



The Greystone Connection

A Monthly Newsletter

Building the Greystone Community Together!



A Publication for the Community by the Community

NOVEMBER 2024

PUBLISHED BY SUSAN SCHWEITZER & BILL NAEDLER

A MESSAGE FROM THE PUBLISHERS

Dear Friends and Neighbors,

Some people are always grumbling because roses have thorns; I am thankful that thorns have roses.

Alphonse Karr

In the midst of a year marked by discord and fragmentation, Thanksgiving provides a moment to reflect and find solace in the things that bind us together. We live in a time when much is in flux, challenges, we must pause and realize that the same drumbeat of gloom and doom had echoed for generations.

Despite the turbulence, there is much to be thankful for. This year, as we gather to give thanks, we should focus on the blessings we share within our Greystone Community. Our neighbors and staff contribute to making our building a beautiful place to live. The dedication of our Board of Directors ensures our safety and welfare, keeping our community secure, clean and financially stable.

While there will always be challenges and imperfections, the strength of our community reminds us of our blessings. Let's use Thanksgiving to not only count our blessings but also to share performing acts of kindness. We CAN make a significant impact.

As we celebrate Thanksgiving, let's remember the unity and effort it takes to create a cohesive supportive environment. Our Greystone Community stands as a testament to what we can achieve together, and for that we are profoundly thankful.

Wishing everyone a beautiful Thanksgiving filled with gratitude and hope!

Susan and Bill

Veterans' Day

info provided by almanac.com/veterans-day



Veterans' Day always is on November 11th, no matter what day it falls on. This year Veterans' Day is Monday, November 11th. Remember that Veterans Day is to honor the service of *all* Americans who have served, but particular the living veterans among us. Many of our vets stepped into harm's way on our behalf. A cheery "Happy Veterans Day!" may not be fitting to a person who may have friends who died in combat. "Thank you for your service" may not be enough, but everyone knows and appreciates a kind word and, even better, an act of kindness. Here are some ways you can show vets that you appreciate the sacrifices they made....

- If you personally know a veteran (perhaps a relative, friend, or even a neighbor), reach out to them on Veterans Day with a phone call or visit! This is one opportunity to engage beyond just saying thank you. If they are comfortable discussing it, ask a vet where they served, where they were stationed, what specific jobs they did while serving, and so on.
- If you're not close to a veteran, write a thank you card and drop it off at a VA hospital.



Election Day

This year election day falls on Tuesday, November 5th,

You may choose to vote early at the following locations.,,

- Hastings-on-Hudson Public Library, 7 Maple Avenue, Hastings-on-Hudson, NY 10706

- Riverfront Library, One Larkin Center, Yonkers, NY 10701
- Grinton I. Will Library, 1500 Central Park Avenue, Yonkers, NY 10710
- Nodine Hill Community Center, 140 Fillmore Street, Yonkers, NY 10701
- Museum School 25- 579 Warburton Ave. Yonkers, NY 10791 YONKERS, NY 10701



REMINDER: CHANGE YOUR CLOCKS
 On Sunday, November 3rd, it is that time again to move your clocks back to **Eastern Standard Time**. This begins at 2 A.M. on the first Sunday in

November. For those of you who hate the fact that the sun will set before 5 P.M., keep in mind that we change our clocks again to Daylight Savings Time on Sunday, March 9th.

OPEN BOARD MEETING

Due to scheduling conflicts of board members on the 2nd Monday of November, the day that our board meetings are held, ***the November meeting will be held on Thursday 11/14 at 7:00 PM.***

We hope that all will attend.

GREYSTONE COMMITTEES, ACTIVITIES, EVENTS

GREYSTONE COMMUNITY GARDEN

info provided by Rita Walton



Our fall garden event, "Monet in the Garden", turned out very well, after a rainy start. Fifteen residents contributed sketches of the garden that will go towards making a community collage. It was a fun day, and a lot of

us were happy to rediscover what a joy it is to sketch and paint! The collage is being finalized, and we hope to put it up in the community room soon. We also painted pumpkins and ate apple cider donuts - and altogether it was a lovely day.

