Chatterbox

March 2021

Dear Members and Friends of Bay Ridge Center:

A year ago this month Covid-19 mandated the closure of Bay Ridge Center and Bay Ridge Connects for congregate operations and onsite programming and services. Initially we were hopeful that the closure would be brief. Now, a year later, we are still dealing with the consequences of the pandemic. We, like you, remain hopeful that all of this will change in 2021 so we can get back to some sense of normalcy,

For the past 25 years Bay Ridge Center has held a walkathon that raises funds for and helps increase awareness about the importance of home delivered meals for homebound older adults in our neighborhood. Originally the event was held in September but in 2018 we moved the event to March to coincide with Meals on Wheels America's annual March for Meals campaign.

Many of you have joined us for this event throughout the years and some of you walked with us along Third and Fifth Avenues collecting money in tin cans to insure that no one in our district goes hungry. To me these annual walkathons were a visible and powerful demonstration of how our community pulls together for those in less fortunate situations than our own.

Last year we had to cancel the event due to NYC restrictions that disallowed large groups to congregate in public due to the growing pandemic. Once again BRC has no choice but to commemorate March for Meals 2021 as a "virtual" fundraising event; soliciting donations via mail, online and through the peer to peer fundraising efforts of our friends and supporters. We are encouraging people to "march" remotely at home or outside in a socially distant way in honor of our March for Meals initiative.

Please consider a donation to March for Meals so that we can continue and expand our programs to ensure no older adult goes hungry. The pandemic exemplified the vital importance of home delivered meals. During the early days of the pandemic BRC rose to the occasion and temporarily added almost 100 additional clients to meet the need.

You can contribute online at www.bayridgecenter.org, by mailing a check to Bay Ridge Center, 411 Ovington Avenue, Brooklyn NY 11209 or by calling me directly at 718-748-0650, extension 115.

We miss all of you and look forward to welcoming you back to Bay Ridge Center and Bay Ridge Connects soon. Stay well and keep the faith!

