MUSCLE

By Mary Ann Coughlin, PT

Our muscles help us to maintain our overall well-being and to age healthily. Starting in our 30s we begin to lose muscle mass. Weight training helps to rebuild muscle mass. It keeps our bones healthy while strengthening the muscles around the joints. Balance improves as our strength improves.

Combining exercise with nutrition and rest will provide the most beneficial results. Balancing out your diet with the appropriate proteins, carbohydrates and water allows you to get the nutrients your body needs. Adding cardio exercises, such as walking or biking, will help with your heart health and metabolism. Strength training using light weights and slow, controlled movements is the most efficient way to increase muscle growth.

Aim to be physically active every day. Do activities that increase strength, balance and flexibility at least two days a week. Try to add about 2½ hours a week of moderate intense activity such as walking. Reduce the amount of time sitting or lying down. You will gradually start feeling stronger and healthier. Have you exercised today?



Couch potato says, “Even I leave the couch sometimes.”

MAY CHANGES: Mary Ann held her last “Ask the PT” in-person session at CONNECTS on April 27, but you can still contact her with questions at Mcoughlin@bayridgecenter.org or call her at 718-306-2924. Theresa Feeney, RN, is based at CONNECTS and available to answer your health related questions Tuesdays and Wednesdays, 9:00 am - 5:00 pm. Tania Veloz, RN, at CONNECTS, and Beata Vrazha, RN, at the Center finished their placements at the end of April. A big **THANKS** to them for their programs and advice over the last few months.

AGE-FRIENDLY SIDEWALKS FOR BAY RIDGE SENIORS

By Matthew Lyon

Did you know? According to NYC Department of Health Community Health Profiles, adults 65+ in Bay Ridge/Dyker Heights have a higher rate of hospitalizations due to falls than the citywide average? The New York Academy of Medicine predicts this age group will grow in the next decade. Therefore, we must work together to advance safe and accessible sidewalk corridors for our older adults!

Walkable challenges navigating on many local sidewalks:

- E-bikes/Scooters/Bikes/Skateboard riders on sidewalk
- Extended business sidewalk use — expanded fruit stands, newly expanded sidewalk cafés, or storage of deliveries
- Broken/Uneven/Excavated sidewalk pavement – excavation, not maintained, lifted from trees, etc.

Join us on **May 18, 2022, at 2:00 pm**, for “**Age-Friendly Sidewalks for Bay Ridge Seniors: A Community Conversation**,” hosted by the Age Friendly Committee. (Watch our emails and calendar for Zoom link and phone number)



Please join Josephine Beckmann, District Manager of Community Board 10; Todd W. Fliedner, Executive Director at the Bay Ridge Center; and panelists from the 68th Precinct, NYC Department of Transportation, and business community leaders to discuss ways local municipal agencies have and can work to improve sidewalk and pedestrian safety. The panel will also listen to local seniors who have questions and of course there will be time to provide suggestions.

More info: see Matthew at BRC or email AgeFriendly@BayRidgeCenter.org.

LIMITED TRANSPORTATION WILL RESUME THE WEEK OF MAY 9

Apologies for the delay in getting our vans back on the road, but transportation to the 4th Avenue Center returns May 9.

Two pick-up runs daily: 9:00 a.m. and 10:00 a.m.

Two drop-off runs daily: 1:30 p.m. and 2:30 p.m.

You must make a reservation. Please call Rob Adragna at 718-640-0842, Monday-Friday starting May 2, between 10:00 a.m.-2:00 p.m.

Riders must live within Bay Ridge (zip codes 11209 and 11220). **Riders must** show proof of vaccination.

Everyone must wear an appropriate mask on the van.

Please note that the lift remains out of service at the center.



Happy Mother's Day, Sunday, May 8

Anna Jarvis held the first Mother's Day service of worship in West Virginia in 1907, which began her campaign to make Mother's Day a holiday in the U.S. Her mother, Ann Reeves Jarvis, had been a peace activist who cared for wounded soldiers on both sides of the Civil War. After the war she created Mother's Day Work Clubs to address public health issues after the war. She had also worked with Julia Ward Howe, who wrote "Appeal to Womanhood," a pacifist reaction to the carnage of the American Civil War and the Franco-Prussian War. Anna Jarvis wanted to honor her mother with a lasting legacy. Congress finally passed a Mother's Day resolution in 1914. As we celebrate or are celebrated, this is a good year to mark the holiday's origins with an added wish for peace in the world.

