

DECEMBER 2018




RIVERDALE SENIOR SERVICES
 2600 Netherland Avenue, Bronx, NY 10463
 (718) 884-5900 | rssny.org

BIRTHDAY PARTY

EVENTS

SAVE THE DATE

**Tuesday December 18th
 Born in December?**
 Let us know no later than
**Wednesday,
 December 12th.
 GIOVANNY
 @ 1:00 PM**
Birthday Celebrant:
 Suggested donation
 \$1.50
Non-Birthday Celebrant:
 Suggested donation
 \$3.00
**IT IS IMPORTANT TO SIGN-
 UP IN ADVANCE FOR ALL
 SPECIAL EVENTS
 AND PARTIES, SO WE
 CAN ACCOMODATE
 EVERYONE.**
 When you call to RSVP,
 please let us know if
 anyone else will be sitting
 with you.


**Tuesday
 December 4th
 Bake Sale
 9:30-12:00**

**READY SENIOR
 CENTER OF THE YEAR
 AWARD CEREMONY
 Thursday December 6th
 (10:00-12:00)**


**RSS
 HOLIDAY
 TREASURE SALE
 THURSDAY
 DECEMBER 13TH
 9-1pm**

**SOCIAL ACTION COMMITTEE
 HOLIDAY FOOD DRIVE
 COLLECTING
 NON-PERISHABLE
 ITEMS UNTIL
 DECEMBER 14TH**



**MEMBERSHIP
 APPRECIATION DAY
 FRIDAY, JANUARY 4TH**



FREE LUNCH

**CENTER WILL BE CLOSED
 MONDAY & TUESDAY
 DECEMBER 24 & 25
 TUESDAY JANUARY 1**

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ANNUAL APPEAL

**Your Friends & Families Can
 Make A Lasting Impact
 on RSS This Year**



RSS Annual Appeal - December 2018
*Donations of any amount are most
 appreciated and will be used to expand
 our services and program.*
rssny.org/donate

**Language Interpretation
 Services Available**
 Please see: Selina Ng,
 Social Worker for assistance

NEW MEMBERS

Helen Aaron
 Iiris Amstel
 Lorraine Armstrong
 Phyllis Brodsky
 Elizabeth Costigan
 Miriam Feingersh
 Pearl Gasarch
 Helen Greenbaum
 Martin Greenbaum
 Judith Kaplan
 Graham D King
 Cecile Lumar
 Beatrice Mandel
 Helga Marx
 Helene Newbart
 Eric Roberts
 Signe Seelinger
 Dena Slater
 Lotte Sptizer

**2600 Netherland Ave.
 Bronx, NY 10463
 Phone: (718) 884-5900
 Fax: (718) 796-9624
www.rssny.org
 "A Glorious Past,
 A Brighter Future"**

**FRIDAY'S WEEKEND MEAL IS A
 VOLUNTARY CONTRIBUTION**

2018 DONATIONS FROM MERCHANTS

| | |
|---------------------------------------|---|
| Baron's | Lobster Box City Island |
| Belle Notte Restaurant | Lloyd's Carrot Cake |
| Ben's Meat Market | Madison's Restaurant |
| Blue Bay | McDonald's |
| Broadway Pizza & Pasta | Menchie's |
| Bronx Jewellery & Antiques | Olde Stone Mill, Scarsdale |
| Columbia Florist | One Yoga for All |
| Cora Hardware | Our Cleaners |
| Cork Master Wine & Spirits | Palace of Japan |
| Costco, Yonkers | Ponce Bank |
| Crab Shanty, City Island | Red Lobster |
| Dan's Supreme Supermarket | Regal Pharmacy |
| Dino's Pizza | Ripley's Believe it or Not |
| Food Dynasty | Seashore Restaurant, City Island |
| Gabriela's Party Supplies | Starbucks (W.225th St) |
| Garden Gourmet | Stew Leonard's, Yonkers |
| Geshmake | Sunshine Nails |
| Ihop | TCR |
| Kai Fan | Tibbett Diner |
| Kidville | Tierney's Fine Food |
| KRVC | Touch of Sun |
| Larry the Locksmith | Vacuum World |
| Le Chic | Vinny of Italy, Old Bridge NJ |

