



The Riverdale
YM-YWHA
Senior Center

AUGUST 2018 Newsletter

News from the Director

Training the next generation and encouraging an understanding between generations is an often unrecognized, but a vital part of the mission of our Senior Center, and it's a part of my job that I am very proud of. We provide first job experiences for summer youth workers and work-study interns. We have college and graduate student interns gaining valuable skills and expertise. And for the second summer we have an intergenerational program, with our partners at DOROT, where young people interact with older adults in all aspects of our program. I hope our members can think back to their first jobs or internships and recognize the importance of the experience we are giving today's youth at our Center.

We are preparing for our third and final Catalyzing Creativity Program funded by Lifetime Arts, Inc. The final program in the series is an eight week course in the "Art of Upcycled Jewelry" starting in September. Participants class complete three projects and participate in a culminating event. Like our previous Catalyzing Creativity classes, there is a formal curriculum developed by a professional instructor prior to the class and advance registration is encouraged.

See you at the Y soon.

Sharon Asherman, LMSW



Seniors' final improv performance, the culmination of an 8 week Catalyzing Creativity Program funded by Lifetime Arts.

New and Noteworthy at the Center

Thursday, Aug 2: 10:30 am

Lecture: *Jewish Perspectives on Issues in the News.*

Led by Dorot Teens

Thursday, Aug 2: 1:00 pm

Cafe' Europa Entertainment:

All are welcome to attend.

Friday, Aug 3: 10:00 am

DVD - 7 Days in Entebbe- Political Thriller- 1hr. 47 min.

Tuesday, Aug 7: 10:15 am

Lecture & Slides: The Life & Career of Abbott & Costello, the most famous & beloved comedy team of the 1940s. Presented by Pierre Montiel, Film Historian

Tuesday, August 7: 10:30 am

Improv/ Drama Games

Led by Dorot Teens

Thursday, Aug 9: 10:30 am

Lecture: *Jewish Perspectives on Issues in the News.* Led by Dorot Teens

Thursday, Aug 9: 10:30 am

Bliss Fit: Yoga & Dance Session with Trinity Schmidt

Friday, Aug 10: 10:30 am

Concert: Bob McArthur, Impersonator, will sing songs of the legendary Elvis. Love Me Tender, Hound Dog, Jail House Rock, to name a few.

Tuesday, Aug 14: 11:45 am

Celebrating Our Members'

August birthdays before lunch. Surprises for the Birthday members and delicious cake for all .

Tuesday, Aug 14: 1:00 pm

Dancing: With Henry Covner, singer, on keyboards. International music.

Tuesday, Aug 14: 2:15 pm

Balloon Art Show: Making flowers, hats, jewelry, animals, and more for us to enjoy & take home. With Simeon Ratner,

from Care One at Teaneck.

(Kosher Skilled Nursing Facility in New Jersey)

Wednesday, Aug 15: 1:00 pm

Lecture: *Jewish Secrets of the Sistine Chapel.* Through discussion of the master artist's background and motivations and images taking us through Rome, Florence, and the Frescos the long indecipherable messages of the Sistine Chapel paintings are revealed. Based on a book by Dr. Benjamin Blech. Presented by Glen Ross, B.A. Degree in Art History from Oberlin College in Ohio. Masters in Jewish Studies (pending).

Thursday, Aug 16: 10:30 am

Lecture: *Jewish Perspectives on Issues in the News.*

Led by Dorot Teens

Friday, Aug 17: 10:30 am

Trivia: Testing Our General Knowledge With Morris Friedberg, Senior Center Member.

Friday, Aug 17: 1:00 pm

Bliss Fit: Yoga & Dance Session with Trinity Schmidt

Tuesday, Aug 21: 10:30 am

Nutrition Lecture Healthy Nutrition For Eye Health. Presented by Erica Novota, Nutritionist from the New York City Department for the Aging.

