In the coming weeks the Riverdale Y will be installing new access control panels throughout the facility, including at the front and rear main entrances, each of the stairwells, and the elevator. The exterior main entrances will be accessible either with a 6-digit PIN, or, for more convenience, with a special sticker that you will be able to purchase for $5. The interior access points will be accessible with a fingerprint.

In February 2020 we will begin entering fingerprints for all active Senior Center members into the security system. We will also distribute PIN numbers to each of you. The fingerprints will be used only to open access control at the Riverdale Y and will not be shared or used for any other purposes. If you are a Silver Sneakers or paying Fitness Center member you will be fingerprinted through the fitness department and will only need to be fingerprinted once.

Since the Center is required by the New York City Department for the Aging to update membership information annually, there will be an opportunity to update your membership records when you are fingerprinted.

We thank you in advance for your assistance in improving our security measures throughout the Y and will keep you informed as we implement this project.

Many Senior Centers throughout the country have dropped the word “Senior” from their names, instead calling themselves clubs, wellness centers, and other names. Inside this issue you will find a questionnaire and contest to help us decide whether to consider a new name for our Center. If we decide to change our name from the Riverdale Y Senior Center to something else and your idea is selected, you’ll receive a prize.

Finally, Join the Riverdale community for a day of service on Martin Luther King’s birthday, Monday, January 20, 2020. This event is sponsored by the Riverdale Jewish Community Partnership and UJA-Federations’s “Time for Good,” and coordinated by the Riverdale Y. You can sign up online at www.RiverdaleY.org/MLK. Staff from the Y will also be available to sign you up for specific MLK day activities immediately before lunch every day the week of January 6, 2020.

Wishing Everyone a Happy and Healthy New Year!

Best,

Sharon Asherman, LMSW
Thursday, Jan 2:  1:00 pm  
**Café Europa Concert:** All are welcome to attend.

Friday, Jan 3: 10:30 am  
**Concert:** With Reginald, Vocalist. Crisp & Charming baritone voice. Singing oldies, 40s-70s hits, Motown & contemporary tunes.

Tuesday, Jan 7: 10:30 am  
**History Lecture:** *The Cold War—The U.S. & The Soviet Union. How America Responded.* Presented by Michael Smook, Lecturer

Wednesday, Jan 8: 1:00 pm  
**Lecture & Demo:** *Quack Medical Show.* Presented by Denny Daniel, Museum of Interesting Things. Travelling Museum

Thursday, Jan 9: 10:30 am  
**Blood Pressure Screening** with Diane Holmgren, RN

Thursday, Jan 9: 11:45 am  
**New Year’s Luncheon:** Suggested Contribution $6.00; $8.00 day of event  
**New Year’s Party:** Dancing with Bryan Lammers on keyboards. Salsa, Motown, Oldies, Rock & Roll, & more

Friday, Jan 10: 1:00 pm  
**Decoupage Art Workshop:** Create your own work of art using personal photos of family or dear friends. We also have magazine pictures on hand for other collages. Facilitated by Morris Friedberg, Center Member

Monday, Jan 13: 10:30 am  
**Blood Pressure Screening with Gabrida Hutnanova RM**

Tuesday, Jan 14: 10:00 am  
**Tag Sale**

Tuesday, Jan 14: 10:30 am  
**Interactive Workshop:** *Dealing with Difficult People.* Learn how to effectively deal with people who get under your skin as well as challenging situations. With Thrive NYC, Social Worker, Stephanie Ortiz, LMSW

Tuesday, Jan 14: 11:45 am  
**Celebrating Our Members’ Jan. birthdays** before lunch. Gifts & warm greetings

Tuesday, Jan 14: 1:15 pm  
**Dancing** with Juan Ortega on Keyboards. Oldies, Disco, Latin, Motown, & more

Wednesday, Jan 15: 12:45 pm  
**Gift Wrapping Class:** Wrap with Toby, our Office Manager. Learn how to beautifully wrap gifts as well as decorate shopping bags.

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**Gift Wrapping Class:** Wrap with Toby, our Office Manager. Learn how to beautifully wrap gifts as well as decorate shopping bags.
New and Noteworthy at the Center

Thursday, Jan 16: 10:30 am
Lecture & Discussion: The Beauty Of Being a Misfit. With Morris Friedberg, Center Member

Thursday, Jan 16: 1:00 pm
Concert: Linda Kunkin, Singer & Vlad West, Pianist, will be performing American, Russian, & Jewish tunes. Sponsored by SelfHelp Community Services.

