



A Message from BAiP President Jean Schmidt

Hello, BAiP Neighbors, and Best Wishes for 2024!

2023 Highlights

We had a very successful 2023. Some of the highlights can be found on the last page of this issue of *The BUZZ*. Thanks to all of you for your participation.

Board Transitions

Thanks to Gail Naruo and Diane Petchesky, who have stepped off the BAiP Board of Directors after six years of dedicated service. Gail served as president for two years and Diane was our treasurer for four years. We are so grateful to both of them for their many contributions and leadership.

Please welcome Steve Pred and Deborah Goldberg, who have been elected to their first term on the board. Deborah currently serves as chair of Neighbor-to-Neighbor and will continue in that role. Steve, who is a one of the outstanding players in the softball group, brings a wealth of business experience to the board. We so appreciate their willingness to serve and know they will be great contributors.

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Spotlight on Activities

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

By Dorothy Callaci



BAiP Wine Groups

Immigrants brought their love of wine to the United States last century, but their children turned instead to beer and cocktails.

Today, according to Eric Asimov, the New York Times wine columnist, Americans 60 and older are the wine industry's best customers, and BAiP is part of that profile, with two wine groups, each with a long waiting list of members hoping to join.

Both groups gather on a rotating basis in members' apartments (the reason the groups are small) to taste and learn about the wide variety of wines the world's vineyards produce. And each group's monthly tastings are based either on wines from a single region or on a single grape from many regions. Both keep the wines they taste to under \$25 a bottle.

Bill Short, who co-leads, with Hein Holtcamp, the original, 13-member group that has been in existence for 10 years, said that Croatian wines were last month's focus. "As we taste the wine of a region," he explained, "the member who brought the wine tells us how the grapes are

grown and provides some back story on the winery.”

For member Michelle Harris, wine tasting has led to a surprising discovery. “Little did I know that sometimes a wine that smells like gasoline can burst into delicious fruitiness in your mouth or that descriptions like ‘chocolate’ or ‘minerality’ would have meaning for me.”

Phyllis Sperling added, “Our raison d’être is to learn about wine and sharpen our discernment, and after tasting we bring out snacks, usually cheeses from the region [we are focusing on].”

When Steve Weinstein realized the waiting list for the first wine group was so long he would never get in, he decided to do what BAiP members are always encouraged to do--he created a second group, the BAiP Beta Wine Group.

“Our purpose,” he noted, “is to educate ourselves about the wines we drink, demystify the wine-tasting process, and discuss attributes, likes and dislikes. And have a good time doing so.”

Sheila Palevsky spoke about the “learned language” of the wine world and of her group’s lively discussions around the aroma and taste of the chosen wine and pairings of wine with food. She also touched on the not-so-glamorous “spit buckets” and water necessary to have on hand to clear palates after each tasting.

“Our sessions run from six to eight p.m., with noshes during tastings and dessert to wind things up,” she said. “But we often go overtime because we are having so much fun.”

With a world of wines to choose from, BAiP wine groups have endless possibilities for their future tastings. While the United States came late to enjoying wine and growing grapes, there are now 1,115,000 acres of land under vine across the country. California is the leader, followed by New York, Washington, and Oregon.

“There is no need to drink mass-produced plonk,” Bill noted, “when there is such a variety of conscientiously produced wine available at reasonable prices.”

As in most BAiP activities, there is always that something extra that meetings provide.

“Probably the best part of our meetings comes after our formal tastings, when we share life stories and travel plans,” Michelle said.

And as Phyllis put it: “We’ve been running strong for about ten years. I guess it’s because we’ve really grown to like each other and because we laugh a lot.”



In Memoriam

Nicole Emanuel

Life After Retirement

A new BUZZ feature

By Dorothy Callaci

When you are nearing retirement, advice comes pouring in from all quarters--friendly and professional--about how to manage the major logistical and psychological hurdles that this transition can pose.

As one sage noted: "Once you step into the river of retirement, you'll find yourself in a different current, a new world."

Some new retirees struggle to "switch off." They worry about losing their identity, experiencing isolation, or having too much free time. For others, it's a chance to indulge full-time in a lifelong passion, such as painting, writing poetry, traveling or bird-watching. Or maybe they are just content to "smell the roses" or read all the books there was never time for before.