Thursday, Aug 23: 10:30 am

Bliss Fit: Yoga & Dance Session Trinity Schmidt

Thursday, Aug 23: 1:00 pm

End of Summer Bash. We will start out with a Quirky Hat Contest. The few most interesting hats will receive a prize. Then a sing-a-long with Ron Doster, as he leads us with

songs from the 60s-80s. Ending off with mouth watering desserts.

Friday, Aug 24: 10:00 am

DVD: Based on the Book. Measure of Man. Cast : Donald Sutherland, Blake Cooper, & others. 1hr. 40 min.

Tuesday, Aug 28: 10:30 am

Historical Trivia: With Aaron Goldman, Senior Center Member.

Thursday, Aug 30: 10:30 am

Discussion: *Summer's End* With Ronnie Zackman, Senior Center Staff Member.

Thursday, Aug 30: 1:00 pm

Concert: N.Y. Troubadours: Four Young Men who will sing and play acoustic guitars, bass, & cajon. Music of the Beatles, Fats Waller, Simon & Garfunkel, Duke Ellington, & more. Sponsored by the Family of Former Senior Center Member Mrs. Ray Levine. Ray loved the music and programs at the Center.

Thursday, Aug 30: 1:00 pm

Book Club: *A Gentleman in Moscow* by Amor Towles. September's book is *In the Midst of Winter*, by Isabel Allende. Facilitated by Adele Schwartz, Senior Center Member

Friday Aug 31: 10:30 am

Lecture: *Baseball in American Culture:* Literature, Song, Radio, the Stage, Movies, & T.V. Presented by Evan Weiner, award winning journalist who does a daily podcast on the Business & Politics of Sports.

NEW CLASSES

Beginning, Thursdays, Sept 13, 2018, 8 Sessions: The Art of Upcycled Jewelry.

In this workshop, participants will learn how to clean, repair and modify their own used and discarded jewelry, creating new, sustainable jewelry in the process. Participants will also take part in a final fashion show, open to the public, in which they will model their finished pieces, and celebrate the stories of their jewelry.

Led by an artist and Experienced Instructor-Please sign up by Aug 23rd if you are interested in participating.

Learn The Fundamentals of Freehand Drawing. The new 11 session series begins Thursday, Sept 13, 2018 at 10–11:30am. Fee paid class. Contact 347-913 4395 for more details.

INTERMEDIATE BRIDGE CLASS. Our new 8-session series, taught by an American Contract Bridge (ACBL) accredited instructor, begins Thursday, Oct 11, 2018 at 10 am. This is a fee paid class. Sign up online or at the front desk downstairs if you are interested in a 'Beginners' Bridge Class. See Vicki Matalon. We need at least 10 participants to have this class (which would also charge a fee).

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.



SIGN UP & SAVE THE DATE

PROJECT RENEWAL

SCAN VAN MAMMOGRAPHY

Friday, Sept 28, 2018 9:00am -12noon

Please call 800-564-6868 to make an appointment.

ROSH HASHANAH LUNCHEON

Wednesday, Sept 5, 2018

Festive Holiday Meal

Doors open at 11:30 am

Cost \$6 Sign up beginning week of Aug 6th

Brief Holiday Program before lunch



Meet Our Summer Teen Interns!

One-on-One Technology Assistance: Register to meet with a teen intern and learn to get the most out of your devices. Bring your cell, tablet, laptop or any electronic device. (Monday, From 10:30 to 12:00 pm Aug 6, Aug 13, Wednesdays from 1-2 pm: Wed, Aug 1, Aug 8, Aug 15)

Party Games: Get in the spirit of play with our teen interns for some big group games to sharpen the wits and start the day with laughter and fun. (Thursdays from 10:30-12 pm: Aug 2, Aug 9, Aug 16)

Improv/Drama Games: Bring out your inner actor/actress and have fun with spontaneous and creative theater led by teen interns. (Tuesdays 10:30-12: July 31, Aug 7, Aug 14)

