



RIVERDALE SENIOR SERVICES

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

AUGUST 2018

VOLUME 14 ISSUE 8

EVENT HIGHLIGHTS

SAVE THE DATE

"RSS's GOT TALENT 2018".



Thursday, August 23<sup>rd</sup>  
1:30-4:00

NEW MEMBERS

- Nilda Ada
- Miriam Allen
- Uwams Abengowe
- Rachelle S. Baker
- Nan Beer
- David Bush
- Anthony Carnazza
- David Cubbier
- Elizabeth Forel
- Julia Garcia –Regan
- Daniel J. Gottbetter
- Sydell Gottbetter
- Mark Govet
- Winona Green
- Gail Lee
- John Lee
- Isabel Medina
- Diana Montoya
- Harry Piestrong
- Sonia Puente
- Lorna Ramsaran
- Ramesh Ramsaran
- Maria Rock
- Marjorie Saltzberg
- Annie Sonneberg
- Karen Stephenson
- Robert T. Stephenson
- Maria Torres
- Eugene Vecchiarella
- Kathleen Watson
- Enid Wolfson
- Juan Chen Xio



BIRTHDAY PARTY

Tuesday August 21st  
Born August?  
Let us know no later than  
Wednesday, August 15th

BOBBY LIGGIO  
@ 1:00 PM  
Birthday Celebrant:  
Suggested \$1.50 donation  
Non-Birthday Celebrant:  
Suggested \$3 donation

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.

SUMMER PARTY DANCE  
FRIDAY'S



AUGUST 31ST  
1:30–3:00  
WITH GIOVANNY

RIDDLE

Riddle:

I am a band that does not  
perform, sing, or act.  
What am I??

Last month's Answer:  
**Wheat**

You can give us the  
answer during the month of  
August

**Three Winners**  
will be chosen on the  
Day of the  
Birthday Celebration.

Winners will win a  
**Free Lunch!**

Language Interpretation  
Services Available

Please see: Selina Ng,  
Social Worker for assistance

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

FRIDAY'S WEEKEND MEAL IS A VOLUNTARY CONTRIBUTION  
—ONLY \$1—TAKE ONE HOME WITH YOU

\*\*To become a member call (718) 884-5900 or visit our website www.rssny.org.

## JULIE DALTON—EXECUTIVE DIRECTOR



I am so delighted to be part of the RSS family. I felt most welcome each time I visited. I know I am going to enjoy it here and, yes, some of you may have seen me joining in the summer dance party with Giovanni!

RSS is a vibrant community in the broadest sense of the word, offering our members access to educational and social events and expertise for navigating the transitions that come with aging. Our goal is to create a better experience of aging, because when older adults value themselves, and are valued by the community, everybody benefits.

Our dedicated staff and volunteers make that happen every day! However, we can't do it without you! Your generous support is greatly appreciated. Donations are always welcome and go directly to enhancing our programs and services. Look for a letter in your mailbox this month!

I look forward to getting to know all of you. Happy Summer!

## ROSEMARY CAVELLO, LCSW—CLINICAL SOCIAL WORKER

### Bereavement Support Group



We will be running a bereavement support group for those who have lost a spouse. This group will help participants to deal with their loss and grief.

In this group, you will be able to openly express your emotions with others who know what you are going through. The rapport you build with your peers can promote deep relief, insight and re-integration with the world around you, and can be an invaluable part of your therapeutic experience.

**This group will meet  
every other Thursday (for 8 sessions)  
at 4:15p.m. beginning August 9<sup>th</sup>.**

### Living with Physical Challenges

Physical challenges come in a range of forms, and they stem from a variety of causes. Talking to others who share similar challenges and know what you are going through can sometimes make your experience easier.

**This group will meet  
every other Thursday  
at 4:15 beginning August 2nd.**

**For more information: Call Rosemary @ 718-884-8900 ext. 13**

## RSS 2018 ANNUAL TALENT SHOW

Back by popular demand RSS will be holding its ANNUAL MEMBERS TALENT SHOW on Thursday, August 23<sup>rd</sup>. Building upon the tremendous success of last year's show and the line-up of members scheduled to perform, this year's show is one....."NOT TO BE MISSED".

The show includes a myriad of talents including musicians, dance performances, dramatic and poetry readings, singers, joke time, and of course member sing-a longs.

The show is being held at:

Place: RSS-Riverdale Senior Services - Event Room

Time: 1:30-4pm

NO PRE - REGISTRATION REQUIRED...JUST COME AND ENJOY!

**NY CITY COMPTROLLER OFFICE OF UNCLAIMED FUNDS**  
**FRIDAY AUGUST 31ST @ 10A.M. *\*\*Register in the office\*\****  
**See if you have any claimed money that is owed to you or your family.**

New York State has over \$13 billion in lost money. Every day we return \$1 million to those who file a claim.

Lost or unclaimed money gets turned over by organizations required to report dormant accounts to the New York State Office of the State Comptroller. This money includes things like forgotten savings accounts, lost paychecks, and stocks or bonds.

