



50
AND
Fabulous
+ 1974-2024 +

Riverdale Senior Services F24 Annual Report



Our Mission



RSS champions older adults and their friends and families by giving community members the opportunity to live better, happier and healthier lives. All programs and services are free to any one 60+.



From our Interim Executive Director

What a Remarkable Year!

Thanks to the incredibly committed and talented staff, board, advisory council, volunteers, and visitors for building a remarkable community that is RSS.

Together, we served 9,264 duplicated* older adults from July 1, 2023 through June 30, 2024! Highlights include restructuring to build 1) a clinical services department and, 2) a full-time development and fundraising practice. And let's not forget our 50th Anniversary Celebration – one of the most successful events in the history of the organization!

I am deeply grateful to you for making RSS a home away from home for so many.



Floyd Rumohr

** 9,264 "duplicated" older adults were served across the organization in FY24. This means that many people participated in more than one activity and would be counted multiple times. For example, the same person might have participated in an arts class and a clinical service and is counted twice. At present, RSS does not have the capability to effectively report "unduplicated" participants, or the unique individuals counted only once, regardless of how many times they use the organization's services. This is a data management challenge we are aiming to address in the long term.*



Fifty years ago, Riverdale Senior Center started as a place for older adults to gather. Now, the RSS Center for Ageless Living is so much more.

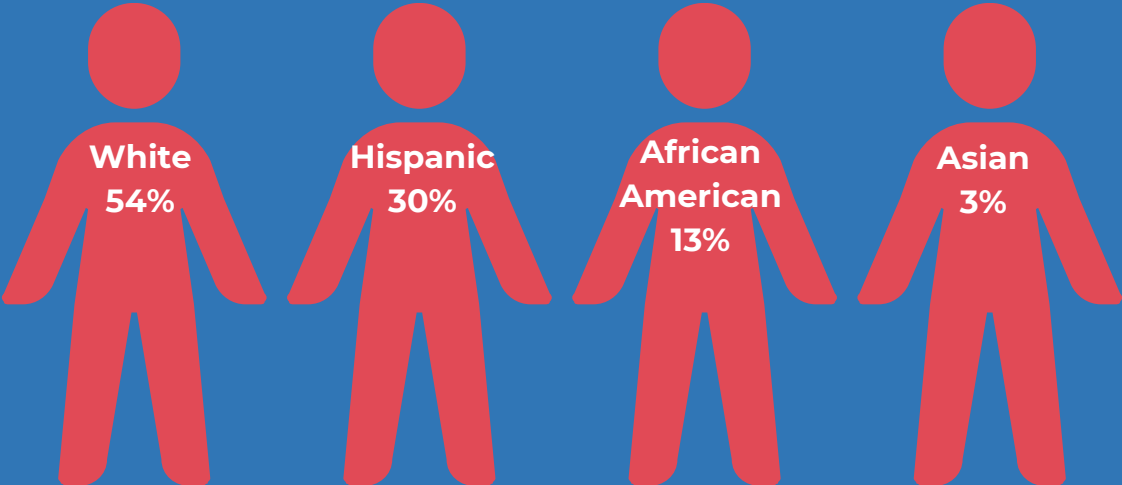
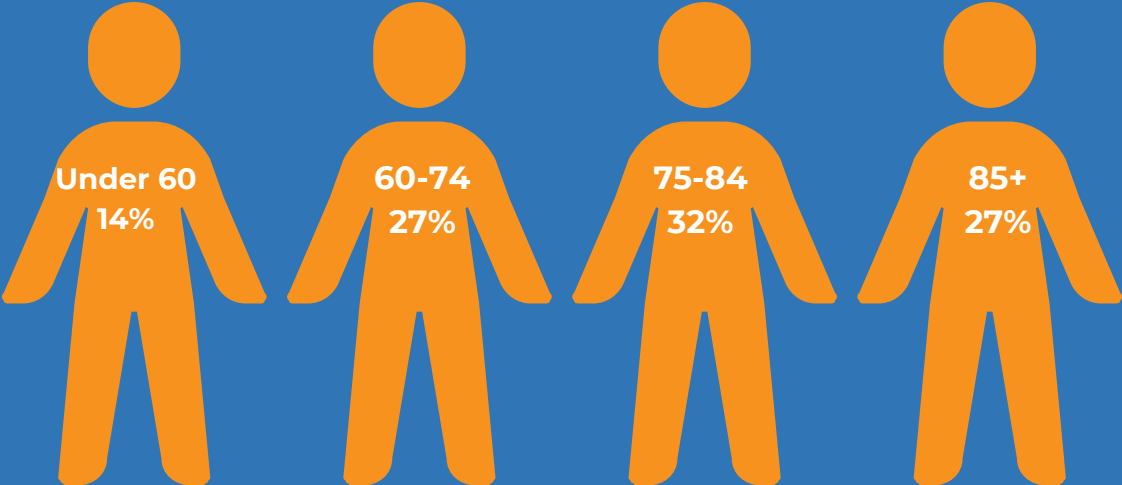
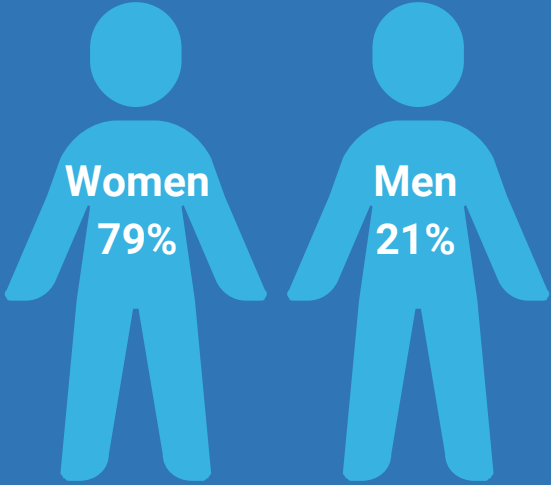


