

# *SPRINGVALE*

## *Newsletter January 2010*



*The deadline for all ads or notices should be in by the 20th of the month.*

### ***Springvale Senior Citizen Club***

***President: Eileen Griffin***  
***Vice President: Louise D'Amico***  
***Secretary: Grace Fiala***  
***Treasurer: Mary Marable***

***Meeting Date***  
***Monday, February 8, 2010***  
***Location: The Barn***  
***Time: 1:00 pm***

***Doors open at 12:30***

#### ***Events***

***Valentine Day Party***  
***Sunday, Feb. 14th 2010***  
***Time: 1:00 pm***  
***Location: The Barn***  
***Cost: \$10.00***  
***Guest: \$12.00***

New residents are welcome to join.  
For any questions please call either  
Louise @739-1934  
Or  
Eileen @ 788-7141

### ***Springvale Women's Club***

***President: Mary Marable***  
***Vice President: Mary Curran***  
***Secretary: Grace Fiala***  
***Treasurer: Bonnie Zygmunt***

***Meeting Date***  
***Monday, February 1, 2010***  
***(Weather permitting)***  
***Location: The Barn***  
***Time: 1:00 pm***

***Doors open at 12:30***

Notice to all members:  
Please bring your membership cards with you to  
this meeting. Dues are due.  
\$5.00

Please think about some things that you would  
like to see the club do such as trips, functions  
and activities for 2010.

2010 is election time for officers. If you are  
interested please give your name to  
President Mary Marable.

The members of the Springvale Women's club  
would like to wish all of the members and  
residents a Happy and Healthy New Year.

**2009  
TAX RETURNS  
PREPARED**

**ROBERT ("BOB") PIERCE**

**AT YOUR CONVENIENCE  
LOCATED RIGHT HERE AT  
SPRINGVALE  
BLDG. 15  
APT. P  
(914) 293-7699**



***The Rental and the Maintenance  
Offices will be closed on  
Friday, January 1, 2010 for  
New Years Day and will re-open on  
Monday, January 4th at their regular  
business hours.***

**If you should have an emergency please call  
the after hours number 403-0679.**

**We would like to wish all of the  
Residents of Springvale a Happy and  
Healthy New Year.**

## ***Short Story Group***

*Led by*

**Rhoda Pearlman**

**Monday, January 18, 2010  
at the Men's Club**

**Building 23 Apartment O**

**Time: 1:30**

**Book Selection:**

**“Crazy Sunday”**

**~By~**

**F. Scott Fitzgerald**

## **FREE BLOOD PRESSURE READINGS**

**Every Wednesday morning at  
9:00 am**

**In Building 23 Apartment O**

**Judy Lyons RN from Bethel Home Care  
comes to do the readings for free with the  
help of Judith Wesley.**

**Thank you ladies....**

***Mr. Fix-It Mr. Fry***

**Knives sharpened, lamps, small  
appliances, vacuum cleaners and  
umbrellas fixed.**

**Call: Ray Fry**

**584-1114**

## **REMINDER**

## ***White Elephant Shop***

*will be closed until*

*Wednesday, March 3, 2010.*

*We ask that you please not leave any items out in front of  
the building. If you have items that you would like to donate you can call Dolores  
Lauretti @ 584-6058 so that arrangements can be made.*

**Tai Chi is an ancient Chinese style of exercise, meditation and self-defense that works to improve stiff joints while enhancing balance & flexibility. This gentle and easy form of movement is one that all seniors can enjoy.**

**Monday at 3-4:00 pm & Fri. 3-4:00 PM will be held in the Men's club Building 23 Apartment O next to the laundry room until February 1st .**

**This gentle and easy form of movement is one that all seniors can enjoy. Resolve to expand your well-being...Do come and join us! This is something that Springvale Management offers to the Tenants at the complex at no charge.**



