

### Day Trips!

Join us for a jaunt- take advantage of our many upcoming trips. Please make sure you sign up in advance with the Volunteer Desk at (212) 569-6200 x 227.

**March 2017**

Dear Friends and Members,

The days are getting longer and hopefully the winter is now behind us.

This month we begin to celebrate the spring holidays. We will be celebrating Purim with hamentashen and St. Patrick's Day with a special dessert. Our Passover Seder will be on April 5th.

The renovation is coming along. We are so pleased to be back in the auditorium/dining room. At the last General Meeting it was suggested that we begin to call some of our members to let them know we are back in the auditorium. If you know of any individuals we should call please give me their names and we will begin the task of contacting them.

Ann Votaw has started a new Wellness class called Cardio Sculpt. Please look at the calendar for day and time. Take a chance and join the class for exercise and fun!. If you love flowers sign up for the trip to the Botanical Gardens Orchid Show on March 16th.

You can find me every day at lunch in the dining room or in my office on the third floor. Thank you for taking the time to come to the center and help make it a successful and exciting place to be!

We look forward to seeing you at the Center for Adults for Living Well @ the Y

Shalom,

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

#### **Trip to Washington D.C. May 22nd-25th**

**4 days & 3 nights \$520 for double room occupancy/ \$690 for single occupancy  
Round Trip Motor Coach Transportation, Guided Illumination Night Tour of D.C.,  
Guided Tour of Washington D.C., Smithsonian Institute and more...**

**For More information, please contact Mira at (212) 569-6200 x 231**

#### **A Note from the Director of Health & Wellness, Wendy Isaacs:**

March is National Nutrition month! National Nutrition Month® is a nutrition education and campaign created the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The theme this year is "Put Your Best Fork Forward", this acts as a reminder that each bite you take counts! Making just small changes in food choices can make a difference over time. In honor of National Nutrition Month we will be discussing the health benefits of fresh fruits at 11:45 in the dining room on March 13th & 27th. Chef Julio will also be teaching a class on how to prepare health appetizers and salads. The class starts on Thursday March 27th at 10:45. Space is limited and you must sign up in advance.

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



# Center for Adults Living Well @ the Y

for those 60 and better



## LUNCH MENU

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>3/1</b> Turkey Burger or Egg Salad w/ Greens	<b>3/2</b> Roasted Chicken or Tuna Salad w/ Greens	<b>3/3</b> Baked Breaded Fish Fillet or Egg Salad w/ Greens
<b>3/5</b> Cheese Blintzes or Tuna Salad w/ Greens	<b>3/6</b> Classic Salisbury Steak or Egg Salad	<b>3/7</b> BBQ Chicken or Tuna Salad w/ Greens	<b>3/8</b> Baked Breaded Fish Fillet or Egg Salad w/ Greens	<b>3/9</b> Stuffed Cabbage or Tuna Salad w/ Greens	<b>3/10</b> Meatloaf w/ Brown Gravy or Egg Salad w/ Greens
<b>3/12</b> Center Closed for Purim Carnival	<b>3/13</b> Baked Tilapia or Egg Salad w/ Greens	<b>3/14</b> Pepper Steak or Tuna Salad w/ Greens	<b>3/15</b> Veggie Burger Pattie or Egg Salad w/ Greens	<b>3/16</b> Sesame Chicken or Tuna Salad w/ Greens	<b>3/17</b> Baked Breaded Fish Fillet or Egg Salad w/ Greens
<b>3/19</b> Baked Ziti or Tuna Salad w/ Greens	<b>3/20</b> Beef w/ Black Bean Sauce or Egg Salad w/ Greens	<b>3/21</b> Roasted Chicken or Tuna Salad w/ Greens	<b>3/22</b> Baked Breaded Fish Fillet or Egg Salad w/ Greens	<b>3/23</b> Stuffed Cabbage or Tuna Salad w/ Greens	<b>3/24</b> Turkey Meatloaf or Egg Salad w/ Greens
<b>3/26</b> Sweet & Sour Chicken Tenders or Tuna Salad w/ Greens	<b>3/27</b> Baked Mustard Tilapia or Egg Salad w/ Greens	<b>3/28</b> Classic Salisbury Steak or Tuna Salad w/ Greens	<b>3/29</b> Turkey Chow Mein or Egg Salad w/ Greens	<b>3/30</b> BBQ Chicken or Tuna Salad w/ Greens	<b>3/31</b> Baked Breaded Fish Fillet or Egg Salad w/ Greens