BAiP member Lisa Handwerker, who is rounding out her second year of retirement after almost four decades as a pediatrician, said, "Retirement for me is not about lollipops and roses. After decades in a high-powered career, I want to fill my time with rewarding activities." Ultimately, she found, "you stumble into things."

She remembers walking in Central Park 20 years ago, having just returned to New York after living in Rochester for 25 years. How could she contribute something to the park? she wondered, and quickly began a "persistent campaign" to become a park greeter.

Now trained and in her park uniform, she spends two to three hours twice a week at different locations, greeting visitors from all over the world, telling them about the history of the park, and helping them find their way around its many wonders.

Lisa also always wanted to learn to speak Spanish and enrolled in the El Taller Latino Americano community center, where she attends classes three times a week. To share her new interest, she began a BAiP group for beginning Spanish-language learners that meets in her apartment twice a month with a knowledgeable Spanish speaker, another BAiP volunteer.

She also has become a member of the BAiP Activities Team, which organizes and assists all of BAiP's 65 activity groups.

And yet there is still time to fill, so she volunteers at the West Side Campaign Against Hunger program at 86th Street and West End Avenue, distributing food every week.

Lisa, who completed her pediatric residency at Long Island Jewish Hospital in 1979 and retired as chief medical officer at the Children's Aid Society in New York after 18 years there, keeps close connections to those in her professional field, serving on advisory boards and working with the American Academy of Pediatrics program to help new pediatricians develop advocacy skills.

Still looking for challenging things to do, Lisa counsels that adjusting to retirement takes a while. "It has its ups and downs, and there is no straight path."



Let us know if you have a retirement story to tell or advice to offer.

Join In!

Activities

The Activities Committee is busy planning for the spring and summer.

- If you would like to lead a new group, please contact us at activities@bloominplace.org and we will help you activate your plan.
- Also, be sure to look for our occasional emails promoting new groups, which tend to fill up very fast.
- Watch out for the list of existing groups looking for a few new members that comes out three times a year, in January, May, and October.
- If you are interested in BAiP's instructed exercise and walking groups, check the website, Bloominplace.org.

Hooray for Hollywood

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

In person at the Bloomingdale Library,
150 West 100th Street

Remotely, via Zoom

The schedule of topics follows.

February 20--The Films of Orson Welles, part 1

March 12--The Films of Orson Welles, part 2

April 2-- The Films That Changed Hollywood,
part 1

April 23--The Films that Changed Hollywood,
part 2

May 14--The Films of Billy Wilder, part 1

June 4-- The Films of Billy Wilder, part 2

If you received Hooray for Hollywood email notifications in the past, you are on the list to continue to receive them. If you want to be

added to the list, click the link below to receive a reminder 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? Then 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 to activities@bloominplace.org or by calling [212-842-8831](tel:212-842-8831), ext. 16.

BAiP Presents

BAiP hosts monthly presentations on a variety of subjects that are of interest to the membership. The presentations, on Zoom, are followed by a question-and-answer period. If you missed a presentation, it may be viewed in the archives on the BAiP website:

<https://www.bloominplace.org/baip-presents.html>.

Be on the lookout for emails about upcoming presentations.

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The Aging Eye

Member suggestions for future programs and speakers are appreciated. Send them to Bonnie Mairs, committee chair, at bonnie1673@earthlink.net.



Need Help?

Tech Squad **

Contact the Tech Squad if you would like help with computer, mobile phone and household issues. For example, the squad recently helped with these requests:

- Inserting images into a Word document
- Reconnecting a printer following a change in Internet service provider
- Troubleshooting other printer issues
- Getting a computer Zoom-ready for BAiP Presents
- Changing a halogen lightbulb
- Assembling a computer desk

If you would like assistance with a technology issue, contact the Tech Squad and we'll try to match you with a squad member who can help.

Email: techsquad@bloominplace.org.

Phone: 212-842-8831, ext. 26.

