



LETTER FROM THE DIRECTOR XIOMARA MALDONADO



Xin Nian Kuai Le! Happy Lunar New Year, Friends! Sirovich wishes you good fortune and happiness for you and your families. Celebrate Chinese New Year with us on Tuesday, February 12th, and please check out the Special Events Calendar, featuring Puppetry, Self Defense and Safety, Cognitive Fitness, Contemporary Art History, and Paint and Sip workshops, a Valentine's Day Concert and Dance, and activities for Heart Health and Black History months.

In the midst of all these incredible programs, I am excited to confirm that Sirovich's 1st Floor Renovation officially begins Monday, February 4th, 2019. While renovation may seem sudden after so many halts over the past 5 years of planning for it, we are grateful that we can finally embark upon Phase 1: creating a new women's restroom, with multiple stalls and improved accessibility by June 30th. Then, Phase 2, including the creation of 5 new private offices, a hallway, and new group rooms will start in October 2019.

Construction work will take place Monday through Friday from 8am to 4pm. We've been told that the first week will be the loudest, as it entails demolition. While there will be some room changes for smaller, quieter classes during this week, all other 1st Floor classes will continue as is. We understand that having construction noise in our space can be disconcerting, and we ask for your patience and understanding as the work proceeds.

For our own safety, members and staff cannot walk through the construction site. The construction site consists of the hallway and rooms in the back of the 1st Floor, between the Auditorium and Multipurpose Room. Therefore, we will not have access to the All-Gender Restroom, and we will not open the doors leading into this space unless an emergency requires us to do so to exit the building. Your cooperation and positivity is much appreciated.

Lastly, I'd like to announce that Ms. Dorothy Fleming a.k.a. "Mama" has retired. We thank her for 32 years of food service to hundreds of Sirovich members and wish her joy and relaxation. We will keep you apprised of ways to send your own well-wishes her way.

MEMORABLE QUOTE OF THE MONTH: "OMG, this class is wonderful!

Thanks so much for signing me up at the Swiss Institute!" –MonaLisa Ortiz-Rosa, Member

IN THIS NEWSLETTER

P1: LETTER FROM THE DIRECTOR

P2: STAFF SPOTLIGHT

"In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute."
—Thurgood Marshall, first African American U.S. Supreme Court member

HAPPY LUNAR NEW YEAR



STAFF SPOTLIGHT: INTERVIEW W/TREVOR MARTINDALE



Meet Health & Wellness Specialist Trevor Martindale! Trevor started working at Sirovich in July 2017 and serves as a health education resource for members, assists with health screenings, and organizes cognitive fitness, hygiene, elder abuse, and falls prevention workshops. You may also find him serving food, planting in P.S. 19's garden, welcoming volunteers, leading trips to museums and farmer's markets, and making healthy refreshments for parties. He's even coordinating UNH's *Older Adults Strengthening Communities* initiative at Sirovich to empower members as advocates of change. That's why Trevor says his job is "unpredictable" and

"fun" when asked to describe it. Learn more about this valued team member below:

My Home and School: I was born in New Jersey, and I have lived there my entire life. I also attend school there as well. I'm currently enrolled at Rutgers University in their master's of Urban Public Health program. However, I like to call myself an adopted New Yorker, just feel like the culture here better defines me.

My Favorite Childhood Memory: For my 4th birthday, my parents bought an ice cream cake shaped like Cookie Monster from Sesame Street. Til this day I have not found a cake that tastes better.

My Favorite hobby: It used to be napping, napped a lot in college. However, my favorite hobby now would probably be reading or trying out new cuisine/foods.

My Music: It's a blend, mainly hip-hop but I'm open to almost anything depending on my mood.

If I were an Animal: I would have to be a lion. I'm a Leo, and the characteristics of lions seemingly fit well. I like the idea of being the leader of a pride.

If I had a Superpower: If I had a superpower, it would probably be super-speed. I wish I traveled more, so it'd be ideal if I were able to traverse many lands using my supersonic speed.

My Life's Philosophy: "I would rather know a little bit about a lot than a lot about a little bit." I'm all for learning, and I challenge myself everyday to learn something new.

My Dream for Life: I used to have dreams of being an elected official. Let's just say, a particular someone ruined that dream for me.

My Favorite Place in the World: The irony is, NYC is my favorite city and place to be. I think public transit coming in from Jersey every morning tainted that a bit, though. As I travel more, I'll pick another place.

My Dream for Sirovich: A massive facelift (which is already partially happening—Woohoo!), and if we one day can have permanent and affordable residency on site. I think it helps us better serve the people in our community.

Why I'm Drawn to this Work: I think it's the constant "debates" with my mom. I think it is safe to call them "debates." Trying to coach her on nutrition and the necessary changes while we all age may have overqualified me for this field.

What I Love Most About Working at Sirovich: Of course, the people! The people that walk through our doors every single day. Honestly, it is not difficult to get me to engage in conversation. I welcome it. There are so many interesting folks here with amazing life stories, and I love to hear them.