

September
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
LABOR DAY
and a special
THANK YOU
to all our staff
who labor daily
in the service of
all here at
Encore**



Duffy's Corner

**JOIN US AT
ENCORE,
Tuesday
September 20th
for a
ONE on ONE
Assessment
for Physical &
Wellness**

.....
given by
Rehabilitation &
Falls Specialists

.....
**PLEASE
REGISTER
ahead of time**
in the
Asst. Directors
Office in the
Senior Center

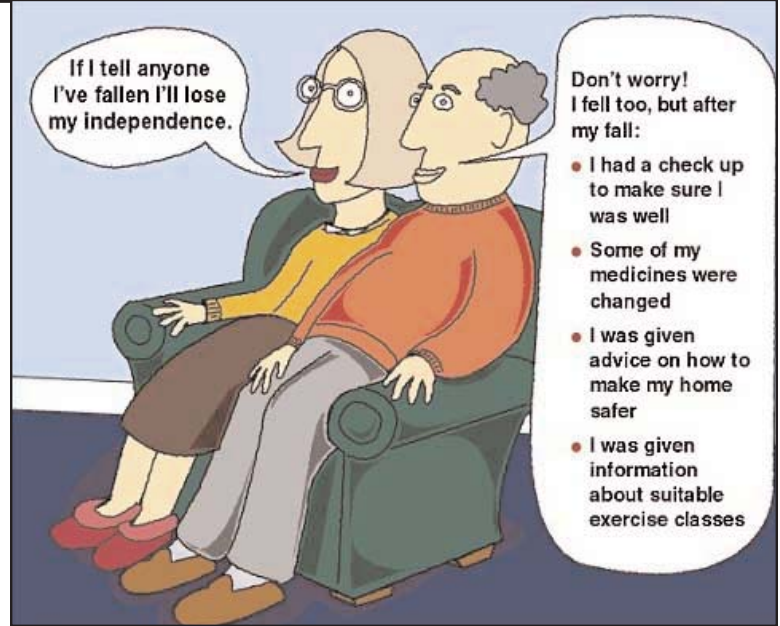
Fall Prevention

Between a third and half of people over 65 suffer a fall in any given year.

While many are minor, about a quarter will result in physical injury that requires medical attention, including broken bones.

there are many causes some being very complex. There are, however, some cause factors that come up regularly:

- A previous fall within the last year.
- Medications that can cause dizziness and loss of balance.
- Effects of illness. Some acute and chronic conditions can increase the likelihood of falling.
- Poor vision can cause problems by distorting the view and making you more likely to trip.
- Environmental hazards. Most falls occur in the home such as poor lighting and uneven rugs. Outside, it is often damaged, uneven paving or unexpectedly high kerbs that cause problems.



General Advice

Making small changes in and around your home can make a big difference in reducing accidents. Some general advice for preventing falls include some of the following:



- Mop up spills straight away.
- Remove clutter, trailing wires and frayed carpet.
- Use non-slip mats and rugs.
- Use high wattage bulbs in lights and torches so you can see clearly.
- Organise your home so that climbing, stretching and bending are kept to a minimum, and so you do not bump into things.
- Get help to do things that you can't do safely.
- Do not walk on slippery floors in socks or tights.
- Avoid wearing loose-fitting trailing clothes that might trip you up.

**Take advantage
of Encore's
Health & Wellness
weekly programs.**

T'ai Chi Chih

w/ Sr. Peggy Mc Girl

Yoga Exercise

w/ Jane Kristofferson



Day	September Weekly Activities	Times	Coordinators
Mon.	Tai Chi Chih Class..... (West Chapel in Church) Painting Class (Held at Encore West) Bingo (following 2nd Lunch) Legal Clinic , (4th Mon., (9/26)	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 -(Sept. Switch to Mon. 9/12) 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. 9/21) followed by Entertainment Nurses from the NYC College of Nursing (Sept. 7, 14, 21)	9:15-1:00 1:30 9-12:30	Volunteers Staff & Volunteers Supervisor: Marie McCullough
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 in Social Service)	10:00 1:45	Jane Kristofferson Stephenie Rivera

