



Bloomingdale Aging in Place

[baipbuzz@bloominplace.org](mailto:baipbuzz@bloominplace.org)

Summer/Fall 2023

## A Message from BAiP President Jean Schmidt

Hello, BAiP Neighbors!

Hope you had a wonderful summer! It's time to enjoy the beautiful fall weather and all the BAiP activities.

Activities continues our instructed exercise programs on Zoom with a revised scheduled as shown on page 4. For movie buffs, Rick Harris is resuming his popular Hooray for Hollywood series every third Tuesday, in person, at the Bloomingdale Library, at 150 W. 100<sup>th</sup> Street, and remotely via Zoom. Our weekly Monday-afternoon get-togethers at the Cross-Eyed Cat Café at the Riverside Park Volunteer House are back, along with free tennis lessons. A special shout-out to Phyllis Sperling and Candy Dato, co-chairs of the newly formed Activities Team, and their team members for continuing to manage all of our small groups, as well as planning and managing our all-BAiP activities.

Once again BAiP is participating in the Fresh Food for Seniors program, sponsored by City Council Member Gale Brewer and Borough President Mark Levine, which brings farm-fresh fruit and vegetables at low cost to seniors on the Upper West Side. Thanks to David Reich for coordinating this program. This year BAiP donated money to provide bags of fresh produce for 10 low-income seniors.

More detail about these programs and how to become involved can be found in this issue.

As always, we welcome your ideas for how BAiP can better serve our members and our community, so email me at [president@bloominplace.org](mailto:president@bloominplace.org).

I look forward to seeing you this fall.



## BAiP & You

*The BUZZ wants to hear from you--  
each and every one of you!*

*We are inaugurating a new BUZZ feature,  
"BAiP & You," to help us get to know one another  
better and to share our interests and activities.  
For that, we need your help.*

*Please send BUZZ information about free or  
minimal-cost events that you know about and  
think others may also enjoy.*

*Or let's get more personal. We'd like to hear about  
interesting things you may be doing or enjoying: a  
class, an art exhibit or performance, a good book,  
movie, or TV show. Let's share.*

*We ask for brief submissions. A caveat: we cannot  
promote a member's commercial enterprises.*

*Send your comments, thoughts, and reports  
to [baipbuzz@bloominplace.org](mailto:baipbuzz@bloominplace.org).*

## Kathy and Stephen Fink to the Rescue



I overbought at Trader Joe's on 72<sup>nd</sup> Street and could barely manage these two heavy bags. I was recognized and rescued by two BAiP members who insisted on escorting me and my packages home on their chariots.

Phyllis Sperling

## West 104<sup>th</sup> Street Block Association Yard Sale

On Saturday, September 30 (10 a.m.–5 p.m.), the West 104<sup>th</sup> Street Block Association will hold its 33<sup>rd</sup> annual block party. There will be 60 stalls, tables with books and baked goods, a silent auction, live music, and a 50-50 raffle. Last year's prize was \$2,500. Come out and meet your neighbors and support the neighborhood.

## The Secret Garden on West 97<sup>th</sup> Street \*

By Karen Gershenhorn

The Lotus Garden, located on West 97<sup>th</sup> Street (above the parking garage, between Broadway and West End Avenue), is open to the general public every Sunday during gardening season from 1:00 to 4:00 p.m. A secluded 7,000-square-foot enclave of flowers, birds, a lotus pond, and winding paths, the unusual community garden is tended by 28 volunteer gardeners from April to mid-November. Check out The Lotus Garden's Facebook page or its website at <https://thelotusgarden.org>.

To become a keyholder and visit the garden at other times, information is available on the website. For general information, you may contact [kgershenhorn@mindspring.com](mailto:kgershenhorn@mindspring.com).

Photos by Stephen Helman



\*Karen's piece first appeared in the West 104<sup>th</sup> Street Block Association's newsletter, *Block Bytes*.



## *In Memoriam*

### Cynthia Doty

A memorial service for Cynthia will be held at 4:00 p.m. on October 1 at St. Michael's Church, Amsterdam Avenue and West 99<sup>th</sup> Street.

For more information: Three Parks Democrats (<https://threeparksdems.org/>)



## Spotlight on Activities



A continuing feature that looks inside some of BAiP's groups

By Dorothy Callaci

### BAiP Dining

BAiP members like to socialize, so the scores of members who turn out for the monthly Historic Taverns and Dive Bars get-togethers and the newer, spontaneous Dining in the Neighborhood and Bring Your Own Breakfast events have enhanced their socializing with food and drink.