Friday, Jan 17: 10:30 am
Sing-a-long: with Ron Doster, Singer & Musician. Songs from the Great American Songbook, dance tunes, jazz standards, & more

Monday, Jan 20: All Day
Martin Luther King Jr. Service Day at the Y; Concession stand in Board Room

Tuesday, Jan 21: 10:30 am
Concert For Your Enjoyment: Van Martin, Baritone Singer, will sing songs from Frank Sinatra, Dean Martin, Nat King Cole, Lou Rawls, Neil Diamond, & others. Enjoy hot chocolate with marshmallows before the concert begins.

Tuesday, Jan 21: 1:00 pm
Lecture: The Yom Kippur War. This presentation will focus on the key events, personalities, and miraculous circumstances leading from Israel's near national destruction to incredible victory. Presented by Glen Ross, Lecturer

Thursday, Jan 23: 10:30 am
Blood Pressure Screening with Diane Holmgren, RN

Thursday, Jan 23: 12:45 pm
Wii Games, facilitated by Ronnie Haber, Center Member

Friday, Jan 24: 10:30 am

Tuesday, Jan 28: 10:30 am
Historical Trivia: With Aaron Goldman, Center Member

Wednesday, Jan 29: 12:45 pm
History Lecture: The Spanish Inquisition- One of the most important chapters in history. With Saul Fathi, Lecturer & Author

Thursday, Jan 30: 12:45 pm
Book Club: The Tattooist of Auschwitz by Heather Morris. February's book is Stay With Me, by Ayobani Adebayo. Facilitated by Adele Schwartz, Center Member

Thursday, Jan 30: 12:45 am
IMPROV Performance: Join members of our Improv class for their culminating performance. Directed by Instructor Frank Ingrasciotta

Friday, Jan 31: 10:00 am
Vision Board Art Workshop: Set your goals for the New Year by visually representing them with pictures & inspiring words. Please bring magazines to this class. Facilitated by our Thrive NYC Social Worker, Stephanie Ortiz, LMSW
Mental wellness is just as important as your physical health!
Everyone of us goes through stressful times in our lives, and developing good coping skills allows us to maintain mental health wellness when faced with overwhelming stress. Wellness is a balance of emotional, physical, spiritual, and mental health.

**Working Towards Mental Wellness**
There are many ways you can enhance your mood, build resilience, and get more enjoyment out of life. Here are some helpful ways to start developing good coping skills

- Learn to be at peace with yourself
  - Acknowledge what your abilities are
  - Pay attention to your own needs and feelings
  - Express your thoughts through a journal to understand more about yourself
- Work towards your objectives
  - Set SMART goals (Specific, Measurable, Achievable, Relevant, Time-limited)
- Maintain a healthy lifestyle
  - Have balanced meals
  - Exercising regularly—even if it’s a short walk!
  - Avoid cigarettes, alcohol and other harmful substances
- Build strong relationships
  - Make time for family and friends, and share life’s joys and sorrows with them
  - Get involved in the Center’s activities

As part of my role as the Thrive NYC Social Worker at the Center, I am conducting wellness screenings with as many members as possible. Screenings are by appointment on Tuesdays and Fridays and there is an incentive if you complete the process. The screenings are designed to assess the prevalence of depression, anxiety, and other issues within the Senior Center community. Aggregated results will be used by the Department for the Aging for planning and programmatic purposes. Additionally, I will share individual results with you and if there is something specific you would like help in addressing we can do so. If you are interested in participating in the screening see me on Tuesdays or Fridays when I am at the Senior Center.

Stephanie Ortiz, LMSW
Jewish Association for Services for the Aged
# Contest: What’s in a Name?

Looking forward to the future of the Senior Center, we would appreciate your thoughts.

Would you still refer to us as a Senior Center?  ___Yes ___No

If not, what would you call us? _______________________
____________________________________________________________________________________

Your Name: ______________________________________
Phone Number: ___________________________________
E-mail: __________________________________________

**Contest Rules:**
Submit as many names as you would like.
If we decide to use your idea for a new name, we'll give you a $25.00 gift card.

