



OCTOBER 2013



As the leaves begin to change as promised change has begun at the Center as well.

The arrival of the Center's newest staff member has brought about a flutter of projects to begin addressing important initiatives to expand our services to Members and other Seniors in our community.

Ms. Elizabeth Fiordalisi (lovingly know as Liz), a professional Gerontological Services Administrator, is on board full-time overseeing the Center's Social Services Department. Liz is assisting Members with things like their Star application, Medicaid applications, and other important benefit and entitlement programs applications. Beginning October Liz will be hosting open discussions on issues facing Seniors every Friday at 10:45. Additionally, Liz has already begun to visit homebound Members to provide social support and connect them with other community resources available. Liz is also supporting the Center's Daybreak, Adult Daycare Program participants and caregivers.

With Liz's help the Center is launching programs to offer vital resources to community Seniors who are not members of our Center, creating services for homebound and institutionalized Seniors, and developing relationships with other organizations to close the gaps in services for Seniors throughout our own community and the County.

Also new this season is the coming of SUNY at Old Westbury Community Service Course participants for the first time ever! These students will be supporting our staff with social services, programs and administrative work.

Check the calendar for new body and mind activities like Dance Zumba Thursdays with Terry; Qigong Chair exercises with Brandee every other Monday; evening Mah Jongg, Conversational Spanish and Nutrition Lectures; and coming in October Navigating the Internet 101.

Silvana

**Silvana LaFerlita Gullo
Executive Director**

BRAIN FITNESS FACTS

What qualifies as a good exercise for your brain?

Card playing, word puzzles, learning a new skill or language, computer brain games and variety of other "mentally stimulating" activities help improve specific brain functions and build the brain's reserve.

For a schedule of day and evening classes contact: (516) 922-1770