The idea for tours of historic taverns originated with two BAiP walkers, Mindy Martin and Bob Eisenstadt. Mike Kronberger liked the idea and volunteered to be a co-leader with Bob, launching Historic Taverns in 2018. Dive bars were added later to attract members who preferred to stay in the neighborhood.

"We have to think about the needs of the group," Mike explained. "Price and transportation are always considerations in choosing new venues."

Over the years, members have ventured out to taverns like Ear Inn in Soho, which dates back to 1817; the Landmark Tavern, a waterfront saloon on Eleventh Avenue when it was on the river, and McSorley's Old Ale House, where Lincoln, Grant, Babe Ruth, and JFK raised a pint but where women were not allowed until 1970 and a women's restroom was not added until 1986.

The usual order in taverns and dive bars is a "burger and beer," except for those who prefer wine and a salad or other menu choices. There's something for every taste, accompanied by the hum of spirited conversation.

The newer Dining in the Neighborhood always has a surprise up its sleeve. There are no set dates, so an email may suddenly arrive with an invitation to a local gathering.

In June and August, Bring Your Own Breakfast invitations were open to everyone. "Just show up" and join your neighbors for breakfast at the picnic tables at Ellington in the Park in Riverside Park.

Because space is limited when the invitation is to a restaurant, there is an RSVP request. Spaces were full for two brunch dates at Crepes on Columbus, where 120 signed up and 40 were randomly selected. Neighbors also filled tables/booths at the Ortomare Italian restaurant, on Columbus and 109<sup>th</sup> Street, and the Metro Diner, on Broadway and 100<sup>th</sup> Street, earlier this year.

If you like the idea of Dining in the Neighborhood, Candy Dato and Phyllis Sperling, co-chairs of BAiP Activities, invite you to become a host. You pick the dining spot, arrange for a date, and be there to welcome your neighbors. Julie Ferrone and Pat Burns, Dining coordinators, will do the rest. Contact them at [dining@bloominplace.org](mailto:dining@bloominplace.org).



### BAiP Sports

Softball bats and tennis rackets are back in full swing as BAiP players begin a new season on the courts and diamonds of Riverside Park.

At bat again are the Senior Slugger softball players, the name Lyndie Callan gave her teammates when she signed up as a novice for the successful fourth spring season.

"I was awed to learn that some of my teammates are more than two decades older than I am--a sixty-two-year-old retiree--and still playing heartedly with some handicaps," she said. "Players of all skill levels cooperating on the field like it was the model UN and the inclusivity of coed teams means so much."

Bill Short, who coordinates tennis and softball, noted that there was a record-breaking turnout of players this spring, with equal numbers of men and women.

Players have an hour of practice each session, followed by an hourlong game, with new teams formed each time.

"The six or seven games we play a season are not about skill," Bill noted. "They are about fun and camaraderie." He cited James Scormont, an Englishman, who had never played softball and held the baseball bat like a cricket bat but wound up a "wonderful player."

"I never kept track of winning and losing. It was the camaraderie of having made a great catch or being 'a courtesy runner' for a teammate who had undergone hip replacement surgery that was extremely satisfying," Lyndie remarked. "Good-natured ribbing and trading stories over a beer and a bite at Ellington's after a game made me feel like I was home."

For tennis enthusiasts, the sixth season of free tennis lessons with a Riverside Clay Tennis Association pro began on the clay courts at Riverside Park at 10 a.m. on Sept. 13.

Short said he always "feels bad" that tennis accommodates many fewer players so there are always "too many on the waiting list."

Elizabeth Weiner was one of the spring season's lucky ones. "How many times had I walked past the courts, never imagining I would play tennis there. It was somehow for others more skilled and connected," she said. "And now I was on the inside, practicing my serve and rallying with new friends around the neighborhood.

"Big thanks to Bill Short for organizing this and creating a team spirit," she added. "Can't wait for more lessons this fall."



## Join In!

### BAiP Activities

#### Instructed Exercises

Activities continues our instructed exercise program on Zoom for the time being. However, there have been some time changes. **Starting October 2** go to our website:

<https://www.bloominplace.org/wellnessprogram.html>

Choose your class or classes and make sure to click the box accepting the waiver.

#### Yoga

Monday 4:00 to 5:00

Wednesday 11:00 to 12:00

Friday 11:00 to 12:00

#### Pilates

Tuesdays 10:00 to 11:00

#### Movement Speaks

Monday 12:00 to 1:00

#### New groups

New groups are announced by email to all members as the groups are formed. Our newest offering is **Aging Strong** and was announced on September 13.

#### Open Groups

We are currently collecting information from our 70-plus group leaders for openings in the existing groups. Please look for the Fall Open Groups announcement around Thanksgiving.

