The Wonder Women in our lives.

Last month, I was privileged to see a private viewing (at Bay Ridge Connects) of a film by a local filmmaker. The film’s name was Union and the filmmaker was a woman named Whitney Hamilton. The film depicted the story of a young woman who joined the Union Army to fight for America and against slavery. In order to do so, she disguised herself as a man and lived out the rest of her life as one. Her story (get it “Herstory”) is not recorded in any “history books”. There are hundreds, perhaps thousands of women who, for one reason or another, have performed these types of immense sacrifices, made life changing discoveries and inventions, done great deeds, saved lives, and yet go unrecognized for their contributions to our world. Recently, this has been changing a bit. There has been a recent increase in the numbers of movies about historic women (Harriet Tubman and Katherine Johnson). Women’s History Month is a chance to notice their contributions and celebrate them.

When I considered whom I wanted to speak about in this letter, I focused initially on heroines: Joan of Arc, Madame Curie, Amelia Earhart, Susan B. Anthony, Harriet Tubman, Bella Abzug, or even Wonder Woman. Whether real or fictitious, they were all important women. They shaped the world. They changed attitudes. Frankly, the women who shaped my world are not recognized as heroines. Their achievements are normally not recognized as “extraordinary”. In fact, for most of these women, very few people outside of their immediate families will remember them.

My heroines are folks like my Mom, Angelina. A woman who worked as a sales person at W.T. Grant and a status clerk for a grey goods firm named Lowenstein and Sons; who wore the same winter coat for all 12 years, so that I could go to a Catholic school and get an exceptional education. My mother would hand sew and crochet clothing for me every birthday and holiday, so that I would always have something new to wear to school. Years later, she was finally able to buy herself a new coat and stand proudly next to me at my college graduation. Women like my mom, who saved up to be able to take me to the Opera and to Broadway shows, so that I could see what was possible; who watched with pride the first time I was involved in an Off Broadway show. Angelina will not appear in any history and Herstory books, but she was indeed my Wonder Woman. Someone who showed me that little girls grow up to make an impact on our world.

When I look out over the people who come to Bay Ridge Center every day, I am curious to know the “Herstories” of the women who stand in front of me. I am humbled to know that many of our members are indeed unsung heroines who deserve to be celebrated during Herstory month.

Marianne Nicolosi  
Executive Director

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.  
6935 4th Avenue, Brooklyn, NY 11209-1504  Phone: 718-748-0650  Fax: 718-680-5143
From Your Council

As I write this page and turn my calendar to the month of March, I happily realize that spring is arriving on Friday, March 20. Of course, this means that on Sunday, March 8 at 2:00 am we will spring our clocks ahead one hour and look forward to longer, brighter and greener days. And, with the arrival of spring comes the return of dine-outs and bingo nights.

Sign up for April trips will be on Tuesday, Wednesday, and Thursday mornings, March 3, 4 and 5 from 9:00 am to 11:00 am.

Our next General Meeting will be held on Friday, March 6 at 12:30 pm. Please come with your questions, concerns and suggestions.

On Tuesday, March 17, we will have our St. Patrick’s/St. Joseph’s Day/Birthday Party at the Center. Please see Crystal for your party tickets on the usual Tuesday and Friday sign-up days. The last day to purchase party tickets and be included for dessert is Friday, March 13. Please remember to include your name on the March birthday list.

Our March for Meals event is scheduled for Saturday, March 28. All funds raised will support the Bay Ridge Center’s Meals on Wheels program and services for seniors in our neighborhood. Registration is at 10:00 am, Kick-Off Ceremony is at 10:30 am, Walk begins at 11:00 am. The March starts at 411 Ovington Avenue, proceeding on Third and Fifth Avenues between Ovington and 83rd Street.

Our next Friday night bingo is scheduled for Friday, April 3. Doors will open at 4:30 pm. Please be at the Center no later than 5:00 pm. The cost is $12.00 for two slices of pizza, soda, coffee and cake. You will also be given four bingo cards. Please come and bring a friend.

Our next dine-out is scheduled for Friday, April 17. Restaurant and all other information will be posted on the bulletin board as soon as it is finalized.

Our flea market is scheduled for Saturday, May 9; rain date May 16. If you would like to reserve a table, please see Crystal. The cost of a table is $35.00.

Please be kind to each other.

Respectfully,
Sonia Adamski
Senior Advisory Council President
Bay Ridge Center Trips

Please check with Crystal for availabilities and updates.
For trip cancellations, call Crystal directly at 718-745-6331 before 8:30 pm.

