



The Riverdale
YM-YWHA
Senior Center

SEPTEMBER 2019 NEWSLETTER

From The Director

One of the purposes of a Senior Center is to build community. At the Y, we do this in a number of ways. Facebook users can share photos and anecdotes on our Facebook group, Riverdale Y Seniors and Friends. New members can receive the newsletters and announcements through e-mails from me. But, the best way to build community is by getting to know each other in person. Talk to the people at your lunch table. Find out their stories, interests, hopes and dreams. Show them the photos on your phone. Help someone who seems to be in need. Volunteer to teach a class. All these things will help you feel good about yourself and your Y community.

Older adults have a high rate of mental health issues such as depression and anxiety compared to the general population but are less likely to seek help. Thrive NYC, the City's mental health initiative, has partnered with the New York City Department for the Aging to provide services in Senior Centers to help older adults address these concerns. We are preparing to launch a program at the Y. Watch for more announcements as we get started.

Welcome to our new driver Roodely Guerrier who started in August. We are also welcoming Social Work Intern, Ariella Aronowitz. Ariella is in her first year at Yeshiva University's Wurzweiler School of Social Work. Best of Luck to George Gitterez who resigned and moved to Pennsylvania. Get well wishes to Kitchen Staff Member, Anthony Browder, who is home recovering from an injury.

Wishing everyone a Sweet New Year. We'll celebrate with our Rosh Hashana Luncheon on September 25, 2019.

Best,

Sharon Asherman, LMSW



August Birthday Party

New and Noteworthy at the Center

Tuesday, Sept 3: 10:30 am

Nutrition Education Lecture: *Night Shade Vegetables and Arthritis.* Presented by Erica Novota, Registered Dietician with The New York City Dept for Aging.

Wednesday, Sept 3: 1:00 pm

Concert: Igor Sherbakov on keyboard will sing & play American, Jewish, & Spanish favorites as well as other upbeat songs. He welcomes the audience to sing along.

Wednesday, Sept 4: 1:00 pm

Historical Trivia: Facilitated by Center Member, Aaron Goldman.

Thursday, Sept 5: 1:00 pm

Cafe Europa Concert: All are welcome to attend and enjoy.

Friday, Sept 6: 10:30 am

Concert: Guitarist and Vocalist Elliot Goldberg will play favorite, upbeat songs from the 50's through the 80's.

Tuesday, Sept 10: 10:30 am

Health Lecture: *Taking Control of Your Brain.* Presented by Phillippe Douyon, M.D. Founder & CEO of The Inle Brain Fit Institute.

Tuesday, Sept 10: 11:45 am

Celebrating Our Members' **September Birthdays** before lunch. Warm Greetings and Gifts.

Tuesday, Sept 10: 1:00 pm

Dancing; with Manny Montanez, Singer/Musician on Conga Drums. Pop Hits from the 50's- 70's, Latin, MoTown, & more.

Thursday, Sept 12: 10:30 am

Lecture & Discussion: *Learning about U.S. Congressman Adam Schiff.* Presented by Morris Friedberg, LMSW, Center Member

Thursday, Sept 12: 1:00 pm

Book Talk With Musical Interludes: *Star-Spangled Mystery.* A Fascinating hidden history of our National Anthem. Included will be musical renditions of the song's original version and other patriotic tunes. Presented by Marc Ferris, Author & Musician on vocals and guitar.

Friday, Sept 13: 10:30 am

Courtroom Drama: *Law & Order.* With Aytan Adler, Recreational Therapist.

Tuesday, Sept 17: 10:30 am

Lecture: *1967--Summer of Love. Or Was It?* Presented by Evan Weiner, Journalist & Radio Broadcaster.

Tuesday, Sept 17: 10:30 am

Blood Pressure Screening: With Diane Holmgren RN.

Wednesday, Sept 18: 1:00 pm

Lecture: *God & Artificial Intelligence--True or False?* Presented by Dr. Gideon Erlich, Center Member.

Thursday, Sept 19: 10:30 am

Lecture: *They Did What? The Bible and Us.* With Rabbi Tamar Crystal, Westchester Chaplain, New York Board of Rabbis.

Thursday, Sept 19: 1:00 pm

Concert: *The East Side Trio Plus One.* This musical ensemble will sing songs & ballads from many cultures. Popular, Folk, Latin and more. Sponsored by SelfHelp Community Services.

