

August
2011

ENCORE Community Services



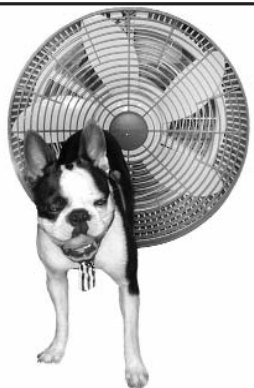
239 West 49th Street
New York, N.Y. 10019
Between
(Broadway & 8th Ave.)

"Broadway's Longest Running Act of Loving Care"

Visit Encore's Site at:

www.encorecommunityservices.org

**To Remain
on your Feet
You Must
beat the
heat.**



Duffy's Corner

During the "HOT" spells of August take advantage of the many



and check in on a homebound friend or neighbor.

SUMMER IN THE CITY

During the summer months, New Yorkers are especially vulnerable to heat-related hazards. On warm summer days, the city can be as much as 10 degrees warmer than its surrounding areas. The NYC infrastructure - largely made up of asphalt, concrete and metal - traps the heat. This is known as the "urban heat island" effect.

Heat waves are particularly dangerous for children, seniors, people with cardiovascular disease,

and people taking psychotropic and other medications. In July and August of 2006, extreme heat waves gripped New York City, claiming 46 lives and disrupting power throughout pockets of the city. In France, a blistering heat wave in August 2003 left an estimated 15,000 dead, many of whom were seniors. In July 1995, a two-week long Chicago heat wave - which saw the heat index peak at 119°F - claimed 465 lives. More than half of the victims were 75 or older. According to the Center for Disease Control, social isolation and the inability to care for oneself put a person at greater risk for heat-related illness.

A heat wave's duration plays an important role in how people are affected. Studies show that a significant rise in heat-related illnesses occurs when excessive heat lasts for more than two days. Spending even two hours per day in air-conditioned spaces can significantly reduce the number of heat-related illnesses. ***(More Information found on the Dept. for the Aging web site).***

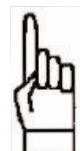






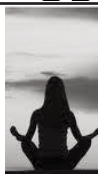
BigAppleRx, the Official Prescription Discount Card Program

BigAppleRx is the City of New York's official prescription discount card program developed to help NYC consumers save on their medication costs. It provides discounts averaging 47%; 15% average on brand-name drugs and 53% on generic drugs. The card is free and available to everyone, regardless of age, income, citizenship or health insurance status. If your NYC pharmacy is not listed, or you experience any issues with a pharmacy accepting the **BigAppleRx** card, call 1-800-697-6974. ***For more information, see the NYC Department for the Aging Web Site***

SOME PARTICIPATING PHARMACIES

Duane Reade CVS Pharmacy
Esco Drug Inc. Cash RX Plus
Carewell Pharmacy + Others
Walgreen Drug Store



Day	August Weekly Activities	Times	Coordinators
Mon.	Tai Chi Class..... (West Chapel in Church) Painting Class (Held at Encore West) Bingo (following 2nd Lunch) Legal Clinic , (4th Mon., (8/22)	 10:00 10-12:00 1:30 10:00	Sr. Peggy McGirl Genie Cameron Senior Volunteers Volunteers of Legal Services
Tues.	Senior Advisory Council Meeting -(Will resume meetings in Sept.) Please give us your suggestions in the Suggestion Box.) Workshops: (Please see special events below).	12:00	 Coordinator, Nieves Tavares.
Wed.	Sr. Lil's Bargain Store , Every Wed. Birthday Dinner (3rd Wed.8/17) followed by Entertainment	  9:15-1:00 9-	Volunteers Staff & Volunteers
Thurs.	Yoga Exercise Class. (West Chapel in Church) If church is not available at times, it will be in the Senior Center. Salsa Exercise Dancing (Sign up with Bruni in Social Service) Nurses from NY University School of Nursing (Last day 8/20)	 10:00 1:45 9-1:30	Jane Kristofferson Bruni Astor LMSW Coordinator, Nieves Tavares.