March 2020 Trips

Wednesday, March 4 – Aqueduct Racetrack and Casino – Queens, New York
Wednesday, March 11 – Jersey Gardens – Elizabeth, New Jersey
Wednesday, March 18 – Trader Joe’s & Bario’s – Staten Island, New York
Wednesday, March 25 – Walmart & Cracker Barrel – Clinton, New Jersey

April 2020 Trips

Wednesday, April 1
Chocolate Factory and Lorenzo’s – Staten Island
First stop, candy shopping followed by a delicious lunch at Lorenzo’s on your own.
Suggested transportation contribution is $10.00
Be at the Center at 10:00 am…Leave at 10:30 am.

Tuesday, April 7
Staaten – “Red Hot Mamas”
Three sensational vocalists – Lisa Sherman, Nanette Mason, and Deb Lyons perform the best of rock n’ roll, country, show tunes; plus a hilarious comedian.
$53.00 pp…Cost includes a four-course meal, show, one-hour open bar and gratuity.
Suggested transportation contribution is $10.00
Be at the Center at 9:45 am…Leave at 10:15 am.

Wednesday, April 15
Brooklyn Historical Society and Park Plaza Diner
One-step through the front door and you can sense the history; mosaic floors, carved pillars, and bronze hardware. It feels like you are walking onto a movie set.
Lunch on your own at the diner.
CASH $6.00 pp…Self-guided tour – elevator available.
Suggested transportation contribution is $10.00.
Be at the Center at 10:30 am...Leave at 11:00 am.

Wednesday, April 22
Gateway Mall – Brooklyn
Shop at one of the many stores at this outside mall. Lunch on your own.
Suggested transportation contribution is $10.00
Be at the Center at 9:00 am...Leave at 9:30 am.

Wednesday, April 29
Westchester – “All Shook Up”
You will be rocking in your seats to the music of the one and only, Elvis!
$60.00 pp…Cost includes meal, show and gratuity.
Suggested transportation contribution is $10.00
Be at the Center at 9:00 am…Leave at 9:30 am.

Trips and Party Policies

Transportation contributions should be placed in the trip donation box on the day of the trip.
Party tickets cost $3.00 per person and must be purchased no later than the Friday before Party Day.
**Monthly Activities**

**MONDAY**
Aerobics 9:00 am  
Strength & Flexibility 9:30 am  
Arthritis Exercises 10:00 am  
Wellness Group 10:00 am  
Blood Pressure 10:00 am  
Joint Exercises 10:30 am  
Nursing Program 11:15 am  
Bingo 1:00 pm  
Wii for Seniors 2:00 pm

**TUESDAY**
Morning Exercise 9:00 am  
Standing Stretch & Tone 9:30 am  
Standing Balance 10:00 am  
Bingo 11:00 am  
Tea & Tech 1:00 pm  
Smart Phone 2:00 pm

**WEDNESDAY**
Game Day 9:00 am  
Quilting 9:30 am  
Blood Pressure 10:00 am  
Bingo 11:00 am  
Pa-Parla Italiano 1:00 am  
Yoga 1:00 pm  
Yoga Meditation 1:30 pm  
Tai Chi for Arthritis EBP 2:00 pm

**THURSDAY**
Aerobics 9:00 am  
Strength & Flexibility 9:30 am  
Arthritis Exercises 10:00 am  
Joint Exercises 10:30 am  
Leisure Board Games 11:15 am  
Nutrition Program 12:30 pm  
Wii for Seniors 1:00 pm  
Dance Class 1:00 pm  
Advanced Dance 2:00 pm

**FRIDAY**
Tai Chi For Arthritis EBP 9:00 am  
Sitting Stretch & Tone 9:30 am  
Sitting Balance 10:00 am  
Connect Through Creativity 10:00 am  
Bingo 11:00 am  
Floor Yoga 1:00 pm  
Jewelry Making 1:00 pm  
Advanced Jewelry Making 2:00 pm  
Shake, Rattle & Roll 2:00 pm

**Dates to Remember**

**Senior Advisory Council Meeting**  
Tuesday, March 3 at 1:00 pm

**General Meeting**  
Friday, March 6 at 12:30 pm

**St. Patrick’s/St. Joseph’s Day/ Birthday Party**  
Tuesday, March 17 at 1:00 pm

**Presentations**

**Wednesday, March 4 – Post Hospitalization**

**Wednesday, March 11 – Words & Disease**

**Wednesday, March 25 – Homecare**

**Connect through Creativity**

**Generations**

Each generation changes  
Different beliefs  
Different goals  
The globe has cracked open  
Our human family  
Is bigger  
More open with our problems  
The next generation takes care of the last
Feminist Poets of the 1960s

Maya Angelou: (April 4, 1928 – May 28, 2014) Born in St. Louis, Missouri, this incredibly powerful woman is one of the most well-known feminist poets. Angelou’s poetry was influential due to its depictions of black beauty, women, and the human spirit. Her book, Just Give Me a Cool Drink of Water ‘fore I Diie, published in 1971, was nominated for a Pulitzer Prize in 1972. Angelou received the Libertarian Award in 2013. Her work leaves an ongoing legacy and continues to inspire readers. Her social justice advocacy included marriage equality, accessible healthcare, fair wages, and an end to segregation.

