

August 2017

Dear Friends and Members,

August is often hot humid! Remember that CALW is a cooling center. Make sure you continue to drink lots of water! Join us for programs in a comfortable setting and stay cool at the Center for Adults Living Well @ the Y.

I hope you have all met Carol Daly, the New Director of Health and Wellness at CALW. Please introduce yourself when you see her. She is looking forward to meeting all of you!

Take a look at the calendar! There are some new programs for you to participate in. Why not try out Healthy Heart Move n' Groove on Thursdays 9:30-10:30am or The Artful Breath" Breathing & Gentle Movement to Music, Thursdays 10:30-11:15am.

Please to remember to sign up for our trips to Empire City on August 10th and the Westchester Dinner Theater in September. Do not forget about the overnight trip to Pine Grove Dude Ranch. in October. I am sure you will have a great time.

Just a reminder that Voting is a constitutional right and privilege that all Americans have. Please remember that the staff of CALW is available to assist in completing the necessary forms so you can register to vote in all future elections. Sign up for an appointment at the social service office and exercise your right to vote!!

Enjoy the last of the long summer days and join us for programs at the Center for Adults Living Well @ the Y

Shalom,

Leah Ferster
Director, Center for Adults Living Well @ the Y
(for those 60 and better)

A Message from Carol Daly, Director of Health & Wellness

Thank you all for the very warm welcome! I am very happy to have the opportunity to serve as your new Health & Wellness Director in the vibrant and beautiful community of the Center for Adults Living Well at the YM & YWHA of Washington Heights.

August is National Immunization Awareness Month and an important part of your Personal Wellness Program. Immunizations are the most effective way to prevent you from getting many common infectious diseases. It is recommended that people over the age of 60 get the flu, Tdap, pneumonia and shingles vaccine and talk to your doctor about what vaccines you might need.

During the hot weather, please stay hydrated and avoid becoming overheated. You can find information sheets on immunizations and staying cool in the warmer weather at the volunteer desk. We also have new programs this month listed in the calendar. I look forward to meeting all of you!

Center for Adults Living Well @ the Y
for those 60 and better

54 Nagle Avenue, New York City, NY 10040

Tel: (212) 569-6200 | Fax: (212) 567-5915 info@ywashhts.org



Center for Adults Living Well @ the Y

for those 60 and better



LUNCH MENU

Lunch is served Sunday-Friday from 12:00-1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8/1 Breaded Fish or Egg Salad w/ Greens	8/2 Turkey Patty w/ Gravy or Egg Salad w/ Greens	8/3 Deli Plate or Tuna Salad w/ Greens	8/4 Breaded Pollock or Egg Salad w/ Greens
8/6 Cheese Blintzes or Tuna Salad w/ Greens	8/7 Salisbury Steak or Egg Salad w/ Greens	8/8 BBQ Chicken or Tuna Salad w/ Greens	8/9 Breaded Fish Fillet or Egg Salad w/ Greens	8/10 Deli Plate or Tuna Salad w/ Greens	8/11 Meatloaf w/ Brown Gravy or Egg Salad w/ Greens
8/13 Hawaiian Chicken or Tuna Salad w/ Greens	8/14 Baked Tilapia or Egg Salad w/ Greens	8/15 Pepper Steak or Tuna Salad w/ Greens	8/16 Veggie Burger or Egg Salad w/ Greens	8/17 Deli Plate or Tuna Salad w/ Greens	8/18 Breaded Pollock or Egg Salad w/ Greens
8/20 Macaroni & Cheese or Tuna Salad w/ Greens	8/21 Beef w/ Black Bean Sauce or Egg Salad w/ Greens	8/22 Roasted Chicken or Tuna Salad w/ Greens	8/23 Breaded Fish or Egg Salad w/ Greens	8/24 Deli Plate or Tuna Salad w/ Greens	8/25 Turkey Meatloaf or Egg Salad w/ Greens
8/27 Sweet & Sour Chicken or Tuna Salad w/ Greens	8/28 Baked Mustard Tilapia or Egg Salad w/ Greens	8/29 Salisbury Steak or Tuna Salad w/ Greens	8/30 Chicken Chow Mein or Egg Salad w/ Greens	8/31 Deli Plate or Tuna Salad w/ Greens	

