



CENTER FOR AGELESS LIVING

Board Annual Meeting
December 12, 2022
Annual Impact Report FY 22

After 48 years of service, RSS continues to champion older adults and their families giving community members the opportunity to live better, happier and healthier lives. FY 22 was shaped by a response to the Covid 19 pandemic. RSS ensured that our members were safe, connected and informed. RSS returned to on-site activities with limited capacity in July 2021.



Covid Response & Safety Updates

RSS welcomed clients back to the center on July 7th offering a schedule of on-site activities while adhering to the reduced capacity guidelines. RSS developed COVID-19 safety protocols including use of face masks, promotion of hand washing and social distancing. All staff, volunteers, visitors, and participants are required to wear masks except when eating. RSS continues to conduct health screening assessments for staff, participants, and visitors prior to entry. By June 2022, the RSS Older Adult Center was at 50% capacity. To support our clients during the pandemic RSS distributed **7000 masks, 600 COVID Test Kits and 300 Hand Sanitizers.**



Due to the rise in gun violence involving older adults and students, RSS held a series of active shooter trainings with material provided by NYPD Shield (counter terrorism unit) and the NYC Department for the Aging. DFTA. These video training specifically focused on congregate sites with vulnerable populations.



RSS Older Adult Center

Become an RSS Member! Free to All 60+

All older adults in NYC who are 60+ can become members of RSS. Members have access to a wide array of classes, groups, and support services. If you do not live in the city you are still welcome to be a part of our community by visiting RSS or attending any of our many online classes and groups.

During FY 22 RSS served **1500 unduplicated clients** connecting them to a variety of programs and services.

Our commitment is to serve our clients in the way they prefer: **at our center, in the community, or virtually.**

Demographics

- 70% Women
- 30% Men
- 60% live alone
- 30% Hispanic
- 20% Black
- 45% White
- 5% Asian/Pacific Islander
- 41% earn under \$25,000



RSS Older Adult Center

Congregate Dining

RSS provided **8500 meals** including breakfast, lunch, dinner, and grab & go. Due to Covid restrictions early in the year, capacity was limited to 25%. RSS had to allow for social distancing in our dining room. It was a challenging year as many older adults did not return to the center for in-person activities.

RSS made a commitment to serving more plant based meals and offering vegan/vegetarian options at each lunch meal.



RSS members Nereida and Robert tending our terrace gardens and composting – getting ready for a return to programs on the terrace!

RSS has an herb garden and the Cook Manager Rebecca Cobbinah used fresh herbs in her recipes.



Programs

Limited Spots Left! Register Now.

Plant-Based Kickstart Program: 60 Days to a Healthier Lifestyle



RSS offered a variety of programs 7 days each week. RSS offered “hybrid” programs – in person at the center and livestreaming via Zoom at the same time.

RSS Book Club

The Plant Doctor

Guided Meditation

Visit our website for complete listing

<https://rssny.org/classes/>

RSS Plant-Based Food Kickstart Program: 60 Days to a Healthier Life.

This 60-day program offered the expertise of the RSS Nurse, Nutritionist, and Nutrition Educator



The Food for Life Nutrition series was presented by **Plant Powered Metro New York** (PPMNY): an award-winning nutrition education, and cooking class program designed by physicians, nurses, and registered dietitians. Program participants receive a workbook and recipes and are provided with support to meet their goals.

RSS Wellness Corner

<https://rssny.org/nwbronxfoodjusticehealth/nwbronxfoodjusticehealth.html>

RSS Older Adult Center

RSS Transportation Program



The RSS Transportation program operated with limited capacity due to Covid restrictions. RSS provided Market (food shopping) trips, as well as, transportation to/from the center. RSS provided **1329 one-way trips serving 212 unduplicated clients.**

Volunteers

RSS relied on the support of **40** active volunteers who filled various roles in the center, as well as, supporting programs and committees. Our volunteers averaged **350 hours per week.**

Volunteer Assignments include:

Center Screeners and Greeters – enforcing Covid guidelines

Center Office Receptionists – wellness calls, updating membership information

Instructors - Tai Chi, Write On, Crafts & Recyclables Poetry, Collage

Social Action & Senior Advisory Committees

Income Tax Preparer

Computer Tech Support

Dining Room Volunteers

Gardeners



During fiscal year 2022, the RSS Adult Day Program for Memory Loss (ADAP) offered over **1,000 hours of both in-person and virtual programming** via Zoom to vulnerable RSS clients with Alzheimer's disease and related dementias. Programs offered included group socialization, art activities, music, and physical fitness, as well as individual support for the challenges created by dementia. The program reopened for in-person services on April 4, 2022, welcoming 12 clients. Program staff provided essential emotional support to their families and caregivers coping with increased stress and isolation during the ongoing COVID-19 pandemic, including support groups and linkages to long term care planning resources. The ADAP team is led by Audrey Swanson, LMSW, and is supported by team members Purnelle Henry and Renee Williamson.



