

FEBRUARY 2019



RIVERDALE SENIOR SERVICES

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

BIRTHDAY PARTY

Tuesday February 26th Born in February?

Let us know no later than

**Wednesday,
February 20th
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 ACCOMMODATE
EVERYONE.**

NEW MEMBERS



- Charles W. Barlow
- Aileen Chang
- Shu Chang
- Ivonne Farfan
- Bernard Grant
- Clifford Hopkins
- Ira Mandelker
- Joan Mc Namara
- Deborah Patraker
- Abraham Popish
- Diane H. Sargent
- Eva Stratford
- Nidia Taveras
- Janice Warner
- Ward Wolff

WINTER ADVISORY

IN THE EVENT OF
BAD WEATHER
CALL THE CENTER
BY 7:30 AM
FOR UPDATES:
718-884-5900
FROM:
DELAYED OPENING
TO: CLOSURE

HOLIDAY CLOSING



**CENTER WILL
BE CLOSED**

**MONDAY
FEBRUARY
18TH**

**HAPPY
PRESIDENT'S
DAY**

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

EVENTS

FREE TAX PREPARATION

by Community Tax Aid For
Eligible Individuals.

You are eligible for our service
if you are an individual with
income under \$25,000 OR IF
you are a couple or you have a
dependent and your income is
under \$55,000 AND your
investment income (interest,
dividends, and such) is less
than \$3,500.

**Sign up at the Front Office or
Call to make an Appointment:**



IN THIS ISSUE

Birthday Party	
New Members	
Winter Advisory	1
Holiday Closing	
Events	
Heart Health Week	2
The More You Know	
Executive Director	3
RSS 45th Anniversary	
Upcoming Classes	4
Presentations	
Women's Circle	5
OT Students	
Clinical Social Worker	6
Get Involved	
Movie Guide	
Black History Documentary	7
Honor Donations	
Riddle	
Trip Guide	8

**2600 Netherland Ave.
Bronx, NY 10463**

Phone: (718) 884-5900

Fax: (718) 796-9624

www.rssny.org

The Center for Ageless Living

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

HEART HEALTH WEEK HIGHLIGHTS



The Human Heart is an amazing organ! Although it is really nothing more than a pump, composed of muscle... **it sustains your life!**

This February we will be celebrating our hearts and learning how to take care of this vital part of the body. Maintaining emotional, physical and intellectual wellness is key to a happy and healthy heart.

Both men and women may experience heart issues in their lives, however women's heart issues often may go unrecognized or undertreated as heart disease indicators in women may be different from heart disease in men; and, the identification of a heart condition in female patients is sometimes missed by the medical community. Women can benefit from knowing their unique symptoms and risk factors. The health presentation on Thursday the 14th will address heart disease in women.

Fortunately due to more advanced treatment; access to treatment and increased health literacy; deaths from heart disease in women....**and men** in down in the US.

See the calendar for an array of programs we are offering this month as RSS does our part to help to keep those deaths going down.

Feb 11th ...**Nutrition for the Heart**; Feb 12th ...**Wear Red Day for Women's Heart Health Awareness**; Feb 13th a **special movie from the heart** and Feb 14th ...**Valentine's Day and Women's Heart Health Day**. On these days we will be offering special activities, prizes and educational events. Join us to celebrate the magnificence of your heart!

THE MORE YOU KNOW

What is American Heart Month?

American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.

- The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.
- At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.
- While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.9 million deaths each year.
- That number is expected to rise to more than 23.6 million by 2030. President Lyndon B. Johnson's proclamation that first declared February as American Heart Month.

Chances are, we all know someone affected by heart disease and stroke, because about 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds. But together we can change that!

National Wear Red Day® is Tuesday February 12, 2019! -- Wear red to raise awareness about cardiovascular disease in Women.

The biggest part of living healthy comes down to simply making healthy choices. While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent.

JULIE DALTON—EXECUTIVE DIRECTOR



“Never be limited by other people’s limited imaginations.”
—Dr. Mae Jemison, first African-American female astronaut

As usual there is something for everyone at **RSS The Center for Ageless Living**. February is known for the celebration of Black History Month, American Heart Month, Valentine’s Day (February 14th) and National Love Your Pet Day (February 20th) among other observances.

Black History Month at RSS includes Tuesday screenings of the films ***And Still I Rise, Come Sunday, and Strong Island***. Check the calendar for dates and times. On Mondays during lunch we will share the poems of noted African American poets.

