

December 2013

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Inside this issue:

<i>Happy New Year</i>	1
<i>We Are Going Places</i>	1
<i>Happy Birthday</i>	1
<i>Pair of the Season</i>	2
<i>Celebrating 100 Years!</i>	2
<i>Poetry</i>	2
<i>Interactive Section</i>	3
• <i>Recipe Connection</i>	
• <i>Boggle Your Mind</i>	
• <i>Poll</i>	
• <i>Question of the Season</i>	

Birthdays of the Season Happy Birthday To:

<i>Chaim Weinstein</i>	12/08
<i>Lynn Albin</i>	12/24
<i>Elaine Henry</i>	12/29
<i>Jesse James</i>	01/02
<i>Brigitte Millicay</i>	01/02
<i>Jennifer Sandiford</i>	01/03
<i>Avrumy Fried</i>	01/07
<i>Sherrie Bradshaw</i>	01/07
<i>Susana Mune</i>	01/11
<i>Ricardo Montero</i>	01/12
<i>Annette Jules</i>	01/22
<i>Ronnie Tishkevich</i>	02/02
<i>Sam Ross</i>	02/07
<i>Alan Bader</i>	02/28



Friendly Visiting
NEW YORK

Happy New Year!

Hello dear Friends,

I hope this newsletter finds you and your loved ones well .

As many of you know, I started with the program in March, 2013 and I am looking forward to working together with all those participating in the program to continue with the great service the program provides. I want to thank you all for your kindness and encouraging words as I started the program.

We have so many volunteers doing so much amazing work, as well as our wonderful seniors and we want everyone to stay connected. That's why we have our. See what's happening at in the program, what volunteers are doing, as well as upcoming events, news and opportunities to do more!

This newsletter is just as much yours as it is ours and I welcome your par-

ticipation. I encourage each of you to take the time and share your thoughts, try your luck at our Boggle Board and have fun! Share the fun with your friendly visitor or senior friend - or choose to do it on your own.

I look forward to hearing from you!

Fondly,

Libby Feldman

We Are Going Places!

Our Volunteers always bring a warm and engaging presence into the homes of our seniors. Together, seniors and volunteers discuss photographs, music, art, books, memories from the past, family stories, hobbies, interests – and more!

For our seniors who are able to leave or travel distances from their residence, the visits go a step further.

Carol, our lovely senior, enjoys getting out but has

been having a hard time doing so.

Our wonderful volunteers who visit Carol on a weekly basis wanted to show her a nice time and knew she would enjoy it if they took her to a nice restaurant.

They all enjoyed the ambiance of the restaurant, the meal and of course each other's company!

Thank you to our volunteers who made Carol's night!



Continued on back page

Pair of the Season

Barb Morrison and her senior friend, Rudy Fafalak

Barb has been visiting her senior friend Rudy for 5 years now!

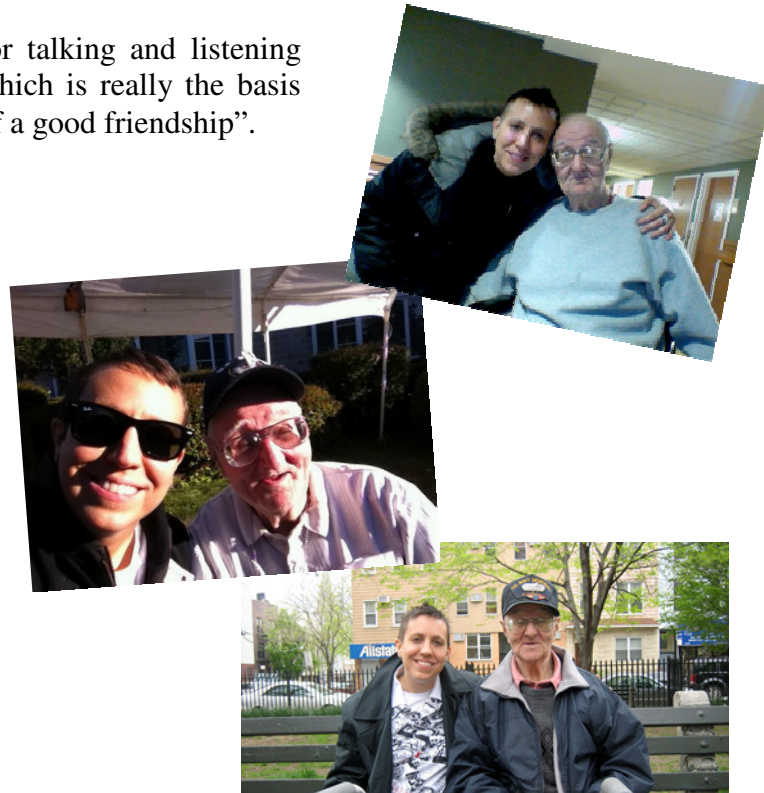
Barb and Rudy's visits always start off with Rudy cracking jokes.

for talking and listening which is really the basis of a good friendship".

Barb, who is in her mid 40's, is originally from Upstate, New York and currently resides in Bushwick. Barb is an American recording artist, top 5 billboard dance chart songwriter, and gold record producer.