Please join us for Bay Ridge Center's second annual

Summer 2022 Celebration of Giving

Saturday, June 25, 2022 • 1:00 pm

Rain date: Sunday, June 26, 2022

Lutheran School Backyard

440 Ovington Avenue

An afternoon of fun to benefit Bay Ridge Center and

Honoring John Abi-Habib

for his career of service to the community

Tickets \$50

Click the QR code, ask at the Center, or send a check with your name, contact info, and # of tickets to Summer Celebration, BRC, 411 Ovington, Ave., Brooklyn 11209



Live Music by
Whippoorwill

Food & Drinks
& Dessert

Raffles • 50-50
Silent Auction

Appreciation to each sponsor! Maimonides Health, Connors and Sullivan, NewYork-Presbyterian Brooklyn Methodist Hospital, NYU Langone, Empire State Development LLC., Verrazano Rotary Club, AMP Insurance, Right at Home, Fortix Lux, Compass Realtors, Sunrise Senior Living, Toni Mercogliano Pilates, The Gurl Family, Geraldine and Paul Cassone, Carl and Grace Campagna, Stephen Bonfa, Esq.

List in formation. See bayridgecenter.org/fundraising-events for updates.

THANK YOU!

March for Meals raised \$16,500 to support Bay Ridge Center meals programs. We are very grateful to everyone who participated and to each of these individual and business sponsors for their contributions.

PREMIERE SPONSOR \$1,000+

Patricia Killen
Connors & Sullivan
NCheng LLP
Bethlehem Evangelical Lutheran Church

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Right at Home



Program before the March 26 walk. (L to r) Todd Fliedner; Killen family; Congress Member Nicole Malliotakis (in cap); Patricia Killen, who was honored along with her husband Peter for their support over the years; Frank Grassi; and Assembly Member Mathylde Frontus speaking.

FRIENDS & FAMILY \$100+

Allison Nidetz
Patricia Marchetti
Gail Karpf
Christine Heeg
Mary Ann Coughlin
Sarrica Physical Therapy & Wellness
Frances Belcastro
H. Alfreda Haaland
Sporting Club/GJOA Corp.
Elaine Elbrecht
Marlana Bernheisel
Sr. Frances Piccone
Marianne Nicolosi
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Gladys Valenzuela
Beverly A. Knudsen
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Susan Grandelli
Michael D'Emic
Sonia Adamski
Frank Grassi
Judith Collins
Rita Doody
Law Firm D.F. Truhowsky
Sandy Frenkel



MAY 2022 • Congregate Meals & Grab & Go MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>Pork Loin with Curried Pineapple Baby Carrots with Parsley Homemade Mashed Potatoes</p>	<p>Chicken with Peach Sauce Egg Noodles Green Bean Sauté</p>	<p>Vegetarian Chili White Rice Broccoli and Red Peppers</p>	<p>Beef Brisket with Tomatoes & Onions California Blend Vegetables Homemade Mashed Potatoes</p>	<p>Baked Breaded Fish Fillets Penne Winter Blend Vegetables</p>
9	10	11	12	13
<p>Pork Stir Fry with Vegetables Brown Rice with Pigeon Peas Green Bean Sauté</p>	<p>Turkey Meatballs in Tomato Sauce Spaghetti Winter Blend Vegetables</p>	<p>Chicken Cacciatore Homemade Mashed Potatoes California Blend Vegetables</p>	<p>Vegetable Ratatouille White Rice Roasted Brussel Sprouts</p>	<p>Baked Fish with Lemon Garlic Butter Sauce Orzo with Vegetables Zucchini and Tomato</p>
16	17	18	19	20
<p>Spaghetti with Turkey Meat Sauce Baby Carrots with Parsley Broccoli and Red Peppers</p>	<p>BBQ Pulled Pork Polenta California Blend Vegetables</p>	<p>Pesto Pasta with Broccoli Green Bean Sautee Steamed Cauliflower</p>	<p>Beef Pot Roast with Mushrooms Brussel Sprouts Homemade Mashed Potatoes</p>	<p>Baked Marinated Fish Orzo with Vegetables Sautéed Spinach</p>
23	24	25	26	27
<p>Cheese Ravioli in Tomato Sauce Brussels Sprouts Steamed Carrots</p>	<p>Breaded Pork Loin Homemade Mashed Potatoes Zucchini and Tomato</p>	<p>Beef Stir Fry Egg Noodles Broccoli and Red Peppers</p>	<p>BBQ Chicken Leg Quarters Yellow Rice Braised Collard Greens</p>	<p>Baked Breaded Fish Fillets Cous Cous Green Bean Sauté</p>
<p>MEMORIAL DAY 30 HAPPY HOLIDAY BRC offices are Closed today</p>	31	<p>HAPPY MOTHER'S DAY, SUNDAY, MAY 8</p> <p>Every meal comes with a protein, grain, vegetable, fruit, juice, whole wheat bread and low fat milk. Menu is subject to change. Please contact Bay Ridge Center, 718-748-0650, with any concerns.</p>		

