

OCTOBER 2018

VOLUME 14 ISSUE 10



RIVERDALE SENIOR SERVICES

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

BIRTHDAY PARTY                      NEW MEMBERS                      SAVE THE DATE

**Tuesday October 23rd  
Born in October?**

Let us know no later than  
**Wednesday,  
October 17th.**

**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.

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

Maureen Abrams  
Pamela Brennan  
Samuel Chasky  
Marion Doyle  
Sharon Feldman  
Karen Gallagher  
Bonnie Geller Geld  
Valerie Homiak  
Patricia Lane  
Thomas Mc Carthy  
Miriam Mc Cray  
Daniel L. Mc Nally  
Margaret O'Conner  
Minerva Polite  
Muriel Radwaner

**BAKE SALE  
OCTOBER 2ND  
9:30-11:30**

**TOWN MEETING  
NOVEMBER 12TH  
TIME TO BE ANNOUNCED**

*Town Meeting Day..*

**RSS  
HIDDEN TREASURE  
FLEA MARKET  
& BAKE SALE**

**SUNDAY, NOVEMBER 4TH**

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**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  
-ONLY \$1-TAKE ONE HOME WITH YOU**

## ***Rss 2018/2019 MEMBER'S ANNUAL APPEAL***

Mitzi & Max Alfasso	Eileen Fisher	Mark Miller	Toby Stricks
Noella Alvarez	Brian Fitzpatrick	Blanche Morganstern	Karen Stutland
Gail Appelbaum	Olga Forlenza	Frieda Natt	Norma Sutton
Carmen Baamonde	Barbara Freshman	AnneMarie Nussli	Samuel Taylor
Lisa Baer	Iris Friedman	Marie O'Sullivan-Gurz	Marie Terry
William Baskin	Beth Friedman	Amalia Ottenberg	Edith Tweedy
Ida Benjamin	Susanne & Ben Fruchter	Roswitha Paulman	Judith Unger
Theresa Berrios	Patricia Gallagher	Luciana Pepenella	Anneros Valensi
Sandi Besofsky	Marjorie George	Edward Pers	Cleofe Vea
Hyacinth Brea	Shirley Goldman	Anthony Petsoulakis	Nikolaje Vizir
Lucie & Edmond Brent	Lowell & Max Green	Priscilla Price	Anita & Kurt Vooss
Myra Brent	Betty Haddad	Elizabeth Priolis	Arleen Wahrman
Jonathan Breslaw	Julianne Hainey-Farbman	Laura Pucher	Deborah Wallace
Sandy Brod	Teresa Hernandez	Hilda Quinzon	Howard Wasserfall
Ruth Bromberg	Gail Hernandez	Evelyn Rasero	Kathleen Watson
Deirdre Cafferty	Joan Hollander	Sheila Reyes	Richard Weeks
Toby Cash	Saundra Johnson	Audrey Ricketts	Dorothy Wildhagen
Nereida Caxias	Rita Karig	Emilia Robinson	Carmen Zeis
Janice Chan	Myra & George Kaufman	Patricia Rogoff	Margaret Zurheide
Ginger Chinn	Shirley Keegan	Mary Romero	Barbara & Bernard Zweben
Delores Choice	Helen & Bernard Kovitz	Jennie Romero	
Laiying Chong	Judith Kramer	Marietta Roth	
Mary Coady	Pearl Krauss	Anna Sabella	
Mabel Cohen	Ronnie Lemanski	Selma Sager	
Sidney Cohen	Kris Liu	Eileen Salant	
Helen Marie Corchado	Bette & Seymour Lowenstein	Frances Santore	
Vivian Cox	Mary Lynch	Jerry Schwartzbaum	
Norma Crown	Dawn Magden	Lucia & Maria Scull	
David Currier	Rich Marchione	Jill Shaifer	
Paula Daigneault	Joyce Marcus	Elizabeth Shanklin	
Jean Daniels	Sabina & Moshe Margalit	Soomintra & Charles Shike	
Bella Davis	Judith Mason	Claire Siegel	
Marie Dimitriadis	Mary Matson	Hadassah Silberstein	
Mary Dominico	Muoi & David Matsushita	Elisa Toledo Siozan	
Rose Donnelly	Lawrence McCarthy	Veronica Smith	
Ruth Ehrenreich	James McCarthy	Maureen Smith	
Peter Ellis	Mary McDonnell	Victoria Sogolov	
Lidia Escobar	Catherine McManus	Rosalind Spivack	
Nora Feury	Anne McManus	Marilyn Spring	
Minnie Finkelstein	Claire Metz	Kathryn Stoeth	

**AND A SPECIAL THANK YOU TO THOSE  
MEMBERS WHO WISH TO REMAIN ANONYMOUS  
Donations as of 9/26/2018**

## JULIE DALTON—EXECUTIVE DIRECTOR



### RSS Announces the Solo Agers Club

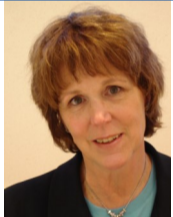
When I walk through the center, I am reminded that each one of us plays a vital role in making RSS a special place. I encourage you to be an “ambassador” for RSS by inviting your friends and neighbors to join us.