FRIDAY AT THE MOVIES

9/2 **GREEDY** - Where there's a will, there's a relative.
9/9 **LAST ORDERS** - Winner - National Board of Review Best Ensemble Performance
9/23 **WRESTLING ERNEST HEMINGWAY** - "It will light up your life and warm your heart."
9/30 **BEVERLY HILLS CHIHUAHUA** - NEW COMEDY WITH CUTE DOGS

Yoko Kimura
Yuko is a jazz vocalist living in Tokyo, Japan and is debuting her new album "A Beautiful Friendship", in New York. Yoko has graced Encore's stage, on two occasions, Sharing with Encore's seniors, her wonderful talent and music.

Day	Date	Time	September Special Events
Wed.	7	1:15	WORKSHOP ON DIABETIS: "Diabetic Overview" Presented by Shatel Stewart, Orthotic Fitter, Springfield Surgical
Fri.	9	10:00	PRESENTATION 1: "TD Banks Affinity Membership Program" Presented by Thomas D. Toy Jr, Vice President of TD Bank, Broadway
Tues...	13	10:30	DIABETES PRESENTATION & "Free Screening for Blood Glucose & Pressure" Presented by Ciabetes Care & Lifestyle Center
Tues.	13	1:45	Gray Line Tour- Uptown NYC(Downtown) Be sure to sign up in the Asst. Director's Office
Wed.	14	1:30	MUSICAL PRESENTATION: "A mix of Light Classical, Ragtime & Bee Bop Jazz" Presented by the Ansonia Music Outreach Co.
Thurs.	15	7:30	PRESENTATION 2: "TD Banks Affinity Membership Program" Presented by Thomas D. Toy Jr, Vice President of TD Bank, Broadway
Tues.	20	10:30	ONE on ONE ASSESSMENT for "Physical Health & Wellness" Presented by Rehabilitation & Fall Prevention Specialists from, Better Yourself Physical Therapy, P.C.
Wed.	21	1:30	ENTERTAINMENT: "Music for Dancing, Karokee & Sing Along" Sponsored by Healthfirst
Thurs.	22	1:15	WORKSHOP: Medicare Minute - "New enrollment Periods in 2011" Presented by John Sheehan from Medicare Rights Center.

In spite of the August 9th rain, all enjoyed the bus tour.



FREE MANACURES for our senior members complements of XpresSpa
If you wish to make an appointment for the "Nail Spa at Encore", please sign up with Nieves, the Assistant Encore Center Director.





