



## East New York Community Newsletter



## A Happy "Healthy" Thanksgiving

By Ashley Govan

As we enter the final quarter of 2022, the time comes for planning, shopping, and preparing for the glorious holiday season. This is the season where most of our energy and time is reserved for family, friends, fun and lots of food! As much we all are looking forward to this Thanksgiving's delicious meal assemblage, let's not forget that not all holiday foods (usually high caloric and fatty) are healthy foods. In fact, research shows that majority of weight gained during the holiday season remains for several months after consumed; increasing the risk of conditions such as stroke, heart disease and type 2 diabetes. Take a look at a few ways you can modify typical turkey-day dishes for a more healthy and nutritious Thanksgiving meal.

Some popular dishes found at the Thanksgiving dinner table include sweet potato soufflé, green bean casserole, stuffing, and pecan pie. All of which, contain high amounts of either granulated sugar, sodium, corn syrup, heavy cream, and fat that can lead to unnecessary weight gain and added health risks. Some healthier side dishes can include roasted vegetables, sautéed brussels sprouts or even butternut squash. For dessert, a sugar-filled pecan pie can be swapped out for baked apples with cinnamon or a simple pumpkin crisp.

Not all dishes have to be swapped; you can easily modify the ingredients used. For example; using low-fat or non-dairy milk opposed to whole milk or heavy cream, or using coconut sugar/date sugar instead of granulated sugar. Conclusively, a little research can lead to small changes for a much healthier Thanksgiving spread. Be the person who brings the health and happiness to dinner this year!

## Community Resources Highlights

### East New York Farms!

613 New Lots Ave.  
Brooklyn, NY 11207  
Tel: (718) 649-7979  
Email: [info@ucceny.org](mailto:info@ucceny.org)  
Website:  
<https://ucceny.org/enyf/>

### Catholic Charities Brooklyn & Queens

191 Joralemon St.  
Brooklyn, NY 11201  
Tel: (718) 722-6001  
Email: [info@ccbq.org](mailto:info@ccbq.org)  
Website:  
<https://www.ccbq.org>

### Good Shepherd Services

*Nonprofit organization that serves families and children*  
Tel: (212) 243-7070  
Website:  
<https://goodshepherds.org>



## **COMMUNITY SPOTLIGHT: GOOD SHEPHERD SERVICES - INTERVIEW WITH PROGRAM DIRECTOR, MONIQUE NEWKIRK**

**By David Amon**

**Q) What is the story of how this organization started?**

A) "Good Sheppard Services has uplifted communities in New York City since the 1940s. Our work is rooted in that of "The Sisters of the Good Shepherd", who arrived in New York City more than 150 years ago to help young girls and women who could no longer live at home. Our focus was on providing residential care to young women. Today, we carry on the Good Shepherd name and have grown into a nonsectarian organization of diverse backgrounds and affiliations. We unite in our commitment to provide services to anyone who needs them."

**Q) Describe the impact you've seen this organization has made on the community?**

A) "The community is the power. As an organization based on the community's needs and their voices; we strive to meet those needs."

**Q) What are the services that you want the community members to know are available to them through your organization?**

A) "As an organization, we offer an array of services such as free Haircuts, and apprenticeship barbering training.

There are other free training programs available; free Saturday camp program, afterschool program, free violin classes, support for parents who have children in need, SNAP/MEDICAL application support, Civil Services exam classes and other opportunities."

**Q) Are there ways for the community members to volunteer, support or otherwise get involved with Good Sheppard?**

A) "There are several ways, for example: Attending monthly leadership meetings held every third Tuesday of the month, at 6:30pm, joining our mailing list, or following our social media page -@EastNYCOPP (Instagram)."

**Q) What are some of the community based organizations that you partner with?**

A) "We've partnered with NYPCC (New York Psychotherapy and Counseling Center), One Brooklyn Health, Gotham Health, LiveOnNY, New Lots Library, Rebound, Prince Joshua Community Center, and ACS (Administration for Children Services). The community partnership is a community led program, funded by ACS.

