

**Please copy and share this newsletter with all your residents**

## *Food Edition*

Hello Residents,

We know that everyone living at an adult care facility wishes that the quality of the food were better. That is why at this year's CIAD Speak Out Lobby Day on March 8th we made a special effort to bring this issue to the attention of lawmakers in Albany and to the Department of Health. At the plenary session in the afternoon at the Speak Out, two resident leaders gave speeches to the invited listeners about the issue of better food service. Here is a quote from the testimony of Ms. Vashti Hawkins, Pres. of the RC at Sanford Home in Flushing, Queens.

“We are not asking for lobster or filet minion. We simply want what most people eat at their home. A variety of fresh fruit and vegetables and salads with mixed greens or spinach for example, not just iceberg lettuce which has no nutritional value ... No one should be hungry because the portions are too small. Residents pay for the food service from their Social Security income and expect to get food that tastes good, that is the best quality possible ... our meals should be just as good as the meals served at the Senior Center.”

We at CIAD agree with Ms. Hawkins. Your meals should be just as nutritious and delicious as they are at the Senior Center. That is why in this issue we are offering options for as many homes as possible to find an alternative for at least one meal a day and food pantries that give you access to non-perishable foods. If we did not list a Senior Center near your home, **go on the internet and type in your zip code and search for “Senior Center near me” or “Food Pantry near me”**. This should produce some choices for you to check out. And you should also reach out to your state elected officials about the food service in your home if you haven't already and invite them to lunch! For more info on how to contact your state senator or assembly member call the Support Line at **1-866-503-3332**.

### **Here are some tips for success and FAQs you should know.**

- How much does it cost? Most lunches cost \$1.50.
- Food Pantries are **FREE!!**
- Call the Senior Center / Food Pantry to confirm their days and hours of operation. Food pantries are usually once a month. At some, you can choose your food, while at others the bag is prepared for you. Call for more information.
- Senior Centers offer much more than food! Many offer recreation **and** exercise classes, parties, BBQs, sporting events **and** shopping trips, counseling **and** social services.

# Coalition of Institutionalized Aged & Disabled

Volume 9, April 2023

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### Tips for success (continued)

- Ask them what documents you will need to bring in order to participate. You may need to “register “or fill out an application.
- Ask about the best route to get there by public transportation or book Access-a-Ride and take a friend.
- Go early! The Early Bird is guaranteed to get a plate!

## SENIOR CENTERS AND FOOD PANTRIES BY BOROUGH

### Brooklyn

#### Kings Adult Care Center (KACC)

**Narrows Older Adult Center** 930 53rd St, Brooklyn, New York, 11219

Monday - Friday: Hours: 8:00 am to 4:00 pm / [\(718\) 232-3211](tel:7182323211)

#### **Reaching Out Community Services Food Pantry**

7708 New Utrecht Ave, Bklyn, NY 11214 / Hours: M-F 9:00 am to 5:00 pm / [\(718\) 373-4565](tel:7183734565)

#### Brooklyn Boulevard ALP

New York City Housing Authority **Vandalia Senior Center** Located in:

**Spring Creek Towers:** 47 Vandalia Ave, Bklyn, NY 11239 / [\(718\) 272-3905](tel:7182723905)

#### **Sisters with Purpose - Food Distribution Center**

1540 Van Siclen Ave / [\(646\) 460-4101](tel:6464604101)

#### Oceanview Manor & Mermaid Manor

**Coney Island Seaside Innovative Older Adult Center** (Previously Surf Solomon Senior Center) 3001 West 37th street, Bklyn NY 11224 / Hours: 8:30 am to 4-4:30 pm / [\(718\) 449-6363](tel:7184496363)

#### Coney Island Lighthouse Mission Food Pantry

2114 Mermaid Ave, Brooklyn, NY 11224 / [718\) 415-1170](tel:7184151170)

### Bronx

#### Bronxwood

**Mosholu Montefiore Senior Center (MMSC)**

3450 Dekalb Ave, The Bronx, NY 10467 / Hours: M-F 10:30 am -2:30 pm / [\(718\) 798-6601](tel:7187986601)

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### Claremont Village

#### **PSS Morrisania Air Rights Senior Center**

3135 Park Ave 20th Floor, Bx, NY 10451 / Hours: M-F 9:00 am to 4:00 pm / (718) 992-2528

### Manhattan

#### 129<sup>th</sup> Street WSFSH

#### **Central Harlem Senior Citizens Centers (3 Locations)**

#### **St. Nicholas Houses 210 West 131st St.**

M-F 9:00 am to 5:00 pm for food pantry and lunch from 12:00 pm-1:30 pm / 646-678-4451

**Central Harlem 34 West 134th Street, New York, NY 10037 / 212-926-4871**

**Lincoln Senior Center 60 East 135th Street, New York, NY 10037 / 212-926-4871**

### Queens

#### Queens Adult Care Center (QACC)

#### **Elmhurst Senior Center Iprhe**

7501 Broadway Elmhurst, NY 11373 / 718-478-7171

#### **New Life Community Food & Clothing Development Corporation (CDC)**

82-10 Queens Boulevard, Elmhurst, NY 11373 / 929-279-3853

### Staten Island

#### New Broadview

#### **Anderson Neighborhood Senior Center**

120 Anderson Ave, Staten Island, NY 10302 Hours: 7am-3pm / 718-984-1500

#### **Christ Abundant Life Ministries - Food Distribution Center**

121 Grandview Ave, Staten Island, NY 10303 Hours: 8:30am-3pm /Phone: 718-273-0372

#### Anderson Neighbor Senior Center 120 Anderson Ave. Staten Island

**Tell us about your experience with these resources!**

**Call us on the Support Line 1-866-503-3332. Bon Appetit!**

*Happy Spring Holidays from CIAD Peers and Staff.*