Rudy who is an 83 year old Korean War Veteran and was also the Grand Marshall for the American Legion in Brooklyn in 2010!

"He's a funny guy who loves to get a laugh...I could tell he was the same way with the people we'd meet on our walks too. This is why so many people in the neighborhood like him". Since Barb and Rudy have known each other for 5 years, they created a mutual bond. "We've really gotten to know each other through life's up's and down's. We've been there for each other just



Celebrating 100 Years!

Courier Life's Brooklyn Daily featured our Senior, Sylvia Covici, in their September, 2013 publication as they honored Sylvia's 100th birthday!

Friendly Visiting extends a special thank you to AJ Feldman, Sylvia's volunteer visitor who made a special visit to Sylvia to celebrate with Sylvia and her family.

"Shout outs to Sunrise Assisted Living resident **Sylvia Covici**, a lively centenarian who turned 100 years young on Sept. 23.

The birthday gal was surrounded by friends and staff at the cake-filled fete. Fellow birthday girl and resident **Santa Italiano** celebrated her 87th birthday, along with our pal Sylvia. Standing O was told by friend and fellow thespian **Ada Wolbrum** that Sylvia has been known to act a line or two in productions over the years. **Amy Cordona**, the activities coordinator at Sunrise, and friend **AJ Lipschitz** were happy to give Sylvia a smooch and a happy b-day hug.



Standing O toasts Sylvia — live, laugh, and laugh gracious lady! — and wishes her another 100 years of happiness."

Poetry By Trudy Schwartz

The end is quickly drawing near
It's getting closer to that time of year
For a new record keeper to appear.
Used pages, disregarded and replaced
By a newly printed year and face.
A staunch companion, in so many ways
For weeks, months, 365 days.
In parting, shedding a tear, feeling sad
Having shared your year of good and bad.
And celebrating your birth date, the first of every year
Then you are -hung, and gallantly appear,
for everyone's gaze
As together we age, in so many ways
Like a dear, trusted friend
On record, 'til the end.
Keeping accounts of so many things to do,
How I rely on you!
So each and every day, I salute you and say:
"Dear calendar, thank you!
And as the year grows, because of what you do,
I couldn't manage facing, each New Year without you!

Recipe Connection

This recipe comes from Sara Lev, one of our friendly visitors.

Sara's Quick and Tasty Apricot Loaf

Ingredients:

- 1 x 410g can apricots in juice
- 1 Cup dried apricots, chopped
- 1 Cup sugar
- 2 Tbsp. margarine or butter
- 1 Tsp. baking soda
- 1 Cup whole meal flour
- 1 Cup plain flour
- 1 Tsp. baking powder

Method

- 1.Preheat the oven to 300° F
- 2.Lightly grease a 22cm loaf tin with a pastry brush and oil or oil spray.
- 3.Puree canned apricots and juice together using a stick blender or a food processor.
- 4.Place the first four ingredients in a large saucepan and bring to the boil.
- 5.Leave to cool and then add the baking soda.

- 6.Add the flours and baking powder to the apricot mixture and mix until just combined.

- 7.Pour mixture into the loaf tin and bake for 1 hour or until a skewer inserted in the middle of the loaf comes out clean.

- 8.Leave in tin for 10 minutes before turning out.

Thank you Sara for sharing your favorite recipe with us.



Do you have a great **recipe or craft idea**? We'd love to include it in our next newsletter, so please mail in your favorite recipe or craft idea to Libby today!

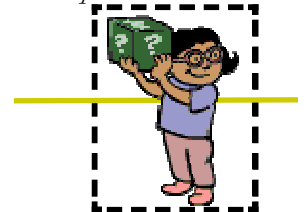
Boggling Your Mind!

Grab a pen and write down as many words as you can find from the "Boggle" board below. Whoever finds the most words will win a prize, and will also be featured in our next newsletter.

M	A	P	O
E	T	E	R
D	E	N	I
H	D	L	C

Who will the next winner be?

Your picture could be here.



Directions: The goal is to find as many words as you can in the grid, according to the following rules:

The letters must be adjoining in a 'chain'. (Letter cubes in the chain may be adjacent horizontally, vertically, or diagonally.)

Words must contain at least three letters. No letter cube may be used more than once within a single word.

Friendly Thinking

Share your thoughts and opinions with us and tell us what's on your mind. The results of the poll and question of the season will be featured in our next newsletter.

POLL ✓

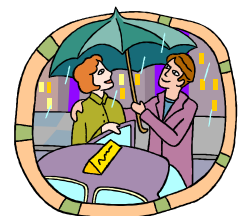
Are you a morning, afternoon or evening person?

- ☐ Morning
- ☐ Afternoon
- ☐ Evening/Night

Question of the Season

Now that the colder weather is creeping in, what do you enjoy most about the colder months?

Look for the answers in the next newsletter!





Helping The Homebound One Visit At A Time

**Friendly Visiting is a project of the Jewish Community Council of Greater Coney Island
and is funded by Citymeals-on-Wheels**