Kindergarteners from St. Ann School made a special holiday visit to our Covello center in East Harlem right before the holidays. They chatted with the seniors, passed out handmade holiday cards and stockings, and sang them a Christmas song! Afterwards, the CBN Singers gave a special holiday choir performance.
Members enjoyed their annual Christmas luncheon surrounded by friends, volunteers, staff and even Executive Director, Bill Dionne! The stunning centerpieces were generously donated again this year by CBN Board Member Sally Bott and were raffled off to the members the next day. Trader Joe’s also donated poinsettias to get our members in the holiday spirit.

Frank’s drama class put on a special holiday performance for our members. Members enjoyed a nice Thanksgiving dinner at Temple Emanuel.
Roosevelt Island seniors celebrated Thanksgiving at the annual Thanksgiving luncheon co-sponsored by the Roosevelt Island Disabled Association.

The NYC Fire Department gave a fire safety presentation to RISC members on December 17th.
Many of our members participated in the first ever Ugly Christmas Sweater Contest! Congratulations to Maria (in the tree sweater dress) for winning!

Choreography teacher Enrique brought his dance studio, Alpha Omega, to perform for our members!

Members of our guitar class performed Christmas Carols at the annual holiday party!

A trip to see the Radio City Christmas Spectacular!

Members attended a Vocal Ease concert.

Congratulations to our OATS graduates!
Members enjoyed their annual Christmas party and special lunch surrounded by festive décor.

Members enjoyed the lovely poinsettias that were donated from Trader Joe’s!
The members of the Women’s Group shared a lovely afternoon together creating colorful bouquets of flowers in preparation for Thanksgiving. The beautiful flowers were generously donated by Trader Joe’s.

DASH Eating Plan Intervention

Our Leonard Covello food services staff was honored on December 19th for assisting with the design and implementation of the DASH (Dietary Approaches to Stop Hypertension) Eating Plan Intervention at Carter Burden Network senior centers! Over the past 2 years, the kitchen staff has been involved with changing daily breakfast and lunch menus to harness the benefits of the heart-healthy DASH eating plan. Project partners The Rockefeller University, Clinical Directors Network, and CBN staff came together to spotlight the incredible efforts of our kitchen staff. We were also grateful to have Kathleen Otte, Regional Administrator from the project’s generous funder Administration for Community Living join us for this special occasion. We are so proud to have such an amazing team who are dedicated to improving health outcomes and addressing food insecurity for older New Yorkers!
Zoraida Bracamante is an 82 year old Covello member who has participated in the program since 2013. While most of the time she is shy, her big smile and warmth characterize her interactions with members and staff. In October 2019, Zoraida was stunned when she received a letter informing her that her benefits would be terminated. Living with a limited income meant that termination of benefits could greatly impact all aspects of her life. Having worked with the Social Service Unit in the past, she brought the letter to the team during a walk-in day and requested help. With Zoraida’s permission, the unit communicated with state and federal agencies as well as with her bank. The unit soon figured out the problem, and began advocating on the member’s behalf with several phone calls and advocacy letters. The unit assured Zoraida everything would be sorted out, and contacted her daughter for additional support. After a few weeks of advocacy, Zoraida obtained her benefits back which provided much peace of mind. Zoraida’s daughter encourages her mom to continue attending the center and working with the SSU.

“She’s found such a great team of professionals who help her when she needs it. The social workers do an excellent job and are incredibly professional. My mom is extremely grateful,” her daughter said.
CBN Senior Center Locations

Leonard Covello Senior Program
312 East 109th Street, NYC 10029
212-423-9665
M-F, 8-4  Sat & Sun 9-4

Roosevelt Island Senior Center
546 Main St.
Roosevelt Island, NY, NY 10044
212-980-1888
M-F 9-5

Lehman Village Senior Program
1641 Madison Avenue @ 109 St.
NYC 10029
646-370-5642
M-F 9-4

Carter Burden Luncheon Club and Senior Program
New location: Church of the Epiphany
1393 York Ave (74th/75th), NYC 10021
212-879-7400
M-F 9-5

Carter Burden Gallery Exhibition:

Reconfigured: Marilyn Church and Basia Goldsmith

Small Disturbances: Andrea Lilienthal

On the Wall: Robert Petrick

Opening: January 9, 2020, 6 - 8 PM
January 9 – February 5, 2020
Tuesday to Friday: 11 - 5; Saturday: 11 – 6

Carter Burden Gallery
548 West 28th Street, #534, New York, NY 10001
Between 10th and 11th Avenues
carterburdengallery.org  •  212-564-8405
Marlena Vaccaro, Curator

Upcoming Holidays

1/1 – New Year’s Day
(Centers closed)

1/20 – Martin Luther King Day
(Centers closed)
**Monthly Events**

### 2020! It’s a New Year and a New Decade!

Make a commitment to feel more energetic and healthier by being more active and take some of our health & wellness classes or join a group such as:

- Tai Chi for arthritis
- Forever Young classes
- Dance classes with Enrique, choreographer
- Falls Prevention classes

Check your center's calendar or our CBN health and wellness calendar for options. It's a new year and you deserve to feel your best!

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### Free Legal Services for Seniors

No appointment needed. First come, first served.

**Topics include:** Wills & Advance Directives, Government Benefits, Housing Issues, Consumer Issues

**First Friday of every month @ 10am**
Covello Senior Center, 312 E 109th St

&

**Second Friday of every month @ 2pm**
CBN Headquarters, 415 E 73rd St
Activities

Current Events  Choreography Lab  Movie Day  Watercolor  Crafts  Jewelry  Sewing  Quilting  Crochet/Knitting  Clothing Construction  Painting  Drawing  Guitar  Pool  Mixed Media Art  Birthday Party  Special Events  Zumba  Bingo  Museum Visits & Trips  Yoga  Walking Club  Computer Classes  Dominoes  Health Workshops

Please see activities calendar for day and time at each location.

Thank you, Trader Joe’s, for donating lovely flower arrangements to our Covello senior center for our congregate lunchroom centerpieces. Our members have been enjoying their beauty during breakfast and lunch!

In Memoriam

The Staff, Members, and Board of Directors of the Carter Burden Network offer their sincere condolences to the friends and families of our honored members and longtime supporters.

Josefa Urbina, Covello Senior Center

Partially funded by NYC Department for the Aging