

# SNAP OF EASTERN QUEENS

## THE NEW INNOVATIVE SNAP OF EASTERN QUEENS UPCOMING EVENTS JANUARY 2012

- Mon., Jan. 2 Happy New Year! SNAP is Closed
- Tues., Jan. 3 9:00 Haircuts by Marilyn – please take a number at the desk  
There are two open seats on the Advisory Board. Please see Cathy if you are interested in running for the Advisory Board.
- Wed., Jan. 4 10:30 Caregiver Spouses Support Group
- Fri., Jan. 6 10:00 Music/Dance/Exercise Demonstration with Dee Walker  
1:00 The Golden Years Don't Need to be Blue – Mental Health Workshop with Jane Bar David, LCSW, Director of CAPE – Light snack to follow
- Tues., Jan. 10 10:30 Blood Pressure Screening – please take number at the desk  
1:15 Jokesercise with Howard Newman
- Thurs., Jan. 12 9:00 Haircuts by Marilyn – please take a number at the desk
- Fri., Jan. 13 1 0:00 Falls Prevention Balance Testing sponsored by Balance Diagnostics
- Mon., Jan. 16 SNAP is Closed in Honor of Martin Luther King, Jr. Day
- Tues., Jan. 17 Advisory Board elections begin this week. Please fill out a ballot and return it to Cathy
- Wed., Jan. 18 9:00 Haircuts by Marilyn – please take a number at the desk  
10:30 Blood Pressure Screening – please take number at the desk
- Thurs., Jan. 19 10:30 “Doctor Can We Talk” presentation by Cancer Care
- Mon., Jan. 23 9:45 Advisory Board Meeting
- Tues., Jan. 24 10:30 “Vigorous Vitamins and Mighty Minerals” - Nutritional Education Program presented by Mindy Lesser, RN
- Thurs., Jan. 26 9:30 Metro Bus comes to SNAP  
10:30 Chinese New Year Show
- Fri., Jan. 27 9:00 VNS Presentation followed by Exercise with Tommy  
10:30 Blood Pressure Screening – please take number at the desk
- Tues., Jan. 31 9:00 Haircuts by Marilyn – please take a number at the desk  
12:00 Celebrate January Birthdays



SPECIAL EVENTS IN JANUARY 2012  
Chinese New Year – Year of the Dragon :  
Monday, January 23<sup>rd</sup>



*Luncheon Menu to welcome the Chinese New Year-*

*Pineapple Juice  
Egg Drop Soup w/ Chinese Noodles  
Sesame Chicken  
Brown Rice  
Broccoli Florets  
Egg Roll  
Mandarin Oranges  
Fortune Cookies  
Tea*



JANUARY IS NATIONAL OATMEAL MONTH

Visit the SNAP Coffee Club each morning for a heart healthy bowl of oatmeal. It can improve the quality of your life!!

Here are the top ten reasons to eat oatmeal:

1. Oatmeal may help lower cholesterol and reduce the risk of heart disease.
2. Oatmeal can help you control your weight.
3. You probably have oats in your kitchen....and it's certainly at SNAP.
4. Oatmeal may reduce the risk for type 2 diabetes.
5. Oats found in your grocery store are 100% natural.
6. Oatmeal may help reduce high blood pressure.
7. Oatmeal contains a wide array of vitamins, minerals and antioxidants.
8. Oatmeal may actually reduce the risk for certain cancers.
9. Oatmeal is quick and convenient.
10. Oatmeal can be absolutely delicious!!!!!



Add any of the following to your oatmeal to make it more exciting:

Fresh Fruit Cinnamon and Sugar Chopped Nuts Butter Raisins Granola  
Brown Sugar Jelly or Jam



**BREAKFAST FOR YOUR BRAIN  
MONDAYS AT 9:00 IN THE LIBRARY**

Just like breakfast is important for your body, mind stimulation is important for your brain health. Join SNAP's new Case Worker, Kathleen, and your peers every Monday morning at 9:00 in the library for a breakfast snack and a new activity every week that uses a different part of your brain.

Make the choice to work toward improving your memory, thinking more clearly, having a more positive attitude and a healthier lifestyle. Join BREAKFAST FOR YOUR BRAIN every Monday morning. (There is a \$1.00 contribution per class requested to cover the cost of the breakfast. Thank you!) See you on Mondays.....

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**THE NURSE AT SNAP**

*Come meet our new Community Health Nurse, Kelly Soel*

*Every Thursday at SNAP the North Shore-Long Island Jewish Health System is providing a registered nurse to meet both individually and in groups with SNAP seniors.*

*Kelly will be available to:*

- *coordinate health promotion activities and health screenings*
- *work with you to develop a healthcare management plan*
- *link you with medical, mental health, home health, and rehabilitation services within the community*
- *facilitate Support and Learning Groups*



*Join us on Thursday, January 5, 2012 as we welcome Nurse Kelly to SNAP. Refreshments will be served.*