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Adrienne Rich: (May 16, 1929 – March 27, 2012) Rich was an influential woman born in Baltimore, Maryland, whose poetry and essays reflected upon issues of sexuality, identity, social justice, the anti-war movement, and her radical feminist views. A few of her works include "A Change of World," "Diving Into the Wreck," "Snapshots of a Daughter-in-Law," "Blood, Bread, and Poetry." She is credited with bringing "the oppression of women and lesbians to the forefront of poetic discourse." She was awarded the National Book Award (1974), Bollingen Prize (2003), Griffin Poetry Prize (2010). Her progressive vision inspired her efforts toward women’s equality and ending poverty.

“When a woman tells the truth she is creating the possibility for more truth around her.”

Rita Dove: (Born August 28, 1952) The youngest person at the age of 40, and first African American to be honored as U.S. Poet Laureate in 1993, Dove had a passion for storytelling as a young child. Dove received the Pulitzer for Thomas and Beulah, a book about her grandparents. She remembers it as “the first moment that really stood out in terms of public excitement and recognition.” Her work is impactful in terms of its advocacy for inclusiveness in American poetry, an end to racism and sexism.

“I prefer to explore the most intimate moments, the smaller, crystallized details we all hinge our lives on.”

Composed by Annamarie Fabbricatore
Guess who is in the Spotlight?

Hazel Baez

Hazel Baez was born in the Countryside of Jamaica. She grew up in the Church and moved to the United States of America at a very young age. Hazel lives in Bay Ridge where she calls home. She met her husband, Rudy, at her job and they were married for 47 years.

Their marriage has blessed them with children and grandchildren who love and respect her. Hazel worked for Family Home Care as a house attendant for years and has since retired. Having worked so hard to earn the American dream, Hazel enjoys spending time playing Bingo at the Bay Ridge Center where she has been a member for 30 years.

When asked what her strength is behind her beautiful smile? She said, “Keep your problems to yourself and learn to take one day at a time.” Hazel misses her late husband very much and she is still dealing with bereavement.

The most historical moment in her life was having to experience the death of J.F. Kennedy and Martin Luther King, Jr. Nevertheless, she is empowered by her children and the good people at the Center. Hazel’s advice to ALL is to be kind, do not let AGE define you and treat others the way you wish to be treated. When asked if she would want to change anything, she answered “I am happy being here, tomorrow is never guaranteed.”

Composed by Philomena Ehisienmen
10 Encouraging Words of Affirmation

1. You are loved more than you can fathom.
2. You are important and valued.
3. You are not alone even when you feel lonely.
4. I admire how strong you are!
5. I admire how you’ve taken care of yourself!
6. You are a fighter and you never give up.
7. You never give up even when the way before you is uncertain.
8. I admire your tenacity and courage.
9. You are fearfully and wonderfully made.
10. Your beauty and personality is unique!
HAPPY BIRTHDAY TO OUR SENIORS

Maryann Albano  Elena Ferrara  Annemarie Larsen  Priscilla Rosado
Marie Albi  Royal Fliedner  Maureen LeGoff  Nabil Rufael
Erenia Alvarado  Marie Gammichia  Jacqueline Lutfey  Ernest Ruiz
Carole Avdelis  Suzanne Goldberg  Rosemary McCall  Richard Ryan
Florence Barca  Rachel Greco  Donna McClellan  Susan Samstag
Catherine Bigin  Virginia Greco  Carole McGee  Flor Santiago
Daryl Bren  Patricia Guyette  Marion McGivney  Maria Serrano
Elizabeth Callahan  Philip Hachmeyer  Mary McGonigle  Bue Seto
Gloria Capobianco  Mildred Hampton  Cheryl McNeil  William Shea
Maria Carbone  Nancy Haynes  Angela Marchese  Nancy Sing-Bock
MaryAnn Castaldo  Glenn Helberg  James Mauro  Milton Smith
Maria Cordova  Eileen Heyman  Adrian Monroy  Ahmad Soliman
Mary Ann Coughlin  Irene Hickey  Gladys Morales  Josefina Soto
Frank Creo  Kathleen Hicks  Carolann Nash  Alexander Stuart
Anne Doherty  Eileen Higgins  Matteo Natale  Doris Svennevik
Patricia Durkin  Thoms Hilton  Humberto Ordonez  Mary Lee Todisco
Eleanor Emma  Sherylle Hochman  Santa Ortiz  Thomas Ungano
Lillian Falcone  Sameh Ishak  Elizabeth Pellegrini  Lisa Unger
Noel Farmer  Mindy Joy Jacobsen  Joseph Pepitone  Cecilia Valencia
Theodore Fernandez  Norma Lagdamen  Sau Ping Poon  Warren Young