## VOLUNTEER OPPORTUNITIES

**Volunteer Opportunities at RSS -Share your time and passion for helping others**

Here is a list of open opportunities:

- ◆ Office Support Staff
- ◆ Dining Room Services; i.e. Servers, Plater, Set-up and Clean up
- ◆ Trip Committee Coordinator
- ◆ Computer Data Entry
- ◆ Program Assistants and Center Greeters

To learn more about these and other volunteer opportunities contact:

**CHERYL KANN-FERST, Volunteer Coordinator**  
**@ 718 884-5900, ext. 22**



## VISION STATEMENT

RSS is a nonprofit agency that champions older adults and their friends and families through our wellness approach and in every aspect of our operations and facilities.

RSS helps give community members the opportunity to live their best happiest and healthiest lives.

**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.

# Dementia Communication Essentials for Family Caregivers

Communicating with a person with dementia can bring a unique set of challenges. This workshop will lay the foundation of the Dementia RAW Method, which equips family caregivers to handle these challenges.

Founded by the Silver Dawn Training Institute, the Dementia Raw technique focuses on creating connection and simplifying communication with the person living with dementia using the rules of improv comedy and the pillars of empathy.

This workshop is free.

**WHEN:** Wednesday, August 15: 1-2 PM

**WHERE:** RSS, Inc. – Riverdale Senior Services  
The Center for Ageless Living  
2600 Netherland Avenue  
Bronx, NY 10463

**TO REGISTER:** Please email Christina Madera: [cmadera@pssusa.org](mailto:cmadera@pssusa.org) with 8/15 Dementia RAW in subject line.



PSS Circle of Care is supported in part by grants from the New York State Department of Health Alzheimer's Disease Program and the U.S. Administration on Aging's National Family Caregiver Support Program through the New York City Department for the Aging.

8-15-2018 Dementia RAW presentation

## WELLNESS CLASSES

### FELDENKRAIS

**Mondays @ 1:45p.m. **\*\*Register in the office\*\*****

*Feldenkrais Method* uses stress-free *Feldenkrais* exercises that allow your brain to help your body. The exercises are relaxed and easy to do. No stretching! No straining! No exerting yourself! Many people say that *Feldenkrais* exercises work "like magic". *Feldenkrais* exercises consist of small, comfortable movements, and are done in an easy and relaxed way. The results can be felt immediately!

### BLISS FIT

**Wednesday August 29th @ 4:00p.m. **\*\*Register in the office\*\*****

BlissFit is a fun, dynamic class that combines stretching, dance, strength training and Qi Gong. It combines exercise with breathing exercises and a gratitude practice to help enhance your overall well-being.

BlissFit can be custom designed for all levels of fitness. It supports participants in feeling renewed, positive and rejuvenated.

### "Watercolor Sketching: Seashores & Seashells".

**Thursday August 9th @ 2:00p.m. **\*\*Register in the office\*\*****

This is a 6 session class starting August 9 and will use watercolor as a sketching tool. Students should bring their own watercolor paint sets and watercolor paper to each class. In September the class will take a trip to the beach to sketch on site.

### Paleo Therapeutic Exercise

**Fridays @10:00 a.m..**

"Paleo Therapeutic Exercise" (pilot program) . This small group class is designed for individuals with symptoms that are impacting their quality of life, no matter what the underlying cause. The program will focus on a wide range of exercise techniques and is suitable to all levels of ability including those confined to a wheelchair. Each individual will get a program specifically designed for their needs, ability and preferences.

### Wellness Workshops

**Fridays @1:00pm–2:00pm.**

In these wellness workshops each week we will cover different hands-on topics such as aromatherapy, essential oils, meditations, skin care and other related subjects that are easy, fun and relaxing. Each session you will take away something to use at home, and information to empower you. As a bonus everyone will experience Reiki healing.

**JULY DONATIONS**

**Joan R. Grimes—Maritza Silva—**  
Thank you for your help.

**Fran Hoffman—The Family of Gladys Katz—**  
In loving memory of Gladys Katz a beautiful friend.

**Anne Himmelstein—Robin Elkin—**  
I am one of your mom' many friends. I will miss her.

**Muriel Rosenberg –Toby Cash—**  
Happy Birthday!!!

**Selma Sager—Robin Elkin & Family—**  
One of a kind.

**Maria Scull—Selina & RSS Staff—**  
Thanks for all your help.

**Claire Siegel—Selina Ng—Thank you!!**

**Claire Siegel—Maritza Silva—**  
Thank you!

**Mary Speciale—Edith Tuner—**  
My Dear friend.

**Contributions can be made to say a special thank you or to honor a friend or loved one.**

Riverdale Senior Services, Inc. will inform the designated family of your thoughtfulness and generosity. In addition, 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. You can also help support the center by purchasing jewelry on Tuesdays and collectibles on Wednesdays. (Located in our Lounge Area.)

**AUGUST MOVIE GUIDE**

**Aug 1- Leisure Seeker(1 hr 52 mins)**



Plot: An elderly couple, the husband stricken with Alzheimer's, the wife acutely aware, take a final road trip from Boston to The Ernest Hemingway Home in Key West.