Todd W. Fliedner
Deputy 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

Bay Ridge Center # MARCH 2021 Program Calendar **Bay Ridge Connects**

Schedule is subject to change! Please see **https://www.bayridgecenter.com/norc-events** to join any session by computer or Smartphone. To join by telephone, see the online schedule or **call the office for the phone numbers**.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	**2**	**3**	**4**	**5**	**6**
9:30 am Good Morning! 9:30 am Tai Chi Arthritis 10:00 am Stretch & Tone 10:30 am Stand / Balance 11:00 am Mindfulness Mondays 12:00 pm Medicare Fraud 1:00 pm Lunchtime Chats 3:00 pm Art-Mindfulness 4:00 pm Trivia! 4:00 Smartphone Help	9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold 11:00 am Smartphone 12:00pm Kwarantine Kitchen – Wine 101 1:00 pm Tech How-to 1:00 pm Connect Through Theatre 2:00 pm Draw & Paint 3:30 pm Scattergories 4:30 pm Walking Group	9:00 am Strength/Move 9:30 am Cardio Class 10:00 am Game Day 11:00 am Meditation 12:00pm Broadway Music 1:00 pm Women's Empowerment 2:00 pm Virtual Garden 3:00 pm Tai Chi Arthritis 4:00 Social Media Help 6:30 pm Art of Listening	9:30 am Chair Yoga 10:00 am Yoga Meditation 11:00 am Smartphone How-tos 12:00 pm Brain Games 1:00 pm Tech How-tos 2:00 pm Emerging Artists 3:00 pm History: Atlantic Avenue Railroad Tunnel 4:00 pm What's Driving You Crazy?	9:30 am Tai Chi Arthritis 10:00 am Sitting Stretch 10:30 am Get Fit (Sitting) 11:00 am Food 4Thought 12:00 pm Health Matters 1:30 pm Connect / Crafts 3:00 pm Bay Ridge Heroes 4:00 pm Ready Set Go to Bay Ridge Village	9:00 am Zoomba 10:00 am Seeking Safety in a Time of Uncertainty 11:00 am Yoga Relaxation
8	**9**	**10**	**11**	**12**	**13**
9:30 am Good Morning, Bay Ridge 9:30 am Tai Chi Arthritis 10:00 am Standing Stretch and Tone 10:30 am Stand / Balance 11:00 am Mindfulness Mondays 1:00 pm Lunchtime Chats 3:00 pm Art-Mindfulness 4:00 pm Trivia! 4:00 Smartphone Help	9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold 11:00 am Smartphone 12:00 pm Scattergories 1:00 pm Tech How-to 1:00 pm Connect Through Theatre 2:00 pm Draw & Paint 3:30 pm Kwarantine Kitchen-Chicken Cutlet 4:30 pm Walking Group	9:00 am Strengthen Through Movement 9:30 am Cardio Class 10:00 am Game Day 11:00 am Meditation 12:00pm Broadway Music 1:00 pm Women's Empowerment 2:00 pm Virtual Garden 3:00 pm Tai Chi Arthritis 4:00 Social Media Help 6:30 pm Art of Listening	9:30 am Chair Yoga 10:00 am Yoga Meditation 11:00 am Smartphone How-tos 12:00 pm Brain Games 1:00 pm Tech How-tos 2:00 pm Emerging Artists 2:00 pm Books on Ridge 4:00 pm What's Driving You Crazy?	9:30 am Tai Chi Arthritis 10:00 am Sitting Stretch 10:30 am Get Fit (Sitting) 12:00 pm Health Matters 1:30 pm Connecting with Crafts 3:00 pm Bay Ridge Heroes 3:00 pm Movie Reviews 4:00 pm Ready Set Go to Bay Ridge Village	9:00 am Zoomba 10:00 am Seeking Safety in a Time of Uncertainty 11:00 am Yoga Relaxation
15	**16**	**ST PATRICKS DAY 17**	**18**	**19**	**SPRING 20**
9:30 am Good Morning, Bay Ridge 9:30 am Tai Chi Arthritis 10:00 am Standing Stretch and Tone 10:30 am Stand / Balance 11:00 am Mindfulness Mondays 1:00 pm Lunchtime Chats 3:00 pm Art-Mindfulness 4:00 pm Trivia!	9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold 11:00 am Smartphone 12:00 pm Scattergories 1:00 pm Tech How-to 1:00 pm Connect Through Theatre 2:00 pm Draw & Paint 3:30 pm Kwarantine Kitchen – Food Stylist 4:30 pm Walking Group	9:00 am Strengthen Through Movement 9:30 am Cardio Class 10:00 am Game Day 11:00 am Meditation 12:00pm Broadway Music 1:00 pm Women's Empowerment 2:00 pm Virtual Garden 3:00 pm Tai Chi Arthritis 6:30 pm Art of Listening	9:30 am Chair Yoga 10:00 am Yoga Meditation 11:00 am Smartphone How-tos 12:00 pm Brain Games 1:00 pm Tech How-tos 2:00 pm Emerging Artists 4:00 pm What's Driving You Crazy?	9:30 am Tai Chi Arthritis 10:00 am Sitting Stretch 10:30 am Get Fit (Sitting) 12:00 Health Matters 1:30 pm Connecting with Crafts 3:00 pm Movie Reviews 4:00 pm Ready Set Go to Bay Ridge Village	9:00 am Zoomba 10:00 am Seeking Safety in a Time of Uncertainty 11:00 am Yoga Relaxation
22	**23**	**24**	**25**	**26**	**27**
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29	**30**	**31**			
9:30 am Good Morning, Bay Ridge 10:00 am Standing Stretch and Tone 10:30 am Stand / Balance 11:00 am Mindfulness Mondays 1:00 pm Lunchtime Chats 3:00 pm Rhythm & Beats 4:00 pm Trivia! 4:00 Smartphone Help	9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold 11:00 am Smartphone 12:00 pm Scattergories: 1:00 pm Tech How-to 1:00 pm Connect Through Theatre 2:00 pm Draw & Paint 3:30 pm Kwarantine Kitchen-Member recipe 4:30 pm Walking Group	9:00 am Strengthen Through Movement 9:30 am Cardio Class 10:00 am Game Day 11:00 am Meditation 12:00pm Broadway Music 12:00 pm Living Well 1:00 pm Women Power 2:00 pm Virtual Garden 3:00 pm Tai Chi Arthritis 4:00 Social Media Help 6:30 pm Art of Listening			