ADAP Supports the Entire Family

- RSS provides caregiver and dementia family support and case assistance for services and entitlements such as home care.
- Help with navigating complex systems including health insurance, Medicare, and Medicaid
- RSS works with caregivers at any age - spouses, and children or grandchildren who are caring for a parent or guardian.
- Support groups for caregivers

Social Services

Social Work Internship:

RSS provided an enriching internship three days a week for 2 Social Work interns from the Columbia School of Social Work. The interns had the opportunity to work with members in the center, as well as, on the telephone. They also ran a very successful weekly group called **Sages for the Ages**.



Alix Metanat & Lydia Goldfarb

Selina Ng, LMSW provides benefits and entitlements advice and referrals. She served **1400 unduplicated clients** through telephone reassurance, case assistance, and Information and Referral. Selina also facilitates the **Savvy Solos, Caregiver Support Group, and the Social Action Committee**.

Pet Therapy:

Foo Foo (Shitzu Breed) is a certified Pet Therapy Dog. He works 4 days a week in the center. Once a month he continues to provide pet therapy virtually for those members who do not have the opportunity to see him in the center. It is called "Zooming with Foo Foo & Friends".



Selina Ng, LMSW



Geriatric Mental Health Services

Susan Cohn, LCSW, MPH serves as the clinical social worker and provides most of the counseling services for the RSS Geriatric Mental Health Initiative (GMHI). During FY22, the focus of clinical social work was helping RSS members and those in the community new to RSS, cope with the anxiety, stress, uncertainty and isolation of the pandemic. When vaccines became available, RSS members, for the most part got vaccinated. As the Center re-opened, a small number of members began to return to the Center. Others were still hesitant, especially in the early part of 2022 when the virus was spreading rapidly. GMHI providers adapted by providing services in the modality that best fit the person with whom we were working. This meant that we offered counseling in person, on the phone, and on Zoom. **Individual counseling** was mainly provided by the clinical social worker, but also by others on the clinical team including the RSS social worker, the Director of Adult Day Care, two Columbia University graduate social work interns and the RSS nurse. The clinical team provided strategies to help members manage anxiety more effectively. Other issues discussed in counseling included depression, stress, health problems, adjustment to changed health status, caregiver stress, relationship with adult children and issues with friends and partners. Group counseling was provided in-person, on Zoom and by conference call to allow the greatest possible access.



During this year, RSS' clinical team provided services to unduplicated individuals as follows:

280 were screened for depression and substance abuse

184 were screened for anxiety

150 people participated in over 800 counseling sessions

75 people participated in over 132 group counseling sessions

These numbers represent a significant increase in service delivery over past years. The RSS clinical team continues to be a lifeline for many lonely and isolated older adults to look forward to their counseling sessions and check-in calls. The RSS clinical team was a lifeline to many lonely and isolated older adults who looked forward to their counseling sessions and check-in calls.

Support Groups & Special Presentations

Bereavement Group

Savvy Solos

Sages for the Ages

Stress and Anxiety Awareness Program



Covid Support Group First Wednesday of the Month In person and Online

The rise of the Omicron variant has created stress, fear, and anxiety. Our clients report being worried about what is safe to do. Our goal is to support them to know that they are not alone. RSS staff **Susan Cohn, LCSW** and **Selina Ng, LMSW** facilitated this support group to help our members share their concerns about Covid as well as to provide information and resources.

Community Health & Education Services



RSS offers preventive health and education services in community locations where older adults gather. Services are provided in partnership with ***Kingsbridge Heights Community Center, Schervier Apartments for low-income older adults, St. Stephen's United Methodist Church, Outer Seed Shadow Project, Marble Hill Older Adult Center, and the Stop and Shop supermarket.*** RSS offered 47 health and nutrition community events, reaching 600 older adults in areas with little access to clinical preventive services, nutrition education, or social services due to language, socioeconomic, technology, and culturally-related barriers. RSS offers these services in both Spanish and English.



