

RiverSpring Health Plans



2020



A PEACEFUL QUIET LIFE

PI C SUNG with Member Services Representative Bhagwantie (left) and his aide Jia Yu. Mr. Sung was born in Henan Province, China, where he worked as an electrical engineer. He came to the United States in 1989, and has a daughter, a son, and a granddaughter. He enjoys a peaceful, quiet life and believes it is good not to worry about anything. Mr. Sung greatly appreciates the staff of RiverSpring Health Plans, especially his favorite Member Services Representative Elizabeth, for caring about him. Mr. Sung appreciates the help from Elizabeth and all at RiverSpring, especially when he had a toothache and needed to see the dentist quickly.

JANUARY 2020

RiverSpring Health Plans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
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5	6 Epiphany Three Kings Day (Dia de Los Reyes)	7	8	9	10	11																																																	
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19	20 Dr. Martin Luther King Jr. Day	21	22	23	24	25 Lunar New Year (Chinese & Korean)																																																	
26	27	28	29	30	31	<table border="1"> <thead> <tr> <th colspan="7">FEBRUARY 2020</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> </tr> <tr> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> </tr> <tr> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> </tr> <tr> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> </tr> <tr> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> </tr> </tbody> </table>	FEBRUARY 2020							S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
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**LOVES
ALL THE
SERVICES**

FAYE ROSENFELD with her aide Leewattee

Ms. Rosenfeld was born and raised in Brooklyn, New York and currently resides in Queens. She worked as a bookkeeper and is now retired. She has a large family—three children and many, many grandchildren. She enjoys being home, doing needlepoint, painting, watching television programs and spending time with family. Ms. Rosenfeld has been with RiverSpring since 2011 and is very happy with all the care she receives. She “loves all the services provided by RiverSpring” and also says “The aides are beautiful people!”

FEBRUARY 2020

RiverSpring Health Plans

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2 Groundhog Day	3	4	5	6	7	8																																										
9	10 MLTC and MAP Member Meetings	11	12 ISNP Member Meeting	13	14 Valentine's Day	15																																										
16	17 President's Day	18	19	20	21	22																																										
23	24	25	26 Lent Begins Ash Wednesday	27	28	29																																										



SITAJI PERSAUD

with her aide Hasina

Ms. Sitaji Persaud, born in Guyana, came to the United States in 2005, and now lives in Queens. Ms. Persaud raised six children. She has sixteen grandchildren and twenty-one great grandchildren! Her life philosophy is that “Family makes you happy and happiness gives you long life.” Ms. Persaud believes the best thing about joining RiverSpring in 2013, is the care. She especially likes the monthly calls, the nurse visiting and her Nurse Care Manager Linda. Ms. Persaud says her aide cooks her type of food, exercises with her daily, and they get along nicely. Ms. Persaud says, “I’m Hindu and believe in doing good and good will follow you.”

**FAMILY
MAKES YOU
HAPPY**

MARCH 2020

RiverSpring Health Plans

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		Saint Patrick's Day		Spring Begins																																												
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LIVING IN PEACE AND LOVE

REVMIRA IONINA with her aide Aksana

Ms. Revmira Ionina was born in Ukraine, where she worked as a school nurse, and a manager of a bakery shop. In 1996, she came to America and worked as a housekeeper and an aide. She lives in Manhattan and has three daughters, four grandchildren and two great grandchildren. She believes the most important thing in life is living in peace and love, caring about our society, making a difference in people's lives, especially those who are in need of love and care. Since she joined RiverSpring in 2013, she says it is one of the best organizations—the level of attention and care, responsibility, respect and kindness towards its members is outstanding!