Center Cafe - Mondays & Wednesdays, 4:30-5:15pm

Wed 8/2 No Cafe

Mon 8/7 BBQ Chicken

Wed 8/9 Pasta Bolognese (Meat Sauce)

Mon 8/21 Asian Chicken

Wed 8/23 Pasta Bolognese (Meat Sauce)

Mon 8/28 Baked Mustard Tilapia

Wed 8/30 Baked Fish

Mon 8/14 Honey Rosemary Chicken

Wed 8/16 Baked Fish

Lunch and Dinner are offered for a suggested contribution of \$1.50 for our participants who are 60 and better. Breakfast is offered for a suggested contribution of \$1.00. Guests are subject to a \$3.00 per meal.

**PLEASE NOTE: MENUS ARE SUBJECT TO CHANGE
ALL MEALS INCLUDE EITHER A SOUP OR SALAD, VEGETABLES,
STARCH, MILK, BREAD AND FRUIT**

**If you are pescetarian or vegetarian, please let us know and we will try to accommodate you.*

Special Events & Classes, Activity Listings and more

Arts & Culture	Special Events/ Activities	Trips for the Month	Lectures	Notes	New Additions
<p>Sun 8/6 Weekend Dance Party w/ J. Ortega 1:30pm, Refreshments served</p> <p>Wed 8/9 Ice Cream Party w/ Andreas, 1:30pm</p> <p>Wed 8/16 An afternoon with opera with Allegro Singers. Piano Inna Laytush! 1:30pm, Refreshments served</p> <p>Wed 8/30 Birthday party with Juan Ortega. 1:30pm, Refreshments served</p>	<p>Starting September 5th. "Sharing Life's Stories" with Terri Lee, Professor Emeritus (2017)</p> <p>Christopher Newport University Newport News, VA</p> <p>In this class, we will tell stories about experiences in our lives that are important to us, and we will learn ways to be a compassionate listener to the stories of others. Each week we will explore stories and storytelling in an active workshop. We will tell stories, write down our stories, and make records of our stories that we can share with our families and friends.</p>	<p>8/10 Empire City Casino</p> <p>8/23 Philadelphia- The National Jewish American Museum & Independence Hall, Price \$20 (Bagged Lunch Included)</p> <p>Contact Mira to Register/information(212) 569-6200 x 231</p>	<p>Health:</p> <p>Every Thurs Disease Management Tip, 11:45am</p> <p>8/31 Community Health Talk presented by Columbia Presbyterian, 1:15pm</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>* Personal Nutrition Consultations w/ Loyce Godfrey, Nutrition Consultant Mondays, from 11am- 2pm</p> </div>	<p>Fri 8/4 No Strength & Balance</p> <p>Mon 8/7 No Tango Class</p> <p>Mon 8/7 No Strength & Balance</p> <p>Fri 8/18 & 8/25 Music & Memories w/ Yael will not take place</p> <p>Mon 8/28 No Morning Exercise</p> <p>Mon & Thurs Quilting resumes in September</p> <p>Time Change:</p> <p>Tues & Thurs Coffee Hour has been moved up to 2:15pm</p>	<p>Tues, Trivia Tuesdays! w/Ann, 2-3pm</p> <p>Tues Yoga (Chair & Standing) w/ Carol Tues, 10:30-11:15am</p> <p>Thurs, Move n' Groove w/ Ann, 9:30-10:30am</p> <p>Thurs "The Artful Breath" Breathing & Gentle Movement to Music (Chair & Standing) w/ Carol, 10:30-11:15am</p> <p>Thurs 8/3 (1st Thursday of every month) Men & Women's Group w/ Dana (See Thurs Schedule)</p> <p>Tues & Fri, Computer lab 1-3:30pm & 1-3:30pm</p>
Benefits & Entitlement Presentation	One Time/ Monthly Events	Sunday Movies @1pm	Monday Movies @1:30pm	Upcoming Trips	Important Announcements
<p>Benefit Presentations w/ Mira & Masiel Wed 11-11:30am</p> <p>8/2 Emergency Preparedness for the Summer Heat</p> <p>8/9 How to Recognize & Avoid Elder Abuse</p> <p>8/16 How to Apply for Acces-A-Ride</p> <p>8/23 Advanced Directives Information, forms and application assistance</p> <p>8/30 Housing Kiosk. See Masiel and Maribel to discuss your housing concerns</p>	<p>Thurs 8/17- Legal Clinic 10am to 1:30pm By appointments only. Call Mira x 231 for an appointment</p> <p>Thurs 8/17 Book Club w/ Bill "Twilight" by William Gay (Monthly Meeting), 1pm</p> <p>**PLEASE NOTE: MOVIES ARE SUBJECT TO CHANGE</p>	<p>8/6 Pocket Money w P. Neuman & L. Marvin, NR</p> <p>8/13 A Delicate Balance w/ K. Hepburn & P. Scofield, PG</p> <p>8/16 Stella Dallas w/ B. Stanwyck & J. Boles, NR</p> <p>8/20 Judgment at Nuremberg w/ S. Tray & B. Lancaster, NR</p> <p>8/27 Donovan's Reef w/ J. Wayne & L. Marvin, NR</p>	<p>8/7 The Hidden Figures w/ T. P. Henson & O. Spenser, PG</p> <p>8/14 Patriots Day w/M. Wahlberg & K. Bacon, R</p> <p>8/21 Keeping Up With Joneses w/ Z. Galifianakis & I. Fisher, PG-13</p> <p>8/28 A Tale of Love and Darkness w/ N. Portman & G. Kahana, PG-13</p>	<p>Day trips:</p> <p>9/11 Cemetery Visit (Beth El & Cedar Park) Please bring the location information of the deceased when you register. Price: \$10</p> <p>9/14 Westchester Theater "Annie Get Your Gun", Price: \$70</p> <p>Overnight Trips: 10/15- 10/20</p> <p>Overnight Trip -Pine Grove Dude Ranch, \$510 Double and \$580 Single</p>	<p>We are now able to offer you a Take Home Dinner Monday-Friday if you have been here for programs and lunch. One per person and the suggested contribution is \$1.50 (Please note, there is a maximum of 2 meals per day, per person.)</p>