**We thank our wonderful merchants for their generous donations.
Please let them know you are patronizing their business because of it!**



JULIE DALTON—EXECUTIVE DIRECTOR



"If You Are Working On Something That You Really Care About, You Don't Have To Be Pushed. The Vision Pulls You."
– Steve Jobs

It was certainly evident on Sunday, November 4th that many of you, our members and volunteers, went above and beyond to support RSS. Our **Hidden Treasures Flea Market and Bake Sale** was attended by over 200 community residents who found their hidden treasures among the fabulous baked goods, handmade knitted items, collectibles, jewelry, plants, crafts and art. Nearly 100 local merchants sponsored our Flea Market by donating prizes for the raffle. Congratulations to the lucky winners of those fabulous prizes. Be sure to patronize these merchants and thank them! You'll find the list in this newsletter and on the home page of our website. (www.rssny.org) On behalf of the Board of Directors I extend our sincere appreciation to all the volunteers, members and staff who made this event a financial and social success!

We are so proud to announce that RSS will receive the **Ready New York Senior Center** award on **Thursday, December 6th**. This prestigious award, given by the New York City Office of Emergency Management (OEM) and the Department for the Aging (DFTA), recognizes RSS as a senior center that has done an **outstanding** job of addressing emergency response needs. The ceremony begins at 10:00 AM and we will welcome our elected officials and community partners. After the award ceremony the festivities will include performances by the RSS Drama Club, Belly Dancers, and songs and poems by our members. Be sure to join us for refreshments and lunch!

As we enter this season of giving and sharing please let your friends and families know how much RSS means to you. Donations of any amount are most welcome and will be used to make our community even stronger. Donations can be made on our website or by mail. Information is available in the center office.

Peace and joy to you and your families this holiday season!

LISA SPINELLI, R.N.



Hi Everyone, On December 5th at 1:00pm the Touro College Physical Therapy Program will be here to conduct a research study on balance and fall rates on older adults. The study will be led by Dr. Garcia and Dr. Thakkar from Touro College.

If you want to participate you will be asked to do a series of balance assessments and fill out a questionnaire. Participants must be 65 years of age or older and able to walk independently with or without an assistive device. Persons living at home with an aide or with a history of Parkinson's or Stroke will not be able to enroll in the study.

Everyone that participates in this study will receive a \$25.00 gift card and educational information to facilitate better balance. If you are interested please sign up in the office. For any further questions contact me, Lisa Spinelli RN at 718-884-5900 x23.

UPCOMING EVENTS AND CLASSES

Conversation of the Spirit with Rabbi Aaron Frank
Monday December 10th @1:00pm
 Topic: The Unique Miracle of Hanukkah

INDIVIDUAL COMPUTER ASSISTANCE AVAILABLE!

Tuesdays 10am-12noon

Ms. Susan Levy, volunteer— will be helping out in the computer lab.

Ms. Susan Levy comes to us with vast experience in computer technology and training.

You can receive help with ...

Microsoft Office Suite programs (Word, Excel, Outlook, PowerPoint),
 internet browser usage, emails (composing, sending, adding attachments)
 learning about apps and how to use Android and iPhone smartphones,
 Just stop in to set a time with Susan

Solo Agers—Wednesday, December 12th & 26th @ 1:00 pm

RSS Solo Agers club is to get people thinking about having a plan and creating a caring community a confidential space where others who have the same concerns can support each other.