APRIL 2020

RiverSpring Health Plans

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			1 April Fool's Day	2	3	4																																																								
5 Palm Sunday	6	7	8 Passover Begins	9 Holy Thursday	10 Good Friday	11																																																								
12 Easter Sunday	13	14	15	16 Passover Ends	17	18																																																								
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MATTIE INGRAM

with Elizabeth, Vice President
of RiverSpring Star

Ms. Ingram, born in Aiken, South Carolina, came to New York in 1946 at the age of 13. She went to South Carolina State College, and then worked at Montefiore for twenty years as an office manager. She has two children and three grandchildren. Her life mottoes are “Not worrying about the small things keeps you younger” and “Always be educated—it will open up doors for bigger and greater opportunities.” Ms. Ingram loves to exercise on the bicycle, determined to work on being able to walk again—she enjoys her physical therapy and the progress she has made. She finds RiverSpring Star services most helpful, especially having the nurse practitioner available at the Hebrew Home.

**ALWAYS BE
EDUCATED**

MAY 2020

RiverSpring Health Plans

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3	4 May Day	5 ISNP Member Meeting Cinco De Mayo	6	7	8	9																																										
10 Mother's Day	11	12	13	14	15	16																																										
17	18	19	20	21 MLTC and MAP Member Meetings	22	23 Ramadan Ends																																										
24	25 Memorial Day	26	27	28 Shavuot Begins	29	30 Shavuot Ends																																										
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HAVE PEACE IN YOUR HEART

MARIA CASTRILLON with her granddaughter Zaianna (left) and her aide Ms. Castrillon and all 12 of her children were born in Columbia. Ms. Castrillon came to the United States when she was 40 years old and currently lives in Suffolk County. She is the proud grandmother of 22 grandchildren and says she is very happy and content with life. She prays daily from 8am-11am, praying by name, for every individual in her big family to have good health, food and work. Ms. Castrillon loves music, loves to dance, and says, “You must have peace in your heart”. She is thankful to RiverSpring for her aide and for the nursing visits.

JUNE 2020

RiverSpring Health Plans

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14 Flag Day	15	16	17	18	19	20 Summer Begins																																																	
● 21 Father's Day	22	23	24	25 Chinese Dragon-Boat Festival	26	27																																																	
◑ 28	29	30				<table border="1"> <thead> <tr> <th colspan="7">JULY 2020</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> </tr> </tbody> </table>	JULY 2020							S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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**TAKE CARE OF
YOUR
HEALTH**

MARIA TRZECIAK with her aide Vera (right) and several RiverSpring staff
Ms.Trzeciak was born in Poland and worked as a personal office manager for a transportation company. She came to New York in 1990. She joined RiverSpring in 2018 and says, “the homecare services are most helpful”. Maria said, “it is wonderful to have an aide I can rely on, she helps me with cooking, as I am unable to stand for long periods, and she accompanies me to my medical appointments.” Ms. Trzeciak says, in her view, the most essential thing is “taking care of my health.” She is very happy to be a member of RiverSpring Health Plans and says the “homecare services are most helpful.”

JULY 2020

RiverSpring Health Plans

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**BE KIND &
HELPFUL
TO OTHERS**

YEONG H. KIM with Operation Specialist Diana (left) and his aide Dania
Mr. Kim was born in South Korea; he moved to the United States in 1979 and currently lives in Yonkers. He worked in the family business and has one daughter and two grandsons. He says it is most important to “be kind and helpful to others, praying for a peaceful, loving life in good health.” He also adds that RiverSpring is a solid and well-organized company and it is an honor to be a Member. “Thanks to RiverSpring many insecure and depressing days are gone! Meeting good people at the daycare center and having an aide is helping me a great deal.” Mr. Kim is grateful to the staff for all the care since joining in 2016.

AUGUST 2020

RiverSpring Health Plans

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GLORIA DUNCAN

with Tyler, Assistant Vice President
of Marketing

Ms. Duncan was born in Washington D.C. where she worked as an Employment Manager and Recruiter. She moved to New York 25 years ago and has one son. Ms. Duncan joined our RiverSpring Star plan in 2017 and is an active participant in the Member Advisory Committee Meetings. Ms. Duncan likes to chant like Tina Turner and is a fan of Herbie Hancock. She is a big believer in smiling every day, and greeting people with the same big smile and a happy hello. Ms. Duncan says to always wish for the best each day.

