

THE ADVISORY COUNCIL AT RSS

Did you know that there is an Advisory Council made up of RSS member volunteers who have an important role of contributing advice and service to the administration and staff; and, that every senior center is required to have a senior advisory council?

The purpose of the Advisory Council as described in the By-laws is to represent the general membership, advise staff and make recommendations that reflect the interests and concerns of RSS participants; and, to act on issues on behalf of RSS and the older adults of the local communities. The Advisory Council cooperates with the administration to ensure an effective and responsive program. They do not determine policy, make final decisions about operations or fiscal issues, or supervise staff but act as advisors and ambassadors of RSS.

Currently there are 16 members in the Council, all dedicated and hard working who volunteer their time every month and beyond and who act as ambassadors for RSS to promote our mission and help to make us great!

This year will be the first in many that we will hold elections to our Advisory Council. There will be 5 positions available (4) for the general Council membership and (1) for the position of corresponding secretary.

Notice of the Nomination process is herein posted in this April Newsletter .

To be eligible to serve on the Advisory Council, an individual must be a member of RSS for at least 6 months and must be an active participant in program or volunteer work. (Active = participates or volunteers actively at least one day per week). The individual must demonstrate a willingness and ability to continue to be active and involved and will be encouraged to volunteer at any level once per week.

POSTING OF NOTICE

The Notice will be available at the Greeter’s desk during the month of April.

- There will be a box on the Greeters desk for members to place their nominations during the weeks of **May 13th through May 24th 2019**. A member can nominate her/himself.
- Once the nominations are all in, the Deputy Director, Executive Director and nominating committee, made up of members on the Advisory Council, will meet with all nominees to go over the eligibility process and Job duties and will determine who will be on the finalized list of candidates. From there the names, pictures and bios of each nominee will be posted. In addition there will be a one page sheet with all names and bios listed.
- From this list, members will vote in early June. Ballots and a ballot box will be available at the Greeter’s desk where all votes can be submitted during the weeks of **June 3 through June 14th 2019**.
- The highest vote getters (counted by the nominating committee) will win the available slots.
- The results of the election will be announced at the **June** general membership meeting. Date and time to be announced.

Available positions to the Advisory Council

Four (4) General Advisory Council Members

Job Duties: Elected members to the Council advise and make recommendations that reflect the interests and concerns of RSS participants. Advisory Council Members are voting members and assist in all functions of the Council.

Introducing our Advisory Council members

Ita	Aber	General Council Member	Ernece	Kelly	General Council Member
Robert	Ackerson	Recording Secretary	Ronnie	Lemanski	Chair
Yolanda	Blankson	General Council Member	Dawn	Magden	General Council Member
Vera	Daniel	General Council Member	Stuart	Olsen	General Council Member
Patricia	Gallagher	General Council Member	Patricia	Pardo	General Council Member
Jackie	Jones	General Council Member	Joan	Rock	General Council Member
Myra	Kaufman	Vice-Chair	Ralph	Strauss	General Council Member
Shirley	Keegan	General Council Member	Arlyne	Wollen	General Council Member

THE MORE YOU KNOW

There have been reports that some community members have been victims of internet dating. People have even lost their entire savings because they fall prey to these scam artists. It is important for online users to be on the look-out for online dating and romance scams.

10 WAYS YOU CAN SPOT A ROMANCE SCAMMER.

Watch out if you "meet" someone who:

- *Wants to leave the dating site immediately and use personal email or instant messaging to communicate with you
- *Makes several spelling and grammar mistakes when communicating
- *Sends a personal photo that looks like something from a glamour magazine
- *Professes love too quickly
- *Claims to be from the U.S., but is traveling or working overseas
- *Makes excuses about not being able to speak by phone
- *Plans to visit, but cancels at the last minute because of a traumatic event or a business deal gone sour
- *Asks for money for a variety of reasons (travel, medical emergencies, hotel bills, hospitals bills for child or other relative, visas or other official documents, losses from a financial setback)

HIDDEN COST OF HOSPITAL FACILITIES FEES

What are Facility Fees?