WEDNESDAY DECEMBER 19TH @1P.M.,
DRAMA CLUB PERFORMS : A CHRISTMAS CAROL
 Followed by:
A CHRISTMAS CAROL THE MOVIE

FRIDAY DECEMBER 14 TH @1p.m.
HOLIDAY CELEBRATION
CHORUS PERFORMS & SPECIAL GUEST PERFORMERS
 HOLIDAY COOKIES & PUNCH

NEW TIME & DAY
WOMEN'S STUDIES—FRIDAY 14TH @ 11:00 A.M.
 "ANCIENT ROMAN WOMEN".
READING HOUR—FRIDAY 28TH @ 11:00 A.M.
 with Patricia Pardo & Visa Nelson

WELLNESS WORKSHOPS—1st & 3rd Fridays @1:00pm—2:00pm.

These **wellness workshops** will cover different hands-on topics such as aromatherapy, essential oils, meditations, skin care and other related subjects that are easy, fun and relaxing. At each session you will take away Tips and/or something to use at home. As a bonus everyone will experience Reiki.

December 7: Christmas ornaments with natural materials to take home or donate to the RSS tree.

December 21: Gratitude jars. Decorate a jar to keep and collect notes with things that you're grateful for in 2019.

PRESENTATIONS



WEDNESDAY
DECEMBER 5 @ 1p.m.

Research Study on
Balance and Fall
by Touro College

THURSDAY,
DECEMBER 6TH @1:00

Chat with the Doctor
Woman Bladder Issues associated
with aging by Columbia Presbyterian

TUESDAY
DECEMBER 11TH @ 1:00PM

LiveOn NY
Making New York a better place to age

Benefit Outreach
with Karol Tapias

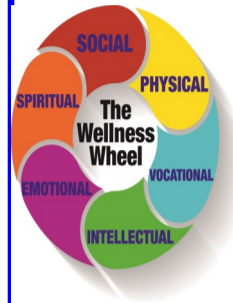
THURSDAY
DECEMBER 20TH @ 1 p.m.

HEALTH PRESENTATION
Holiday Stress and ways to avoid
it with Barbara Denson
& Lisa Spinelli

THURSDAY DECEMBER 27
@1:00 p.m.,
HEALTH PRESENTATION

Diabetes and You
by Stella Borukhova
of Riverdale Specialty Pharmacy

WOMEN'S CIRCLE



Women's Circle
Painting Party,
December 20!
6:00-8:00 p.m.
"Winter Landscapes:
An evening of friends
sharing the same
horizon line"

Meet friends, get creative, and take home a winter scene on canvas at the December 20, 2018 Women's Circle event from 6 - 8pm. No experience necessary; all levels are welcome to participate in this shared art project. Groups of 2 - 5 will create one large winter scene painting* together, yet each participant will go home with her own painting on canvas. Each participant will keep the panel she creates, knowing that her friends have the rest of the painting in their homes. Sign-up now. Light dinner included. This group painting party will be led by RSS artist and painting instructor April Lombardi.

Choose how you would prefer to sign-up for this Women's Circle group painting event:

- 1. sign-up as a group** (two to five friends sign-up together and work together)
- 2. sign-up to meet new friends** (you will work with other women interested in making new friends)

*A two-panel painting is a diptych, a three-panel painting is a triptych, a painting comprised of more than three panels is a polyptych.

(Light Dinner & Wine)

HEAP PROGRAM

Home Energy Assistance Program (HEAP) NYC Human Resources Administration

HEAP helps eligible households meet their home energy needs in the winter season.

Governor Cuomo announces \$372 million is available. The money can pay for fuel, your utility source, equipment and/or repairs. The City pays the costs either directly to the company (heating benefit and/or utility benefit) or to the household (utility benefit only).