A Short Story Exploration of the Self: Take a moment to explore your own understanding of the world and your role in it. By means of short stories, participants will unpack the written word to make sense of their own set of values. Learners will be given a text and asked to read in advance for each session. (Thursdays 1-2 pm: Aug 2, Aug 9, Aug 16)

Arts and Crafts: Create something different every week in collaboration with the teen interns. (Wednesdays 10:30-12: Aug 1, Aug 8, Aug 15)

Jewish Perspectives on Issues in the News: Join a group of older adults and high school students to learn about and discuss some of the most important issues in the news today. We will explore what Jewish tradition, history, and wisdom can teach us about issues like gun control, food access and women's rights. (Thursdays 10:30-12: Aug 2, Aug 9, Aug 16) ***Please register in advance – limited spots***

Documenting Stories: Teen interns will interview you to learn about your life and what makes you special. Stories will be shared with the center at the end of the summer including photos and videos. (Tuesdays 1-3: Aug 7, Aug 14 Wednesdays, 10-12 pm Aug 1, Aug 8, Aug 15) ***Please register in advance – limited spots***

Virtual Reality: Go on adventures guided by the teens without leaving the comfort of your seat. This interactive experience uses cutting edge technology and content designed exclusively for our programs. (1-2 pm on the following days: Monday, Aug 6, 13, Tuesday, Aug 7, 14) ***Please register in advance – limited spots***

Jewish Movie Series: (Wednesday, 1-3pm Aug 1, 8,15)

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.

SHEFFIELD ISLAND LIGHTHOUSE FERRY CRUISE & LOCKWOOD MANSION MUSEUM GUIDED TOUR NORWALK, CONNECTICUT:

Thurs, August 16, 2018. We arrive at the ferry dock in Norwalk at 11:00 am for a 45min scenic narrated ferry ride to Sheffield Island. We plan to be there for 90 minutes. Enjoy lunch at tented picnic tables. Participate in a 20 min guided tour of the island's 150 year old historic lighthouse showcasing furnished rooms (furniture from the 19th Century). When we return to the dock, we will visit the Lockwood Mansion Museum nearby for a guided tour. This was the 1st castle in the U.S. and summer home of Mr. LeGrand Lockwood, railroad tycoon of the Civil War Era. We will see 19th century period rooms of the Victorian Era. Departs Y at 9:15 am. Returns approximately 5:15 pm. We will use a luxury van with a private bus company. Cost \$62: After Aug 9th, cost is \$69. Bagged lunch included in costs.



U.S. OPEN QUALIFIERS TRIP: Wed, August 22, 2018, U.S. Open Qualifiers at Arthur Ashe Stadium in Flushing Meadows. Elite Athletes compete for slots in the U.S. Open Tennis Tournament. Well known tennis players will be on the practice courts in preparation for the upcoming competition. Cost \$20: After August 8th, cost is \$25. Bagged lunch included in cost of trip. Departing Y 10:30 am. Returning approx 4:30 pm.



APPLE PICKING AND EXPLORING THE VILLAGE OF NYACK: Thursday, Sept 6, 2018. Leaving the Y at 9:30 am using our van headed to Dr. Davies Farm Apple picking. A variety of apples on 35 acres. There is a farm stand to purchase seasonal fruits and vegetables (credit cards not accepted). ATM Machine is available. With your payment you are entitled to pick one 7 pound of apples. We will then go to the Village of Nyack and have our lunch at Memorial Park which is located on the Hudson River. Nearby, we will explore downtown Nyack, a creative and energetic village with eclectic shops, unique gifts, outdoor cafes and more. We will return to the Y at approx 5:00 pm. Cost \$30 After August 22 - Price increases to \$35.





From The Social Worker, Lydia

Dear Lovely Riverdale Y Senior Center Members,

I've been thinking about saving money. Any interest? There are three specific are as I've been thinking about: Medicare Savings Program, Drug Plan (Part D), and Extra Help with Drug Costs.