RSS combats social isolation, promotes physical and mental health, and keeps people engaged through hundreds of classes in the center and online, and serves thousands of nourishing meals. Our social workers provide countless hours of individual counseling and support to caregivers and act as a hub for essential information and resources to help older adults navigate complex systems. Our Northwest Bronx Healthy Communities Project provides access to educational workshops and services on chronic disease management and nutrition literacy. For over 20 years, the RSS/Reverend Tieck Adult Day Center for Memory Loss has been devoted to those 60+ who are challenged by memory loss.



The City's total older adult population increased from 1.42 million in 2010 to 1.77 million in 2021, a 25.0% increase.

Who We Serve



Clinical Services

Mental Health & Case Assistance

The purpose of clinical programs is to provide older adults who visit onsite to live their best and happiest lives through activities that support their behavioral and physical health.

362

Older Adults Served

65 Geriatric Mental Health

75 Case Assistance

74 Direct Health Services

140 Social Services Assistance

Older Adults are served through

- **Geriatric Mental Health Initiative** which involve screening and identification of emotional or cognitive disorders. Outcomes include decreased feelings of isolation, depression, and anxiety.
- **Direct Health Services** that improve management of chronic diseases.
- **Social Services Assistance** that provides benefits information and application assistance to age in place.

Liz Alvarado is a Life Saver.

Liz provided a safe space where I could lay out my situation, calmly assess it, and decide on a course of action. This is a non-judgmental forum where I can safely be myself. - A.S.

Clinical Services - William Tieck Adult Day Program

A Lifeline for the Whole Family. For over 20 years, the William A. Tieck Adult Day program has been devoted to those 60+ who are challenged by memory loss. We are proud to have long-term relationships with many of our participants who come to us for five years or more. Unlike other programs that exist and include people with major mental or physical challenges, the RSS Adult Day program is laser-focused on working with people with dementia. Small group programs are created specifically for each person's needs, strengths, and backgrounds. The program's attentive staff sees the person as an individual and not as a diagnosis.

25

Older Adults and their families served

Achievements:

- Slowing the disease process
- Decreased feelings of social isolation
- Decreased feelings of depression
- Increased support and respite for caregivers

We always look forward to our time in ADAP. Always warmly greeted, our days are filled with art, music and movement activities. ADAP is always full of laughter and fun.

- Anna & Nancy (Mom & Daughter)

Northwest Bronx

Healthy Communities Project

The purpose of Community Engagement is to reduce health disparities for older adults and caregivers of the Northwest Bronx by addressing social isolation, food insecurity, and the burdens of chronic illness through culturally sensitive, evidence-based interventions.

