



Bloomington Aging in Place

baipbuzz@bloominplace.org

Fall 2021

A Message from BAIp President, Gail Naruo

We're all in a liminal space, an in-between, transitional place: between shutdown/virtual-only contacts and usual in-person activities; between grieving who and what we've lost and enjoying new or resumed connections and activities.

I am also in a transitional phase in BAIp in my last few months as President. The relationships developed with others on the Board, like those created in a small group or on a committee, are the most meaningful part of belonging to BAIp. It's a joy to form connections with new friends, to discuss issues and ideas with thoughtful, engaged members. These have been the benefits of contributing to an organization I highly value and that relies on member volunteers.

Starting a new phase in my BAIp membership and starting some new ways of being involved will be good for my brain and will expand my social connections. Why not join me? Step forward and say "Yes!" to connecting with others while contributing your ideas, time and talents to BAIp. If you'd like to discuss how you might do that, contact me: president@bloominplace.org.

From The BUZZ Team

Miriam Cukier, Michelle Harris, Gerry Borrell,
Elaine Tannenbaum

The ink was barely dry on her new membership application when Elaine Tannenbaum volunteered to create a new masthead and format for *The BUZZ*. Thank you, Elaine and welcome to the team.

The BUZZ is reaching a good portion of our membership. We look forward to hearing from our readers with observations and suggestions: baipbuzz@bloominplace.org

Fresh Food for Seniors

By David Reich

After being shut down for a year and a half, a four-session Fresh Food for Seniors program is being restarted by Council Member Helen Rosenthal and Borough President Gale Brewer. For \$9 a bag, this bi-weekly program offers mixed fresh produce grown by local farmers, all sourced by GrowNYC. See more information at bit.ly/BAiPFresh.

BAiP members may sign up for the next bag by emailing freshfood@bloominplace.org or calling 212.842.8831 ext. 20 and leaving a message at least a week before the food pick-up dates of Nov 3 or Nov 17.

BAiP Presents

October 21

Home Modifications to Age in Place

Lisa Fagan, OTR/L, MS in Occupational Therapy and CEO, Strategies for Successful Aging

November 18.

Arthritis Types, Management and New Treatment Modalities

Bella Mehta, Assist Professor of Rheumatology, Weil Cornell and Assist Attending Physician, Hospital for Special Surgery

December 16

Learning from Art: Lessons of the Mona Lisa

Linda Seidel, BAIp Group Leader and Professor Emerita of Art History, University of Chicago

**Watch your e-mails for
announcements and registration**

Meet Your Board

The role of the BAiP Board of Directors is to set policy and budgets for everything that BAiP does. Each issue of The BUZZ newsletter will introduce one or two Board members who, in their own words, describe their BAiP experience and their journey to becoming a member of the Board.



Bill Short

I was playing tennis with a buddy one day and he mentioned being a member of a newly forming BAiP wine group. He asked would I like to sit in on a tasting since I've worked for a wine importer for 38 years. I had no idea what a "hot ticket" I'd been offered until much later. I had a great time with a fun group of people at that first meeting, and I became a member of the Wine Tasting Group led very capably by Hein Holtcamp. I liked that the members were curious about how each wine differed by region and producer. Not at all a "cocktail party" but not TOO serious. When Hein could not devote as much time to the group as he would like, I became a co-leader.

Sometime later I was invited to a reception to provide feedback on BAiP. Then I attended a meeting of the BAiP Board which was looking for new members and subsequently was invited to join my first Board.

I'm now in my second year on the BAiP Board and I serve on the four-member Executive Committee. I still co-lead the Wine Tasting Group. Recently I initiated and managed a cooperative venture between BAiP and the Riverside Clay Tennis Association (RCTA), another community organization. RCTA offered eight first-time and returning (after a long layoff) players free tennis lessons with two pros who worked with us every Tuesday for six weeks. Everyone had a great time.

Apropos the lyrics of the rock group *Talking Heads'* song, *Once in a Lifetime: You may find yourself behind the wheel of a large automobile. And you may find yourself in a beautiful house, with a beautiful wife. And you may ask yourself, well, how did I get here?*

I could ask the same question about BAiP and I'm not 100% sure, but I'm really happy I'm here.



Marjorie Goldsmith

As I approached retirement after a very engaging work life, a friend suggested I look into joining BAiP as she had. She described it as a neighborhood organization of volunteers which supports older adults in staying in their homes as they aged and provided a series of programs that I'd find interesting. And right she was! I joined a book group, a knitting group, a yoga class and attended monthly Hurray for Hollywood presentations. Having the regular weekly and monthly groups helped me create the spine of a working schedule which was helpful in my new life. I met new people and reconnected with some old friends and colleagues.