Weekly Schedule of Ongoing Classes

Sunday

9:30-10am Supervised Cardio Exercise w/ Ann

10-11am Zumba Gold w/ Eleanor

10am- 12pm Computer Lab
w/ Dr.Rani

11am-11:45am Stretch Yoga w/ Ann

1-2pm Computer Class (In Spanish)
w/ Antonio

1pm Sunday Movie
(See Events Page)

2-3pm How to Use Mobile Devices
w/ Antonio (In Spanish)

Volunteer



Interested In Volunteering?

We are always looking for volunteers to assist us with a variety of tasks- including, clerical, translation, kitchen service, etc. By volunteering your time and skills you help us to serve the community. For more information, please contact (212) 569-6200 x 227

Monday

9-9:50am Tai Chi w/ Pin Pin

10-10:50am Brainercise
w/ Pin Pin

10am-12pm Canasta w/ Margot

10:30am-11:30am Morning Exercise w/ Linda S

11 am-2pm Personal Nutrition Consultations & Health Tip w/ Loyce Godfrey, Nutrition Consultant

11:15am-12pm Supervised Cardio /Cardio Express w/ Ann V

1-2pm Argentine Tango
(No Class 8/7)

1-2pm Spanish Class w/ Masiel

1-3pm Painting w/ Cappy

1:30-4pm Monday Movie

1:30-2:30pm Computer Class-- How to Use Mobile Devices w/ Ron

2-3pm Living Spiritually
w/ Steven Philp (Last Session 8/7)

2:30-3:15pm Weight and Circuit Training w/ Ann V

2:30-4pm Computer Lab w/ Ron

4:15-5pm Strength&Balance w/Peggy
(No Class 8/7)

4:30-5:15pm Center Cafe
(See Menu Page)

Tuesday

10-11am Yoga Sculpt Class
w/ Ann V

NEW!! 10:30 - 11:15 Chair Yoga (Seated/Standing) w/ Carol

10:30am-12pm Learn to Make Beaded Jewelry w/ Argentina

10-11:30am Blood Pressure Readings w/ Ann Goldberg

10:30-11:30am Men's Group
w/ Harold

10:30-11:30am Computer Lab

NEW!! 11am-12pm N.I.A Instruction

1-2pm Spanish Poetry Class
(In Spanish) w/ Frank Adolfo

NEW!! 1-3:30pm Computer Lab

1-2pm Current Events w/ Mira

1-3pm Bridge Group w/ Amalia

NEW!! 2-3pm Trivia Tuesdays
w/ Ann

2:15pm Coffee Hour

Want to learn how to advocate for yourself and the community?