You can fill out this form and leave in the box by the Welcome Desk or e-mail the form back to Sharon (sasherman@riverdaley.org)

Contest runs from January 30, 2020 - March 31, 2019

If several people submit the same winning name, we will have a raffle to decide who gets the
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.

FRED & LORRAINE BAKER: Happy Holiday and Healthy New Year. Thanks to you and your wonderful staff and volunteers

SUSAN WEISS: In appreciation of the Senior Center

Also a special thank you to Skyview Wine and Spirits as well as Ha-Makolet—Shoshi’s Market for sponsoring our cookbook launch party.

RIVERDALE Y BUS TRANSPORTATION

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.

Morning pick-up from your home is at approximately 8:30 am; 9:30 am and 10:30 am. Return trips leave the Y at 1:00 pm and 2:00 pm. On Tuesdays there is also a 3:00 pm return trip. Departures at 3:00 pm on other days are by request only. Buses pull up in front of the Y.
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.

**OPEN REHEARSAL AT THE NEW YORK PHILHARMONIC**:

Wednesday, January 15, 2020
Join the Philharmonic as they rehearse for the evening’s performance of Dvorak’s Symphony No. 9 with Conductor Gustavo Dudamel. Leaving Y at 8:00 am and returning approximately 2:30 pm. We will provide bagged lunches. Cost of this trip is $52; after Dec 23rd cost increases to $57.

**BRIDGE CLASSES**
The Y will resume the Beginner and Intermediate Instructional Bridge Classes in March 2020. Advance Registration Required.

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**Café Europa**

*Riverdale YM-YWHA*

5625 Arlington Ave, Bronx, NY 10471

**Thursday, January 2, 2020**

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

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

1:00PM Concert with Gregory Muldganov on Saxophone, Clarinet and Accordion. Playing lively European Folk, Jazz, and Classical Music.

Socialization (Café Europa) programs for Nazi victims have been supported by a grant from the Conference on Jewish Material Claims Against Germany. Pre-registration required with Vicki Matalon at (347) 913-4395
NEW CLASSES AND PROGRAMS

TAI CHI FOR ARTHRITIS
Twice Weekly
Mondays and Fridays for Eight Weeks
Starts Mon, Jan 13, 2020 at 9:00 am
This energy movement art increases balance and suppleness, improves posture, breathing capacity, and natural range of motion. Because of its emphasis on joint stability and flexibility, it is perfect for those suffering from arthritis. Taught by an experienced Instructor. Please sign up in advance with Vicki Matalon if you are interested in participating.

DRAWING CLASS
Thursdays for Eleven Sessions
Jan 16, 2020 to Mar 19, 2020. at 10:00 am
With Local Artist, Danny Hauben. If interested, please register at the Y reception desk or with Vicki Matalon. This is a Y Sponsored Class with a fee attached.

CREATIVE WRITING CLASS
Thursdays for Eight Weeks
Starts February 6, 2020 at 10:00 am
For those who enjoy writing this is a class where you can practice your craft, and support other writers in their work. Class members can work in a variety of formats, including fiction, non-fiction, and memoir. Pre-register with Vicki by Jan 16th. Class is limited to 12 participants.

