



In the RSS Wellness Corner Newsletter, we give you healthy eating information. PLUS, you will get tips about chronic disease prevention, meditation, resources, and more. Our goal is to offer you tools to help you live your best life.

[Click here](#) to get more Wellness Information

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## Upcoming Events

**RSS Cooking Club: Heart Healthy Chocolate. It's not just for dessert** Friday, February 24, from 1:00 to 2:30 (Hybrid)

Chocolate! That ooey, gooey treat that makes everything better! Did you know that it's not only a dessert but great in salads and main dishes? And it's even good for you?!!! Join RSS Dietitian Maudene Nelson live at RSS for the first RSS Cooking Club event as she demonstrates some heart-healthy Chocolate recipes for dessert and as an ingredient for the main meal.



Want to have more fun with food?  
Join the club!

THE **RSS COOKING CLUB**



[Click here to join...](#)



**Cooking Artfully: How the elements of art, principles of design, and flavor profiles join forces in the preparation of**



**food** (Online)

**Thursday, January 19 from 1:30 to 3:00 pm**

Join RSS art instructor April Lombardi and Chef Brandy Cochrane from PPMNY for this 3-part series designed to leave you with a clear explanation as to why eating the

rainbow can benefit your health in more ways than one!

[Register for Cooking Artfully](#)

Tuesday, February 14

## Let's Celebrate Love for Yourself, Friends and Family on Valentine's day.

Bring a friend or family member to RSS and enjoy a day full of fun!

Valentine's Day is a day to celebrate love...and what is more important than feeling love for yourself and the people who are important to you!?

**So, come for an All Day Valentine's Celebration at RSS!!!**



### Activities for the day



- Special Valentine's Day Breakfast
- Qi Gong with Bruce
- Pamper yourself: Make your own face and body scrubs
- Brain Games
- Lunch: Healthy Comfort food
- Heart Art collage project
- Silver Shoes presentation and celebration
- **Coming soon** - The RSS Cooking Club. Get a preview with a Finger Food Taste Testing
- Oracle Card Readings
- Chair Yoga with Kathleen



**Free raffle in the afternoon**



RSS is sponsored in part by the NYC Dept. for the Aging

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## Health & Wellness Classes

Health and Wellness

Exercise & Meditation

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# Wellness Corner

## Upcoming Wellness Events

Click on the Wellness Events or dates below to register.

- [Yoga Fusion with Kathleen](#) Tuesday, February 14 at 1:00 (Online)
  - [Falls Prevention Workshops](#) (Online and in person):
    - **Mon. Feb.13 at 1:00:** Proper Footwear
    - **Mon. Feb. 27 at 1:00:** Medication Management
  - [Changing Habits Workshop: Tips for A lasting lifestyle change](#) (Hybrid) (*every Wednesday thru April 12.*) This series of workshops will focus on working together in a supportive community to create new “SMART” habits that focus on clear and reachable goals.
  - **Guided Meditation and Spiritual Growth:**
    - **Wed. Feb. 8 at 5:00** (Online)
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## Osteoarthritis: How to Take Back Control and Relieve Symptoms

Click on the video below to catch the presentation on osteoarthritis Led by Lauren Plunka, Occupational Therapist with Hudson Physical Therapy. Learn about ways to cope with the pain, how to balance rest versus activity, and review and demonstrate ways to maintain strength and range of motion.



Downloadable handouts:

- [Joint Conservation](#)
- [Adapted Equipment](#)

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## Exercise Classes

Click on the class name to register. You only have to register one time for each class.

- **Balance Training with Peggy Levine:** Peggy Levine's Balance Training class uses multiple methods to help you improve your balance. From sitting to strengthening the core muscles of the torso and flexibility to strengthening exercises for the feet.
- **Chair Exercise with Eva:** Eva Shulman has worked at RSS for 20 years. She has a Master's degree in Exercise Physiology and Cardiac Rehabilitation. (Online)
- **Chair Yoga for Joint Health with Kathleen:** Combines chair yoga exercise and meditation to relieve discomfort and calm your mind and body.
- **Chair Yoga with Neem:** Enjoy the benefits of chair yoga in a safe, gentle, yet challenging program.
- **Exercise for Mobility with Terry Roche:** Functional Movement for Older Adults at all levels. Exercises can be performed while seated. (In person. No registration necessary)
- **Feldenkrais:** Feldenkrais focuses on using body awareness to alleviate chronic pain. Feldenkrais exercises consist of small, comfortable movements, and are done in an easy and relaxed way.
- **Get Fit with Stuart:** Get toned and fit with Stuart, our exercise expert. Good for you whatever your level of fitness. A general fitness class that can be done seated or standing.
- **Tai Chi with Bill:** Tai chi involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi may be beneficial in improving balance and preventing falls in older adults and people with Parkinson's disease.
- **Qi Gong with Bruce:** Qigong is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent.
- **Self-Care Sundays** - Chair, Chi & Prana with Melissa at 11, Meditation with Paula at 12, and Virtual Reiki/Sound Meditation with Bosko at 5 PM

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**February is low vision  
month**



Vision impairment means a person's eyesight cannot be corrected to a "normal" level. Vision impairment may be caused by a loss of visual acuity, where the eye does not see objects as clearly as usual. It may also be caused by a loss of visual field, where the eye cannot see as wide an area as usual without moving the eyes or turning the head.

While you can't completely prevent low vision, different technologies can help you to see better. Click on the video below for the workshop with the Lighthouse Guild, "What's New in Vision Technology"

[Click here](#) to get more information about the Lighthouse Guild and what services they offer.



The Lighthouse Guild, "What's New in Vision Technology"

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## Nutrition Corner

### Healthy Chocolate Recipes

It's Heart Health month and what's better for our heart (and mental health) than chocolate? Check out these healthy, and easy, recipes with chocolate!

**Fun facts:** Dark chocolate has a good variety of minerals and polyphenolic compounds like antioxidants and flavonoids. The antioxidants in dark chocolate help to lower bad cholesterol levels and prevent plaque on artery walls, and theobromine, a compound in dark chocolate, has similar effects to caffeine for boosting energy and overall morale.



No Bake Omega 3 Mint Brownie Energy Bites by ambitious kitchen



Warming chocolate & banana porridge from BBC good food

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## Community News

### COVID-19 Vaccine & Testing information:

- General vaccine information.
- Schedule an in-home vaccination.
- Click here to get more information on vaccines and testing.

The Biden administration is restarting the federal program that provides four free COVID tests to US households. **To order, go to COVIDTests.gov.**

### Long COVID Help information

Now there is medical help for NYC residents who may be struggling with long COVID symptoms or finding financial resources as a result of having had COVID. **To find out more call: 212-268-4319 and press "4"**

### MonkeyPox information

Eligibility has been expanded! Now anyone of any sexual orientation or gender identity who is at risk for MonkeyPox can get vaccinated.

### FAQ on the MonkeyPox Vaccine

- Visit [nyc.gov/monkeypox](https://nyc.gov/monkeypox) to learn eligibility, locations for vaccinations, making an appointment, and updated guidance and information
- For real-time updates, text "MONKEYPOX" to 692-69.

*In need of food or other services such as SNAP or social work services? Check out our **Food and Community Resources** page!*

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For recipes, videos, health tips and more.

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RSS Wellness Corner



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