Please contact Leah at x 211. If there are enough people who are interested we will start a class and meet regularly.

Weekly Schedule of Ongoing Classes

Wednesday

10-11:30am Yoga w/ Gloria

10:30-12pm Magic for Mature Adults w/ Gary (Beginner)

10:30-11:30am Computer Lab

10:45-11:30am Supervised Cardio/Express Cardio w/ Ann V

11-11:30am Benefit Presentations

11:30am-12:30pm Shall We Dance w/ Andreas

11:30am-12:15pm Pilates w/ Ann V

12:30-1:15pm Wise Aging (In Spanish) w/ Steven Philp (Last Class 8/9)

1-2:30pm Computer Lab

1:30pm Parties and Performances, (See Special Events Page)

3-3:45pm Wellness Wednesdays

4-4:30pm Current Events w/ Leah

4:30-5:15pm Center Cafe (See Menu Page)

Thursday

NEW!! 9:30-10:30am Healthy Heart Move n' Groove (Seated/ Standing) w/ Ann

NEW!! 10:30-11:15am Artful Breath- Breathing & Gentle Movement to Music (Seated/ Standing) w/ Carol

10:30-11:30am Computer Lab

10:45-11:30am Supervised Cardio/Cardio Express w/ Ann V

11:45am Health Management Tip

NEW!! 1-2pm Women's Group w/ Dana
(*First Thursday of the month, Men & Women's Group Combined*)

1-2pm Book Club w/ Bill (8/17)

1pm Xbox Bowling w/ Harold

2-2:30pm Weight & Circuit Training w/ Ann V

2-3pm Memory Games w/ Dana

1:30-3:30pm Computer Lab w/ Chaz

2:15pm Coffee Hour

★ Please remember to bring your barcoded tags—this is a requirement from our funding source and determines our funding reimbursement.

If you do not have a tag and are a registered member of the Center for Adults Living Well @ the Y, please see Maribel Flores-Ortiz or call x 244

Friday

10-11am Zumba w/ Eleanor

10:30am-11:30am Plastic Canvas Art w/ Argentina

11am-12pm Computer Lab

11am-12pm Music & Memories w/ Yael (No Class 8/18 & 8/25)

11am-12pm Belly Dancing w/ Noora

12:45-1pm Shabbat Celebration w/ Steven Philp

12-1pm Wise Aging (In English) w/ Steven Philp (8/4 & 8/11)

1-2pm Discussion Group w/ Ann Goldberg

1-2pm Balance & Strength w/ Peggy (No Class 8/4)

NEW!! 1-3:30pm Computer Lab

1-3pm Bridge Class w/ Amalia

1:30-2:30pm Knitting Circle w/ Edie

Celebrating 100 Years of the Y!

And we are asking our members to share their stories, photographs and any memories they have of the Y for our time capsule. We would like to include history as far back as anyone can contribute and of course, the present, for a time capsule that will be opened in the future.

Programas en Español

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
9:30-10am Ejercicios Cardio con Ann	9:15am Tai Chi 10am-11:30am Clase de Acolchar	10-11am Yoga Es- pecial con Ann V	10-11am Yoga con Gloria	9:30-10:30am Ejerci- cios de Silla	10-11am Zumba con Eleanor
10-11am Zumba Oro con Eleanor	10:30am Ejercicios de la Manana con Linda	10-11:30am Presion Arterial con Ann	10:30-11:30am Laboratorio de Computadoras	Nuevo!! 10:30-11:15am- Música, Respiración y Movimientos Sutiles (Sentados y de Pie) con Carol	10:30-11:30am Clase de Arte Espe- cial con Argentina
11am-12pm Yoga	11:30am-12pm Ejerci- cios Cardios	Nuevo!! 10:30- 11:15am YOGA (Sentado y de pie) con Carol	10:45-11:30am Ejercicios Cardio	10:30-11:30am Laboratorio de Computadoras	11am-12pm Baile del Vientre con Nora
1pm Domingo de Película	1pm Pintar con Cappy	10:30-11:30am Laboratorio de Computadoras	11:30am-12:15pm Pilates con Ann V	11-11:30am Clase de Acolchar	1-2pm Clase de Equi- librio y Fuerza con Peggy
1-2pm Clase de Computadoras con Antonio	2-3pm Espiritu y Salud con Steven	Nuevo!! 11am-12pm Nuevos Ejercicios- N.I.A	12:30-1:15pm Charla y Comer con Steven Philp	10:45-11:30am Ejercicios Cardio	1-3:30pm Labora- torio de Computa- doras
2-3pm Clase de Como Utilizar Mov- iles Telefono con Antonio	2:30-3:15pm Ejercicios Especial con Pesas con Ann V	1-2pm Clase de Poesia Español con Frank Adolfo	1-2:30pm Labora- torio de Computa- doras	1pm XBOX Bowling	1:30-2:30pm Circulo de Tejer con Edie
	2:30-4pm Laboratorio de Computadoras	1-3:30pm Labora- torio de Computa- doras	1:30pm Concier- tos y Fiestas	2pm Entrenamien- to con pesas con Ann V	
	4:15-5pm Clase de Equilibrio y Fuerza con Peggy	2:15pm Hora del Cafe	4:30-5:15pm: Cafe Cinar	2:15pm Hora de Cafe	
	4:30-5:15pm Cafe Cinar				