Nutrition and Health Management Services to combat/prevent chronic disease were provided in the community at the Schervier Apartments, KHCC, St. Stephen's United Methodist Church and the Marble Hill Older Adult Center

- ◆ Walk and Shop with nutrition education now on a monthly basis in partnership with local Stop and Shop
- ◆ Trips to farmer's market scheduled for summer and fall months
- ◆ Regular Health management and nutrition education events
- ◆ Our virtual exercise programming in Schervier

Updates

RSS Social Action Committee

On May 27th Assemblyman Jeffrey Dinowitz spoke with the Social Action Committee. We talked about the need to get the traffic signal at Kappock Street and Johnson Avenue installed more quickly, and their opposition to the proposed "road diet" on northern Riverdale Avenue, and other important topics.



Members of our Social Action Committee participated in the LiveOn NY Advocacy Day in early May to advocate for increased funding. Committee member Lee Chong was featured in an article in the Riverdale Press.

Intergenerational Programs

Students from Horace Mann visit RSS for Service Learning Days throughout the school year. Students worked to improve the terrace garden.



NYC Advocacy

LiveOn NY

Making New York a better place to age

LiveOn NY's 2022 Aging Advocacy Day

RSS members and staff participated in the LiveOn Advocacy Day at City Hall. The event focused on the Equity for Aging budget agenda, which incorporates the broader Just Pay campaign being prioritized across the human services sector. Members of the **RSS Social Action Committee** participated along with **Social Worker Selina Ng**. This was the first in person rally in two years.

LiveOn Advisory Board

Margie Schustack is serving on the LiveOn NY Advisory Board. The Advisory board provides insight on new topics and advise on issues that are pertinent to LiveOn members.