- You can apply for HEAP every year between November and March
- You may still be able to receive benefits even if your utilities are included in your rent
- Emergency benefits are available if your heat has been turned off or is in danger of being turned off
- Requires proof of address, social security number, income, and your utility bills (if you pay utilities)

Maximum gross income for one person is \$2391/ two people is \$3127

You can apply for a HEAP Benefit:

*RSS- Social Worker-Selina Ng

*Department of Social Services-HEAP Bronx Office
1932 Arthur Ave. Bronx, NY 10457

GET INVOLVED

BECOME A MEMBER

**If you attend only once in a while you can still become a member!
There is no fee for membership.**

VOLUNTEER

Share your time and passion for helping others as an RSS Volunteer.
To learn about volunteer opportunities contact:
CHERYL KANN-FERST, Volunteer Coordinator @ 718 884-5900, ext.22

OPPORTUNITIES TO DONATE

Consider leaving a legacy to RSS. We are a nonprofit and we depend on the generosity of all of our friends in order to be able to offer quality programs and services to all those in need. Allow us to continue to offer all of these services in the future by naming RSS in your Will. It is a wonderful way to live on and share your spirit with others.

For more information, please call (718) 884-5900

Contributions can be made to say a special thank you or to honor a friend or loved one. RSS will inform the designated family of your thoughtfulness and generosity.

Donations can be made for commemorative plaques on our Tree of Life which is prominently displayed at our Center. Donation forms are available in the office.

Come to purchase jewelry on Tuesdays and collectibles on Wednesdays, located in our Lounge Area.

DECEMBER MOVIE GUIDE

Dec 5-BlackkKlansman



Ron Stallworth, an African American police officer from Colorado Springs, CO, successfully manages to infiltrate the local Ku Klux Klan branch with the help of a Jewish surrogate who eventually becomes its leader. Based on actual events.

December 12-Three Identical Strangers (Documentary)



Identical triplets become separated at birth and adopted by three different families. Years later, their amazing reunion becomes a global sensation but also unearths an unimaginable secret that has radical repercussions.

Dec 19-CHRISTMAS CAROL

Dec 26-Avalon



This drama, largely based on the family history of director Barry Levinson, follows the immigrant Krichinsky clan as they settle in Baltimore during the early 20th century. While Sam Krichinsky (Armin Mueller-Stahl) establishes roots in the city and finds a wife (Joan Plowright), his ambitious son, Jules (Aidan Quinn), who changes his last name to Kaye, tries to live the American Dream by opening an appliance store, revealing cultural and generational gaps.

RIDDLE

Riddle:

I like to twirl my body but I keep my head up high. After I go in, everything becomes tight. What am I?

Last month's Answer:

Eye

You can give us the answer during the month of November

Three Winners

will be chosen on the Day of the Birthday Celebration.

Winners will win a **Free Lunch!**

HONOR DONATIONS

Ronnie Lemanski—RSS—My thanks for all the wonderful people who baked or donated cakes to make our BAKE TABLE such a success. And thank you to all who helped behind the bake and coffee table.
Fondly Ronnie Lemanski

Frieda Natt –
Family of Nathan Kravitz-
In memory of Nathan Kravetz.

Stuart Olsen—To Selina-Thank you for a great assistance every time I ask for your help...I'm trying to pay it forward!!!

Columbia University Occupational Therapy 10-Week OT Program begins from 11-15 on Mondays in January 2019

"Hi! We're Kathleen and Tori, and we are occupational therapy students from Columbia University. We will be leading Rhythm & Roots, a 10-week program where we will learn about the language, dance, and cuisine of cultures from around the world. Each member will have the opportunity to contribute their own experiences and share their personal stories.