New March programs and Specials: **Art As Pathway to Mindfulness**, Mondays at 2:00 pm; **March into Spring Walking Group** with Mary Ann Coughlin, Tuesdays at 4:30; Special history tour of the **Atlantic Avenue Railway Tunnel**, Thursday, March 4 at 3:00 pm; **Zoomba Gold Intro** and **Zooma Gold** start on Saturday mornings at 9:00 am

Books on the Ridge: March 11, 2:00 pm - **The Book of Lost Friends by Lisa Wingate**

All programs are free on computer, laptop, smartphone, or any telephone. See our website calendar or please call the office, **718-748-0650, for telephone instructions**.

COVID-19 VACCINATIONS

"The great news is that I have an appointment this Saturday to get my first shot of the Covid vaccine. This miracle was made possible by you."

— Bay Ridge Center member

Happily, vaccine appointments are becoming more available and somewhat easier to get. We are hearing from many members who have been vaccinated or have set up an appointment at a nearby pharmacy or through the Langone network (available for Langone patients).

If you are having a hard time finding an appointment, please contact us at Bay Ridge Center, 718-748-0650. We are ready to help! David Dring offers a **vaccine-finder workshop Tuesdays at 1 pm**. See our online calendar or join by phone at 646-558-8656, ID: 323 408 8507.

If you use the internet, please see **www.BayRidgeCenter.org/brc-and-covid-19**, or follow the link on our home page. We have many links and phone numbers on that page for finding an appointment. One of the most successful appears to be **Turbovax, www.turbovax.info**. That site was created by tech-smart volunteers and searches about 40 vaccine sites to show an updated list of available appointments with direct links to make an appointment.

You must make an appointment to receive the vaccine. It can be a challenging process because of the many websites with different sign-up forms and up and down supply. Some local pharmacies will put you on a waiting list and contact you when the have been re-supplied.

Here are some possibilities:

Bay Ridge Pharmacy, 6910 3rd Avenue, Brooklyn, **718-680-2229**

A&V Pharmacy, 8501 4th Avenue, **718-238-1402**

Walgreens 86th Street and Walgreens 94th Street and other locations. Follow the prompts at **www.walgreens.com**. You will need to create an account to search for an appointment.

Rx Warehouse Pharmacy, 7724 New Utrecht Ave., Brooklyn 1121. **www.rxwarehouse.com/coronavirus**

Rite Aid (various Brooklyn locations) **www.riteaid.com/pharmacy/covid-qualifier**

Medgar Evans College, Crown Heights, mass vaccination site. Find them on Turbovax, **www.turbovax.info**, or use the NY State website, **am-i-eligible.covid19vaccine.health.ny.gov**, to make an appointment. This site is opening to all Brooklyn residents in March.

Free transportation for seniors in Brooklyn to get the Covid-19 Vaccine is offered by the Senior Citizen Transportation Program of Jewish Community Council of Greater Coney Island (JCCGCI). **Right after** you schedule a vaccine appointment, contact JCCGCI to schedule a ride at **(718) 449-5000 ext. 1** or email: **seniortrips@jccgci.org.**

Be patient and stay safe! Continue to follow all the Covid-19 prevention guidelines: limit activities; wear a mask (or 2) when around others; wash hands frequently; don't go out if you are feeling sick. **Get tested:** there are many free testing sites, but one larger one is **NYC Health + Hospitals**, **8511 & 8515 5th Avenue, Brooklyn, NY 11209, (844) 692-4692.** The new variants are dangerous and spread more easily, so protect yourself and others. Stay up-to-date by watching our website or go to **www1.nyc.gov** or call the city's information line by dialing 311.

MARCH FOR MEALS — AND YOURSELF!