This is particularly important as there are many in our community who live alone with no family or close friends. Dealing with the challenges that come with getting older can be daunting. RSS is announcing the **Solo Agers Club**, a gathering for those who see themselves as “**Solo Agers**”. The kick-off will be a special presentation by Wendl Kornfeld, an expert in solo aging. Mark your calendars for **Tuesday, October 30<sup>th</sup> at 1:00 PM**. Light refreshments will be served.

We are deeply grateful for the generosity of our members. All donations, regardless of amount, are always appreciated. While some wished to remain anonymous, our **Wall of Honor** showcases the names of those members who made a contribution of \$100+ or made a recurring donation commitment during our recent member appeal.

Our **Hidden Treasures Flea Market and Bake Sale** is right around the corner on Sunday, November 4<sup>th</sup>. We are always on the lookout for raffle prizes. For the first time, this year we will have a few select vendors from the community. We would love to have more volunteers make this an outstanding success. Contact Cheryl Kann-Ferst, our Volunteer Coordinator, for a way that **you** can get involved! I hope to see you all there!

## ANDRIA CASSIDY—DEPUTY DIRECTOR



The first Active Aging week sponsored by RSS was a huge success! Thank you to all who participated and congratulations to all who won raffle prizes!

We are now entering our official fall season and there are more new programs added.

**Intergenerational:** The Horace Mann Service Learning Team, with Horace Mann High School students setting the program agenda, is back. Their first day is **October 9<sup>th</sup> at 3:45**. Come to help them kick off another fun year of sharing and learning together.

The 2<sup>nd</sup> graders from Kinneret are back too and will be here on **October 30<sup>th</sup> at 1:30**.

**Computer Technology:** We are fortunate to have two volunteers to help you with your technology devices and questions.... Susan Levy a volunteer with vast experience in computer technology and training and Neal Rooney our talented “retired” computer instructor who has come back to help as a volunteer. (see calendar for schedule)

There are wonderful **Trips** planned that appear on the calendar. Thank you trip Committee and thank you Yvonne for the careful coordination and guidance to make these trips the success they are.

Rite Aid will be back to administer **Flu Shots** on **October 17<sup>th</sup>**. See Lisa for any questions. Don't miss the very informative health and **educational lectures** scheduled (see calendar) and find out what the Solo Aging is all about on **October 30<sup>th</sup> at 1:00**.

On **Thursday, October 25<sup>th</sup> at 5pm** come to a Social to have a re-imagining discussion on the **Women's Circle** where we will share with you plans for The Circle this year. Light Dinner served.

Last but not least **Come to the Halloween Costume Party on the 31<sup>st</sup> ...in costume....** you may win a prize!

## UPCOMING EVENTS AND CLASSES

**FELDENKRAIS Mondays—@ 1:45pm Fall Session **\*\*Register in the office\*\*****

**October 15th— December 10th**

**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!

**CREATIVE ART WORKSHOPS—Wednesdays @ 1:30**

**From October 10th—December 26**

In this class create Art that reflects your imagination and your memories  
New Students Welcome No Experience with Art necessary!!!

### INDIVIDUAL COMPUTER ASSISTANCE AVAILABLE!

We are happy to announce that this month we will have two very talented volunteers helping out in the computer lab. Ms. Susan Levy comes to us with vast experience in computer technology and training. Mr. Neal Rooney our talented "retired" computer instructor who has come back to help as a volunteer.

**Welcome Back Neal!**

**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 Neal or Susan

Tuesdays 10am-12noon...Volunteer Susan Levy

Fridays October 5<sup>th</sup> and 12<sup>th</sup> ...Volunteer Neal Rooney

**PALEO THERAPEUTIC EXERCISE—October 12th & 26th @10:00 am**

"**Paleo Therapeutic Exercise**" 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—2nd & 4th 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. Each session you will take away Tips and/or something to use at home. As a bonus everyone will experience Reiki.

**October 12** - Create sachets with essential oils and lavender buds.

**October 26** - Create mandalas with dried leaves, flowers, etc.

**PRESENTATIONS**

**“Save \$ On Your Property Taxes and Freeze Your Rent” Presentation**  
**(October 2 @ 1PM)**



The NYC Department of Finance will present *various programs* that individuals may qualify for.

**\*Senior Citizen Homeowners' Exemption (SCHE).** This program provides a property tax exemption for senior citizens who own one home, condominiums, or cooperative apartments.

