February 2020 Newsletter
Carter Burden Network

Main Office: 415 East 73rd Street between 1st/York Aves.
Phone: 212-879-7400
Hours: Monday – Friday, 9am – 5pm

Happy Chinese New Year!
新年快乐

We celebrated the Year of the Rat at the Carter Burden Network’s Annual Chinese New Year Celebration at Covello featuring dancing and singing performances by CBN members and the local community.
Our Artists in Residence, Ellen Wallenstein (left) and Susan Grucci (right), gave a talk on the work they made during their residency.

**Left**: Members held a 3 Kings Party at Covello. **Center and Right**: Members took a trip to celebrate 3 Kings Day.

Members visited **El Museo del Barrio** as part of their **Aprende Mas** program. They were taken on a tour of the Galleries by museum educators and even created their own piece of art inspired by the visit!
Lehman Village

Members participated in Lehman’s Walking Club on a cold morning.

Members were busy doing arts and crafts, including working with aprons to make beautiful works of art!
Senior Spotlight: Luncheon Club

The Club members and staff would like to extend a big thank you to Ms. Anna Matlak for her help and support throughout the years. Anna has been a member of the Luncheon Club for over 20 years. As we know, Anna has been running the Boutique (Anne’s Boutique) for the beginning until we moved to Epiphany. We truly appreciate her commitment and service. Her participation in the Club has made it a better place. We can never thank her enough. Thank you, Anna!

Jeffrey, our new staff addition to the Club, served meals to our members.

The Chinese Dance Group performed a beautiful, cultural routine for our members.
GlamourGals held a makeover event at Headquarters.

Roosevelt Island Senior Center

A transportation information session with Roosevelt Island Operating Corporation (RIOC) was held regarding the Red buses and the tram. There was a great turn out!

Social Service Unit

GlamourGals held a makeover event at Headquarters.
Mr. Rivera is a 63 year old member at the Covello senior program. After receiving a referral from his medical team at Mt. Sinai, Mr. Rivera joined the center in March 2019 hoping to find social services and socialization. The SSU team at Covello welcomed Mr. Rivera, and offered to screen him for benefits/entitlements. A few weeks later, he was enrolled in programs he did not know he qualified for and began working with the Social Service Unit consistently. He attended housing events and began participating in the congregate meal program as well as recreational activities. Mr. Rivera enjoys spending his days at Covello where he has forged friendships with the members at large. After months of submitting over ten housing applications, he received a letter for an affordable housing unit via the NYC housing lottery in August 2019. Mr. Rivera immediately informed the social service team and, with their help, scheduled interviews, obtained paper work, and ultimately signed a lease. Today, Mr. Rivera lives in a brand new studio apartment in the Bronx, where he pays 30% of his income in rent. The SSU team at Covello helped him obtain three separate grants to buy essential furniture. Soon, an affordable studio apartment truly became a home for him. Mr. Rivera encourages his family and friends to reach out for help saying, “a social worker can change your life. Everyone my age should have a social worker there’s nothing wrong in asking for help. I love Covello because I have found great people in this community. Everyone is so nice; everyone cares.” Mr. Rivera continues to attend the center on an ongoing basis.
Carter Burden Gallery Exhibition:

Metamorphosis: Claire Boren, Pauline Chernichaw, & Carlos N. Molina

On the Wall: Adrianne Lobel

nextactART: Visions and Voices
Barbara Brier, Rena Diana, Madeline Farr, Ronnie Grill, Judy Kaplan, Patricia Miller, & Sheila Wolper

Opening: February 13, 2020, 6 - 8 PM
February 13 - March 11, 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

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

Upcoming Holidays

Black History Month
American Heart Month
(wear red on February 1st to raise awareness for heart disease)

2/14 – Valentine’s Day
2/17 – Presidents’ Day
(centers closed)

2/21 – National Caregivers Day
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.

Healthy Heart Workshop
sponsored by Northwell Health

Friday, February 14th
1:15PM – 2:15PM
Multipurpose Room, Covello Senior Center

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

Partially funded by NYC Department for the Aging