Fiestas

Dom 8/6- Fiesta de baile de fin de semana con J. Ortega 1:30 pm

Miér 8/9- Baile con Andrés y fiesta de helado. 1:30pm

Miér 8/16- Una tarde de ópera con Alegre Singers. Piano Inna-Laytush

Miér 8/30 Fiesta de cumpleaños con Juan Ortega. A la 1:30, incluyera refrescos

Presentación de Beneficios: Todos los Miércoles 11-11:30am

8/2 Preparación de Emergencia para el Calor del Verano

8/9 Cómo reconocer y evitar el abuso de ancianos

8/16 Cómo solicitar Access-A-Ride "transportación"

8/23 Información sobre Directivas avanzadas, formularios y asistencia para la aplicación

8/30 Quiosco de Vivienda. Vea a Masiel y Maribel para hablar sobre sus preocupaciones de vivienda

Legal

Jueves 8/17- clínica legal a las 10:00. Por favor haga una cita llame Mirabel x 244

Paseos

Jue 8/10 Empire city Casino

Jue 8/23- Viaje de un día a Philadelphia. Visitaremos al Museo Nacional de la Historia Judía y el Salón de la Independencia.

Futuro Paseos:

14 de Septiembre: Westchester Theater- Annie Get Your Gun

Pine grove Dude Runch. Del 15 de octubre al 20 de octubre. 6 días y 5 noches. Precios: \$510 habitación doble y \$580 para una habitación individual. Deposito de \$100 para el 14 de Julio.

Para más información llame a Maribel x 244

Te interesaría ser Voluntario?

Siempre estamos buscando voluntarios para que nos ayuden con una variedad de labores incluyendo, administrativas, traducción, servicio de cocina, etc. Al ofrecer su tiempo y habilidades nos ayudan a servir a la comunidad. Para obtener más información, póngase en contacto con Maribel x 244

Necesitamos su ayuda! Su contribución para la comida de \$1.50 es crucial para nuestro Centro.

El Departamento de NYC para las Personas Mayores (DFTA) no compensa la diferencia de su contribución para proporcionarles comida a ustedes. El costo real de una comida puede variar desde \$ 4 a \$ 7 en función de los costos de los alimentos de cada comida en particular. Somos afortunados de que el Y ofrece comidas de calidad y un suplento todos los días. Se necesita la contribución de la comida diaria de \$ 1.50 hacia el almuerzo para ayudar a cubrir los costos reales de las comidas servidas. **USTED HACE UNA DIFERENCIA POR CONTRIBUIR cada vez come en el Y.**

Gracias, El Consejo Consultivo (10/2014)

русскоязычных клиентов в YM&YWNA

Календарь на август

Презентации на предоставление пособий "Benefit": каждый вторник 11:00-11:30pm

8/2 -- готовности к чрезвычайным ситуациям для летней жары

8/9 - как распознавать и избегать жестокого обращения с престарелыми

8/16 - Как применить "access-a-ride"

8/23 - дополнительная информация, заполнение форм и оказание помощи в применении

8/30- домашний киоск.Masiel и Марибель- для обсуждения

Среда, 8/6-танцы с J. Ортега в 1:30

Среда, 8/9- танца с Андрес и мороженое в 1:30

Четверг, 8/10. Эмпайр Стэйт Билдинг городское казино \$10

Среда, 8/16- во второй половине дня, с оперными певцами...Фортепиано Инна Laytush

Четверг, 8/17 - Книжный клуб, книга«Сумерки», Уильям Гей В 1:00

Четверг,8/23 - однодневная поездка в Филадельфию. Посетите Национальный американо-еврейский музей истории и зала независимости.