**\*The Senior Citizen Rent Increase Exemption (SCRIE,** also known as the NYC Rent Freeze Program) freezes the rent for head-of-household seniors 62 and older who live in rent-regulated apartments.

**RITE AID PRESENTS:  
The Importance of  
Flu, Pneumonia  
Vaccines**

**Wednesday, October 17th**

Influenza is a contagious respiratory illness that spreads from person to person through coughing, sneezing or close contact. Symptoms include: fever, sore throat, chills, fatigue, cough, headache, runny or stuffy nose and muscle aches.

The influenza virus can cause mild to severe illness. Every year in the U.S., millions of people are affected by the flu. Don't be a statistic. Protect yourself and those around you by getting a flu shot.

Rite Aid will be administering Flu and Pneumonia vaccines on **October 17th from 10am to 12pm.** If you are interested please sign up in the Main Office. \*\*

**(Bring Medicare Card)**

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



**Thursday, October 25<sup>th</sup> at 5pm**  
come to a Social to have a re-imagining discussion on the **Women's Circle** where we will share with you plans for The Circle this year. Light Dinner served.

*2.00 donation for a light dinner*  
RSVP by 10/1918 in the office  
or Call 718 884-5900

**“SOLO AGERS”  
Tuesday October 30th @ 1:00pm**

This month, October 30th, marks the launch of the Solo Agers Club. Navigating the later years of life pose special challenges to those without adult children or close family/friends nearby. The goal of the RSS **Solo Agers Club** is to get people to create their plans, developing caring support community and living their best life. The kick-off will be led with a presentation by solo aging expert Wendl Kornfeld. It will cover who solo agers are, the importance of the “fridge card”, phone tree systems and digital estates.

## FLEA MARKET

### ATTENTION RSS MEMBERS!

We Need Your Help to Make November 4th ... our **First Flea Market & Bake Sale** BE THE BEST EVER! We are in need of the following:

- **Raffle Prizes.** WHO DO YOU KNOW WHO MIGHT DONATE A PRIZE TO OUR RAFFLE? Think about businesses you know, friends of yours that may know of businesses that would donate to our raffle. We are looking for a variety of prizes. Here are some ideas - free dinners and lunches, electronics (such as ipads), gift cards, luggage, health retreats, beauty treatments, massage, tv's, home appliances, gym memberships, beauty products, concert or theatre tickets....and more.

**We just need the information, we will get in touch with them!**

- **Flea Market Items.** We are looking to add to the mix of product we are selling at the flea market by adding such things as cosmetics/perfumes, sports memorabilia and furniture. Again, do you know of anyone who would be interested in selling at our flea market either by buying a table or donating items to be sold at the flea market.

**We want to make this the best and most profitable RSS Flea Market ever.**

***Donations will be accepted starting Monday October 15th to Friday October 26th from 10:00 to 12:00 & 2:00 to 4:00 see Maritza***

## 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 and 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.

## OCTOBER MOVIE GUIDE

### Oct 3-Meyerowitz Stories



The Meyerowitz Stories stars *Adam Sandler, Ben Stiller, Dustin Hoffman, Elizabeth Marvel, Grace Van Patten* and **Emma Thompson**, and is the intergenerational tale of adult siblings contending with the influence of their aging father

### Oct 10-The Guernsey



In 1946 a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation.

### Oct 17-On Chesil Beach



In 1962 England, two young people from drastically different backgrounds well to do Florence (Academy Award nominee Saoirse Ronan) and working class Edward (Billy Howle) meet and begin an idyllic courtship. Though their love is true, the societal pressures and sexual mores of the time cause strain between the young couple, leading to an awkward and fateful wedding night. Adapted by Ian McEwan from his bestselling novel, *On Chesil Beach* is being hailed by critics as a lyrical and rapturous film (*Variety*).

### Oct 24-Mamma Mia-Here We Go Again



A woman grapples with running her mother's villa while also expecting her first child and worries that she won't be able to handle everything on her own, so she enlists two of her mother's friends for assurance, help and guidance. Along the way, she learns more about her mother's past and how faces a surprise visit from someone she's never met: her own grandmother.

**OCTOBER 31(Halloween Party-No Movie)**

## HONOR DONATIONS

Sema Brainin—  
To RSS—  
Thanks and appreciation for loving guidance and support in time of need!

Mary E. Fernandez—  
To Maritza & Emerson—  
Thanks a million for your help!!

Marjorie Schustack—  
To Betty Begley  
In memory of Betty Begley's mother, Edna Begley.

Veronica Smith—  
To Maritza Silva  
Thank you for helping with my phone.

Vooss Family—  
To Alfred Zeilberger  
To our dear friend. We wish on this special Birthday all the best and continue adding the numbers.