Friday, Sept 20: 10:30 am

Concert: With Ron Doster, Singer & Entertainer performing songs from the Great American Songbook, along with Folk & Dance tunes. He will gladly play audience requests.

Tuesday, Sept 24: 10:15 am

Lecture & Slides: *The Fascinating Life of the Late Actress Gloria Swanson:* She was the originator of high Hollywood glamour. She was one of the biggest stars of the silent screen. The high point of her career was as silent star Norma Desmond in "Sunset Boulevard." Presented by Pierre Montiel, Film Historian

Wednesday, Sept 25: 11:45 am

Rosh Hashanah Luncheon: Holiday Program led by Rabbi Joseph Robinson, Director of Community Engagement at the Y. The program will be followed by a festive lunch. Suggested Cost \$6.

Thursday, Sept 26: 12:45 pm

Book Club: *The Dark Flood Rises* by Margaret Drabble. October's Book is *The Ninth Hour* by Alice McDermott, Facilitated by Adele Schwartz, Center Member.

Friday, Sept 27: 10:30 am

Courtroom Drama: *Law & Order-* With Aytan Adler, Recreational Therapist.

SENIORS ON THE MOVE

Advance registration is required for all trips and special events. Trips are in the Center's passenger van unless otherwise noted. Popular trips may require last minute transportation changes, including the use of a school bus. If you have special needs regarding transportation, please alert staff when you register. Registration is at the Welcome Desk or call Vicki at (718) 548-8200 X204.

BROOKLYN BROWNSTONE BUS TOUR: Wednesday, October 30, 2019:

Guided, 3 hour bus tour of Brooklyn's famed brownstone districts filled with architecture and history. We will see and hear about 19th Century townhouses and mansions that were some of the most premiere and wealthiest places in the country during the 1800's. Get a feel for the quaint character of these historic areas and see their beautiful architectural treasures, many of which have been carefully maintained or restored. We plan to visit some or all of these neighborhoods: Brooklyn Heights, Park Slope, Cobble Hill, and Clinton Hill. We will be in the Y's 16-seat passenger van for much of the tour with a few opportunities to disembark. This tour will be led by a licensed tour guide based in Brooklyn, NY. We will leave the Y at 9:45 am and meet our guide at Grand Army Plaza, where we will enjoy our bagged lunch comfortably indoors before the trip. We will return at approximately 5:00 pm. Cost of this trip is \$55 per person. After Oct 8th, the cost increases to \$65.

AN AFTERNOON IN YONKERS: Untermyer Park and Gardens, Philipse Manor Hall State Historic Site and Shopping at Ridge Hill, Thursday, October 17, 2019:

Visit these historic gardens on 43 acres where international cultures both modern & ancient meet. Multi-cultural in design, the park alludes to gardens in Italy, Persia, India, Spain, & Pakistan with the highest level of aesthetics & architectural history. We will see amazing views of the Hudson & the Palisades. The next stop will be the Philipse Manor site in Getty Square in Yonkers. We'll enjoy our bagged lunch and then proceed with a guided tour of this historic house museum. We'll learn about the Philipse family, see architecture, and portraits throughout the museum as well as various works of art in the house's gallery. Finally, we will go to Ridge Hill to browse and shop. Our Y Passenger van departs the Y at 10:30am & returns approximately 4:30 pm Trip cost is \$25. After Oct.3rd the cost increases to \$30.

NEW CLASSES AND PROGRAMS

BEGINNER'S AND INTERMEDIATE LEVEL BRIDGE CLASSES

Our Intermediate Bridge Class will resume Thursday September 12, 2019 from 10:00 am -12:00 pm. That same afternoon at 1-3pm, we will introduce a new Beginner's Bridge class taught by an ACBL accredited instructor. Both classes are 8 sessions. This is a fee based class sponsored by the Y. Registration is at the front reception desk.

Thank You For Your Donations to the Center

BETTY BAUMEL: In memory of Lynn Shaw's, Daughter, Renee Kearny.

ARTHUR & JOYCE KOVEN: Thanks to the wonderful staff and volunteers.

SIDNEY M. COHEN: In memory of my best friend Ruth Goldstein.

ROZ & SAM SAMUELS: In memory of Lynn Shaw's Daughter, Renee.

GEORGETTE JOHNSON: In memory of Evelyn Dellon.

SUSAN CHASKY: In honor of Barbara Flam, our Ceramics Teacher.

SUSAN & SAM CHASKY: In memory of Evelyn Dellon.