BEADING CLASS
Wednesdays for Three Sessions
Starts Feb 12th at 12:45 pm.
Please sign up with Vicki by Jan, 15th. Class limited to eight participants.
## JANUARY MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/1 CLOSED FOR NEW YEAR’S DAY</td>
<td>1/2 TUNA CAKES Brown Rice California Blend Tangerine</td>
<td>1/3 OVEN ROASTED CHICKEN Sweet Noodle Kugel Brussel Sprouts Orange</td>
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<tr>
<td>1/6 BAKED FISH Yellow Rice Steamed Peas Apples</td>
<td>1/7 TURKEY DRUMSTICKS Sweet Baked Yams Collard Greens Fruit Cocktail</td>
<td>1/8 HAMBURGERS Roasted Sweet Potato Fries Garden Salad Pears</td>
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<tr>
<td>1/10 LEMON BAKED CHICKEN Brown Rice Broccoli Strawberries</td>
<td>1/11 NEW YEAR’S PARTY</td>
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<tr>
<td>1/13 MEATLOAF WITH GRAVY Mashed Potatoes Steamed Peas Canned Apricots</td>
<td>1/14 Baked Salmon Couscous Spinach Grapes</td>
<td>1/15 BBQ CHICKEN Couscous Spinach Grapes</td>
<td>1/16 BEEF STEW Brown Rice Baby Carrots Oranges</td>
<td>1/17 BAKED CHICKEN Bowtie Pasta Brussel sprouts Apples</td>
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<tr>
<td>1/19 CHICKEN BROCCOLI/GARLIC IN SWEET SAUCE Brown Rice Fruit Cocktail</td>
<td>1/20 BREADED POLLOCK French Fries Carrot Salad Apples</td>
<td>1/21 CAESAR SALAD WITH GRILLED CHICKEN Garlic Bread Garden Salad Cantaloupe</td>
<td>1/22 BEEF &amp; BROCCOLI Brown Rice Broccoli Bananas</td>
<td>1/23 BAKED FISH Couscous Baby Carrots Canned Apricots</td>
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<tr>
<td>1/24 ADOBO BAKED CHICKEN Orzo Pasta Green Beans Oranges</td>
<td>1/25 CHICKEN BROCCOLI/GARLIC IN SWEET SAUCE Brown Rice Fruit Cocktail</td>
<td>1/26 SALMON CAKES Orzo Pasta Garden Salad Apples</td>
<td>1/27 SPAGHETTI AND MEAT SAUCE Garlic Bread Garden Salad Canned Mandarin Oranges</td>
<td>1/28 BBQ CHICKEN Baked Sweet Potatoes Roasted Zucchini Bananas</td>
</tr>
</tbody>
</table>

**MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

*Funded by the New York City Department for the Aging and your contributions.*
OUR DRUGS—POTENTIALLY DANGEROUS AND COSTLY

Now that we’ve concluded our 2020 evaluations of our Part D drug plan, perhaps we should take some time to consider the potential dangers from our prescription drugs, over-the-counter drugs and their interaction, and, of course, the high costs of some of these drugs.

People over age 65 are taking an average of between 15-18 different prescriptions drugs a year plus a wide-ranging number of over-the-counter (OTC) products. Some can cause more problems than they cure—alone and/or in combination.

This problem of “polypharmacy” (varied combinations of drugs) may be caused by (1) the confusing health care system, (2) rushed doctor visits (that’s something we can all relate to), and (3) direct promotion of drugs through the media. Often times we don’t know what our medicines are treating; we don’t recognize inappropriate side effects; we don’t know how/when to take our meds (with or without food, what time of day, in conjunction with other meds, etc.), or even if we still need the meds we have been taking for many years.

In the end, we each need to organize our total list of meds (prescription and OTC) and effectively discuss them with our doctors. Also, our pharmacist can be another source of support to evaluate the drugs we are using.

Finally, our ever-upward rising drug costs. There are many websites for discounted or free drugs—from drug manufacturers and other agencies. Please come and see me if you would like help finding some discount coupons.


EPIC

(ELDERLY PHARMACEUTICAL INSURANCE COVERAGE)

EPIC is a NYS drug insurance program which may save you more money on the cost of your prescription drugs. If you are a NYS resident, 65 or older, with an annual income of up to $75,000 (single) or $100,000 (married) and not receiving full Medicaid benefits, you can join this program. Once again, please come and see me for further details and an application.

The New York Legal Assistance Program (NYLAG) mobile van will be here on Thursday, February 20, 2020. Gather any legal questions you may have (will, Health Care Proxy, Power of Attorney, etc.) and see Lydia to make an appointment.

Lydia

Lydia Ecker, LMSW
Social Worker
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

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

Join our Facebook Group: Riverdale Y Seniors and Friends

Welcome New Members
CARMEN RODRIGUEZ
CHARLES PRIPAS
LINDA WELLS
TONY WELLS
BUNNY HORTENSE GORMAN
JUDITH MENDEZ
RHONDA STOCK
VALEH ACKERMAN
IRENE SCHOENBERG
DONNA SIEGER
RICHARD ZABBLAUSKAS
CHANDER SATISH
LILLIAN GEWIRTZMAN
JUDITH KRAMER

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

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UJA Federation of New York