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

Wed 3/1 Turkey Leg & Orzo  
 Mon 3/6 BBQ Chicken & Sweet Baked Yams  
 Wed 3/8 Baked Fish & Kasha

Mon 3/20 Pasta Bolognese  
 Wed 3/22 BBQ Chicken & Orzo  
 Mon 3/27 Baked Fish & Orzo

Mon 3/13 Baked Fish & Brown Rice  
 Wed 3/15 Baked Chicken Legs & Baked Potatoes

Wed 3/29 Roast Chicken & Sweet Potato

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	Lectures	Notes	New Additions
<p>Wed 3/8 Concert: Waldo Duo, 1:30pm</p> <p>Fri 3/10 Purim Celebration. Special dessert served. Lunch time.</p> <p>Wed 3/29 Birthday Party w/ Juan Ortega, 1:30pm</p>	<p>Mon 3/6 Wise Aging: Who Am I at This Stage of Life?</p> <p>Fri 3/17 St. Patrick's Day - Special Dessert after lunch</p> <p>Mon 3/27 Wise Aging : Friendship &amp; Solitude</p> <p>Wed 3/1, 3/8, 3/22) Meal time Memories w/ OT Students, 11am-12pm</p>	<p>3/16 Botanical Garden- Orchid Show, \$20</p> <p>3/23 Trip to Wal-Mart &amp; Burlington in White Plains, \$10</p>	<p>Thurs 3/9 Disease Management Tip - Gout &amp; Nutrition, 11:45am</p> <p>Thurs 3/23 Disease Management Tip - Hearing Loss, 11:45am</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>* Personal Nutrition Consultations w/ Loyce Godfrey, Nutrition Consultant Mondays, from 11am-1:30pm</b></p> </div>	<p><b>Fri No Strength &amp; Balance on 3/10 &amp; 3/13</b></p> <p><b>Time &amp; Day Change</b></p> <p><b>Tues</b> Computer Lab, 10:30-11:30am</p> <p><b>Wed</b> Shall We Dance resumes in April</p>	<p><b>Sun Cardio Sculpt Class w/ Ann V, 10-10:45am</b></p> <p><b>Mon Weight &amp; Circuit Training Class w/ Ann V, 2:30-3:15pm</b></p> <p><b>Tues Yoga Sculpt Class w/ Ann V, 10-11am</b></p> <p><b>Thurs Starting 3/9 Healthy Cooking w/ Chef Julio (appetizers &amp; salads) - space is limited please sign in advance. for 4 weeks</b></p> <p><b>Fri 3/17, 3/24 &amp; 3/31 Nutrition Consulting w/ Loyce, 1-2pm &amp; Nutrition Workshop, 2-3pm</b></p>
Benefits & Entitlement Presentation	One Time/ Monthly Events	Sunday Movies @1pm	Monday Movies @1:30pm	Upcoming Events/ Classes	Important Announcements
<p>Benefit Presentations w/ Mira &amp; Masiel <b>Wed 11-11:30am</b></p> <p><b>3/1 STAR:NY State School Tax Relieve program</b></p> <p><b>3/8 Life Line Safety Alert program</b></p> <p><b>3/15 Tip show to avoid Tax Fraud</b></p> <p><b>3/22 Medicare Savings &amp; Extra Help program. Come find out if you are eligible for help.</b></p> <p><b>3/29 Housing Kiosk. See Masiel and Maribel to discuss your housing concerns.</b></p>	<p><b>Thurs 3/16 Book Club w/ Bill</b> (Monthly Meeting), featuring "The Things They Carried" by Tim O'Brien</p> <p><b>Thurs 3/16 Legal Clinic (By Appointment Only) 10:am-1:30pm</b> Call Mira x 231 to make an appointment</p> <p style="text-align: center;"><b>PLEASE NOTE: MOVIES ARE SUBJECT TO CHANGE</b></p>	<p><b>3/5</b> Kings Row w/A. Sheridan &amp; R. Cummings, NR</p> <p><b>3/19</b> I'll Cry Tomorrow w/ S. Hayward &amp; R. Conte, NR</p> <p><b>3/26</b> Le Mans w/ S. McQueen &amp; S. Ranch, G</p>	<p><b>3/6</b> The Legend of Tarzan w/A. Skarsgard &amp; S. Jackson, PG-13</p> <p><b>3/13</b> Mother's Day w/ J Aniston &amp; J. Sudeikis, PG-13</p> <p><b>3/20</b> Hell or High Water w/ J. Bridges &amp; C. Pine, R</p> <p><b>3/27</b> August-Osage County w/M. Streep &amp; J. Roberts, R</p>	<p>4/3 Wise Aging w/ Bracha Jaffe, 2-3pm</p> <p>4/5 Seder Luncheon</p> <p>4/6 Westchester Theater trip: Mama Mia, \$70</p> <p>4/27 Atlantic City Trip - Tropicana Casino. Price \$ 35 , Receive \$25 to play and bagged lunch included.</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 <b>(Please note, there is a maximum of 2 meals per day, per person.)</b></p>