A facility fee is a charge that you may have to pay when you see a doctor at a clinic that is not owned by that doctor. Facility fees are charged in addition to any other charges for the visit. Facility fees are often charged at clinics that are owned by hospitals to cover the costs of maintaining that facility. Facility fees can range from \$15 to hundreds of dollars, depending on the service you receive.

Is a Facility Fee Covered by Insurance?

Many insurance plans do not cover facility fees or cover only a portion. You may have a separate deductible for the facility fee as well. It is up to you to understand your coverage. If you are not sure how your plan covers facility fees, talk to your benefits administrator.

What Can I Do to Avoid Facility Fees?

- * When you make an appointment at a facility, ask if you will be charged a facility fee.
- If a facility charges a facility fee and you do not want to pay it, ask the doctor if he or she sees patients at a different location that does not charge facility fees.
- If you choose to see a doctor at a facility that charges a facility fee, know how much it will be and what your responsibility will be.



HEALTHCARE MATTERS-BARBARA ESTRIN

As a follow-up to our forum on the NY Health Act, Barbara Estrin from the Campaign for New York Health has authored this article. RSS is here to present all viewpoints on this issue and we encourage an open dialogue on these and other healthcare issues that affect us all.

Healthcare Matters

Barbara L. Estrin, Author and Volunteer for the Campaign for New York Health
With regard to healthcare, members of Riverdale Senior Services can sing, as Maurice Chevalier did in Gigi. “I’m so glad I’m not young anymore.” We all have Medicare or Medicaid.

But our voices may not be so strong as we watch the debate in Washington about whether to trim those programs or whether to offer Medicare for All. In the meantime, New Yorkers can lead the debate with the New York Health Act (A4738A/S4840), the only single payer plan that has all the economic details worked out.

On February 7, State Senator Alessandra Biaggi spoke at RSS about a major contribution to senior peace of mind offered this year: Long-term care has been added to the pending legislation. Citing her own family experience, she was joined by Henry Moss, of Physicians for a National Health Program and by Bobbie Sackman of the Caring Majority.

Senator Biaggi also described the benefits of the New York Health Act for New Yorkers of all ages. In addition to long-term care, New York Health covers all medically necessary services, prescription, vision, dental, hearing, mental health, substance abuse treatment; and reproductive care. One comprehensive plan, freedom of provider choice, and no more networks.

The bill will eliminate all financial obstacles that currently leave more than 10 million New Yorkers under-insured — delaying or foregoing critical care, struggling to pay medical bills, risking financial bankruptcy and experiencing job-lock. Senator Biaggi stressed that the New York Health Act is self-financing according to the centrist Rand Corporation, Funded through a graduated tax on income, it will save all but the richest 10% of New Yorkers monies over what they are paying for healthcare now.

For more information, you can contact Barbara Estrin, a volunteer for the Campaign for New York Health at barbaraestrin@gmail.com

Stay tuned for future informative programming at RSS on this and other issues. **We en-**

PRESENTATIONS

WOMEN'S CIRCLE

**Conversation of the Spirit
with Rabbi Aaron Frank**
Monday April 1 @ 1:15 p.m.
 Roses, Lilies and the Capital:
 The Floral Connection

2020 Census
Tuesday April 2 @ 1:00 p.m.
 Discussion of how the 2020 Census will be implemented and focus on two main areas in which we need partner support: jobs and education/awareness/action.
 Also discussed will be tools available for the public to use to help understand the challenges in ensuring a complete and ac-

Thursday April 4th & 11th @ 11-12
**Computer Literacy Workshop
for Women's Wellness**
Presented by
Mt. St. Vincent's Students

- Find credible websites for health issues
- Browse the Internet
- Learn mind exercises for total wellness
- Listen to music for wellness
- Stay in touch with friend and family (via social media software such as Face-

TRAVELS WITH CECILE
Tuesday April 16 & 30 @ 1:00 p.m.

**Come & experience lots of interesting things/
places of my travel, with lots of photos.**

April 16 April 30

Thursday April 25th @ 1:00 p.m.