ROBERT KOEPL: In memory of Evelyn Dellon.

Donations help support the programs and services of the Senior Center. Checks can be made payable to the Riverdale Y Senior Center and given to Sharon or Toby. For Information on planned giving, or to make a legacy donation, please contact Rick Lund 718-548-8200 X233.

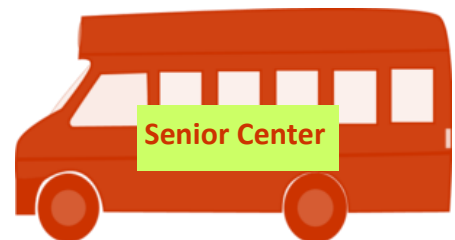
RIVERDALE Y BUS TRANSPORTATION

Note the following change in our schedule:

Return trips from the Y are at 1:00 & 2:00.

Beginning September 10, 2019, there will no longer be a Tuesday 3:00 return trip for persons living outside Riverdale. There will be a 3:30 return trip for those residing inside Riverdale.

Door to door round trip service to the Y is \$4.50 (\$2.25 suggested contribution each way). If you wish to be picked up on a specific day call (718) 548-8200, ext.225 before 8:00 AM and leave a voice message with your name, pick-up address, and phone number. Our drivers will call back when they are ready to pick you up.



SIGN-UPS/SAVE THE DATE

DRAWING CLASS WITH DANNY HAUBEN

Sept 5 to Nov 14, 2019
Register at the Front Desk

Tai Chi Class Resumes With Instructor, Stephen Shulman

Tuesday, Sept 10, 2019 At 10:00 am

PROJECT RENEWAL SCAN VAN MAMMOGRAPHY

Thursday, Oct 3, 2019 9:00 am -12 noon
Please call 800-564-6868 to make an appointment.
Van parks in the back parking lot of the Y.

FLU SHOTS

MONDAY, OCT 7, 2019

***Sponsored By State Assemblymember Jeffrey Dinowitz
and the Riverdale CVS Pharmacy***

IT'S SHOWTIME FOLKS"

IF YOU WOULD LIKE TO PARTICIPATE IN OUR Nov 2019 TALENT SHOW,
PLEASE GIVE VICKI MATALON YOUR NAME. DATE TO BE ANNOUNCED.

Café Europa Luncheon Thursday, September 5, 2019

11:00AM Discussion with Sarah Binder, MSW from Self Help Community Services.

12:00PM Special Luncheon and Dessert in our Card Room.

1:00PM Concert: Henry Covner, Singer on Keyboards Playing Music From Around The World.

Café Europa programs for Nazi victims have been supported by a grant from the Conference on Jewish Material Claims Against Germany. R.S.V.P. to Vicki Matalon at (718) 548-8200 x 204.



SEPTEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/2 CLOSED	9/3 BEEF STEW Brown Rice Broccoli Honeydew	9/4 ORANGE CHICKEN WITH ROSEMARY Couscous Roasted Zucchini Bananas	9/5 TUNA FISH SALAD Pasta Salad Carrot Salad Apples	9/6 BBQ CHICKEN Apple Sweet Potatoes Green Beans Watermelon
9/9 CAESAR SALAD WITH CHICKEN Garlic Bread Cantaloupe	9/10 BAKED SALMON Orzo Pasta Baby Carrots Apples 	9/11 SPAGHETTI AND MEAT SAUCE Garlic Bread Tossed Salad With Dressing Watermelon	9/12 BAKED FISH Baked Red Potato Wedges Baby Carrots Bananas	9/13 OVEN FRIED CHICKEN Yellow Rice Brussels Sprouts Apples
9/16 ZITI WITH MEAT SAUCE Garden Salad Garlic Bread Grapes	9/17 BAKED CHICKEN Spinach Sweet Baked Yams Watermelon	9/18 SALMON SALAD Pasta Salad Three Bean Salad Bananas	9/19 HAMBURGERS French Fries Fresh Sliced Tomatoes & Cucumbers Watermelon	9/20 BBQ CHICKEN Brown Rice Broccoli Watermelon
9/23 BAKED FISH Couscous Brussel Sprouts Oranges	9/24 ROAST CHICKEN Roasted Zucchini Sweet Baked Yams Strawberries	9/25 <u>ROSH HASHANAH</u> <u>LUNCHEON</u> MUSHROOM & BARLEY SOUP BRISKET SWEET POTATOES GEFILTE FISH ROASTED VEGETABLES SORBET HONEY CAKE	9/26 TUNA CAKES Orzo Pasta Israeli Salad Bananas	9/27 HAWAIIAN CHICKEN Brown Rice Baby Carrots Peaches
9/30 CLOSED				
MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE				
Funded by the New York City Department for the Aging and your contributions.				