September LUNCH Program

SERVING TIMES

1st Lunch - 11:00AM

2nd Lunch - 12:30PM

Juan Cruz
Food Service Manager



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 on site every Friday

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



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Roast Chicken w/ Cranberry Sauce Mashed Butternut Squash French Style Green Beans Whole Wheat Bread Pineapple Tidbits (NJ) Enriched Fruit Juice	2 Baked Fresh Fish In Full Flavored Creole Sauce Red Skin Boiled Potatoes Steamed Collard Greens Whole Wheat Bread Fresh Orange
5 CENTER CLOSED LABOR DAY 	6 Spanish Style Chicken w/ Onions & Peppers Rice & Red Beans Cut Green Beans Tossed Salad Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	7 Homemade Beef Stew w/ Onion & Celery Parsley Boiled Potatoes Steamed Baby Carrots Whole Wheat Roll Canned Sliced Peaches (NJ) Enriched Fruit Juice	8 Southern Style Breaded chicken w/ Cranberry Sauce Oven Roasted Sweet Potatoes Steamed Collard Greens Whole Wheat Bread Pineapple Tid-Bits (SF) Enriched Fruit Juice	9 Baked Fresh Fish w/ Lemon Garlic Sauce Baked Potato in Skin Steamed Broccoli Florets Whole Wheat Bread Fresh Orange
12 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	13 Chunky Chicken A La King w/ Mushrooms Enriched White Rice Steamed Peas & Carrots Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	14 Jumbo Stuffed Shells w/Meat, Chunky Pepper & Tomato Sauce Chopped Spinach Tossed Salad w/Shredded Carrots Whole Wheat Roll McIntosh Apples Enriched Fruit Juice	15 Roast Chicken w/ Cranberry Sauce Mashed Butternut Squash French Style Green Beans w/ Red Peppers Whole Wheat Bread Pineapple Tidbits (NJ) Enriched Fruit Juice	16 Baked Fresh Fish In Full Flavored Creole Sauce Red Skin Boiled Potatoes Steamed Collard Greens Whole Wheat Bread Fresh Orange
19 Country Style Pepper Steak w/ Peppers & Onions Rice Pilaf Steamed Mixed Vegetables Whole Wheat Roll Pineapple Tid-Bits Enriched Fruit Juice	20 Herbed Baked Chicken w/ Brown Gravy Au Gratin Potatoes w/ Cheese (LS) Steamed Broccoli Florets Whole Wheat Bread Canned Plums (NJ) Enriched Fruit Juice	21 Corned Beef w/ Mustard Red Skin Boiled Potatoes Steamed Cabbage w/ Onions & Peppers Whole Wheat Roll Homemade Cake (TFF) Ice Cream (SF) Enriched Fruit Juice 	22 Roasted White Turkey on Stuffing Bed w/ Light Gravy Fresh Sweet Potatoes Cut Green Beans Whole Wheat Bread Fresh Green Tip Banana	23 Breaded Tilapia w/ Tartar Sauce Baked Potato Sliced Harvard Beets w/ Red Onions Whole Wheat Bread Fresh Cantaloupe
26 Hungarian Goulash w/ Peppers & Onions Bodie Noodles Steamed Dill Sliced Carrots Tossed Salad w/Dressing Whole wheat Bread Canned Purple Plums (NJ) Enriched Fruit Juice	27 Ginger Curried Chicken Curried Brown Rice Broccoli & Baby Carrots Whole wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	28 Old Fashioned Meatloaf w/ Tomato Sauce Old Fashion Mashed Potatoes w/ Skin Diced Beets w/ Red Onions Whole Wheat Roll Fresh Pear Enriched Fruit Juice	29 Baked Chicken w/ Cranberry Sauce Mashed Yellow Squash Cut Green Beans w/Red Peppers Diced Beets w/Red Onions Whole wheat Bread Fresh Pear Enriched Fruit Juice	30 Baked Fresh Fish w/Creamy Mustard Sauce Herbed Roasted Potatoes Collard Greens Whole Wheat Bread Fresh Orange

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 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.



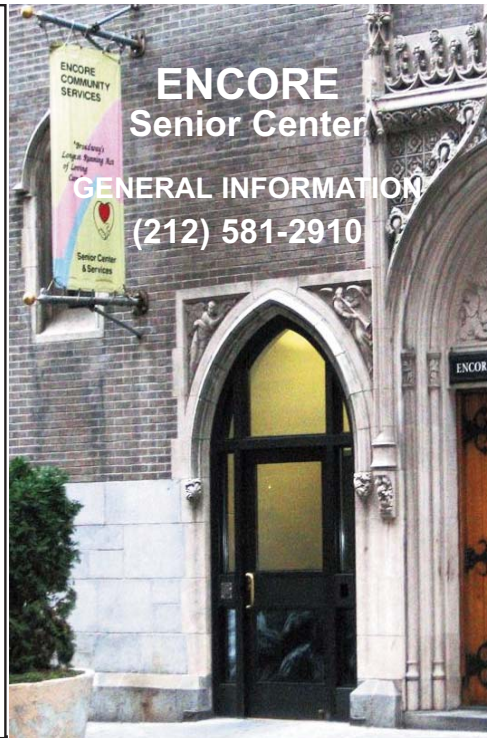
BREAKFAST CART
 Available from
9:00 to 10:00AM

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.



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.



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

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.



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

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.)