RSS Virtual Programs



Exercise, Nutrition, Health

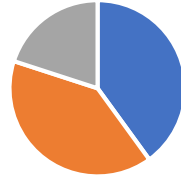


The Arts



Special Events

Attendance



- Came to Center
- Live in NYC, but not Bronx
- Live Outside NY

Main Goal of Virtual Programming

Reduce Social Isolation

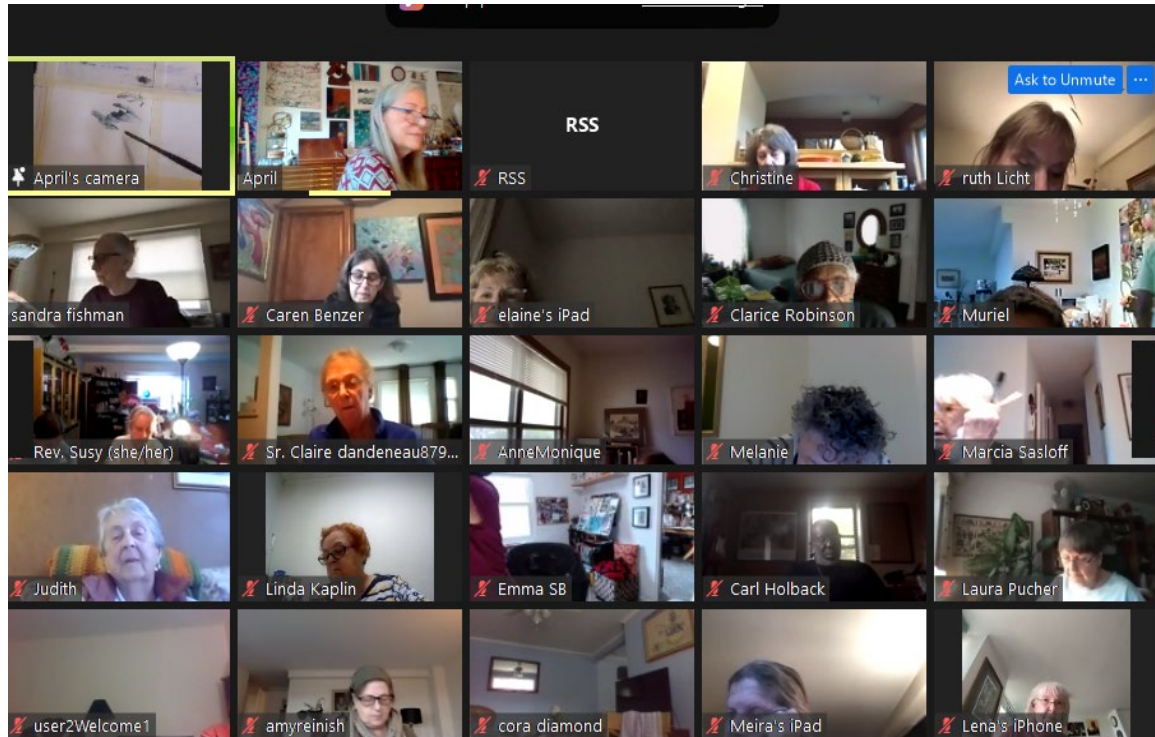
Keep People Connected

Provide Enrichment

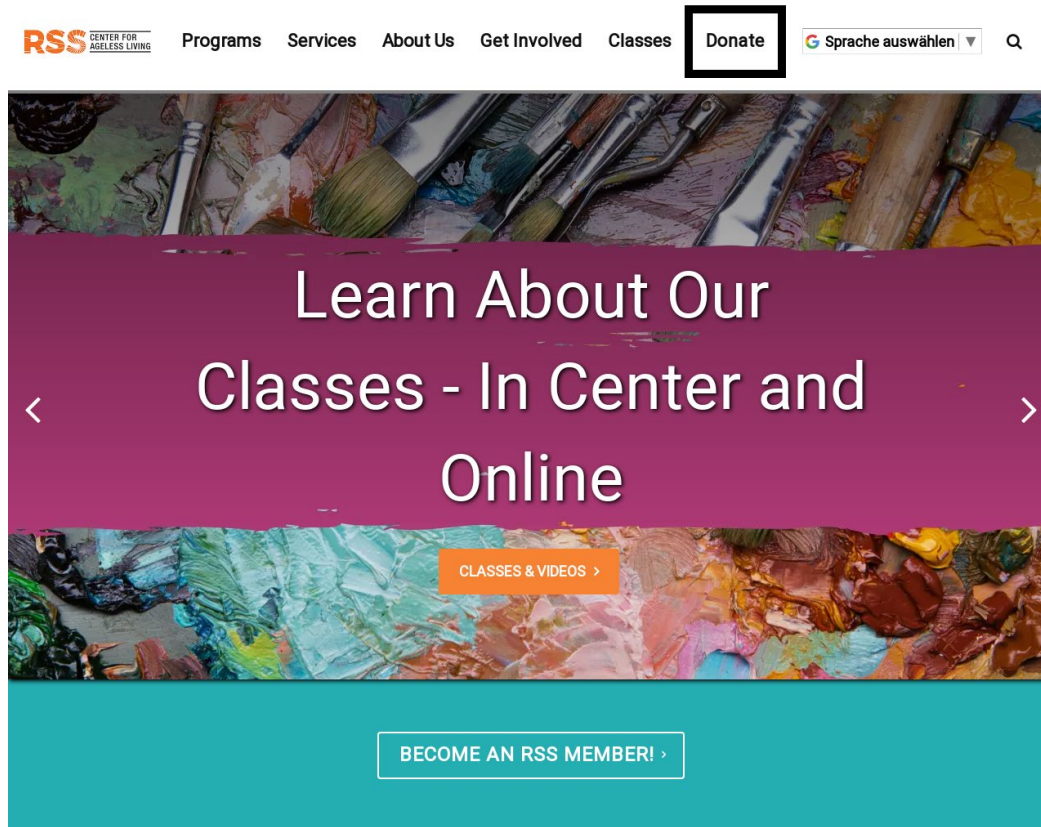
- **800 unduplicated attendees per month**
- **150+ classes per month**
- **Classes every Sunday** since the onset of the pandemic. Evening classes offered 2-3x a week.
- **Average Attendance**
 - Classes: 25-30 per class, some 50-60
 - Special Events: 40+
 - Smaller classes “to be heard”

Reasons for Virtual Participation

- Choose not to attend in person – vaccine, COVID
- Don't want to spend time to come to Center for a single class
- Wouldn't go to an older adult center
- Distance
- Comfortable working out at home
- Frail & Homebound
- Instructor only available online
- They enjoy what we're offering