#### Dining in the Neighborhood

To register for Dining in the Neighborhood and be on the contact list, click below. There is no obligation to participate by registering.

[Click here to register](#)

If you do not use email, you can register for future Dining invitations by calling [212-842-8831](tel:212-842-8831), option 38. Include your name and phone number so that we can confirm your place in the group.

## HOORAY for HOLLYWOOD

Rick Harris has resumed his popular **Hooray for Hollywood** series every third Tuesday at 5 p.m. There are two ways to participate:

- Live, in-person at the Bloomingdale Library at 150 West 100<sup>th</sup> Street
- Remotely via Zoom

The schedule of topics for this year is:

September 26 – A Brief Encounter with British Film, part 2

October 17 – Celluloid Cities, part 1

November 7 – Celluloid Cities, part 2

November 28 – A Short Walk Through American Film, part 1

December 19 – A Short Walk Through American Film, part 2

If you received email notifications of Hooray for Hollywood in the past, you're on the list to continue to receive them. If you want to be added to the list, click the link below to receive an email the day before each event. It will contain the session's topic, list of film clips, and information on how to attend at the Library or via Zoom.

### [YES, NOTIFY ME OF HOORAY FOR HOLLYWOOD SESSIONS](#)

Don't use email? Register by calling [212-842-8831](tel:212-842-8831), ext. 16, and leaving your name and phone number.

While attendance at the Library is open to all, the email notification is both a courtesy reminder of the session and a way to have the Zoom link for those Tuesdays when you decide to participate remotely.

If you have any questions, let us know by writing [activities@bloominplace.org](mailto:activities@bloominplace.org) or by calling [212-842-8831](tel:212-842-8831), ext. 16.

## BAiP Presents

The May BAiP Presents program was a detailed review of the MTA's new OMNY payment program for New York City's public transportation system. More than 200 people, a record attendance, logged into the presentation, which can be viewed at

<https://bloominplace.info/BAiP-Presents/230525-BAiP-Presents-OMNY.mp4>.

Links to other past sessions, including June's "Easily Accessed Traces of 18<sup>th</sup> Century Manhattan," may be viewed at <https://www.bloominplace.org/baip-presents.html>.

These are the programs for the rest of the year and will be recorded for the archives:

September 28

### ***Y(our) Longer Life***

Dr. Linda Fried, dean, Columbia University School of Public Health

October 26

### ***Once Upon a Time***

Stories shared by BAiP members

November 16

### **A program on recycling**

December TBD

**Presentation by art historian and BAiP member Linda Seidel**

## Need Help?

### Neighbor to Neighbor \*\*

N2N is BAiP's outreach to neighbors who may need assistance. For example, volunteers can pay a friendly visit by phone or in person, do a needed errand, or accompany a member to the doctor. If you need other help that a neighbor might provide, please ask and N2N will try to help.

Contact: [n2n@bloominplace.org](mailto:n2n@bloominplace.org) or call [212-842-8831](tel:212-842-8831), ext 1.

### BAiP Resource Exchange

BAiP members can provide a variety of referrals, from doctors and physical therapists to electricians and hairdressers.

Contact: [ResourceXchange@bloominplace.org](mailto:ResourceXchange@bloominplace.org)

### Tech Squad \*\*

The Tech Squad can help you explore helpful smartphone features that were designed to support people with vision, hearing, motor, and cognitive restrictions. But, just as curb cuts are a boon to everyone--not just wheelchair users--these smartphone capabilities can benefit everyone. Here are four examples:

- Your phone can read text on the screen.
- You can get captions during a video call.
- The phone can recognize important sounds, such as a doorbell or your barking dog.
- The phone provides a real-time language translation of what another person is saying.

The June 2023 issue of the *AARP Bulletin* includes an article on these features, which you can read [here](#). If you'd like help exploring these and other accessibility features on your smartphone, contact the BAiP Tech Squad and we'll try to match you with a squad member who can help.

Email: [techsquad@bloominplace.org](mailto:techsquad@bloominplace.org).

Phone: [212-842-8831](tel:212-842-8831), ext. 26.

**\*\* For in-person visits, volunteers and the members they help will decide on a mutually**

***agreeable health-safety plan, which may include proof of COVID vaccination and mask-wearing.***

## Fresh Food for Seniors

The Fresh Food for Seniors program has been under way since June 28. The produce is ordered by GrowNYC from farmers in New York and New Jersey. Orders are taken (in advance) and deliveries made at 306 W. 102<sup>nd</sup> Street between 3 and 4 p.m. every other Wednesday. A total of 104 BAiP members have participated in the program this year, and 404 bags were distributed by September 13.