Wed 8/30 – Дни Рождения с Хуаном Ортега. В 1:30, напитки.

Предстоящие поездки :

Однодневные поездки:

14 сентября – Вечере театре, « Анни Получите пистолет»

В ночное время поездки:

Сосновая роща«Dude Ranch». С 15– 20е Октября, 6 дней, 5 ночей всего за \$510 двойных номеров каждый и 580 долларов США за одноместный номер

100 депозит за 21 июля . Полная оплата должна быть произведена до 7 сентября.

Предстоящие презентации на английском и испанском языках в сентябре 13го в 12:00 Auditorium

Бетси от NYC факультет финансов представит изменения на SCRIE, DRIEи SCHIE. Просьба присутствовать, чтобы получить ответы на свои вопросы.



Наталья Пчелинцева
консультирует по вопросам
Медикайт и Медикаре, Фуд
стампс, Рент контроль
и другим программам.
Рабочие дни понедельник
с 9 до 5 и среда с 9 до 6 в
комнате 203С, также с 3 до 4
в Вин хаус. Жду по разным
вопросам.
Тел: 212-569-6200 X 260

По оплате за обеды

Наш центр финансируется Department for the Aging (департамент для пожилых) и это существенно,

но без пожертвований как оплата за обед (suggested contribution) мы тоже не можем обойтись, т.к. это тоже входит в сумму финансирования. Поэтому мы советуем заплатить за обед \$1.50, хотя реальная цена обеда приблизительно \$4-7.00. Ни одному из клиентов не будет отказано в обеде, если у него нет

денег заплатить, но тем не менее мы обращаемся к Вам с просьбой по возможности заплатить за обед. Это поможет нашему центру существовать и помогать Вам в повседневной жизни.



Members who renew and new members who register with us receive a free gift—so remember to reactivate your membership annually!

Center for Adults Living Well @ the Y
for those 60 and better



Thank You for Your Donations

Congratulations on Your High School Graduation-

My Granddaughter, Autumn R. Pitts

Proud Grandma- Dorothy Pitts

Congratulations on Your Graduation- My Grandson,

Stephen M. Gilliam

Proud Grandma- Dorothy Pitts

"G-d Bless You All"; In Appreciation of Social Services

Orlando L. Delgado

Thank You for Spanish Class & Living Spiritually

Flora Atkins

General Donations

Anonymous

Lawrence Morgan

Dr. Chigurupati Rani

Would you like to receive the monthly calendar via email?

Please send an email to Amber, acastorf@ywashhts.org and ask to be added to the email distribution.

Welcome New Members/Renewal

Almonte, Ana
Castro, Beatriz
Conlon, Mary
Contreras, Luz
De Jesus, Angela
Del Campo, Anne Marie
Espinosa, Juana
Fantauzzi, Laura
Gasster, Bob
Lastovkina, Elena
Moronta, Denise
Ortiz, Morella
Padilla, Amalia
Peralta, Ligia
Perera, Isabel
Perez, Ramon
Poveda, Jairo
Rodriguez, Juana
Sands, Barbara
Torres, Norma
Young, Patricia

Day Trips/ Overnight Trips

Be sure to check the schedule on page 3 for upcoming trips. Advanced registration is required. Please contact Mira at (212) 569-6200 x 231.

Center Staff Listing

Center Director

Leah Ferster x 211

Administrative Assistant

Amber Castorf x 276

Director- Social Services/

Education Mira Myteberi x 231

Director- Health & Wellness

Carol Daly x 228

Social Services/ Benefits & Entitlements

Masiel Veras x 235

Social Services/Case Worker

Maribel Ortiz- Flores x 244

Recreational Therapist

Ann Votaw x 262

Bookkeeper

Marilyn Gutman x 228

Transportation x 222

Volunteer Desk x 227