For more information:

contact Lisa (ispinelli@rsssny.org)!
Join us on Mondays from 11-12 pm. Mark your calendars for the first group in January 2019.
More details to come! ¡Vamos!"

| DECEMBER TRIPS | JANUARY TRIPS | FEBRUARY TRIPS |
|--|--|--|
| <p>Wednesday, December 5-- Christmas Tree Store Leaving 11:15am Returning 1:45pm (REGISTRATION BEGINS MON. NOV 26, 2018)</p> <p>Thursday, December 6-- Holiday Train Show Botanical Gardens Leaving 11:15am-- Returning 2:15pm (REGISTRATION BEGINS MON. NOV 19, 2018)</p> <p>Monday, December 10-- Arthur Ave Leaving 11:15am Returning 2:00pm</p> <p>Wednesday, December 12-- Trader Joe Leaving 11:15am Returning 1:45pm</p> <p>Friday, December 14-- Crab Shanty Leaving 11:15am Returning 1:45pm</p> <p>Monday, December 17-- Aldi Supermarket NO CHARGE FOR TRANSPORTATION Leaving 11:15am Returning 1:00pm</p> <p>Wednesday, December 19-- Empire City Casino Leaving 11:15am Returning 2:00pm</p> <p>Thursday, December 20 - Sands Casino Leaving 9:00am Returning 5:00pm</p> <p>Friday, December 21-- Ridgehill Mall Leaving 11:15am Returning 2:00pm</p> <p>On or after December 1, please sign up in the office in person UNLESS OTHERWISE NOTED. TRIPS ARE SUBJECT TO CHANGE</p> | <p>Friday, January 4-- Hibachi Gill Leaving 11:15am Returning 2:00pm (REGISTRATION BEGINS THURS DEC 20, 2018)</p> <p>Wednesday, January 9-- El Museo De Barrio ***TENTATIVE*** MORE INFORMATION TO FOLLOW</p> <p>Friday, January 11-- Lobster Box Leaving 11:15am Returning 1:45pm</p> <p>Wednesday, January 16-- Kohls Leaving 11:15am Returning 1:45pm</p> <p>Friday, January 18-- Tour of United Nations Headquarter ***TENTATIVE*** MORE INFORMATION TO FOLLOW</p> <p>Wednesday, January 23-- Bay Plaza Mall Leaving 11:15am- Returning 1:45pm</p> <p>Friday, January 25-- Sammy's Restaurant Leaving 11:15am Returning 1:45pm</p> <p>Monday, January 28-- Empire City Casino Leaving 11:15am Returning 2:00pm</p> <p>Wednesday, January 30-- Ridgehill Mall Leaving 11:15am Returning 1:45pm</p> <p>On or after January 1, please sign up in the office in person UNLESS OTHERWISE NOTED. TRIPS ARE SUBJECT TO CHANGE</p> | <p>Monday, February 4-- Stew Leonards Leaving 11:15am Returning 1:15pm **SIGN UP BEGINS MON JAN 21**</p> <p>Wednesday, February 6--Morgan Library Leaving RSS 11:15am Leaving Museum 2:00pm ***TENTATIVE***</p> <p>Friday, February 8-- Crab Shanty Rest Leaving 11:15am Returning 1:45pm **SIGN UP BEGINS MON JAN 28**</p> <p>Wednesday, Leaving 11:15am Returning 1:45pm</p> <p>Wednesday, February 20-- Macys/Sears Leaving 11:15am Returning 1:45pm</p> <p>Friday, February 22-- Dinosaur Bar-B-Q Leaving 11:15am Returning 1:45pm</p> <p>Monday, February 25-- Empire City Casino Leaving 11:15am Returning 1:45pm</p> <p>Wednesday, February 27-- Ridgehill Mall Leaving 11:15am Returning 1:45pm</p> <p>On or after February 1, please sign up in the office in person UNLESS OTHERWISE NOTED. TRIPS ARE SUBJECT TO CHANGE</p> |

Please make reservations early. Minimum of eight people needed. If there is not enough interest, the trip will be cancelled or rescheduled. If the trip is cancelled for any reason you will be notified and any funds returned.

THERE IS A \$5.00 SUGGESTED CONTRIBUTION FOR THE ROUND TRIP BUS RIDE.

Funded in part by the NYC Department for the Aging