

June 2018

Dear Friends and Members,

This June at CALW we are getting ready for a great summer. With the temperature rising please remember to stay hydrated and drink lots of water! Remember the Y is a cooling center. Come participate in our classes and stay cool.

We would like to introduce Naomi Zaslow, a rabbinical student from the Jewish Theological Seminary. Naomi will be interning with us for the summer as a Chaplain. Naomi will be running a group. She will also be available to meet with individuals. Please welcome Naomi to CALW!

Join us this June on our trips to the Museum of Modern Art on June 21st and the Garden State shopping trip on June 28th.

Please remember to sign up for our Fourth of July Bar-B-Que on June 27th. We will have dancing and music celebrating the birth of America. Julio will work his magic grilling hamburgers, hot dogs and chicken for an early dinner. We will have a grand old time celebrating Independence Day. Please sign up with Mira for all of these programs.

Each year it is important to re-register at CALW. Please make sure you keep your information current so we know how to keep in touch with you.

Looking forward to seeing you at 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

The 2018 theme for older Americans from the Administration for Community Living is "Engage at Every Age". You are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being and celebrate the many ways older adults make a difference in our communities. Isn't this so true for us at the Center for Adults Living Well at the Y? Participating in our events and activities that promote heart, mind and physical wellness, offering your wisdom and experience to the next generation, lending a hand or being a friend are just a few examples of engaging to enrich the lives of ourselves and others.

Be sure to read our monthly CALW calendar to keep abreast of the latest events and classes. This month let's share with each other our experience teaching or taking a new class, being on a committee, starting a new friendship, calling an old friend or family member, having a friend join the Y or mentoring a young person. How has this made a difference in your life? We can't wait to hear!

Sincerely,
Carol

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 12:00-1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
***Please note, there is a maximum of 2 meals per day, per person.					6/1 CHINESE STYLE PEPPER STEAK OR TUNA SALAD W/ GREENS
6/3 ROSEMARY CHICKEN OR EGG SALAD W/ GREENS	6/4 TURKEY MEATBALLS OR TUNA SALAD W/ GREENS	6/5 APRICOT GLACED SALMON OR CHICKEN SALAD W/ GREENS	6/6 BEEF BRISKET OR EGG SALAD W/ GREENS	6/7 ARROZ CON POLLO OR TUNA SALAD W/ GREENS	6/8 BBQ CHICKEN BREAST OR BLACK BEAN CHILI
6/10 MEATLOAF W/ BROWN GRAVY OR SALMON SALAD W/ GREENS	6/11 BAKED FLOUNDER OR CHICKEN SALAD W/ GREENS	6/12 BEEF & BROCCOLI OR VEGGIE MEATBALLS IN TOMATO SAUCE	6/13 BAKED CHICKEN QUARTERS OR EGG SALAD W/ GREENS	6/14 DELI PLATTER OR TUNA SALAD W/ GREENS	6/15 BAKED FISH W/ GARLIC SAUCE
6/17 BAKED CHICKEN CUTLET OR EGG SALAD W/ GREENS	6/18 SPANISH STYLE BEEF STEW OR SALMON SALAD W/ GREENS	6/19 STUFFED TURKEY PEPPERS OR TUNA FISH SALAD W/ GREENS	6/20 BREADED POLLOCK OR CHICKEN SALAD W/ GREENS	6/21 PEPPER STEAK OR EGG SALAD	6/22 SESAME CHICKEN OR VEGETARIAN CHILI
6/24 SWEDISH MEATBALLS OR TUNA SALAD W/ GREENS	6/25 BAKED BREADED FISH OR CHICKEN SALAD W/ GREENS	6/26 BEEF STUFFED CABBAGE OR TUNA SALAD W/ GREENS	6/27 BAKED FLOUNDER OR EGG SALAD W/ GREENS	6/28 BAKED CHICKEN OR SALMON SALAD W/ GREENS	6/29 TURKEY BURGERS OR TUNA SALAD W/ GREENS

Center Dinner Cafe- Monday & Wednesday, 4:30-5:15pm

- MON 6/4 CHICKEN MARSALA
- WED 6/6 TILAPIA W/ PEPPERS & TOMATO
- MON 6/11 BBQ CHICKEN
- WED 6/13 BAKED BREADED FISH
- MON 6/18 BAKED FISH W/ GARLIC CRUMB CRUST
- WED 6/20 BAKED CHICKEN QUARTERS
- MON 6/25 BBQ CHICKEN BREAST
- WED 6/27 BAR-B-QUE (BEEF HOT DOGS & HAMBURGERS)

Center Breakfast- Thursdays, 9-9:45am (Please note Breakfast will only be served on Thursdays)

- 6/7 TURKEY BACON W/ PANCAKES
- 6/14 FRENCH TOAST
- 6/21 BOILED EGG W/ PANCAKES
- 6/28 TURKEY BACON W/ WAFFLES

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

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

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.