# Weekly Schedule of Ongoing Classes

## Sunday

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

**NEW!! 10-10:45am Cardio Sculpt Class** w/ Ann V

**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

**9am-1:30pm: Tax Preparation (By appointment only, call x 227 and leave a message)**

**9 - 9:45am Tai Chi** w/ Pin Pin

**10-10:45am Brainercise** w/ Pin Pin

**10-12pm Canasta** w/ Margot

**10:30-12pm Quilting** w/ Sylvia

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

**11 am-1:30pm Personal Nutrition Consultations** w/ Loyce Godfrey,  
Nutrition Consultant

**11:30am-12pm Supervised Cardio /Cardio Express** w/ Ann V

**1-2pm Spanish Class** w/ Masiel

**1-3pm Painting** w/ Cappy

**1:15pm Argentine Tango**

**1:30-4pm Monday Movie**

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

**2-3pm Wise Aging**  
w/ Bracha Jaffe (3/6 & 3/27)

**2-3pm Living Spiritually w/ Michael & Masiel** (3/13 & 3/20)

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

**3-4pm Computer Lab** w/ Ron

**4:15-5pm Strength&Balance** w/Peggy

## Tuesday

**NEW!! 10-11am Yoga Sculpt Class** w/ Ann V

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

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

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

**10:30-11:30am Computer Lab**

**11 am-12pm S A I L (Stay Active and Independent for Life)**  
w/ Darlene

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

**1-2pm Current Events** w/ Mira

**1-2:15pm OATS Computer Basics (In Spanish)**

**1-3pm Bridge Group** w/ Amalia

**2:15-3:30pm OATS Advanced Computer**  
(In English)

**2:30pm "I Remember When..."**  
w/ Ann

**3pm 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 Masiel Veras or call x 235

# Weekly Schedule of Ongoing Classes

## Wednesday

**9am-1:30pm: Tax Preparation (By appointment only, call x 227 and leave a message)**

**10-11:30am Yoga** w/ Gloria

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

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

**NEW !! 11am-12pm Mealtime Memories** w/ the OT Students (3/1, 3/8 & 3/22)

**11-11:30am Benefit Presentations**

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

**1:30pm Parties and Performances**, (3/8 & 3/22- See Special Events Page)

**3pm Wellness Wednesdays** w/ Ann V

**4-4:30pm Current Events** w/ Leah

**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.

## Thursday

**9:30-10:30am S A I L** (Staying Active and Independent for Life) w/ Darlene

**10:30am- 12pm Quilting** w/ Sylvia

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

**NEW !! 10:45am Healthy Cooking w/ Chef Julio (appetizers & salads)** - space is limited please sign in advance. (Starting 3/9 for 4 wks)