A NOTE FROM THE SOCIAL WORKER

HOW'S MY HEALTH INSURANCE? MONDAY, OCTOBER 7, 10:30AM

Can you believe it? We are on the verge of another Open Enrollment Period (November 1st through December 15th). This is an opportunity to re-evaluate our Health Care Insurance—Medicare Health plans and Drug plans-- and make sure we have the best coverage for our money. Just to be sure you notice, health insurance companies will soon start flooding us with advertisements-- in your mail, on your phone, and on TV-- trying to persuade you to change to their brand.

Many of these programs are designed to confuse us and make us feel helpless. I will try to cut through the jargon and answer any questions you may have during a presentation on ***Monday, October 7, at 10:30 AM***. I will discuss all the Medicare options (health and drug plans) and how these options may pertain to you. Please think about attending. We all need to be smarter today than we were yesterday.

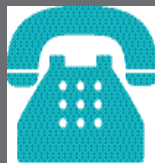
MAKE AN APPOINTMENT WITH LYDIA--During this Open Enrollment Period, November 1st through December 15th, you can change your health insurance and/or drug insurance plan. Some people have a Drug Plan (Part D) separate from their Medicare (Part B) and pay a monthly premium for that Plan. You have the opportunity to research and change your Drug Plan if a different Drug Plan will save you money and still cover all your drugs. New York State has about 20 approved Drug Insurance companies. These drug insurance companies are obligated to cover all the drugs on their formulary (drug list). There might be another plan available for you which will cover your drugs but have a cheaper (or no) monthly premium. If you would like me to help you with this research, (1) make a list of all your prescription drugs, (2) the dosage (mg), and (3) how often you take them. Then make an appointment with me for this investigation. You may already have the best plan possible but let's check it out to be sure!

Lydia

Lydia Ecker, LMSW
Social Worker

The New York Legal Assistance Program (NYLAG) mobile van will be here on Thursday, October 17th. Gather any legal questions you may have (will, Health Care Proxy, Power of Attorney, etc.) and see Lydia to make an appointment.

Important Numbers



Senior Center Office(347) 913-4444
Fax.....(718) 432-9342
The Y Main Reception Desk.....(718) 548-8200
Transportation Reservations(718) 548-8200 ext. 225
Director.....(347) 913-4390
Social Services.....(347) 913-4391
Programs..... (347) 913-4395
Volunteers.....(718) 548-8200 ext. 217

Program Staff

Sharon Asherman, LMSW, Director
Toby Boisseau, Office Manager
Vicki Matalon, Program Coordinator
Nekiya Edwards, Food Service Manager
Lydia Ecker, LMSW, Social Worker
Ronnie Zackman, Volunteer Coordinator

Newsletters are available on the Internet
at www.riverdaley.org

FUNDED BY THE NEW YORK CITY
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UJA  **Federation**
of New York

Riverdale Y Senior Center

Offers opportunities to socialize, catch up with old friends, make more friends, and get involved in a new community. Membership is free for adults aged 60+. Register in-person. Monday through Friday 8:30 AM to 4:00 PM.

RIVERDALE Y
SENIOR CENTER
RIVERDALE YM-YWHA
5625 ARLINGTON AVE.
BRONX, NY 10471
Advisory Council

Morris Friedberg, President
Loyda Camacho, Vice President
Jerry Klein, Treasurer

Riverdale Y Leadership
Deann Forman,
Chief Executive Officer
Sarah B. Crowe, President

Welcome New Members

ALAN GULNICK
THELMA GULNICK
EMELIA BARBANEL
ROSE ELLEN LENZI
JOE RUGGIERO
DR. MARI SAUNDERS
TZIPORAH SHARP
AIDA VARGAS
DAVID BLUM
PATRICA CARRICO
CAROLE DONEGHY
EDITH GALINDEZ-MAHLER
JEROME LEVKOV
LESLIE MAHLER
ADELE POLITZER
HOPE BLACKER
JOSEF MIRER
RITA AXELROD
ALICE BUTLER
JUDITH BUTLER
HADASSAH SCHULTZ