Heart disease is the leading cause of death for both men and women. Heart disease can often be prevented when people make healthy choices and manage their health conditions. To prevent heart disease and increase awareness of its effects, RSS is celebrating **Heart Health Week** from February 11 – 14. Be sure to attend the special presentations that week at 1 PM. Don’t forget to wear red on Tuesday, February 12th. Check the calendar for details.

Senior Power in Action!

What are the best ways to advocate for what you care about? The Social Action Committee presents **Senior Power in Action on Thursday, February 7th at 1 PM**. You don’t want to miss this forum featuring special guest speakers **Senator Alessandra Biaggi** and **Bobbie Sackman**, activist and former Policy Director at LiveOn NY. As we anticipate a great deal of interest in this presentation, reservations are required.

RSS will participate in New York City’s **Take the Pressure Off**, the first citywide initiative to prevent and control high blood pressure. We are doing a community health education program about the effects of hypertension and the steps to take to manage healthy a healthy lifestyle. More details to follow.

RSS 45TH ANNIVERSARY



5 Things You May Not Know About RSS

In honor of our 45th year, every month we’ll be highlighting some area of RSS. We’ll talk about its history, people and place in the neighborhood. To kick things off, here are 5 interesting facts you may not know.

1. In 1964 Sadie Levine, Eleanor Katzman and Julia Blumenthal launched a once a week program at Riverdale Neighborhood House for older adults in Riverdale.
2. In 1973 Councilwoman June Eisland informed that group that government funds were available. Through the efforts of 3 agencies—Riverdale Neighborhood House, Riverdale Mental Health and the Riverdale Y—the Riverdale Senior Center was established.
3. The Center officially first opened its doors at the Winston Churchill Building and it moved the Century in the Spring of 1974.
4. In 1984 the name of the Center was changed to Riverdale Senior Services to reflect the diversity of services offered.
5. At about a rate of 20,000 meals a year, RSS has served over 1 MILLION meals!

What are your memories of RSS?
Please share your stories, pictures and memorabilia with us!
Contact Margie Schustack at 718.884.5900 x29, Come up to Suite 106 (or she can come down!) or

UPCOMING CLASSES

OATS—Classes began January 14th— Monday & Wednesday

Register in the Office

Money Matters—(10 week course) - 1:15 p.m. – 2:30 p.m.

- Develop skills to manage money, reduce spending, and identify income Opportunities outside the traditional workforce
- Learn about smart financial habits
- Learn how to determine eligibility for benefits online
- Introduction to entrepreneurship using Etsy

Prerequisites: Ability to use email comfortably, navigate websites, and search for information online

NEW: Social Media—(5 week Course) - 2:30-3:45— (Starts February 20th)

- Exploring various social media sites such as Facebook, Twitter, LinkedIn, & Instagram
- How to control privacy settings on Facebook
- Intro to change.org and Kickstarter

Conversation of the Spirit with Rabbi Aaron Frank

Monday February 4 @1:00pm

Topic: Lessons from the Bookshelf: A Twice a Year Conversation on Amazing Spiritual Thoughts from the Wisdom of my New Rebbes and Teachers.

Wednesdays, 1 - 3 pm, February 6 - March 6 with April Lombardi.

5 weeks of acrylic landscape paintings with figures.

Purchase your own supplies and bring them each week:

- Set of acrylic paints, 5 colors or more.
- Disposable paper palette.
- paper towels
- 4 or 5 stretched canvases
- 1" flat acrylic nylon brush

Do you like to play **Bridge** but just want to play to improve your game?

Begins Wednesday February 6th at 10:00.

Then our **Nuplicate** Bridge is for you!

In this game, you will play a series of hands that others will play and you can ask questions in real time to analyze both your play/bidding/defense and the likely result you will achieve compared to others.

This is like having an expert looking over your shoulder to ensure you get the best possible results from each hand.

Also, for those who simply want to play more bridge each week, and improve their game, this is an ideal venue.

NATURAL WELLNESS WORKSHOPS—2nd & 4th Fridays @1:00pm—2:00pm.

These **Natural 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.