**1-2:15pm OATS Computer Basics** (In Spanish- Tues & Thurs)

**1:30-2:30pm Women's Group** w/ Dana

**1-2pm Book Club** w/ Bill (3/16)

**1pm Xbox Bowling**

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

**2:15-3:30pm OATS Advanced Computer** (In English- Tues & Thurs)

**2:30-3:30pm Memory Games** w/ Dana

**3:30-4:30pm Computer Lab** w/ Chaz

**3pm Coffee Hour**

## Friday

**10-11am Zumba**

**10:30am-12pm Plastic Canvas Art** w/ Argentina

**11am-12pm Computer Lab**

**11am-12pm Music & Memories** w/ Yael

**11am-12pm Belly Dancing** w/ Noora

**1-2pm Discussion Group** w/ Ann Goldberg

**1-2pm Balance & Strength** w/ Peggy

**NEW !! 1-2pm Nutrition Counseling** w/ Loyce (3/17, 3/24 & 3/31)

**1-3pm Bridge Class** w/ Amalia

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

**NEW !! 2-3pm Nutrition Workshop** w/ Loyce (3/17, 3/24 & 3/31)

**2:30-3:30pm Computer Lab**

# Programas en Español

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p><b>9:30-10am Ejercicios Cardio</b> con Ann</p> <p><b>10-11am Cardio Especial</b> con Ann V</p> <p><b>11am-12pm Yoga</b></p> <p><b>1pm Domingo de Pelicula</b></p> <p><b>1-2pm Clase de Computadoras</b> con Antonio</p> <p><b>2-3pm Clase de Como Utilizar Movi-les Telefono</b> con Antonio</p>	<p><b>9am Tai Chi</b> con Pin Pin</p> <p><b>10am Brainercise</b> con Pin Pin</p> <p><b>10am-11:30am Clase de Acolchar</b></p> <p><b>11:30am-12pm Ejercicios Cardios</b></p> <p><b>1pm Pintar</b> con Cappy</p> <p><b>1:15pm Argentine Tango</b></p> <p><b>2:30-3:15pm Ejercicios Especial con Pesas</b> con Ann V</p> <p><b>3-4pm Laboratorio de Computadoras</b></p> <p><b>4:15-5pm Clase de Equilibrio y Fuerza</b> con Peggy</p> <p><b>4:30-5:15pm Cafe Cinar</b></p>	<p><b>10-11am Yoga Especial</b> con Ann V</p> <p><b>10-11:30am Presion Arterial</b> con Ann</p> <p><b>10:30am Ejercicios de la Manana</b> con Linda</p> <p><b>10:30-11:30am Laboratorio de Computadoras</b></p> <p><b>11am-12pm SAIL w/ Darlene</b></p> <p><b>1-2pm Clase de Poesia Español</b> con Frank Adolfo</p> <p><b>1-2:15pm Clase de Computadoras con OATS (Basico) por 10 semanas</b></p> <p><b>3-4pm Hora del Cafe</b></p>	<p><b>10-11am Yoga</b> con Gloria</p> <p><b>10:45-11:30am Ejercicios Cardio</b></p> <p><b>11:30am-12:30pm Clase de Baile</b> con Andres (Cancelado en Marzo)</p> <p><b>11:30am-12:15pm Pilates</b> con Ann V</p> <p><b>1-3pm Laboratorio de Computadoras</b></p> <p><b>1:30pm Conciertos y Fiestas</b></p> <p><b>4:30-5:15pm: Cafe Cinar</b></p> <p>Ahora estamos ofreciendo cena para llevarse a sus hogares de lunes a viernes. Solo una cena por persona se permite y pedimos una contribución sugerida de \$ 1.50, solo si ha estado en el centro para los programas y almuerzo durante el día.</p>	<p><b>9:30-10:30am SAIL</b> con Darlene</p> <p><b>10:30am Clase de Joyeria</b> con Argentina</p> <p><b>11-11:30am Clase de Acolchar</b></p> <p><b>10:45-11:30am Ejercicios Cardio</b></p> <p><b>1pm XBOX Bowling</b></p> <p><b>1-2:15pm Clase de Computadoras con OATS (Basico) por 10 semanas</b></p> <p><b>2pm Entrenamiento con pesas</b> con Ann V</p>	<p><b>10-11am Zumba</b></p> <p><b>10:30am Clase de Arte Especial</b> con Argentina</p> <p><b>11am-12pm Baile del Vientre</b> con Nora</p> <p><b>1-2pm Clase de Equilibrio y Fuerza</b> con Peggy</p> <p><b>1:30-2:30pm Circulo de Tejer</b> con Edie</p>