Communication



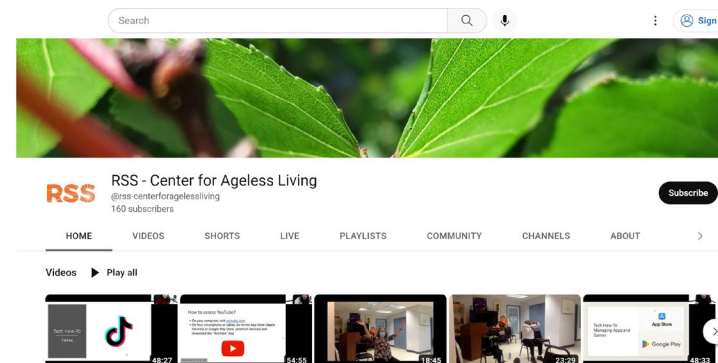
Double Your Dollars!

Your end-of-year donation will be matched, dollar for dollar up to \$10,000

[Click Here to Donate](#)

The RSS YouTube account has over 160 subscribers. Many of our classes and educational presentations are featured on the site.

Our website – rssny.org has over 3,000 visitors a month; 9,000 page views



Newsletter:

Weekly newsletter is sent to over 3,000 people. Average open rate for a nonprofit email is 20%, ours is **35%**.

Our average click rate is **32% approximately 3 times above average.**

A daily email covering upcoming events is requested by over 500 people.

Over 700 emails deployed in FY22

The newsletter focuses on upcoming events and information critical to day-to-day life.

Updates

The Department for the Aging (DFTA) selected RSS to receive an award from the Older Adult Center NORC Request for Proposal for a three-year contract commencing on December 16, 2021. Based on successful contract negotiations RSS has a three-year contract in the amount of **\$3,323,499**.

RSS received **\$484,653** in FY 22 Discretionary Funding allocated by Councilmember Dinowitz. This was an increase of \$42,369 from the previous fiscal year. New discretionary funding includes \$25,000 for digital inclusion services for older adults. Discretionary funds support our Adult Day Activities Program, Geriatric Mental Health Initiative, Older Adult Center Programs, and Transportation Services.



Department for
the Aging

Provider Name:

*RIVERDALE SENIOR
SERVICES INC*

Borough; CD: *Bronx CD8*

Annual Contract Value:

\$1,107,833

Three Year Contract Value:

\$3,323,499



Welcome to the RSS Tech Corner

Individual and Group Tech
Training with Computer Trainer
and Virtual Program
Coordinator **Tabitha Rosa**



Council Member Eric Dinowitz



Fundraising

FY 2022 YTD Fundraising	
Member Appeal	\$37,572
Annual Appeal	\$42,044
Online Fundraising Events	\$11,175
Gala	\$126,930
Total	\$217,721



Rembrandt to Warhol: A Look at Printmaking A Virtual RSS Fundraiser




CLAUDE MONET: CAPTURING LIGHT - A VIRTUAL RSS FUNDRAISER



**Double the
Impact of Your
2021 Gift to RSS**





CELEBRATION
Save the Date!

Monday, June 27, 2022
6:00 - 8:30 PM
Riverdale Yacht Club

Honoring
Thomas M. Kelly, Ph.D.
Head of School, Horace Mann School
Board Member, RSS

For more information go to rssny.org
or call 718.884.5900

RSS Staff

June 30, 2022

Betty Begley	Executive Assistant
Andria Cassidy, RN	Deputy Director
Rebecca Cobbinah	Cook Manager
Susan Cohn, LCSW	Clinical Social Worker
Julie Dalton	Executive Director
Shaquana Davis	Kitchen
Barbara Denson	Program Specialist/Horticultural Therapist
Kevin Everett	Assistant Cook
Sharif Graham	Driver
Purnelle Henry	Program Aide Adult Day Care Programming
Temica Johnson	Cook Manager
Heidi Miner	Kitchen Aide
Selina Ng, LMSW	Social Worker
Jennifer Perez, LPN	Licensed Practical Nurse
Petronella Phillips	Nurse Practitioner
Tabitha Rosa	Virtual Programs Coordinator
Margie Schustack	Director of Programs and Communication
Maritza Silva	Activities Coordinator
Audrey Swanson	Director Adult Day & Caregiver Services
Isael Tejeda	Community Engagement Coordinator
Jose Torres	Custodian
Yvonne Velazquez- Rosa	Transportation & Volunteer Coordinator
Renee Williamson	Personal Care Aide Adult Day Care Program

RSS Board Members June 2022

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