When Covid arrived and our lives changed abruptly, I witnessed how BAiP took its mission of providing *vital, connected, safe, and comfortable activities* and support to new heights. Pivoting to virtual groups and classes and providing the training to use new online resources appeared to be seamless, though it clearly took a lot of thought and planning. For people who weren't leaving their homes for long stretches, especially people living on their own, these virtual groups provided connections they might not otherwise have had. Continuing wellness activities of yoga and movement classes over Zoom and adding pilates was so important for many of us. *BAiP Presents* provided us with engaging speakers focusing on important issues. *BAiP Live!*, a monthly variety show made up entirely of members, was entertaining as well as a view into the varied talents and interests of the participants. Equally impressive was the tech support provided by BAiP members.

Given all that I was getting from BAiP, it certainly seemed the next step was for me to find a way to support the organization that gave me so much. Joining the BAiP Board has provided yet another way to meet a terrific group of people who are committed to the mission. I appreciate the opportunity to serve.

Activities Update

By Phyllis Sperling & Candy Dato

As summer passes into autumn, Activities has been busy with ongoing groups and starting new ones. Some groups have resumed face-to-face activities in accordance with BAIp Board guidelines while many others continue to meet on Zoom. Groups starting up after their summer breaks are beginning to reach out to members to consider indoor gatherings among vaccinated members wearing masks and distancing.

Update on Groups

The three Wellness Groups - **Yoga, Movement and Pilates** - and **Hooray for Hollywood** will continue to meet on Zoom.

Looking for leaders

BAiP Activities has some ideas for new groups, but members may want to pursue their own passions/hobbies with like-minded people by starting a living room group (masks and vaccinations required) or, alternatively, beginning a group that meets outdoors. Experienced folks from Activities will help a member plan and execute a new group or perhaps find someone to be a co-leader. Here are some other ideas for groups that would meet on a monthly basis, day/time to be set by the leader.

Music Groups. The new Jazz Group has stimulated a great deal of interest. Another leader could start a second jazz group. Other new listening groups could focus on Classical Music, Shows, Latin, Folk, World or Soul.

Walking Groups. BAIp has several established walking groups, all in the early morning. There is interest in groups that meet late morning, late afternoons or over the weekend. If you wish to lead a group that meets at least once a week, you set the day, time and pace, and Activities will find members to participate.

Wine Tasting Group. There have been a number of requests to join the on-going wine group; however, it has 12 members and is not taking any more people. There is a potential co-leader who is looking for a partner to help start a new wine group. Some knowledge of wine would be very helpful.

Spanish Conversation Group. For several years, the French Conversation group has given fluent speakers in the language a wonderful opportunity to converse. Consider leading a similar group of fluent Spanish speakers and/or a group for advanced beginners. Italian conversation is always popular too.

New groups - **Photo Editing, Photo Excursions and Tennis Lessons** - have started, and a new **Jazz Group** will begin soon. A blast has been sent with information about a new group, **Creating Art and Writing** on Zoom.

BAiP is also working with the Bloomingdale Public Library for a **Tai Chi** group to take place in its community room (vaccinations and masks required).

A blast about **groups with openings** will be going out soon.

BAiP membership has grown but COVID made it difficult to keep up with the creation of new groups. *Activities* is moving forward with both Zoom and in-person groups at this time. Your volunteerism is what BAIp need to keep it going.

For information, contact: activities@bloominplace.org. If you don't use email, call BAIp Activities at 212.842.8831 ext.16 and leave a message.

Neighbor-to-Neighbor and Tech Squad

Neighbor-to-Neighbor and Tech Squad volunteers have resumed in-person assistance for members of BAIp who are fully vaccinated against Covid. Mask wearing is required for any assistance that takes place indoors.

Neighbor-to-Neighbor e-mail: n2n@bloominplace.org or call 212.842.8831 ext. 32

Tech Squad e-mail: techsquad@bloominplace.org or call 212.842.8831 ext. 26

BAiP Member Profiles: Christine Campbell & Sharon Waskow

by Nancy Anderson



BAiP is becoming a matrix for mothers of ecological invention. Sharon Waskow is a charter member of BAiP. She's led the History Reading Group for ten years and participates in the film, tai chi and science reading groups. Christine Campbell joined BAiP in 2013. She leads the Science Reading Group and was active in the Watercolor Group.

It's Easy Being Green (IEBG) was conceived through their participation in the Science Reading Group as "an adventure of finding what you want to do and what you can do." On a more down to earth level, they also think of IEBG, like BAiP itself, as a way to meet neighbors and build community, but with an emphasis on advancing eco-awareness and engagement.

Sharon adds a personal element to this founding story by describing the impact of becoming a grandparent and one day needing an answer to the question, *Grandma, what did you do about the climate crisis?* With her experience in community organizing, she first approached the 104th Street Block Association to gauge interest in becoming part of the answer. Then she approached BAiP. Christine brought in the idea of fostering ecological and climate science as fundamental to IEBG. What emerged was a Tri-Bloomingdale effort, jointly supported by BAiP and the two local block associations from West 102-103 Streets and West 104 Street.