FRIDAY AT THE MOVIES






8/5


8/12


8/19


8/26


Encore's July to Camp Kaufmann was a great success

Day	Date	Time	August Special Events	Platzl Brauhaus
Wed.	3	1:15	NUTRITION LECTURE: "Summer Safety Foods" Presented by Amelia Jalandoni, Certified Nutritionist	
Tues.	9	1:45	Gray Line Tour- Uptown NYC Be sure to sign up in the Asst. Director's Office	
Thurs..	11	1:15	WORKSHOP: Medicare Minute - "Medicare Coverage of Mental Health" Presented by John Sheehan from Medicare Rights Center.	
Tues.	16	12:30	MUSICAL PRESENTATION: "Jazz Pops & Standards" By Yoko Kimura, Jazz Vocalist from Tokyo, Japan	Lunch & Dinner, are provided along with Music, Dancing, Bingo, swimming & much more.
Wed.	17	1:30	ENTERTAINMENT: "Sing Along" with Singers Forum	
Thurs.	18	7:30	TRIP to Platzl Brauhaus: Situated between two peaks of the Ramapo Mountains on picturesque Calls Hollow Road in Pomona, NY, it is only 40 minutes from mid town Manhattan. If you wish to go on the trip, please see Nieves, Encore Senior Center Assistant Director for further information. All seniors taking the trip are asked to be at the center by 7:30. Coffee, Tea and rolls will be available prior to take-off	
Wed	31	1:30	MUSICAL PRESENTATION: "Classical & Musical Theater Compositions" Performed by Mavie Golden, Opera Singer	





August LUNCH Program

SERVING TIMES

1st Lunch - 11:00AM

2nd Lunch - 12:30PM



All Menus are subject to change without notice.

Milk is served at every meal. 1% or Lowfat milk is mandated by the Department for the Aging.

Coffee & Tea served upon request, cost **25 cents**

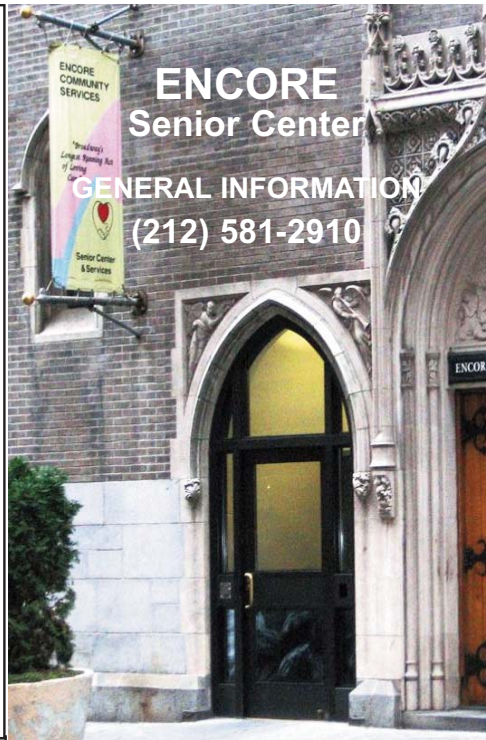
Soup provided every Friday.

(Coffee, Tea & Soup are not a menu requirement and therefore are provided by Encore)