Neighbor to Neighbor **

N2N is BAiP's team of volunteers who assist members with tasks that do not require professional or technical skills. For example, N2N 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 or call 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

**** 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.**



photo by Lo-Yi Chan

President's Message *continued*

Thank You to Our Volunteers

I want to thank all of the board members and all the BAiP members who lead our activity groups and find ways for neighbors to meet and get to know one another. Special thanks to all who are working behind the scenes to support BAiP and make everything run smoothly as we continue to grow: the members who write, edit, and prepare our newsletter, *The BUZZ*; the Tech and Zoom squads for their important work; those who find engaging speakers for BAiP Presents; the volunteers who staff the Resource Exchange; our coordinator of administration and chair of our community outreach; the volunteers who provide assistance through the Neighbor-to-Neighbor program; our webmaster; the volunteers who welcome our new members; and the head of our building representatives. BAiP would not be here without all of you!!!

BAiP Board Agenda

At the September BAiP Presents program, Dr. Linda Fried, dean of the Columbia University School of Public Health, presented a fascinating and informative program titled “(Y)our Longer Life: The challenge, Opportunities and Needs of a World of Longer Lives.” The presentation can be viewed in the archives on the BAiP website. One of the things she highlighted was the increasing “age segregation” in our society, which leads to not knowing one another, the perpetuation of stereotypes, and intergenerational conflict, as well as the loss of opportunities and efficiencies. For example, it is well established that intergenerational workforces/teams are more productive and innovative and that older adults have much to contribute. We think that BAiP is in a unique position to address this issue and we are exploring opportunities to connect BAiP members to younger generations in ways which will benefit both. We would welcome your ideas and suggestions for intergenerational activities/projects.

Also, if you have any questions or suggestions for ways in which BAiP can better serve our members or new ideas for facilitating neighbors helping neighbors, please send me an email at president@bloominplace.org. I look forward to hearing from you.

What's Coming Up

Activities sent an email on January 23 with a list of groups that have openings. Be sure to check your mailbox.

Spring tennis and softball in Riverside Park will be starting in April/May, along with the Cross-Eyed Cat Café get-togethers on Monday afternoons. To sign up, look for the email in March/April.

2024 BAiP BOARD

I am pleased to introduce the members of the 2024 BAiP Board of Directors:

Jean Schmidt	President	Marjorie Goldsmith	Director
Larry Sikon	Vice President	Mike Kronberger	Director
Linda Messing	Treasurer	Steve Pred	Director
Cynthia Watkins	Secretary	Sharon Salit	Director
Candy Dato	Director	Bill Short	Director
Deborah Goldberg	Director		



2023 HIGHLIGHTS

This was a banner year for BAiP, as we added new groups and activities, welcomed more than 100 new members, and brought back some programs live. Here are the highlights.

Activities

Groups

- Sixty-seven groups, including 15 reading groups, held meetings regularly online, hybrid, or in person.
- Eleven new groups were added in 2023, including Hiking, Chess, Bridge, Play Reading in Person, Aging Strong, Spanish Conversation, Birdwatching 2, and Excursions.

Wellness Program

- There were five free classes on Zoom: three yoga, one movement, and one Pilates.
- Planning is under way for in-person classes in the spring.

Sports

- The BAiP Senior Sluggers softball team played in Riverside Park on Thursday mornings in the spring and fall. In the fall, there were 34 members playing on two fields. After the games, fun lunches were held at Ellington in the Park.
- The Riverside Clay Tennis Association offered six free lessons to BAiP

members in the spring and then again in the fall.

All-Member Activities

- The Cross-Eyed Cat Café held Monday-afternoon get-togethers in the spring and fall; attendees could meet new people and hear others share their fascinating back stories. A total of 220 members signed up to participate on a rotating basis, with 25 people attending each week.
- Dining in the Neighborhood had 210 members signed up to get together for dinners/lunches.
- BAiP Presents held monthly programs on Zoom.
- The Hooray for Hollywood series resumed in person as well as continuing on Zoom.

Neighbors Helping Neighbors

A key part of BAiP's mission is to encourage our members to help and support one another.

N2N volunteers provided more than 185 hours of assistance to BAiP members.

The **Tech Squad** spent more than 70 hours helping 65 members.

The **Fresh Food for Seniors** program had 117 BAiP members participating. BAiP donated 78 bags of food to needy seniors.