February 8th—Flower Arrangements

February 22nd—Potpourri

PRESENTATIONS

COLUMBIA OT STUDENTS

**THURSDAY
FEBRUARY 7TH @ 1:00 P.M.
Senior Power in ACTION!**
Harnessing the Powers of Seniors take
Social Action with
Senator Alessandra Biaggi
and
Bobbie Sackman
Moderated by: Julie Dalton,
Executive Director
***REGISTRATION REQUIRED**

**MONDAY FEBRUARY 11TH @ 1:00 P.M.
NUTRITION—
Feeding your Heart over 50
with Maudene Nelson, R.N.**

**Followed by Healthy Food Demo
and Samples**

THURSDAY FEBRUARY 14TH @ 1:00 P.M.

HEALTH PRESENTATION:

"Heart Disease in Women"
With Gerri O' Connell
Montefiore Hospital

TUESDAY FEBRUARY 19 @ 1:00 P.M.

**Know your Library
Come and learn about:**
all the free and wonderful services
opportunities the library has to offer
**The New York Public Library
Kingsbridge Branch Library**

THURSDAY FEBRUARY 21 @ 1:00 P.M.

HEALTH PRESENTATION

Sleep Patterns in Older Adults
With Lisa Spinelli, R.N.

THURSDAY , FEBRUARY 28 @ 1:00 P.M.
HEALTH PRESENTATION
Fall Prevention and use of adaptive
equipment with Sally & Noah of Physical
Medicine & Rehab Center

RHYTHM & ROOTS

1/28/19: Orientation
2/4/19: Bharatanatyam in India
2/11/19: Waltz in Austria
2/18/19: Bourrée in France
2/25/19: Salsa, Cha Cha,
& Merengue in Latin America
3/4/19: Flamenco in Spain
3/11/19: Step Dance in Ireland
3/25/19: Schuhplattler in Germany
4/1/19: Line Dancing in the Philippines
4/8/19: Tango in Argentina

**For more information on
how to participate,
contact Lisa Spinelli (lspinelli@rssny.org)**

WOMEN'S CIRCLE

**The Women's Circle
at RSS**
"Building a Community For Women"



Legacy letters from the heart

**Wednesday, February 20th
4:00–6:00**

*\$2.00 donation for a light dinner
RSVP by 2/13/2019
in the office or
Call 718 884-5900*

SUSAN COHN—CLINICAL SOCIAL WORKER



I will be conducting two support groups scheduled to start this winter.

The first is a group for new widows and widowers who have lost their spouse/partner within the past 18 months. The group will focus on learning about the grief process, developing coping skills, finding ways to take care of ourselves, including managing stress, and sharing our experiences with one another through the journey from loss towards healing. This group began on January 24th and is held at 1 pm on Thursdays.

The second group is to help participants navigate life transitions such as moving, adjusting to changing health conditions, loss of friends and relatives to death and distance, relationships with adult children and other challenges that come in later life. The process of managing change will be discussed with the goal of handling transitions with more grace and less stress. The Life Transitions group will be held at 10 a.m. on Wednesdays beginning February 27th in the dining room at RSS.

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 2nd Wednesdays of the month, located in our Lounge Area.

FEBRUARY MOVIE GUIDE

February 6-Old Man & The Gun (1hr 33 min)

At the age of 70, Forrest Tucker makes an audacious escape from San Quentin, conducting an unprecedented string of heists that confound authorities and enchant the public. Wrapped up in the pursuit are detective John Hunt, who becomes captivated with Forrest's commitment to his craft, and a woman who loves him in spite of his chosen profession.

February 13-Return to me (1hr.55min)

A man who falls in love with the woman who received his wife's heart must decide which woman it is who holds his heart.

February 20-The Wife (1hr 40 min)

Joan and Joe remain complements after nearly 40 years of marriage. Where Joe is casual, Joan is elegant. Where Joe is vain, Joan is self-effacing. And where Joe enjoys his very public role as the great American novelist, Joan pours her considerable intellect, grace, charm and diplomacy into the private role of a great man's wife. As Joe is about to be awarded the Nobel Prize for his acclaimed and prolific body of work, Joan starts to think about the shared compromises, secrets and betrayals.

February 27-Bohemian Rhapsody (2hr 14 min)

Bohemian Rhapsody is a foot stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs and revolutionary sound. They reach unparalleled success, but in an unexpected turn Freddie, surrounded by darker influences, shuns Queen in pursuit of his solo career. Having suffered greatly without the collaboration of Queen, Freddie manages to reunite with his bandmates just in time for Live Aid. While bravely facing a recent AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music. Queen cements a legacy that continues to inspire outsiders, dreamers and music lovers to this day

BLACK HISTORY MONTH MOVIES

Maya Angelou : And Still I Rise (1:53)

This is the first film to be made about the incomparable Maya Angelou. Dr. Angelou's prolific life; as a singer, dancer, activist, poet, and writer she inspired generations with lyrical modern African-American thought that pushed boundaries.