Monday	Tuesday	Wednesday	Thursday	Friday
1 Classic Salisbury Steak w/Sauteed Onions, Mushroom Gravy Red Skin Boiled Potatoes Steamed Chopped Spinach Whole Wheat Bread Canned Sliced Peaches (NJ) Enriched Fruit Juice	2 Ginger Garlic Chicken Curried Brown Rice w/ Peas Broccoli & Baby Carrots w/ Red Peppers Whole Wheat Bread Fresh Watermelon Enriched Fruit Juice	3 Old Fashioned Meatloaf w/ Tomato Sauce Fresh Mashed Potatoes w/ Skin Sliced Zucchini Whole Wheat Roll Fresh Pear Enriched Fruit Juice	4 Breaded Chicken w/Cranberry Sauce Baked Macaroni Mixed Lightly w/Cheese (LS) Cut Green Beans Whole Wheat Bread Applesauce w/Cherry (SF) Enriched Fruit Juice	5 Baked Fresh Fish w/Creamy Mustard Sauce Herbed Roasted Potatoes Collard Greens Whole Wheat Bread Fresh Cantaloupe
8 Beef Stroganoff w/ Mushroom & Onion Sauce Enriched Brown Rice Vegetable Medley Whole Wheat Bread Canned Pineapple (NJ) Enriched Fruit Juice	9 Baked Chicken w/Honey Dijon Sc. Steamed Red Skin Potatoes Brussels Sprouts Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	10 Italian Meatballs w/ Diced Tomatoes Sauce & Parmesan Cheese Spaghetti Seasoned Collard Greens Whole Wheat Roll Canned Purple Plums Enriched Fruit Juice	11 Chef Salad w/ Turkey, Ham & Cheese on Lettuce Bed w/ Sliced Cucumbers Potato Salad (LF) Carrot, Raisin Salad (LF) w/ Herb Dressing Whole Wheat Roll Applesauce w/Cherry (SF) Enriched Fruit Juice	12 Baked Fresh Fish w/ Olympia Sauce Mashed Winter Squash Cauliflower Whole Wheat Bread Fresh Orange
15 Fresh Baked Ham w/Currant Raisin Sauce Old Fashioned Mashed Potatoes Steamed Green Cabbage Whole Wheat Bread Red Delicious Apple Enriched Fruit Juice	16 Hawaiian Chicken w/Diced Pineapple (NJ) Baked Sweet Potato Steamed Cut Green Beans Whole Wheat Bread Fresh Banana Enriched Fruit Juice	17 Yankee Pot Roast w/ Onion Gravy Baked Potatoes Steamed  Glazed Carrots Whole Wheat Roll Homemade Cake (TFF) Ice Cream (SF) Enriched Fruit Juice	18 Homemade Chunky Chicken Salad on Lettuce Bed /Tomatoes Spiral Pasta Salad w/ Dried Tomatoes Three Bean Salad Whole Wheat Bread Fresh Watermelon Enriched Fruit Juice	19 Breaded Fish w/ Basil Cream Sauce Red Skin Boiled Potatoes Steamed Chopped Spinach Whole Wheat Bread Fresh Orange
22 Classic Salisbury Steak w/ Sauteed Onions &Mushroom Gravy Home Style Mashed Potatoes Sliced Beets Whole Wheat Bread Fresh Pear Enriched Fruit Juice	23 Spanish Style Chicken w/ Onions & Peppers Rice & Red Beans Cut Green Beans Tossed Salad Whole Wheat Bread Fresh Watermelon Enriched Fruit Juice	24 Homemade Beef Stew w/ Onion & Celery Parsley Boiled Potatoes Steamed Baby Carrots Whole Wheat Roll Canned Sliced Peaches (NJ) Enriched Fruit Juice	25 Chilled Sliced Turkey w/ Light Herb Dressing Macaroni Salad (LF) w/Chopped Vegetables Tossed Salad w/ Zucchini & Onions Whole Wheat Bread Fresh Orange Enriched Fruit Juice	26 Baked Fresh Fish w/ Lemon Garlic Sauce Baked Potato in Skin Steamed Broccoli Florets Whole Wheat Bread Fresh Cantaloupe
29 Seasoned Hickory Smoked Pork Chop (Chicken Substitute) Garlic Roast Potatoes Steamed Cabbage w/ Shredded Carrots & Red Peppers Rye Bread Fresh Anjou Pear Enriched Fruit Juice	30 Chef Salad w/ Turkey, Ham & Cheese on Lettuce Bed w/ Sliced Cucumbers Potato Salad (LF) Carrot, Raisin Salad (LF) w/ Herb Dressing Whole Wheat Roll Applesauce w/Cherry (SF) Enriched Fruit Juice	31 Jumbo Stuffed Shells w/Meat, Chunky Pepper & Tomato Sauce Chopped Spinach Tossed Salad w/Shredded Carrots Whole Wheat Roll McIntosh Apples Enriched Fruit Juice	 <p>The Summer Gift of Watermelon Low in calories, not too expensive and it's 92 percent water which quenches your thirst and fills you up on a hot summer day. Watermelon also have great health benefits, so "enjoy".</p>	

PLEASE SUPPORT ENCORE'S
"Meals from the Heart" Program
\$5.00 can buy a meal for a low
 income homebound senior.