We were so happy to showcase the garden for residents so they could enjoy the beauties of the garden and of nature in general. One of the best ways to destress is by getting outside and spending time in nature. As gardeners, we know that spending time outdoors, working with soil and plants, gives a sense of peace and tranquility. Now several scientific studies have provided data to back this up. One study from Nature magazine by Matthew P. White et al., shows that spending at least 120 minutes a week in nature can increase a person's sense of health and well-being. Another study from the Journal of Behavioral Science, by Alan Ewert and Yun Chang, showed that people

who recreated in a natural environment had significantly lower levels of cortisol - the stress hormone - than those who recreated in an urban environment. Having high levels of cortisol for extended periods of time can lead to chronic stress, something that can wreak havoc on your body when left unchecked, leading to symptoms like fatigue, weight changes, high blood pressure and more. The next time you're feeling stressed out, consider taking a few minutes to step outside and go sit in the Greystone Garden to soak up some of nature's de-stressing vibes. Each season has beauty, and even in late autumn, the garden still has flowers in bloom and vegetables on the vine. There are also artworks and Halloween pumpkins scattered around as decoration as well. The garden will welcome you!

THE GREYSTONE READERS' CIRCLE

info provided by Diane Rosen

The Greystone Readers' Circle meeting on

DATE: Tuesday, November 19th

TIME: 7:00 - 8:30 PM

PLACE: Community Room

BOOK: Lessons from the Edge

AUTHOR: Marie Yovanovitch

An inspiring and urgent memoir by the former U.S. ambassador to Ukraine – a pioneering diplomat who spent her career advancing democracy in the post-Soviet world, and who electrified the nation by speaking truth to power during the first impeachment of President Trump.

A New York Times Bestseller

All are WELCOME!!

BULLETIN BOARDS

Info provided by the Committee

Mailroom Bulletin Board Etiquette

You have probably noticed that the Mailroom Bulletin Boards are overcrowded, leaving little room for neighbors to post information. Items of permanent interest, e.g. composting, book group, Hudson River Museum, volunteering opportunities to name only a few take up most of the space.

We need your help to solve the problem so others can post desired items. Consider the following:

Post for one or two weeks only in a given month:

- Items to give away or sell
- Lost and Found
- Services offered by residents

Repeat the following month if necessary.

Post notices of activities taking place outside of the Greystone no earlier than 1 week before

performance, event, etc. (These notices are often up for a month or more taking up a lot of space.)

Other thoughts: Please put any suggestions in the box found at the Doorman's station.

GREYSTONE LECTURE SERIES

info provided by Sharon Olong

The Six Pillars of Brain Health.

AARP invites you to challenge yourself to "Be More" by taking one more step along the path of brain health by learning about lifestyle habits that support brain health. In this session you will learn about the pillars of brain health, stress management, sleep, and the benefits of just moving around a bit more.

Each session will be between 45 minutes to one hour.

Community Room Saturday, November 16th at 4:00PM.

ENVIRONMENTAL CONCERNS COMMITTEE

info by Sue McAnanama



The ENVIRONMENTAL CONCERNS TEAM is working on putting together a guide to help us properly DISPOSE of things we no longer need.

In the meantime, GIVE IT AWAY, don't THROW IT AWAY!! The TILI - Take It or Leave It - Garage is a free, volunteer-run initiative where you can drop off unwanted household items and/or take anything you like. This effort aims to reduce waste by diverting usable items from trash cans and helping them find new homes. All donations should be undamaged, clean and in functional condition. Flyers with more info are on our bulletin board.

www.hastingszerowaste.org

Please visit this website for location and to find out what is acceptable. Our team will offer to TAKE items from Greystone residents who do not drive or are otherwise unable to go to the Andrus TILI facility themselves. Please email suemcananama@gmail.com to make arrangements.

THE ASTROLOGICAL CHART OF THE GREYSTONE

Info provided by Sharon Deep

Looking at the astrological chart of The Greystone, which was constructed based on the working assumption that The Greystone was as if "born" when the doors opened for an open house on 4 September 1971 (53 years ago).

This month, we have Pluto transiting in Capricorn and harmonizing with the Greystone's natal Jupiter in Scorpio and natal Pluto in Virgo. Also, Saturn is

transiting in Pisces and is in direct opposition to the Greystone's natal Venus.

The energies are, in effect, inclining us to understand the cultural roots of choosing to live in a cooperative. Googling 'cooperatives,' Cooperatives are "based upon the values of self-help, self-responsibility, democracy, and solidarity." Googling further, "members believe in honesty, openness, social responsibility, and caring for others." Cooperatives are rooted in the upheaval of the Industrial Revolution, starting in England and arriving in NYC in 1920.

The prevailing energies are as if inviting us to not only understand the cultural roots of cooperatives but to also choose to align ourselves with the values. And, in doing so, a degree of relief in tension is afforded to us in truth.

