

June
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

*Happy
Father's Day
to all our
wonderful
Encore Dads*



In Memory of My Father

"I watched a small man with thick calluses on both hands work fifteen and sixteen hours a day. I saw him once literally bleed from the bottoms of his feet, a man who came here uneducated, alone, unable to speak the language, who taught me all I needed to know about faith and hard work by the simple eloquence of his example."

Mario Cuomo former Governor of New York

Encore's Annual "HEART to HEART AWARDS"

Each year, Encore honors and celebrates distinguished individuals and groups who, through their generosity of spirit and unique gifts, have improved the life of our vibrant city. This year's Heart to Heart Awards went to the Treasurers and Ticket Sellers Union, Local 751 of the IATSE, represented by their President, Gene Mc Elwain and Ervin Drake, Composer, Lyricist, Writer, Producer and Member of the Songwriters Hall of Fame.



Duffy's Corner



Sr. Elizabeth with Honorees and Presenters



Erving Drake, Honoree






William Flynn, Encore's Board Pres.



HOW TO SURVIVE A NEW YORK HEAT WAVE

Hot summer days in New York City can be up to ten degrees more sweltering than the surrounding areas. And thanks to global warming, we've seen more than our fair share of 90-plus degree days over the last few summers. When the heat index is predicted to be dangerously high, New York City declares a heat emergency to help keep New Yorkers healthy and to conserve energy to avoid another blackout like the one in August of 2003.

To help beat the heat it is important to stay out of the sun and avoid strenuous activity during the sun's peak hours of 11AM and 4PM. Plan physically demanding activities for the day's coolest hours between 4AM and 7AM. Drink plenty of water even if you don't feel thirsty. your body needs water to keep cool.

Day	June 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., (6/27)	 10:00 10-12:00 1:30 10:00	Sr. Peggy McGirl Nobu Sirasi Senior Volunteers Volunteers of Legal Services
Tues.	Senior Advisory Council Meeting -(6/14) (Please give us your suggestions in the Suggestion Box. Nurses from NY University School of Nursing	12:00 9-1:30	Coordinator, Nieves Tavares.
Wed.	Sr. Lil's Bargain Store, Every Wed. Birthday Dinner (3rd Wed. 6/15) 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	 10:00 1:45 9-1:30	Jane Kristofferson Bruni Astor LMSW Coordinator, Nieves Tavares.

FRIDAY AT THE MOVIES




6/3 6/17 6/24





HIDDEN HARBOR BOAT TOUR

Tuesday
June 21st
 2:00 to 4 p.m.

Circle Line
 W. 43rd St. & Hudson River



TICKETS available Monday, June 6th

Day	Date	Time	June Special Events	
Tues.	7	1:15	SEMINAR: "Helping You Help Yourself" Presented by Quality Care Physical Therapy and Wellness Club	
Wed.	8	1:15	WORKSHOP: "Medicare Minute" June Topic, " Best Buy Drugs " Presented by John Sheehan from Medicare Rights Center	
Thurs.	9	1:15	WORKSHOP: "When Hearing Becomes a Challenge" Presented by Dr. Melissa Hexcche, Doctor of Audiology	
Fri..	10	12:30	SPRING CONCERT Provided by Equitable Center Chorus, Judith Otten. Director	
Tues..	14	1:15	WORKSHOP: "Elder Abuse Protection" Presented by Ariella Beer from JASA LEAP	
Wed	15	1:15	FATHER'S DAY DANCE CELEBRATION Music by Juan Ortega Followed by a Raffle and Refreshments.	
Tues.	21	Board 1:45pm	HIDDEN HARBOR BOAT TOUR See trip information above. 2 hour narrated boat tour of the Brooklyn & Staten Island Waterfront	
Wed	22	1:15	WORKSHOP on "Medicare Advantage Program" Presented by Visiting Nurse Service NYC FREE MASSAGE THERAPY For the Massage, please Register with Nieves in the Assistant Director's Office	

Let FREEDOM RING!

Don't forget that Encore Center is closed **Monday, July 4th**

Happy Independence Day!