**ENCORE'S
 Home Delivered
 Meal Program**

If you are in need of a home delivered meal or are returning from the hospital, please call the following:

Selfhelp

(212) 787-8106

For homebound seniors living on the West side of 8th Ave. to 12th Ave.

New York Foundation

(212) 962-7817

For homebound seniors living on the East side of 8th Ave. to 5th Ave.

If you have difficulty getting in touch with either of these agencies, please call Encore's Home Delivered Meals Program at:

(212) 581-2910

Adella Rodriguez -Ext. 129
 Delivery Coordinator

Gaby Sherrow.....Ext. 130
 Program Coordinator

We ask for **\$1.50 contribution** for each Home Delivered Meal

Any increase in contributions would be greatly appreciated.



Adella Rodriguez



Gaby Sherrow

DONATIONS

may be made on Encore's Web site, by mail or in person. Both the Web site and mailing addresses are listed on the front cover of this Newsletter.



The **Meals Program**

plays a vital role in the lives of homebound elderly, especially those with very low incomes. With the economy as it is, every donation matters.

MEAL CONTRIBUTION \$1.50

Seniors must be at least 60 years of age or older and be registered at Encore.

The NYC Dept. for Aging & City Meals on Wheels funds about 2/3 of the overall meal costs. The remaining 1/3 must be covered by meal contributions from participants, and fundraising activities.

WE CAN'T DO THIS WITHOUT YOU.

BREAKFAST CART

Available from
9:00 to 10:00AM



ON-SITE LUNCH PROGRAM

1st Lunch ..11:00 to 11:45AM
 (Tickets available until 11:30)

2nd Lunch..12:30 to 1:15PM
 (Tickets available until 1:00PM)

If at all possible, we ask seniors to adhere to the times above.

SOCIAL SERVICE DEPARTMENT- (212) 581-2910 Ext 123 or 125.

Social Services provides information on benefits and entitlements such as Food Stamps, Medicare, Medicaid, Veterans Benefits etc. **See Specific Programs below:**

Shop and Escort Program - (212) 581-2910 Ext. 125, will assist seniors in Encore's area with escorts to medical and other needed errands.

Food Stamp Program - (212) 581-2910 Ext. 125, will assist seniors who are qualified, to receive Food Stamps.

Bridge Program - (212) 581-2910 Ext. 118, provides information on Health Care Proxies, Living Wills, Power of Attorney etc.

Legal Clinic - (212) 581-2910 Ext. 118, 123, 125 4th Mon. of the month from 10 to 11:30AM, operated by Volunteers of Legal Services. Appointments can be made through Social Service.

Friendly Visiting Program - (212) 581-2910 Ext. 110, Matches homebound seniors with dedicated Volunteers who provide companionship and a sense of family for seniors living alone. They give seniors a sense of security, knowing someone is regularly in contact with them. If interested in having a Friendly Visitor, please call the number above.

SENIOR CENTER GENERAL INFORMATION - (212) 581-2910 Ext. 117

SENIOR CENTER PROGRAM DEPARTMENT.....Ext. 127

(If you leave a message, please be sure to leave you phone number so we can get back to you.)



Bruni Astor LMSW
 Social Service
 Director



Stephanie Rivera
 Case Worker
 Food Stamp Prog.



Sr. Margaret LMSW
 Legal &
 End of Life Issues



Genie Cameron
 Volunteer
 Coordinator



Sr.Lillian McNamara
 Encore's Director
 of Operations



Nieves Tavares
 Assistant Director
 Senior Center