## RIDDLE

### Riddle:

**I can fly but I have no wings. I can cry but I have no eyes. Wherever I go, darkness follows me. What am I?**

Last month's Answer:  
**Crown**  
You can give us the answer during the month of

September  
**Three Winners**  
will be chosen on the Day of the Birthday Celebration.  
Winners will win a **Free Lunch!**

OCTOBER TRIPS	NOVEMBER TRIPS	DECEMBER TRIPS
<p><b>Wednesday, October 3</b>— Cloister—Heavenly Body Exhibit— Leaving RSS 11:00am Leaving Cloister 2:15pm</p> <p><b>Tuesday, October 9</b>— Georgia O' Keeffe's Hawaiian Exhibit—Botanical Gardens Leaving RSS 11:00am Leaving Gardens 2:00pm</p> <p><b>Friday, October 12</b>— Dinosaur BBQ Leaving 11:15am—Returning 1:45pm</p> <p><b>Monday, October 15</b>— Arthur Avenue Leaving 11:15am—Returning 1:45pm</p> <p><b>Wednesday October 17</b>— Burlington Coat Factory Leaving 11:15am—Returning 1:45pm</p> <p><b>Friday, October 19</b>— Seashore Restaurant Leaving 11:15am—Returning 1:45pm</p> <p><b>Monday, October 22</b>— Aldi Supermarket Leaving 11:15am Returning 1:30pm</p> <p><b>Wednesday October 24</b>— Cross County Mall Leaving 11:15am—Returning 1:45pm</p> <p><b>Thursday, October 25</b>— Sands Casino, Bethlehem, PA Leaving RSS @ 8:30am Leaving Casino @ 5:00pm</p> <p><b>Monday, October 29</b>— Empire City, Yonkers Leaving 11:15am Returning 1:45pm</p> <p><b>Wednesday, October 31</b>— Ridgehill Mall Leaving 11:15am—Returning 1:45pm</p> <p style="text-align: center;">On or after <b>October 1</b>, please sign up in the office in person, <b>UNLESS OTHERWISE STATED.</b> TRIPS ARE SUBJECT TO CHANGE</p>	<p><b>Wednesday, November 7</b>— Christmas Tree Store Leaving 11:15am—Returning 1:45pm (REGISTRATION BEGINS MON. OCT. 22, 2018)</p> <p><b>Friday, November 9</b>— King China Buffet Leaving 11:15am Returning 1:45pm (REGISTRATION BEGINS MON. OCT. 22, 2018)</p> <p><b>Monday, November 12</b>— Stew Leonard's/Costco Leaving 11:15am—Returning 1:15pm</p> <p><b>Wednesday, November 14</b>— Museum of City of NY Leaving 10:15am Returning 2:00pm (REGISTRATION BEGINS MON. OCT. 22, 2018)</p> <p><b>Friday, November 16</b>— Sammy's Restaurant Leaving 11:15am—Returning 1:45pm</p> <p><b>Monday, November 19</b>— Aldi Supermarket <b>NO CHARGE FOR TRANSPORTATION</b> Leaving 11:15am—Returning 1:00pm</p> <p><b>Wednesday, November 26</b>— Empire City Casino Leaving 11:15am—Returning 2:00pm</p> <p><b>Wednesday, November 28</b>— Ridgehill Mall Leaving 11:15am—Returning 2:00pm</p> <p style="text-align: center;">On or after <b>November 1</b>, please sign up in the office in person <b>UNLESS OTHERWISE NOTED.</b> TRIPS ARE SUBJECT TO CHANGE</p>	<p><b>Monday, December 3</b>— Walmart Leaving 10:15am—Returning 2:00pm (REGISTRATION BEGINS MON. NOV 26, 2018)</p> <p><b>Wednesday, December 5</b>— Christmas Tree Store Leaving 11:15am—Returning 1:45pm (REGISTRATION BEGINS MON. NOV 26, 2018)</p> <p><b>Thursday, December 6</b>— Holiday Train Show Botanical Gardens Leaving 11:15am— Returning 2:15pm *** TENTATIVE***</p> <p><b>Monday, December 10</b>— Arthur Ave Leaving 11:15am Returning 2:00pm</p> <p><b>Wednesday, December 12</b>— Trader Joe Leaving 11:15am—Returning 1:45pm</p> <p><b>Friday, December 14</b>— Crab Shanty Leaving 11:15am Returning 1:45pm</p> <p><b>Monday, December 17</b>— Aldi Supermarket <b>NO CHARGE FOR TRANSPORTATION</b> Leaving 11:15am—Returning 1:00pm</p> <p><b>Wednesday, December 19</b>— Empire City Casino Leaving 11:15am—Returning 2:00pm</p> <p><b>Friday, December 21</b>— Ridgehill Mall Leaving 11:15am—Returning 2:00pm</p> <p style="text-align: center;">On or after <b>December 1</b>, please sign up in the office in person <b>UNLESS OTHERWISE NOTED.</b> 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**