RSS collaborates with community partners Marble Hill Senior Center, St. Stephens United Methodist Church, Kingsbridge Heights Community Center (KHCC), and the Schervier Apartments to provide in-person programs.

455

Older Adults Served

59% Increased their outdoor activities

76% Reported meeting new people

70% Reported improved knowledge of nutrition

84% Reported increased their daily intake of healthy foods

Older Adults were served through

- 22 evidence-based mental health workshops
- 60 health workshops improved chronic illness and increased health management
- 35,500 pounds of fresh produce coordinated for pantries in the Northwest Bronx to reduce food insecurity
- 180 people screened for depression
- 275 people received blood pressure screenings and health consultations

RSS helped me to connect with other people in the community. It gets me out the house more, helped me stabilize my balance, increased the number of exercises and outdoor activities I do weekly. I have refocused my energy to make sure I focus on helping myself.

• - Bonita R.

Program Activities and Services

Meals

For many older adults, their lunch at RSS is their one nutritious meal of the day. A congregate meal is also a time for people to connect, share memories, and plan future activities. Since the pandemic, it has been challenging to get people to the table for these meals. Through various initiatives, we are happy to say that we show a 26% increase over the prior year!

15,845 Meals to Over 828 people

Transportation

Transportation is a crucial service for older adults. It enables them to participate in a variety of activities, from attending our Adult Day program to visiting cultural sites and shopping. By providing transportation, we empower older adults to maintain their independence, connect with others, and live fulfilling lives.

241 Roundtrips

The food offered is healthy, portioned correctly, efficiently served, cost-effective, and varied, offering selections that represent several cultures, health concerns, lunch schedules, and food costs.

- Yvonne F.

Classes and Events

RSS has been a cornerstone of our community for decades, offering diverse programs to enrich lives. When the pandemic hit, we quickly adapted, becoming one of the first senior centers to go online. Today, RSS is a leader in technology training for older adults in the Northwest Bronx

Today, over 60% of our nonclinical programs are hybrid, combining in-person and virtual offerings to reach a wider audience, including homebound individuals. We believe in serving our community in every way possible, whether it's through in-person classes, virtual workshops, or community outreach. By providing opportunities for social interaction and intellectual stimulation, we help combat social isolation and improve the overall well-being of older adults.

13,596 Sessions Held

Type of Session	Participants	Sessions
Exercise Classes	2,753	7,874
Health/Nutrition Sessions	700	1,722
Arts, History, Technology, and Presentations	3,900	4,000

85% Rated the classes as "excellent"

84% Rated our instructors as "outstanding"

80% Of students said RSS exercise/health classes had a positive impact on them and improved their health

100% Would recommend our classes and events to other people

Thanks so very much for having an outlet for seniors who cannot afford to pay for classes or even leave their homes. This is a great outlet for connecting with others and keeping one from being depressed.

- Rachel C.

Horticulture

Led by a horticultural specialist, RSS focuses on using plants and gardening as a medium to help people with their physical and emotional problems. RSS runs the Schervier Community Garden and works with students with special needs for intergenerational gardening projects.

80 Adults Participated in Gardening Activities
700 Pounds of produce grown for individual and center usage
400 Native plants grown to support the environment

Intergenerational

300 Youth and Older Adults

RSS believes in the power of connection across generations. Our intergenerational programs bring together people of all ages, fostering understanding, respect, and shared experiences. These programs enrich our community and create lasting bonds.

We collaborate with the Horace Mann School, Kinneret Day School, and the Riverdale Country Day School as well as participating in the NYC Summer Youth Employment Program.

The whole day at RSS showed me the power of connecting with people from different generations. It's not just about age; it's about sharing experiences and enjoying each other's company.

- Bea 10th Gr. Horace Mann student



This year, RSS celebrated 50 years of service. Highlights included our 50th Anniversary Gala, a super celebration of Older Adult Center Month including special screenings of the movie "Barbie" and the RSS Tech Expo.