Special Events & Classes, Activity Listings and more

Arts & Culture	Special Events/ Activities	Trips for the Month	Lectures / Dicussions	Notes	New Additions
<p>Wed 6/6 Ice Cream & Dance Party w/ Andres, 1:30pm</p> <p>Wed 6/13 Piano Concert With Maxim An ikushin , Refreshments served, 1:30pm</p> <p>Wed 6/20 Birthday Party w/Juan Giovanni- Special refreshments served, 1:30pm</p> <p>Wed 6/27 Independence Party w/ Gary Lovett. Special Refreshments served. Price: \$2, 1:30pm **Please register with Mira</p>	<p>Thurs 6/14 "Power of Aging Conference/ Trip, 10am-2pm "The 12th Annual Power of Aging Well Health Festival" Thomas Jefferson Recreational Center (Basketball Courts) Btwn. E.112th & E. 114th Streets</p> <p>Mon 6/18 Dancing with Senior Stars Master Performer and Teacher, Walter Perez will get you moving with a fun dance warm up and Latin Dance Moves during this event. Refreshments, nachos, salsa y Empanadas will be served! 1pm</p>	<p>6/7 Westchester Theater: Sister Act Price: \$70</p> <p>6/21 Trip to The Museum of Modern Art, Price: \$5, Bagged Lunch Included</p> <p>6/28 Garden State Shopping Trip. Take advantage of the Independence Day discounts! Price \$10- Bagged Lunch Included</p> <p>Regarding Trips— Call Mira to register: (212) 569-6200 x 231</p>	<p>Health Related: Every Thurs Health Management Tip, 11:45am</p> <p>Thurs 6/7 Columbia Presbyterian- Dr. Ying Wang will discuss "Keeping our Skin Healthy as We Age", 3pm</p> <p>Tue 6/12 Registered dietician Lisa Ronco will hold a discussion!, 1:15pm</p> <p>Tues 6/19 Visiting Nurse Presentation w/ Aileen Fitzpatrick, DNP, "Healthy Living for a Wise Man", 10:30-11:30am</p> <p>Tues 6/25 Visiting Nurse Presentation w/ Aileen Fitzpatrick, DNP, "Professional Tips to Stay Healthy: Women to Women", 10:30-11:30am</p>	<p>Time Changes:</p> <p>Mon Tai Chi, moved to 9:15am Brainercise moved to 10:15am</p> <p>Tues Yoga w/ Carol moved to 9:15am</p> <div style="border: 2px solid black; padding: 5px; margin-top: 10px;"> <p>* Personal Nutrition Consultations w/ the Nutrition Consultant Mondays, from 11am- 2pm</p> </div>	<p>Fri Plastic Canvas w/ Argentina, 10:30am</p>

Benefits & Entitlement Presentation	One Time/ Monthly Events	Sunday Movies @1pm	Monday Movies @1:30pm	Upcoming Trips	Important Announcements
<p>Benefit Presentations Wed 11:30-12pm</p> <p>6/6 Changes in Medicare/Medicare Card</p> <p>6/13 Voting Registration Information/ Drive</p> <p>6/20 Section 8 & NYCHA updates/ important information</p> <p>6/27 How to Get Information about Housing Lotteries in NYC</p>	<p>Thurs 6/7 Book Club w/ Bill "Killers of the Flower Moon" by David Grann , 1pm (Wein House Library)</p> <p>Thurs 6/21 NYLAG Legal Clinic. By appointment only. 10am- 1:30pm To schedule, see or call Mira at x 231</p>	<p>6/3 The Music Man w/R. Preston & S. Jones, G</p> <p>6/10 The Student Prince w/R. Green 7 T. Fitzgerald NR</p> <p>6/17 African Queen w/ H. Bogart & K. Hepburn, NR</p> <p>6/24 The American President w/ M. Douglas & A. Benning, PG-13</p>	<p>6/4 Lady Bird w/ S. Ronan & L. Metcalf, R</p> <p>6/11 Volver w/P. Cruz & L. Duanes, R (Spanish)</p> <p>6/18 Darkest hour w/G. Oldman & K. S. Thomas, PG-13</p> <p>6/26 Married Life w/S. Bonilla (Spanish)</p>	<p>7/12 NYC Public Library "Peace, Love & Revolution"- Exhibit- Call Masiel for details, 212.569.6200 x 235</p> <p>7/19 Jo-Ann's Fabric Trip, Price: \$8</p> <p>7/26 Westchester Theater- "Anything Goes", Price: \$70</p> <p>Contact Mira to Register/information (212) 569-6200 x 231</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>