Starting March 1 BRC will be hosting an independent walking group that you can do at home or outdoors. We will be logging in our steps, our blocks or our miles to support the Bay Ridge Center's Meals on Wheels Program.

The Bay Ridge Center delivers over 650 meals a day, ensuring that no one in our community goes hungry. Please support this tremendous program by joining us on your own walk.

> One mile equals approximately: 2,000 steps, 20 city blocks, 15 minutes on a stationary bicycle, 20 minutes of dancing, 30 minutes of yoga or tai chi, 60 minutes of gardening.

We will be walking through the end on May and will have words of encouragement, personal goals being met, and PRIZES for the 3 top walkers!! Everyone who participates in the independent walking group will get a T-shirt and a pedometer. (You will need to send me your address via email or phone.)

For practice or during bad weather, join us on Zoom for weekly March Into Spring indoor walking on Tuesdays from 4:30 – 5:00. Join on Tuesdays at 4:30 at this link or by telephone call 646-558-8656, Meeting ID: 710 132 0879.

With questions or to send your address, please contact me: Mary Ann Coughlin, 718-306-2924 or mcoughlin@bayridgecenter.org.

And of course, donations for the Meals on Wheels program are always welcome!

From now to March 31 we are **celebrating Meals on Wheels America's March for Meals.** Bay Ridge Center currently delivers 650+ meals daily. Help us ensure no one in our community goes hungry. Please make a March for Meals gift today — click **here!**

Easter Dinner Delivered!

Skinflints will prepare and deliver Easter Dinners to 100 Bay Ridge Center and Bay Ridge Connects members on Sunday, April 4.

Please contact Kathleen Boyle at 718-748-0650, extension 113 to reserve your meal and for further information.

BAY RIDGE Center

Office address:
411 Ovington Avenue
Brooklyn, NY 11209

Ageless Wellness

Health Promotion Services
NYC Department for the Aging
March 2021

The **Ageless Wellness** newsletter will feature information each month to help keep you well during the Covid-19 pandemic, and beyond.

Move More For A Better Life

The Covid-19 pandemic has required most of us to stay home more often than we would like. However, staying active is crucial to both our physical and mental health. Being physically active can help prevent falls, manage chronic conditions such as arthritis, chronic obstructive pulmonary disease (COPD), high blood pressure, and diabetes. **Safety Tip:** Just make sure to speak to your doctor first, before starting any new physical activity program.

There are 4 types of exercise:

Endurance exercises such as walking, help you climb those subway stairs.

Strength exercises such as lifting weights, help you carry your groceries.

Balance exercises such as Tai Chi can prevent falls.

Flexibility exercises such as using a stretch band, can help with dressing.

The current recommendation by medical experts is 150 minutes a week, or 30 minutes five days a week. You can also do 10 minutes increments.

Here are a few resources that can help you stay fit at home.

National Institute on Aging (NIA)
https://www.nia.nih.gov/health/exercise-physical-activity

New York Road Runners (NYRR) Striders at Home

Stay active and connect with the NYRR Striders community by participating in online workout sessions. If you have any questions, email them at striders@nyrr.org or call **212-548-7357**.

Striders at Home Weblink:

https://www.nyrr.org/run/striders/nyrr-striders-at-home

For Your Information:

The Keep On Track blood pressure monitoring webinar will train you to use a color coded protocol that will show you what your blood pressure readings mean for you. Ask your center director to contact Laverne Snipes, lsnipes@aging.nyc.gov to schedule a session.

If you want to connect virtually with your friends at your center through discussion groups and one on one conversation, then programs like Alert & Alive may be for you. Ask your center director to contact Amelia Boodram, aboodram@aging.nyc.gov for more information.

In the coming months, you will have the opportunity to join virtual classes in Tai Chi: Arthritis and virtual walking clubs through the Walk With Ease program. In addition, Health Promotion Services will be collaborating with hospitals and colleges to offer webinars on topics such as diabetes, oral health and medication management.

Your center will be promoting these events to its membership as they are scheduled.

NYC Department for the Aging