**Miér 3/8- Concierto: Waldo Duo, 1:30pm**

**Vie 3/10 Celebración de Purim. Postre especial será servido. A la hora del almuerzo.**

**Miér 3/29** Fiesta de cumpleaños con Juan Ortega. A la 1:30, incluyera refrescos

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

**3/1 STAR: Programa de alivio de impuestos de la escuela estatal de NY**

**3/8 Lifeline Programa de alerta de seguridad**

**3/15 Consejos sobre cómo evitar el fraude fiscal**

**3/22 Programa de Ahorros y Ayuda Adicional de Medicare.**

**Ven a averiguar si eres elegible para recibir ayuda.**

**3/29 Quiosco de Vivienda. Ver a Masiel y Maribel para hablar sobre sus preocupaciones de vivienda.**

**Clases de computadoras con OATS (Programa de Tecnología para Adultos) Empezaran el 10 de Enero de: 1-2:15pm todos los Martes y Jueves**

**Paseos**

Mier 3/16- Viaje al Jardin Botanico, \$20

Mier 3/23- Viaje a la tienda de WalMart y Burlington en White Plains \$10

**Eventos Especial**

**Jue 3/9 Unirse con Cocinero Julio para la clase en comida preparación para una persona! Por 4 semanas, 10:45am**

Jue 3/16- Clínica Legal de 10am-1:30pm. Sólo con citas.

Todos los lunes y miércoles de 9am-1:30pm. Solamente las personas con citas serán atendidas. Para hacer una cita venga al escritorio de voluntarios empezando el 5 de Enero. Llame Mirabel 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&YWHA

### Календарь на март

Среда 3/8 – концерт Дворак, пианино Квинтет и Окада, «Серый Волк» в 1.30

Пятница 3/10 - празднование Пурима. Десерт и ланч.

Четверг 3/16 – Ботанический сад, шоу архид поездки \$20 / Легальные вопросы. Назначать встречу заранее

Четверг 3/23 – поездка в магазины Бёрлингтон и Воллмарт, White Plains \$10

Среда 3/29 – празование дня рождения с Хуаном Ортега. Закуски.

### Будущие поездки:

4/6 – Вестчестер театр. «Мама Мия» \$70

4/27 – Атлантик сити, казино «Тропикана»\$35, ланч включается. Записываться до 14 апреля.

Май 22-25. Вашингтон город. Звоните Мире для дополнительной информации

Подготовка налогов заканчивается 10го апреля

Понедельник и среда 9.00-1.30 по записи 212 569 6200 x 227



**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

**In Recognition of Casework Assistance, Maribel-Ortiz Flores**

Jaunita Colondres

**In Memory of my daughter, Teresa Pisco's birthday, March 7. Herewith us always.**

Love, Mother Ann and Brother John

**In Appreciation of the Computer Lab Services**

Geronimo Jourdain

**In Appreciation of Case Assistance**

Adagliza Campuzano

**in Appreciation of Tax Preparation**

Barbara Daniels

**General Donations**

Anonymous  
Sue Berlin

Milagros Koller

Etherlina Matos

Dr. Chigurupati Rani

### Center Staff Listing

**Center Director**

Leah Ferster x 211

**Administrative Assistant**

Amber Castorf x 276

**Director- Social Services/ Education**

Mira Myteberi x 231

**Social Services/ Benefits & Entitlements**

Masiel Veras x 235

**Social Services/Case Worker**

Maribel Ortiz- Flores x 244

**Director, Health & Wellness**

Wendy Isaacs x 221

**Recreational Therapist**

Ann Votaw x 262

**Bookkeeper**

Marilyn Gutman x 228

**Transportation**

x 222

**Volunteer Desk**

x 227

### Welcome New Members/Renewal

Beltre de vargas, Belgica  
Burgos De Asis, Persio  
Cayetano, Antolina  
Chiclaos, Madeline  
Conception, Beatriz  
Delgado, Lourdes  
Duval, Milagros  
Elzoheary, Adly  
Fernandez, Ana  
Jimenez, Juan  
Kifle, Gizaw  
Martinez, Pura  
Otero, Jose  
Otero, Norma  
Pimentel, Zuleika  
Saffan, Flora  
Vega, Sixta  
Yim, June

**Would you like to receive the monthly calendar via email?**  
Please send an email to Amber, [acastorf@ywashts.org](mailto:acastorf@ywashts.org) and ask to be added to the email distribution.

**Don't forget to Register!**  
**We are heading to Washington D.C.**  
**May 22nd- 25th**  
**Contact Mira, 212-569-6200 x 231**