**ALWAYS WISH FOR
THE BEST
EACH DAY**

SEPTEMBER 2020

RiverSpring Health Plans

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13 Grandparents' Day	14	15	16	● 17	18 Rosh Hashanah Begins	19																																																	
20 Rosh Hashanah Ends	21	22 Fall Begins	◑ 23	24	25	26																																																	
27 Yom Kippur Begins	28 Yom Kippur Ends	29	30			<table border="1"> <thead> <tr> <th colspan="7">OCTOBER 2020</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> </tr> </tbody> </table>	OCTOBER 2020							S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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SUSAN GARELICK

with her Robotic Companion
Pet Princess and her aide Clover

Ms. Garelick was born and raised in the Bronx and lives in Co-Op City. She has always loved cats and is very thankful to RiverSpring for providing Princess, her robotic cat. She said Princess fills a void. She is also most grateful for her aide, Clover, who has been with her for five years. "She changed my life and I love her very much," says Ms. Garelick. She also loves to write poetry and had one of her books, "Susie Sunshine will Shine on You" published. Ms. Garelick volunteered for many years at a nursing home and bought sunshine and happiness to everyone. This is how she got the nickname Susie Sunshine!

**SHE CHANGED
MY LIFE**

OCTOBER 2020

RiverSpring Health Plans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
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MICHAEL SOTO with his Mother Brenda, his aide Simone (right) and Jack, Assistant Vice President of Business Operations

Mr. Soto lives in Staten Island with his family. Prior to joining RiverSpring at Home Managed Long Term Care Plan in 2017, Mr. Soto had his family, including his brother, helping to care for him at home. Thanks to the home care services provided by RiverSpring, Mr. Soto is able to stay at home and his brother is able to go to college. Mr. Soto and his family are very grateful to RiverSpring for all the support and services provided. They are truly grateful for all the care and coordination from Mr. Soto's Nurse Care Manager Yelena.

**TRULY
GRATEFUL**

NOVEMBER 2020

RiverSpring Health Plans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
1 Daylight Savings Time Ends All Saints' Day (Dia de Los Santos)	2 All Souls' Day	3 Election Day	4 MLTC and MAP Member Meetings	5	6	7 ISNP Member Meeting																																																	
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**STAY AS
INDEPENDENT
AS POSSIBLE**

RAISA KOZLOVA with her aide Sofya

Ms. Raisa Kozlova was born in Babruysk city, Belarus, where she worked as a choir conductor and a music teacher. She came to the United States in 1989 at the age of 40, currently she lives in Brooklyn. She has two children, seven grandchildren and one great granddaughter. Her life philosophy is to persevere in spite of all difficulties, even health issues, and to stay as independent as possible. She joined RiverSpring in 2014 and says, “the best thing about RiverSpring is... EVERYTHING!” She loves the staff and finds her aide and homecare services wonderfully helpful.

DECEMBER 2020

RiverSpring Health Plans

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YEFIM DORFMAN

with his wife Nadezhda Yablochnik

Mr. Dorfman joined RiverSpring in 2013 and is a wonderful artist! He creates complex architectural models out of wood; an example of his artwork is on the wall in this photo. Born in Ukraine, he worked as a modeler in a shoe factory and as a worker at a Kiev steel factory, making metal components for Chernobyl nuclear power plant. He came to New York in 1993 and has two children, one grandson and one great granddaughter. He enjoys visiting art museums and attending concerts with his family. For Mr. Dorfman the best thing about RiverSpring is the homecare services—he really appreciates his aide.

**APPRECIATES
HIS AIDE**

JANUARY 2021

RiverSpring Health Plans

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