***Schedule for Yoga as listed below:***

***NOTE TIME CHANGE: THURSDAY'S***

***Tuesday's @ 3:00 pm***

***Chair Yoga class will be approx. 45 min. Please wear loose clothing.***

***Thursday's @ 6:30 pm***

***Beginner Hatha Yoga: Class will run for 1 1/2 hour***

***Please wear loose clothing for this class and bring a towel/mat to class.***

***These classes will be held in the lower part of the Barn where we also hold Tai Chi. To sign up, please call the Rental Office at 737-6954.***

***These classes will not start until February 2010.***



**ZEYTINIA**  
*Gourmet Market*  
56 Maple Street  
Croton, NY 10520  
Tel : (914) 271.5600

**Full-scale grocery store with exciting products from around the world.  
Excellent meats and fish, produce, cheeses, bakery and more.  
Delicious salad & hot food bar.  
All your shopping needs at reasonable prices!**

***Springvale Residents: Come to the Office to Pick Up Your 10% Discount Card.***

### **Zeytinia Special for Springvale Residents**

Zeytinia Gourmet, a specialty grocery store in Croton in the CVS shopping center, is offering Springvale residents a 10% discount card. Please come to the office to pick up your card. The store is a pleasure to shop in or to sit down for a snack or meal. It offers all basic grocery items, wonderful fresh soups, baked goods, great cheeses, salads and hot foods. The meat and fish department are top-notch, and there is an array of new and exciting food products from around the world. With your 10% discount, and their special deals, this store is more fun and less expensive than the A & P.

### ***Wellness Tip:***

#### **Exercise Your Brain to Prevent Memory Loss:**

Memory loss is common as we age, but according to a recent study, it can be slowed down or prevented. Over 1300 people ages 70 and 89 were asked about their activities within the past year and during middle age, when they were between 50 to 65 years old. About 200 of the participants had mild memory impairment, while the majority had normal memory function.

Results showed that during later years, reading books, playing games, participating in computer activities and doing craft activities such as pottery or quilting led to a 30 to 50 percent decrease in the risk of developing memory loss compared to people who did not do those activities. Also, people who watched television for less than seven hours a day in later years were 50 percent less likely to develop memory loss than people who watched for more than seven hours a day. So turn off the TV, keep your interests up, or develop a hobby!

***The study was presented at the American Academy of Neurology's 61st Annual Meeting in spring 2009, and was supported by the National Institutes of Health, Robert H. and Clarice Smith and Abigail Van Buren Alzheimer's Disease Research Program and the Robert Wood Johnson Foundation.***

# Wellness and Prevention Center

Bear Mountain Physical Therapy  
24 Old Albany Post Road  
Croton-on-Hudson, NY 10520  
914-737-2701

Web site: BearMountainPT.com

Michael Moses MS, PT OCS  
CFMT CMPT CSCS

Nancy Dellipaoli MA, PT

Beth Conetta DPT

Frank B. Dorsa, M.D., F.A.C.C.  
Hudson Valley Cardiology Group, P.C.  
914-736-0703

Cortlandt Medical Building  
1985 Crompond Road  
Cortlandt Manor, NY 10567

The Commerce Building  
1940 Commerce St. Suite 106  
Yorktown Hts., NY 10598

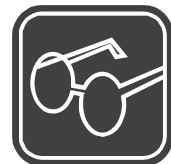
Putnam Valley Medical Center  
11 Peekskill Hollow Road  
Putnam Valley, NY 10579

East Mountain Acupuncture, PLLC  
Website: [www.eastmtnacupuncture.com](http://www.eastmtnacupuncture.com)  
Croton Office: 132 Grand St.  
9D Suite 101  
Croton-on-Hudson, NY 10520  
914-271-3684

Cold Spring Office: 1756 Rt.  
Scheduling & Info: 914-271-3684  
Direct Line: 1-845-265-0088



## Optometrists



Dr. David Weinberger  
Dr. Gregory P. Gaglioti

**Croton Vision Center**  
179 South Riverside Ave.  
Croton-on-Hudson, NY  
914-271-9411

***Eyes Examined - Contact Lenses - Prescriptions Filled***  
**Medicare Provider— Most Health Insurances Accepted**

# Wellness and Prevention Center

Holistic Physical Therapy

914-261-1060

Right across the street from Springvale  
Opal Moon Wellness Center  
2037 Albany Post Road

Restore your health. Do you suffer from Headaches, Neck/Back pain, Sciatica, Stress/Tension, Arthritis, Balance /Dizziness, Orthopedic and other problems?