Sharon and Christine organized an initial green-themed talk at a local synagogue and 60 people turned out on a rainy night for a presentation by Dan Garodnick, President + CEO of the Riverside Park Conservancy. They spread the word at block fairs and joined Twitter. Plans for more in-person meetings were upended by Covid, but their [Twitter feed @iebegreenUWS](#) is lively.

In the monthly IEBG newsletter, Sharon and Christine share news of relevance to neighbors. The August issue [<https://mailchi.mp/22c76de03503/august-2021-newsletter-10432756?e=01af00bfd1>] highlights the role that trees, those carbon absorbing powerhouses, can play to mitigate the impact of climate change. Readers can catch up with the latest in plastic free personal care products and learn about a new local law that will cut down on plastic waste and litter while reducing the use of fossil fuels used to make plastic products. There's also a *Reading Corner* with links to materials that range from Dr. Seuss's *The Lorax* to a map of NYC trees.

Where do Sharon and Christine get the time to do all of this? Student interns and a core group of helpers are an invaluable part of the IEBG effort.

What's next for Sharon and Christine? They plan to organize talks with small businesses in the Bloomingdale neighborhood to introduce them to green practices that are smart for their enterprises and valued by their community. *They want to demonstrate that It's Easy Being Green.* ?

(Nancy Anderson, Ph.D. is an environmental specialist and serves as an informal consultant to IEBG.)

BAiP Tennis Group Tournament

Didn't make it to the US Open? No worries! Cheer on the BAiP tennis players at their group tournament on October 28th.

The tournament begins promptly at 10 a.m. on Court 2 at the clay tennis courts in Riverside Park at approximately 97th Street on the Hudson River. Bleacher seating on Court 2

makes for perfect viewing. You can join the group gathering at 9:45 at the Ellington in the Park Café (enter the park at 104th St.) to walk to the courts.

Free snacks for all fans! Call Bill at 212.864.1128 for more information.

Our Bloomingdale Neighborhood

There are a number of secondary names for streets in the BAiP neighborhood. More information about the people or institutions can be found on the website [NYC Honorary Street Names](#) created by BAiP member Gil Tauber.

Humphrey Bogart Place

Location: West 103rd Street between Broadway and West End Avenue

Humphrey DeForest Bogart (1899-1957) was one of Hollywood's best-known movie actors of the 1930s and 1940s, appearing in 28 films, including "*High Sierra*," "*The Maltese Falcon*," and "*Casablanca*." Bogart grew up in the brownstone at 245 West 103rd St.

Duke Ellington Blvd

Location: West 106th Street between Central Park West and Riverside Drive

Edward Kennedy "Duke" Ellington (1899-1974) owned two adjoining townhouses on Riverside Drive just south of 106th St. He never lived there, although members of his family did. He used 333 Riverside Drive for his business office and studio where he did much of his composing and arranging, collaborating with colleagues such as Billy Strayhorn, who lived two blocks away at 310 Riverside Drive.

Corine Pettey Way

Location: Northwest corner of 101st Street and Central Park West

Corine Pettey (1930-2015) was a NYC teacher and elementary school principal, Democratic District Leader and activist for tenants' rights and small business protections, member of the Board of Three Parks Democrats, annual judicial delegate to the Supreme Court Judicial Convention, and advocate against fracking in New York State.

Norman Rockwell Place

Location: The intersection of 103rd Street and Broadway
Norman Rockwell (1894-1978), an American illustrator and painter, was born at 206 West 103rd Street. He painted 322 covers for *The Saturday Evening Post* that mostly reflected small-town American life. In 1943 his *Four Freedoms* paintings - interpretations of Freedom of Speech, Freedom to Worship, Freedom from Want, and Freedom from Fear - toured the United States raising more than \$130 million in War Bonds. His works are now exhibited in the Norman Rockwell Museum in Stockbridge, MA.

Ariel Russo Place

Location: West 97th Street between Amsterdam Avenue and Broadway

Ariel Russo was the victim of a fatal auto accident on Amsterdam Avenue in 2013, resulting in new procedures to track emergency response times and a safer redesign of Amsterdam Avenue.

Odessa Steward Street

Location: SW corner of Amsterdam Avenue and West 103rd Street

Odessa Steward (? - 2010), a long-time resident of the Frederick Douglass Houses, was President of the 24th Precinct Community Council. She was also active in the Housing Tenant Patrol, the Tenants Association and the women's softball league in Central Park.

Cooper Stock Way

Location: NW corner of West End Avenue and West 97th Street

Cooper Stock was the victim of a fatal auto accident at this location in 2014, resulting in *Cooper's Law*, a new city law providing penalties for taxi drivers responsible for a person's critical injury or death.

IN MEMORIAM

Mike Considine

Elly Ledogar