Hepatitis what you need to know
with Sheila Reynoso

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



Why Do We Get Sick?
An interactive presentation about germs, the environment, and holistic medicine



Local homeopath Patricia Maher will lead a lively discussion about the influences that contribute to sickness and the different approaches taken by conventional and holistic medicine. An experienced teacher, Pat will also discuss the various types of holistic modalities and what they can do. She will also explain homeopathy, holistic medicine's "best kept secret," a 300-year old system of energetic healing that originated in Europe in the 1700s and which is widely practiced around the world.

Wednesday, April 17th
6:00—8:00
(Sign In by: 5:40 p.m.)
\$2.00 donation for a light dinner

HELP DEVELOP SPECIAL EVENTS PROGRAMMING AT RSS!

The committee will look at events including such things as Active Aging Week and Older Americans Month. We'll also focus on commemorative months such as Asian Pacific Heritage Month, Jewish American Heritage Month, Black History Month, National Hispanic Heritage Month, Women's History Month....and more.

We are looking for members who are interested in giving their feedback and ideas on upcoming programming.

We are scheduling our first meeting for the end of April. If you'd like to join, please contact Margie

JOURNAL ADS



The journal for this year's 45th Anniversary Gala will be a special keepsake. This year we are honoring not only RSS's 45th but several of our local businesses - Blue Bay Restaurant, Brown's Jewelers, Columbia Florist, Larry the Locksmith, Regal Pharmacy, and Skyview Wines and Liquors.

As many of you may know, our anniversary celebration each year is our major fundraiser for RSS. It's an opportunity to raise additional funds to continue to provide a range of wellness and healthcare programs and to celebrate RSS's accomplishments and contributions community donors and leaders.

There are a two options to donate and to be listed in the souvenir journal. They are:

1. Be part of a special Member tribute page – your first and last name will be listed with other members for a donation of \$45.
2. An individualized personal 4 line message for a donation of \$100.

All ads/donation are due by May 1st. Donation forms are available in the center office or see Betty Begley in Suite 106 if you have any questions.

DONATE

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

APRIL MOVIE GUIDE

April 3- Mary Poppins (Starts at 12:45) (2:10)



Now an adult with three children, bank teller Michael Banks learns that his house will be repossessed in five days unless he can pay back a loan. His only hope is to find a missing certificate that shows proof of valuable shares that his father left him years earlier. Just as all seems lost, Michael and his sister receive the surprise of a lifetime when Mary Poppins -- the beloved nanny from their childhood -- arrives to save the day and take the Banks family on a magical, fun-filled adventure.



April 10-Second Act (1 hrs. 43 mins)

A big box store worker reinvents her life and her life-story and shows Madison Avenue what street smarts can do.



April 17- If Beale Street Could Talk (1:57 mins) (* Best Supporting Actress)

In early 1970s Harlem, daughter and wife-to-be Tish vividly recalls the passion, respect and trust that have connected her and her artist fiancé Alonzo Hunt, who goes by the nickname Fonny. Friends since childhood, the devoted couple dream of a future together, but their plans are derailed when Fonny is arrested for a crime he did not commit.



April 24- VICE (Starts 12:45) (2 :12) (*Oscar & Golden Globe Winners)

Governor George W Bush of Texas picks Dick Cheney, the CEO of Halliburton Co, to be his Republican running mate in the 2000 presidential election. No stranger to politics,

HONOR DONATIONS

Blanche Morganstern—Yvonne—I will never forget your caring and thoughtfulness. Thank You.

Freida Natt—Family of **Jeanette Rabinowitz**— In memory of Jeanette Rabinowitz.

Gail Streeter—Maritza—Thank for you help!!

Anita Vooss—Sandy Brass— Happy to hear you are recouping so well, keep it up.

RIDDLE

Riddle:

I always run but never walk, often murmur but never talk, have a bed but never sleep, has a mouth but never eat. What am I?

Last month's Answer: **Bowling Ball**

You can give us the answer during the month of March **Three Winners** will be chose on the Day of the Birthday Celebration. Winners will win a