IN ORDER FOR THE SENIOR ADVISORY COUNCIL TO HAVE THE PROPER AMOUNT OF REFRESHMENTS FOR THE MONTHLY PARTIES, THE FOLLOWING NEW POLICY IS IN EFFECT. TICKETS MUST BE PURCHASED NO LATER THAN THE FRIDAY BEFORE THE PARTY.

We Welcome Our New Members

Deborah Bula  Nora Cruz  Dolores DeRienzo
Mary Falquez  Maria Garcia  Kathleen McArdle
Thomas Mansfield  Louis Thorpe, Sr  Debra Williams

WI-FI: USERNAME: Senior Center  PASSWORD: 7187480873

PLEASE NOTE: IF YOUR NAME IS MISSING FROM THE BIRTHDAY LIST, IT MAY MEAN YOU ARE NOT AN ACTIVE MEMBER OF BAY RIDGE CENTER. PLEASE CALL OR STOP BY THE OFFICE TO SET UP AN APPOINTMENT TO REGISTER OR RENEW MEMBERSHIP.
If you need special attention with electrical services, Bay Ridge Center is ready to help. Listed below is free ConEdison services that can make your life easier.

Life-Support Equipment
If you or a member of your household use life-support equipment, ConEdison can reach out in an emergency or power outage. It is important to let them know, even if you do not receive a bill, because electric is included in your rent.

How to Register Life-Support Equipment:
• On the ConEdison website, create an account and fill out the life-support equipment form.
• Mail or email lifesupportequipment@coned.com your completed registration form and medical certification. Download the life-support equipment form from the ConEdison website.
• Call ConEdison at 1-877-582-6633 or reach out to Dominique Raymond 718-748-0650, x117. for assistance.

Meet Colsie
Colsie Blagrove-O’Connor, is a student studying Master of Clinical Social Work at Boston University. She graduated from Grantham University in 2016 with Master of Healthcare Administration with Distinction and earned her Bachelor of Arts degree with a concentration in Professional Writing from CUNY Medgar Evers College in 2010.

Colsie would like to become a licensed Clinical Social Worker to relieve the plight of physical disability and impairment, including mental, emotional abuse, behavioral and addictive disorders, certain developmental disabilities and the impact of physical illness, injury and disability on the spiritual functioning of the mindset.

As a new Social Worker Intern at Bay Ridge Center, Colsie hopes to engage with the community and relieve the plights of seniors. Colsie believes that change happens when people help to implement profound changes within social work services that would make a difference in the lifestyle of many people. She approaches her internship with academic preparations, counselling skills, helpfulness, and other professional qualities.
### Strong Women made in New York

| **Audre Lorde**  
| **(Harlem)**  
| ---  
| Audre Lorde was an American writer, feminist, womanist, librarian, and civil rights activist.  
| “The master's tools will never dismantle the master's house.” |

| **Joan Baez**  
| **(Staten Island)**  
| ---  
| Joan Chandos Baez is an American singer, songwriter, musician and activist.  
| “You don’t get to choose how you’re going to die. Or when. You can only decide how you’re going to live. Now.” |

| **Shirley Chisolm**  
| **(Brooklyn)**  
| ---  
| In 1968, she became the first black woman elected to the United States Congress, and represented New York’s 12th Congressional district for seven terms from 1969 to 1983. She was the first woman to run for president.  
| “Tremendous amounts of talent are lost to our society just because that talent wears a skirt.” |

| **Sonia Sotomayer**  
| **(Bronx)**  
| ---  
| Sonia Maria Sotomayor is an American lawyer and jurist who serves as an Associate Justice of the Supreme Court of the United States.  
| “I stand on the shoulders of countless people, yet there is one extraordinary person who is my life aspiration. That person is my mother, Celina Sotomayor.” |