Our Volunteers



Thank You to Our Exceptional Volunteers

Robert Ackerson
Barbara Allison
Kolu Baysah
Betty Betz
Joshua Campaniello
Janice Chan
Madeline Chiclacos
Lee Chong
Nerieda Colon
Jeffrey Cohen
Leonardo Cruz
Elvera Daniel
Ecaterina Fabian
Tim Forward
Andrea Friedman
Linda Gottlieb
Lowell Green
Max Green
Ruth Greenfield
Albert Guzman
Susan Guzman
Dorothea Hickey
Annie Jennings
Jackie Jones
Myra Kaufman
Donald Kaplan
Pil Kim
Marina Kousoulos
Annellen Madigan
Luciana Pepenella
Pat Pardo
Carmen Zeis
Diane Reich
Joan Rock
Hilda Romero
Roslyn Spivack
Robert Stein
Hilary Toren

RSS Board of Directors



PRESIDENT: HELEN MORIK, MPH

FORMER PRESIDENT: KERI CRAYNE, MPH, RD

VICE PRESIDENT: GAIL EDWARDS

RECORDING SECRETARY: JOAN HAAHR, Ph.D

CORRESPONDING SECRETARY: JUDITH KRAMER, M.S.

TREASURER: ANTHONY MAHLER

HON. ANDY COHEN

ALEC DIACOU

RHEA DORNBUSH, Ph.D., MPH, ABN

FRANCES FREEDMAN, MSW

RUTH FRIENDLY

THOMAS MORE KELLY, Ph.D.

STEPHANIE MERMIN

LISA MOREIRA

JOHANNA ODRICH, Dr. P.H.

TOBY J. PILSNER, ESQ.

ROBERT J. RUBINSTEIN, ESQ.

IRENE SMOOKLER



RSS Staff



Floyd Rumohr, Interim Executive Director
Elizabeth Alvarado, Director of Clinical Services
Andria Cassidy, Deputy Director
Barbara Denson, Program Specialist
Gidalthy Estevez, Social Worker
Kevin Everett, Assistant Cook
Janae Gianna Kercado, Personal Care Aide
Temica Johnson, Cook/Kitchen Manager
Heidi Miner, Kitchen Server
Richard Martinez, Driver
Jennifer Perez, Nurse
Pilar Restrepo, Adult Day Recreation Coordinator
Tabitha Rosa, Digital Engagement Coordinator
Margie Schustack, Director of Communications and Programs
Maritza Silva, Program Specialist
Marie Tabor, Receptionist
Michael Thomas, Development Manager
Isael Tejada, Director of Community Engagement
Jose Torres, Custodian
David Wilson, Dishwasher
Yvonne Velazquez-Rosa, Transportation Coordinator
Stephanie Ventura, Program Assistant

Thank You to Those Colleagues Who Were on Staff in 2023

Julie Dalton, Executive Director
Susan Cohn, Social Worker
Madeline Kilroe, Executive/Fundraising Assistant
Audrey Swanson, Director of ADAP
Selina Ng, Social Worker
Claudia Zeldin, Interim Development Director

Financial Statement

July 1, 2023 to June 30, 2024 unaudited draft

Revenue	F24 Actuals
Government	\$1,565,700
Foundations	\$260,000
Individuals	\$212,000 ¹
Earned Revenue	\$23,800 ²
Miscellaneous	\$108,500 ³
Total Revenue	\$2,170,000
Expenses	
Personnel	\$1,233,700
Contracted Services	\$387,800
Rent	\$343,200
Operations/Shared	\$134,400
Programs	\$139,600 ⁴
Development/Communications	\$25,100
Interest	\$200
Other	\$89,200 ⁵
Total Expenses	\$2,353,200
Surplus/Deficit	\$(183,200)⁶

1. Includes \$49,290 of board member contributions.

2. From The William A. Tieck Social Adult Day Program for Memory loss private pay clients, sales of merchandise, etc.

3. Includes investment gains/dividends and \$9k from parking vouchers.

4. Includes clinical and nonclinical. This number does not include personnel.

5. Largely depreciation expenses of \$59k, investment management fees of \$11k, and misc.

6. This is a planned, strategic investment to build organizational capacity.

To request the most recent audited financial statements, please reach out to Michael Thomas, Development Manager, at mthomas@rssny.org.

Contact Us

Website

www.rssny.org

Email

info@rssny.org

Call

718.884.5900