****PLEASE NOTE:
MOVIES ARE SUBJECT TO CHANGE**

Weekly Schedule of Ongoing Classes

Sunday

10-11am Heart Healthy Move 'n Groove w/ Ann

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

9:15-10:15am Tal Chi w/ Pin Pin

10:15-11:15am Brainercise
w/ Pin Pin

10am-12pm Quilting w/ Sylvia

10am-12pm Canasta w/ Margot

10:30am-11:30am Shape Up
w/ Linda S (RM 216/217)

11am-2pm Personal Nutrition Consultations & Nutrition Tip
w/ Nutritionist

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

1-2:15pm Latin Dance Mix
w/ Walter (RM 216/217)
* Special Event on 6/18

1-2pm Spanish Class w/ Masiel

1-3pm Painting w/ Cappy

1:30-4pm Monday Movie

1:30-2:30pm How to Use Mobile Devices w/ Ron
(Bring your smartphone, tablet or laptop)

3-4pm Computer Lab w/ Ron

4:15-5pm Strength & Balance
w/ Peggy (RM 216/217)

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

Tuesday

9:15-10:15am Yoga (Seated & Standing) w/ Carol (RM 312)

10:15-11am Pilates Sculpt
w/ Ann (RM 216/217)

10:15-11am Blood Pressure Readings w/ Ann Goldberg

10:30-12pm Computer Lab

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

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

11am-12pm Chair Aerobics w/ Darlene (RM 216/217)

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

1-2pm Current Events w/ Mira

1:30-2:45pm OATS Computer Class
(English)

1-3pm Bridge Group w/ Amalia

2-3 pm The Art of Origami w/ Sang

2:45-4pm OATS Computer Class
(Spanish)

3pm Coffee Hour

Weekly Schedule of Ongoing Classes

Wednesday

10:30-12pm Yoga w/ Gloria
(RM 201)

10am-12pm Quilting w/ Sylvia

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/ Andres (RM 216/217)

1-2:30pm Computer Lab

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

4-4:30pm Current Events
w/ Leah

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

★ 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

Thursday

9-9:45am Breakfast (See Menu Page)

9:30-10:30am Zumba w/ Selena
(RM 216/217)

10:30-11:30am Flex & Tone
w/ Ann (RM 216/217)

10:30-11:30am Computer Lab

11:30-12:15pm Artful Breath-Breathing & Gentle Movement to Music (Seated/Standing) w/ Carol (RM 216/217)

11:45am Health Management Tip

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

1-2pm Book Club w/ Bill (6/7)

1pm Xbox Bowling w/ Harold

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

1:30-3pm Bingo w/ Olivia

2-3pm Memory Games
w/ Dana

3pm Coffee Hour

Friday

NEW! 10:30am-12pm Plastic Canvas w/ Argentina

10:30-11:30am Zumba w/ Eleanor (RM 216/217)

10:30am-12pm Computer Lab

11am-12pm Music & Memories
w/ Yael

11:30am-12:30pm Belly Dancing w/ Noora (RM 312)

11:15am-12:15pm Greeting Cards w/ Marliese

11:45am Shabbat w/ Ezra

1-2pm Discussion Group
w/ Ann Goldberg

1-2pm Strength & Balance
w/ Peggy (RM 216/217)

1-3pm Bridge Class w/ Amalia

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

1:30-2:45pm OATS Computer Class (English)

2:45-4pm OATS Computer Class (Spanish)