Come Sunday – (1:45)

Netflix biopic of former Christian pastor Carlton Pearson, who taught his congregation that everyone will go to Heaven, including those who reject Jesus Christ and people who are sexually immoral.

Strong Island—(1:47)

In "Strong Island," Yance Ford, the director, speaks directly to the camera about his brother's murder 20 years ago, and about the resultant shattering of his family. The camera is close to Ford's intense face, very close, almost blotting out the pitch-black background.

HONOR DONATIONS

Frieda Natt—Fran Birnbaum & Family—Deepest condolences on the passing of your husband Bruce Birnbaum.

Blanche Margolis— RSS Staff—The success of an organization is primarily determined by its staff. Thanks to you for making RSS such a warm, welcoming and productive place.

Yvonne Velazquez—Anita Vooss—May Kurt rest in Peace. My thoughts and prayers are with you & your family

RIDDLE

Riddle:

I'm the source of all emotions, but I'm caged in a white prison. What am I?

Last month's Answer:

Worm

You can give us the answer during the month of February

Three Winners

will be chosen on the Day of the Birthday Celebration.

Winners will win a

Free Lunch!

FEBRUARY TRIPS	MARCH TRIPS	APRIL TRIPS
<p>Wednesday, February 6— Morgan Library Leaving RSS 11:15am Leaving Museum 2:00pm (Cancelled)</p>	<p>Friday, March 8— Rory Dolan Restaurant or Shopping at Mc Clean Avenue Leaving 11:15am Returnin1:45pm *Registration begins February 18*</p>	<p>Friday, April 5— Epstein’s Restaurant Leaving 11:15am Returning 1:45pm **Registration begins March 18**</p>
<p>Friday, February 8— Crab Shanty Rest Leaving 11:15am Returning 1:45pm</p>	<p>Monday, March 11— Stew Leonard/Costco Leaving 11:15am Returning 1:45pm</p>	<p>Wednesday, April 10— Pizza Beat Restaurant Leaving11:15am Returning 1:45pm</p>
<p>Wednesday, February 13— Trader Joes’ Leaving 11:15am Returning 1:45pm</p>	<p>Friday, March 15— Tour United Nations Headquarter Leaving RSS 11:00am Leaving UN 1:30pm **Registration begins February 1**</p>	<p>Friday April 12— St John the Devine Church— Leaving 11:00am Returning 2:00pm **Registration begins February 1**</p>
<p>Wednesday, February 20— Macys/Sears Leaving 11:15am Returning 1:45pm</p>	<p>Monday, March 18 Aldi Supermarket Leaving 11:15am Returning 1:45pm</p>	<p>Monday, April 15-- Aldi Supermarket— NO CHARGE FOR TRANSPORTATION Leaving 11:15am Returning 1:00pm</p>
<p>Friday, February 22— Dinosaur Bar-B-Q Leaving 11:15am Returning 1:45pm</p>	<p>Friday, March 22— Dinosaur BBQ Leaving 11:15am Returning 1:45pm</p>	<p>Wednesday, April 24— Ridgehill Mall Leaving 11:15am Returning 2:00pm</p>
<p>Monday, February 25— Aldi Supermarket Leaving 11:15am Returning 1:00pm</p>	<p>Monday, March 25— Empire Casino. Leaving 11:15am Returning 1:45pm</p>	<p>Friday April 26— Sammy’s Restaurant Leaving11:15am Returning 1:45pm</p>
<p>Wednesday, February 27— Ridgehill Mall Leaving 11:15am Returning 1:45pm</p>	<p>Wednesday, March 27 Morgan Library Leaving RSS 11:15am Leaving Museum 2:00pm **Registration begins February 1**</p>	<p>Monday, April 30— Empire City Leaving 11:15am Returning 2:00pm</p>
<p>On or after February 1, please sign up in the office in person UNLESS OTHERWISE NOTED. TRIPS ARE SUBJECT TO CHANGE</p>	<p>Friday March 29— Ridgehill Mall Leaving 11:15am Returning 1:45pm</p>	<p>On or after April 1, please sign up in the office in person UNLESS OTHERWISE NOTED. TRIPS ARE SUBJECT TO CHANGE</p>
	<p>On or after March 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