Members are able to purchase a bag of locally grown fresh fruits and vegetables for \$10 (a \$15+ value) throughout the growing season. The program is pay-as-you-go, not a subscription, so it's a great value with no need for a commitment--just a little advance planning.

The distribution schedule continues through November 8. You may get more information about Fresh Food for Seniors by emailing [freshfood@bloominplace.org](mailto:freshfood@bloominplace.org) or leaving a message at [212-842-8831](tel:212-842-8831), ext 20.



## Signs of Autumn

*Photo by Carol Goodfriend*





## Introducing the Expanded Activities Team

*By Phyllis Sperling*

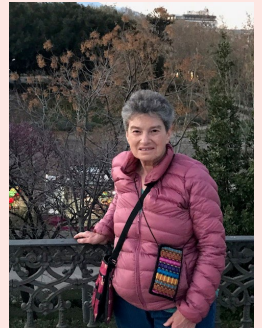
BAiP Activities has been around for about as long as BAiP has, some 13 years. Activities encompasses more than 60 groups that currently enroll some 500 members, along with Dining in the Neighborhood (more than 200 registered) and the Cross-Eyed Cat Café (250 attending members).

Formerly consisting solely of Candy Dato and Phyllis Sperling, the Activities Committee was recently expanded and rebranded and is now the nine-member Activities Team. This expansion allows for greater administrative efficiencies and more opportunity to create new groups and programs.

The following are the team members, four of whom are liaisons to BAiP groups. The liaisons stay in touch with group leaders, keep track of group membership on our database, adjudicate any issues, and establish new groups.

### Activities Team

**Carol Barker** is liaison to the Instructed Exercise classes and BAiP's 13 reading groups. She has called the UWS home since her graduate student days at Columbia. After retiring from a career in nonprofit organizations, Carol became certified as an ESL teacher and now volunteers working with recent immigrants.



**Linda Berkowicz** is liaison to the Graphic Arts/Crafts, Music, and Performance Arts groups. In the 1970s she was a farmer selling her produce in NYC green markets. Later she taught photography and multiple crafts in a Sullivan County high school. More recently, Linda served on that county's Boards of Cooperative Educational Services (BOCES) for a dozen years. She moved to the UWS seven years ago.

**Patricia Burns** currently coordinates the BAiP database and handles invitations to the Cross-Eyed Cat Café, as well as managing the Dining in the Neighborhood (DitN) program with Julie Ferrone. She is a retired high school English teacher and a business systems analyst. She uses her skills as a volunteer with the Volunteer Referral Center, Big Apple Greeters, and now with BAiP. She is a relatively new member of BAiP and has found new friends and bridge partners through her participation.

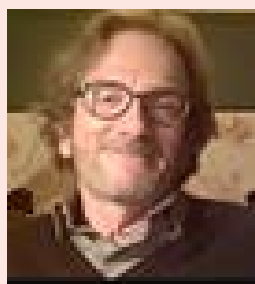




**Julie Ferrone** manages the Dining in the Neighborhood (DitN) program along with Pat Burns. Previously, Julie was involved in teaching, peer counseling, and office work.

**Lisa Handwerker** is liaison to the Language and Discussion groups. She is a pediatrician specializing in adolescent medicine and still works part-time. In addition to her work for Activities, she leads the Hablamos Español group, is a “greeter” in Central Park, volunteers for the West Side Campaign Against Hunger, and is involved with her professional society. For fun, Lisa plays BAiP softball, does Pilates, and weight-trains.

**Cathy Monblatt** is liaison to the Walking, Sports, Wine, and Excursion groups. Cathy moved to the UWS from Park Slope (where she volunteered with a BAiP-like organization) just three years ago. Before retiring, she managed an IT operations team for a large financial-services company. Cathy enjoys reading science fiction/fantasy and is now happy to be a member of the BAiP Science Fiction Reading group.



**Bill Short** heads Activity’s two sports program (Tennis Lessons and Senior Sluggers). He is also majordomo of our immensely popular Cross-Eyed Cat Café, serves on the BAiP Board of Directors, and is the leader of one of our two wine-tasting groups. He comes to us after a career in teaching and wine importing.

**Candy Dato** is co-chair of Activities, and, along with Phyllis Sperling, coordinates all of the above. Candy is a nurse practitioner and was a professor of nursing (and departmental chair) at two New York City universities. She currently serves on the BAiP board and has a very active acting career.



**Phyllis Sperling** is co-chair of Activities with Candy Dato. She is a founding member and former president of BAiP, an architect, a retired CUNY professor, and once upon a time, a college dean. She is a sometime traveler and watercolorist, and is currently struggling to learn Spanish.