Medicare Savings Program (MSP) This is an income-based government program that can save you some money. Income-based--that means they only look at your Social Security, pensions, IRA distributions, and annuity payments. They do not look at any savings and/or investments. If your income is below or close to \$1386 (single) or \$1872 (couple), MSP will pay your monthly Part B premium and possibly more. Not bad, huh? Please make an appointment to see me if you think you qualify.

Drug Plan (Part D) Some people have a Drug Plan separate from their Medicare Part B and pay a monthly premium for that Plan. You may recall that every Fall, from October 15 to December 7, 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, make a list of all your prescription drugs, the dosage (mg), and how often you take them. Then make an appointment with me for this investigation.

Extra Help with Drug Costs This is an income and asset-based government program that can reduce your prescription costs. Income below \$18,090 (single) or \$24,360 (couple) and Assets below \$13,820 (single) or \$27,600 (couple) will qualify. Please make an appointment to see me.

P. S. The New York Legal Assistance Program (NYLAG) mobile van will be here again on Thursday, September 6th. Gather any legal questions you may have (will, Health Care Proxy, Power of Attorney, etc.) and see me to make an appointment.

Lydia

Lydia Ecker, LMSW

Social Worker

Donations-Your Dollars at Work

JAMES & GRETA MCCARTHY: In appreciation to the Senior Center.

NANCY LAU: In memory of Mr. Lou Miller, Mrs. Mariah White, and Mrs. Anita Schwed.

MARK STUART: In memory of my loving wife Janet Stuart 7/29/2011. In memory of my precious daughter Rubin Faith Stuart 8/14/2015

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, please contact Marilyn Raider at (347) 913-4421.

SENIOR CENTER ADVISORY BOARD

JULY 1, 2018 TO JUNE 30, 2020

OFFICERS

MORRIS FRIEDBERG - PRESIDENT

LOYDA CAMACHO - VICE PRESIDENT

JERRY KLEIN - TREASURER

ARIANA HOLBACK - SECRETARY

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TEHILLA SIEGEL

Café Europa Luncheon

Thursday, August 2, 2018



11:00AM Monthly Discussion Group with Social Work Staff from Selfhelp Community Services.


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

1:00PM Concert: Henry Covner, singer on keyborads, will sing songs from 40s and 50s.

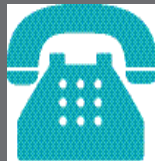
Café Europa programs for Nazi victims have been supported by a grant from the Conference on Jewish Material Claims Against Germany. Pre-registration required with Vicki Matalon at (718) 548-8200 x 204.



AUGUST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BAKED ZITI WITH MEATSAUCE Garlic Bread Mixed Green Salad Bananas	2 BAKED BREADED FISH Brown Rice Sauteed String Beans Fruit Cocktail	3 ROAST CHICKEN Acorn Squash Roasted Brussels Sprouts Oranges
6 STUFFED BAKED FISH Couscous with Mushrooms & Onions California Blend Vegetables Apples	7 BAKED BREADED CHICKEN CUTLET Oven Roasted Potatoes Green Bean Saute Oranges	8 TUNA CAKE Orzo Pasta Zucchini with Onions & Peppers Bananas	9 TURKEY Burrito Brown Rice Tossed Salad with Dressing Oranges	10 BAKED CHICKEN Baked Sweet Potatoes Broccoli With Toasted Garlic Canned Apricots
13 WESTERN FRITTALA Green Bean Saute Bananas	14 BAKED SALMON Couscous Kale Grapes 	15 BBQ CHICKEN Brown Rice Roasted Vegetables Oranges	16 HAMBURGERS Roasted Sweet Potato Fries Tossed Salad with Dressing Sliced Peaches	17 ROAST CHICKEN Yellow Rice Mixed Vegetables Tangerine
20 TURKEY DRUMSTICKS Baked Sweet Potatoes Collard Greens Bananas	21 SALMON CAKES Brown Rice Mixed Vegetables Strawberries	22 SPAGHETTI MEATBALLS, TOMATO SAUCE Salad Garlic Bread Watermelon	23 BAKED FISH Garlic Mashed Potatoes Mixed Vegetables Oranges	24 OVEN FRIED CHICKEN Garden Salad Orzo Fruit Cocktail
27 BEEF STEW Egg Noodles Baby Carrots with Parsley Applesauce	28 BAKED MUSHROOM CHICKEN Zucchini with Onions & Peppers Canned Apricots	29 TUNA SALAD Garlic Bread TOSSED SALAD Apples	30 TURKEY BURGERS Oven Baked Fries Garden Salad Bananas	31 LEMON BAKED CHICKEN Bowties Pasta with Kasha California Blend Vegetables Oranges
	MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE			
Funded by the New York City Department for the Aging and your contributions.				