SOCIAL EVENTS COMMITTEE

SNACK AND YAK

Bingo back by Demand



We held a second round of Bingo on Sunday, October 13th, at 4:00 –

6:00 in the Community Room and enjoyed a fun afternoon with friends and neighbors. BINGO!!!

Snack and Yak Movie Night

Our pre-Halloween movie night was a success. The movie, Young Frankenstein by Mel Brooks, a spoof of the 1931 classic movie Frankenstein brought laughs to the evening of goblins and ghosts. There were treats and refreshments to enjoy. A special THANK YOU to Matt Carle and Natividad Munoz for creating a ghoulish environment!

Halloween at Greystone is a fun occasion for our young people as they travel through halls on October 31st to gather treats.

Café Greystone Harvest Dance



Put on your dancing shoes and get ready to boogie. All are invited to attend the Harvest Dance Party with the Eric Lesser Band.

WHEN: *Sunday, November 17th*

TIME: *5:00 – 7:00 P.M.*

WHERE: *Greystone Community Room*

This is a potluck event, so bring your favorite food, dessert or beverage to share with your friends and neighbors. Be prepared to have a great afternoon.

UPCOMING SPECIAL EVENTS

Planning for the following special events is now underway.

🌿 **Thanksgiving Food Drive** – As we have done each year for the past several years, we will kick off our annual Thanksgiving Food Drive from November 1st to the 19th to help local families in Yonkers. There will be drop-off boxes in the lobby for collection of non-perishable food that is appropriate for Thanksgiving holiday dinner. Cranberry sauce, canned yams, stuffing mix, vegetables, rice, beans, pasta, etc. would be much appreciated. Our collection will be donated to the Dobbs Ferry Food Pantry which will be distributed to our neighbors in need. During these difficult times, with food prices high and families struggling, your kindness and generosity will be greatly appreciated.

🌿 **Christmas Toy Drive** – Starting on December 1 to the 17th we will hold our annual toy drive. A box will be placed in the lobby, and it is requested that a new toy or game for children from birth-12 be placed in the box. Do not wrap the gift so that they can be distributed properly according to age and sex of the child.

🌿 **Christmas Tree Lighting Ceremony**
– Sunday, December 8th at 6 PM

🌿 **Café Greystone Holiday Sing-along**
– December 15th, Community Room

🌿 **Hanukkah Candle Lighting**
– Wednesday, December 25th at 6 PM

🌿 **Greystone Holiday Door Decorating Contest**

🌿 Registration at doorman station from November 18th to December 6th

🌿 Decorated by December 16th

🌿 Doors photographed December 16 – 17

🌿 December 16 - 23rd residents judge door photos displayed in lobby and cast their vote in box provided

(only one vote per apartment)

🌿 Winners announced December 27th

REMINDERS...

- ✓ When leaving for a day or even for a short vacation, please make sure that your thermostat is set at around 68 degrees. This will keep your apartment warm and make sure that there will be no problem of pipes freezing during your absence.
- ✓ It is very important that a labeled key to your apartment be left at the doorman's station to be locked in the office in case of an emergency that necessitates entry into your unit. There has

never been an incident at The Greystone where someone was able to take a key and enter an apartment without permission, BUT there have been incidents where it was necessary to enter an apartment due to a flood, leak or other situation, a resident falling or taken ill and not able to get to the door for emergency services, or a resident being locked out of a unit, necessitating drastic action. Please check that a working key is left with the doorman and, if one is not already there, make a copy, label it with your apartment number and leave it with the doorman as soon as possible

- ✓ Be mindful to drive slowly through the garage, residents have reports speeding and almost being hit walking up the ramp. 10 MPH limit.



*Wishing
Peace and Goodness
to all our neighbors
who are Celebrating
Religious Holy Days*

NOVEMBER RELIGIOUS HOLIDAYS

- November 1
 - All Saints' Day, Christian
 - Bandi Chhor Divas, Sikh
 - Diwali, Hindu
- November 2
 - All Souls' Day, Christian

During our Pool Parties, many residents asked how they could get a T-shirt, well here is good news! If you want to share your unity and appreciation of the community that is "the Greystone"...you can order a T-shirt with the motto "*Building the Greystone Community Together!*":



The shirts are all short sleeves, crew neck, and range from Small - 5X. Your choice of shirt color. The cost is \$17.40, which includes tax and shipping. It takes several weeks to arrive. Please find order forms at the front desk, or feel free to email Rachel at RachelLevine55@gmail.com



November Open Board Meeting
Thursday, November 14th at 7:00 PM
In person and Zoom
The link will be emailed to you.