Programas en Español

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>10-11am "Healthy Heart" con Ann 10am-12pm Laboratorio de Computadora</p> <p>11am-12pm Yoga (312)</p> <p>1pm Domingo de Pelicula 1-2pm Clase de Computadoras con Antonio</p> <p>2-3pm Clase de Como Utilizar Moviles Telefono con Antonio</p> <p>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</p>	<p>9-10am Tai Chi</p> <p>10am- 12pm Clase de Acolchar</p> <p>10-11am Brainercise con Pin Pin</p> <p>10:30am Ejercicios de la Manana con Linda (216/217)</p> <p>11:15am-12pm Ejercicios Cardios</p> <p>1pm Pintar con Cappy</p> <p>1-2:15pm Clase de Baile: Mixta Latina (216/217)</p> <p>1:30pm Peliculas en Espanol a Lunes (5/14)</p> <p>3-4pm Laboratorio de Computadoras</p> <p>4:15-5pm Clase de Equilibrio y Fuerza con Peggy (216/217)</p> <p>4:30-5:15pm Cafe Cenar</p>	<p>9:30-10:30am Yoga (Sentados y de Pie) con Carol (312)</p> <p>10:15-11am Presion Arterial con Ann</p> <p>10:15-11am Ejercicios- Pilates Sculpt (216/217)</p> <p>10:30-12pm Laboratorio de Computadoras</p> <p>10:30-12pm Clase de Joyeria con Argentina</p> <p>11am-12pm Ejercicios con Silla con Darlene (216/217)</p> <p>1-2pm Clase de Poesia Español con Frank Adolfo</p> <p>1:30-4PM OATS en Ingles</p> <p>2-2:45pm Camino con Ann</p> <p>2-3pm Origami con Sang</p> <p>2:45AM-4pm OATS en Español</p>	<p>Nuevo! 9:30-11am Asunto de Balancia con Andres</p> <p>10:30-11:30am Laboratorio de Computadoras</p> <p>10:30-12pm Yoga con Gloria (201)</p> <p>10am- 12pm Clase de Acolchar</p> <p>10:45-11:30am Ejercicios Cardio</p> <p>11:30-12:30pm Clase de Baile con Andreas (216/217)</p> <p>1:30pm Conciertos y Fiestas</p> <p>3-3:45pm Clase por Salud</p> <p>4:30-5:15pm: Cafe Cenar</p>	<p>9-9:45am Desayuno</p> <p>Nuevo! 9:30-10:30am Zumba con Selena</p> <p>10:30-11:15am "Flex y Tone" Ejercicios con Ann (216/217)</p> <p>10:30-11:30am Laboratorio de Computadoras</p> <p>11:30am-12:15pm Música, Respiración y Movimientos Sutiles (Sentados y de Pie) con Carol (216/217)</p> <p>1pm XBOX</p> <p>1:30-3pm Laboratorio de Computadoras con Chaz</p> <p>1:30-3pm Bingo con Olivia</p> <p>3pm: Hora de Cafe</p>	<p>10:30-12pm Plastic Canvas Arte con Argentina</p> <p>10:30-11am Zumba con Eleanor (216/217)</p> <p>10:30-12pm Laboratorio de Computadoras</p> <p>11:30am-12:30pm Baile del Vientre con Nora (312)</p> <p>1-2pm Clase de Equilibrio y Fuerza con Peggy (216/217)</p> <p>1:30-2:30pm Circulo de Tejer con Edie</p> <p>1:30-4PM OATS en Ingles</p> <p>2:45AM-4pm OATS en Español</p>

Fiestas/ Eventos Especiales

Miér 6/6 Helado y fiesta de baile con Andrés. 1:30pm
Refrescos serán servidos, 1:30pm.

Miér 6/13 Concierto de Piano con Maxim Anikushin 1:30pm. Refrescos serán servidos.

Miér 6/20 Fiesta Cumpleaños con Juan Giovanni 1:30 p.m. refrescos serán servidos

Miér 6/27 Fiesta del Día de la Independencia con Gary Lovett, 1:30pm - Precio: \$2

Presentación de Beneficios:

Todos los Miércoles
11:30am-12pm durante

Almuerzo

6/6- Cambios a la tarjeta de Medicare

6/13- Informacion y registros para votar

6/20- Informacion de registros de Sec.8 y NYCHA

6/27- Cómo obtener informacion sobre loterías de vivienda sen Nueva York

Eventos Especiales

Jue 6/14 12th Festival Anual de Salud- El Poder del Buen Envejecimiento, 10am-2pm En el parque de Thomas Jefferson, Canchas de Balconceto- Primavera Avenida, entre

calle 112 y 114

Lun 6/18 Baile con Adultos Mayores y Walter Perez- sirviendo aperitivos especiales, 1pm

Paseos

Jue 6/21- Viaje al Museo de Artes Modernas \$5. Almuerzo en bolsa sera Incluido

Jue. 6/28 Viaje de compras al Garden State. Aproveche los descuentos del Día de la Independencia. \$10. Almuerzo en bolsa sera incluido.