LIZ INGALLS,

Certified Craniosacral and Holistic Physical Therapist will help you to get relief. She offers a whole body approach combining conventional rehab medicine with complementary and alternative therapies.

CALL TO ACHIEVE WELLNESS

I would love an opportunity to meet with you and discuss how I can help you.  
Please call (914) 261-1060 for an appointment. I am located directly across the street from SPRINGVALE.

I am a Medicare Provider and Accept Medicare.  
I look forward to helping you.



Most Procedures Can  
Be Done in the Office

## Julie A. Torman, M.D. P.C. GASTROENTEROLOGY

Board Certified

2005 Albany Post Road (suite 15)

Croton-on-Hudson, N.Y. 10520

914-271-4212

*Recently accredited by the  
Accreditation Association for Ambulatory Health Care, Inc.  
—Accepts Medicare and Most Insurances—*

## Dr. Saleem M. Mir M.D., F.A.C.P. Nephrology

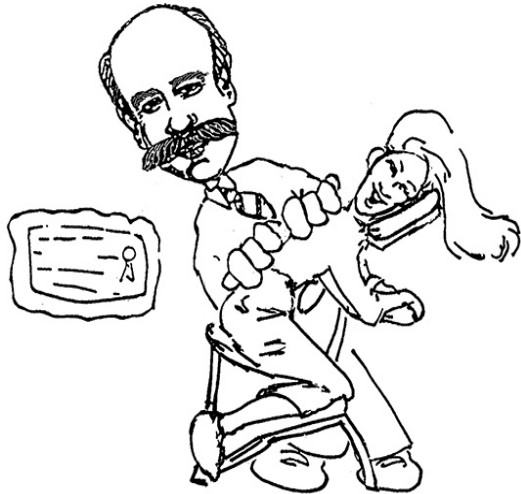
132 Maple Street  
Croton-on-Hudson, NY  
(914) 971-6606

*Specialist in Kidney Care*

Medicare Provider ≈ Most Health Insurances Accepted

*Call for details*

# *Wellness and Prevention Center*



New Patients Accepted  
Seen Same Day

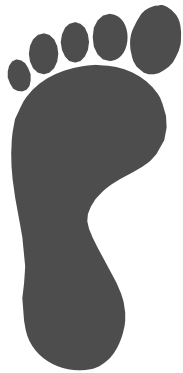
(914) 945-0300  
fax (914) 945-0315

## **DR. ROBERT MONK**

### **GENTLE CHIROPRACTIC & MASSAGE THERAPY**

325 S. Highland Avenue  
Briarcliff, New York 10510

*Medicare and Most Health Insurances Accepted*

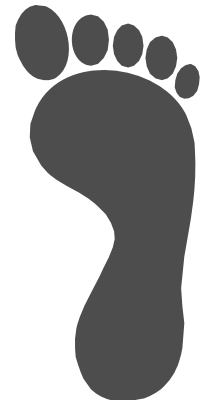


## **Podiatrist**

**Dr. Barry Fields**

Board Certified F.A.C.F.A.O.M.  
*All Aspects of Foot Care*

409 South Riverside Avenue  
Croton-on-Hudson, NY  
914-271-5819



*House Calls Available*

Medicare Assignment Most Health Insurances Accepted

## **HUDSON VALLEY RHEUMATOLOGY, PC**

**Frank Foto, MD, FACR**

Board Certified Rheumatologist

310 North Highland Ave., Suite 7  
Ossining, New York  
914-762-5555



**Office Hours by Appointment**

*Medicare Provider (including all secondary insurance)  
Cigna, HealthNet, United Health Care & Others Accepted*