LUNCH



Juan Cruz

Food Service Manager

PROGRAM

**June
2011**



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 at a cost of **25 cents**. These items are not a part of the required menu and therefore are provided by Encore

Soup is offered every Friday. It is outside the required menu and therefore provided on site by Encore



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Homemade Beef Stew w/ Onion & Celery Parsley Boiled Potatoes Steamed Baby Carrots Whole Wheat Roll Canned Sliced Peaches (NJ) Enriched Fruit Juice</p>	<p>2. Southern Style Breaded chicken w/ Cranberry Sauce Oven Roasted Sweet Potatoes Steamed Collard Greens Whole Wheat Bread Jell-O w/ Fruit (SF) Enriched Fruit Juice</p>	<p>3 Baked Fresh Fish w/ Lemon Garlic Sauce Baked Potatoes in Skin Steamed Broccoli Florets Whole Wheat Bread Fresh Orange</p>
<p>6 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</p>	<p>7 Chunky Chicken A La King w/ Mushrooms Enriched White Rice Steamed Peas & Carrots Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice</p>	<p>8 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>	<p>9 Roast Chicken w/ Cranberry Sauce Mashed Butternut Squash French Style Green Beans Whole Wheat Bread Pineapple Tidbits (NJ) Enriched Fruit Juice</p>	<p>10 Baked Fresh Fish In Full Flavored Creole Sauce Red Skin Boiled Potatoes Steamed Collard Greens Whole Wheat Bread Fresh Orange</p>
<p>13 Chili Con Carne w/Chunky Peppers & Tomatoes w/ Cheddar Cheese (LS) Enriched White Rice Steamed Peas & Carrots Whole Wheat Bread Red Delicious Apple Enriched Fruit Juice</p>	<p>14 Herbed Baked Chicken w/ Brown Gravy Au Gratin Potatoes w/ Cheese (LS) Steamed Broccoli Florets Whole Wheat Bread Canned Plums (NJ) Enriched Fruit Juice</p>	<p>15 Saurbraten w/ Onion Gravy Garlic Roast Potatoes Steamed Glazed Carrots  Whole wheat Roll Homemade Cake (TFF) Ice Cream (SF) Enriched Fruit Juice</p>	<p>16 Roasted White Turkey on Stuffing Bed w/ Light Gravy Fresh Sweet Potatoes Cut Green Beans Whole Wheat Bread Ambrosia Delight (NJ) Enriched Fruit Juice</p>	<p>17 Breaded Tilapia w/ Tartar Sauce Baked Potato Sliced Harvard Beets Whole Wheat Bread Fresh Orange</p>
<p>20 Classic Salisbury Steak Topped w/Sauteed Onions & Mushroom Gravy Red Skin Boiled Potatoes Steamed Chopped Spinach Whole Wheat Bread Can Sliced Peaches (NJ) Enriched Fruit Juice</p>	<p>21 Ginger Garlic Chicken Curried Brown Rice w/ Peas Broccoli & Baby Carrots w/ Red Peppers Whole Wheat Bread Fresh Banana Enriched Fruit Juice</p>	<p>22 Old Fashioned Meatloaf w/ Tomato Sauce Fresh Mashed Potatoes w/ Skin Sliced Zucchini Whole Wheat Roll Fresh Pear Enriched Fruit Juice</p>	<p>23. 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</p>	<p>24 Baked Fresh Fish w/ Creamy Mustard Sauce Herbed Roasted Potatoes Collard Greens Whole Wheat Bread Fresh Cantaloupe</p>
<p>27 Beef Stroganoff w/ Mushroom & Onion Sauce Enriched Brown Rice Vegetable Medley Whole Wheat Bread Canned Pineapple (NJ) Enriched Fruit Juice</p>	<p>28 Baked Chicken w/Honey Dijon Sauce Steamed Red Skin Potatoes Brussels Sprouts Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice</p>	<p>29 Italian Meatballs w/ Diced Tomatoes Sauce & Parmesan cheese Spaghetti Seasoned Collard Greens Whole Wheat Roll Canned Purplee Plums Enriched Fruit Juice</p>	<p>30 Baked Chicken Marsala Old Fashioned Mashed Potatoes Broccoli Spears Whole Wheat Bread Unsweetened Applesauce w/ Topping Enriched Fruit Juice</p>	<p>July 1 Baked Fresh Fish w/ Olympia Sauce Mashed Yellow Squash Cauliflower Whole Wheat Bread Fresh Orange</p>

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



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

The **Meals Program** plays a vital role in
the lives of homebound elderly, especial-
ly those with very low incomes. With the
economy as it is, every donation matters.



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.**



**ENCORE
Senior Center**
GENERAL INFORMATION
(212) 581-2910

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 cov-
ered by meal contributions from partici-
pants, and fundraising activities.
WE CAN'T DO THIS WITHOUT YOU.



**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.**

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 wtc. **See Specific Programs below:**

Shop and Escort Program - (212) 581-2910 Ext. 125, will assist seniors in Encore's local
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.



Brunni Astor LMSW
Social Service



Sr. Margaret LMSW
Legal &
End of Life Issues



Yve Cook
Volunteer
Coordinator



Sr. Lillian McNamara
Director
of Operations



Nieves Tavares
Assistant Director
Senior Center

SENIOR CENTER GENERAL INFORMATION - (212) 581-2910 Ext. 117
SENIOR CENTER PROGRAM DEPARTMENT.....Ext. 127