Jue 6/21 Clínica Legal-NYLAG. Solo con citas. Para programar una cita llame o visite a Mira a la extensión 231

Peliculas en Español

6/11 Volver w/P. Cruz & L. Duanes, R

6/26 Married Life w/ S. Bonilla

Paseos Futuros

Jue 7/12- Libreria Publica de NYC "Paz, amor y revolución" Porqué los 60 todavía importan. Hable con Masiel para más detalles.

7/18 Viaje de Compra- JoAnn's Fabric

Jue 7/26 Teatro Westchester- "Anything goes" \$70

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)

Календарь на июнь

Презентация преимуществ: каждую среду с 11:00 до 11:30

6/6- Изменения в карте Medicare

6/13 - Голосование - регистрационная информация

6/20 - 8я программа - обновления и важная информация...

6/27 - Как получить информацию о лотереях жилья в Нью-Йорке

Посещение медсестры с Eileen

5 июня и 19 июня в 14:00 - Улучшение вашего здоровья

6/6- Мороженое и танцевальная вечеринка с Андресом в 1:30

6/7 – Весчестерский театр «Сестринский акт» - 70 долларов США. Выезд в 11:00.

6/7 – Книжный клуб на английском с Биллом. «Убийцы Цветочной Луны» Дэвида Гранна 13:00

6/14- Поездка по тканям с Джо-Энн. \$8. В стоимость входит обед

6/13- Концерт - фортепиано с Максимом Аникушиным, в 1:30

6/21-Юридическая клиника (NYLAG). Только по записи. Звоните Мире на 212 5696200 x.231

6/21- Поездка в Музей современного искусства \$ 5, с обедом

6/28 – Поездка за покупками в торговые центры. Воспользуйтесь скидками на День Независимости. \$10. В стоимость входит обед.

Предстоящие поездки:

7/12 - Общественная библиотека «Мир, любовь и революция». Почему 60-е годы все еще имеют значение.

7/26- Вестчестерский Театр “Что-нибудь идет?” - \$ 70



Наталья Пчелинцева
консультирует по
вопросам Медикейт и
Медикэр, Фуд Стемпс,
Рэнт Контроль и другим
государственным
программам. Рабочие
дни: вторник и четверг,
с 9-5.30 в комнате 203С.
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 Appreciation of the Center
Paul Cabell

General Donations
Dan Lipsman

Upcoming Meals
Please note, Congregation Emanu-El will be partnering with us to give away a special meal for the July 4th Holiday!

Welcome New Members/Renewal

- | | |
|-------------------|-----------------------|
| Araujo,Altagracia | Montero,Edith |
| Ato,Doris | Munoz,Verana |
| Cardenas,Lydia | Navarro,Elena |
| Diaz,Luis | Perez, Edmee |
| Estevez,Estela | Rausa,Donald |
| Felix,Irma | Reisch,Barbara |
| Garcia,Manuel | Richardson,Milagros |
| Gonsalves,Rafaela | Richman,Harvey |
| Gonzalez,Al | Rivas,Angela |
| Gonzalez,Amparo | Rodriguez,Ana |
| Guzman,Petronila | Rodriguez,Leonilda |
| Hernandez,Martina | Ruiz,Carmen |
| Jacobson,Ethan | Samuels,Margaret |
| Jimenez,Candida | Schoenholt,Regina |
| Jimenez,Marcelino | Shulterbrandt,Maritza |
| Klein,Hanna | Silochan,Cluddy |
| Kurtz,Bernardita | Taveras,Josefina |
| Lichtman,Dee | Welch,John |
| Molina,Bienvenida | |

We strongly recommend making an appointment to discuss your housing, benefits& entitlement concerns, please sign up at the Center for Adults Social Work Office located on the first floor.

Center Staff Listing

Center Director
Leah Ferster x 211

Administrative Assistant
Amber Castorf x 208

Director- Social Services/ Education Mira Myteberi x 231

Director- Health & Wellness
Carol Daly x 221

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

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.