Important Numbers



Senior Center Office (347) 913-4444
Fax.....(718) 432-9342
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

Please dial above numbers instead of calling the Y's reception desk.

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

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UJA  **Federation**
of New York

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

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.

Advisory Council

Morris Friedberg, President
Loyda Camacho, Vice President
Jerry Klein, Treasurer
Ariana Holback, Secretary

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

Welcome New Members

DORIS CORDEO
OLGA KITT
MARITZA LIZADO
FUNGCHE AU-HAIMAN
ANGELA NARANJO
ALTAGRACIA POLANCO
RAPHAEL MINIER
ZOLA GOLUB
REESA VAUHTER
MARCIE CLINE
RUTH MEAR
BARBARA CURRAN
RACHEL AUGUSH
MIRIAM GOLDSTEIN
PAULA LIEBSKIND
LORA TRAKHTENBERG
CAROL SPIVACK
MARGOT ALBRECHT
MAURICE O'CONNELL
MICHAEL SILFEN

Staff News

Take a minute to thank Chelsea, Josiah, Yanai, and Benny, our Summer Youth Workers for their help this summer.

Michael Perez, who worked in our kitchen left for a new job. We are very proud of Michael, who got his start at the Y while still in high school and wish him the best of luck in his new endeavor. Driver, Jeffrey Miller, was hired just for the summer and will be leaving in August. Participants using our transportation should be aware there will only be one driver for a few weeks in August.

Pat O'Malley is an exceptionally skilled Social Worker and we appreciate that we were able to draw on her expertise over the past few years. She will not be returning to her position as a Social Worker at the Center, but will stay in touch with our community. Lydia Ecker will remain with the Y as our part-time social worker.

We also would like to welcome Blerina (Linda) Plumbajj to our kitchen staff.

Hi everyone. A part of my time at the Y Senior Center was spent completing a community project. As you may remember, last month I asked some of you to fill out surveys. I graciously thank all of you who made the time to help me.

There were twenty-seven seniors who contributed to make the project a major success. After analyzing the data, on a program known as SPSS, the major conclusion was that all of you have tremendously positive feelings about your capabilities. You believe in yourself and your potential!

Specifically, the results showed that avoiding challenges, changes in motivation and self-efficacy predicted age. In other words, the older a person was, the higher the probability they would avoid doing something difficult, have more reduced feelings of motivation, and have lower self-efficacy. On the other hand, findings also revealed that the greater self-efficacy, the more confident a person was in their ability to learn. Another result of the study showed the lower the feelings of motivation, the more likely the person would avoid challenges. Lastly, the more a person believed in the value of practice, the better able they were to follow and achieve goals.

The purpose of this project was to find out how participants felt about their abilities; that, if they still believed in themselves, they could do it! The results were wonderful. It proved the seniors still have it within themselves and, with careful selection, determination, and confidence, there is still so much that can be done. Be bold! Learn new things no matter the difficulty; as long as you believe you can do it, the power is in your hands. Think about how rewarding and satisfying it can be to conquer a new subject, a new language, or new skills—like the art of calligraphy—or anything! With these results, we showed that you all believe in yourself and that you can do it! Now, the question lies in intention and whether you will do it. Now, it is time for action! Thank you.

Ana Jimenez, Student pre-med Intern