**Aug 8-Finding Your Feet(1hr 51 mins)**



Plot: When 'Lady' Sandra Abbott (Academy Award nominee Imelda Staunton) discovers that her husband of forty years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister, Bif (Celia Imrie). The two could not be more different - Sandra is a fish out of water next to her outspoken, serial dating, free-spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her feet.

**Aug 15-Kings (1 hr 32 mins)**



Plot: In 1992 Los Angeles, a mother of eight adopted children finds herself frantic when the Rodney King verdict is announced. Amid the riots and chaos, she loses track of her children and comes to rely on her only white neighbor to keep her family safe.

**August 22-Final Portrait (1hr 30mins)**



Plot: In 1964, American art critic James Lord gets uncomfortably close to artist Alberto Giacometti when the master paints his portrait. What starts as a simple endeavor stretches out over two weeks, during which an aggrieved Lord grows to appreciate the cantankerous Giacometti's eccentricities, chaotic lifestyle and unparalleled genius.

**August 29-Book Club (1 hr 44 mins)**



Plot: Four friends in a book club spice up their routine by reading Fifty Shades of Grey. With each of them in a different romantic situation, the women gather inspiration and tips for the bedroom and prove they can still do new things later in life.

**TRIP GUIDE**

**AUGUST TRIPS**

**Friday, August 3—**  
 Crab Shanty Restaurant  
 Leaving 11:15pm - Returning 2:00pm

**Wednesday, August 8 —**  
 Hudson River Museum  
 Leaving 12:20pm- Returning 3:00pm

**Friday, August 10--**  
 Dinosaur BBQ  
 Leaving 11:15am Returning 2:00pm

**Monday August 13—**  
 Trader Joe  
 Leaving 11:15am Returning 2:00pm

**Tuesday, August 14—**  
 Poe Park Green Market  
 Leaving 10:15am—Returning 12:45pm

**Wednesday, August 15—**  
 Hibachi Grill  
 Leaving Center 11:15am—Returning 2:15pm

**Friday, August 17—**  
 The Lobster Box Rest., City Island, NY--  
 Leaving Center: 11:15am Returning 2:00pm

**Monday, August 20—**  
 Aldi Supermarket- **(NO CHARGE)**  
 Leaving 11:15am—Leaving Mall 1:30pm--

**Wednesday, August 22—**  
 Ridgehill Mall  
 Leaving Center 11:15am—Returning 2:00pm

**Friday, August 24—**  
 Westchester Dinner Theatre\*\*  
 Leaving 10:00—Returning 3:30pm

**Tuesday, August 28—**  
 Poe Park Green Market- **(NO CHARGE)**  
 Leaving 10:15am—Returning 12:45pm

**Wednesday, August 29--**  
 Empire City Casino  
 Leaving 11:15am-- Returning 2:00pm  
 On or after **August 1**  
**Please sign up in the office unless otherwise noted**  
**\*\*\*\*TRIPS ARE SUBJECT TO CHANGE\*\*\*\***

**SEPTEMBER TRIPS**

**Friday, September 7—**  
 Arties Steak & Seafood Restaurant  
 Leaving 11:15am—Returning 2:00pm  
**\*\*REGISTRATION BEGINS AUGUST 27\*\***

**Monday, September 10—**  
 Bronx Zoo,  
 Leaving 10:15—Returning 2:45pm  
**\*REGISTRATION BEGINS AUGUST 17\*\***

**Tuesday, September 11—**  
 Poe Park Green Market  
 Leaving 10:15am—Returning 12:45pm  
**\*\* NO CHARGE FOR TRANSPORTATION \*\***

**Wednesday, September 12—**  
 Ridgehill Mall  
 Leaving 11:15am—Returning 2:00pm

**Friday, September 14—**  
 Christmas Tree Store  
 Leaving 11:15am—Returning 1:45pm

**Monday, September 17—**  
 Aldi Supermarket-  
 Leaving 11:15am—Leaving Mall 1:30pm  
**\*\* NO CHARGE FOR TRANSPORTATION \*\***

**Tuesday, September 25—**  
 Poe Park Green Market  
 Leaving 10:15am—Returning 12:45pm  
**\*\* NO CHARGE FOR TRANSPORTATION \*\***

**Wednesday, September 26—**  
 Empire City Casino  
 Leaving 11:15am—Returning 2:00pm

**Friday, September 28—**  
 Johnnie’s Reef  
 \*\*\*CASH ONLY PLACE\*\*\*-  
 Leaving 11:15am—Returning 2:00pm

On or after **September 1**  
**lease sign up in the office in person**  
**unless otherwise noted.**  
**\*\*\*TRIPS ARE SUBJECT TO CHANGE\*\*\***

**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 will be returned.**

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

# RSS Trip to Cooper-Hewitt

July 19, 2018



Museum lovers experienced a treat when taking RSS's trip to the Smithsonian's Cooper-Hewitt Museum.

RSS members explored over 40 stations designed to touch, hear and smell while touring "The Senses" exhibit.

All of us traveled through the three floors of demonstrations and collections at our own pace. We left this museum more informed about design improvements to improve our lives.

Thank you, RSS, for making such trips possible!

By Dawn Magden



Funded in part by the NYC Department for the Aging