

ENCORE Community Services Senior Center Newsletter



August, 2015

239 West 49th Street
New York, NY 10019

212 581-2910 Ext 122

www.encorecommunityservices.org



"Broadway's Longest Running Act of Loving Care"

FOOD PROGRAM GIVES SENIORS A "FRESH" START



COUNCIL MEMBER

COREY JOHNSON

with

Gale Brewer
Manhattan Borough President



FOOD BAG
2015

PROGRAM

Fresh Food for Seniors

**BUY LOCAL, FRESH FRUITS
AND VEGETABLES**

Receive a mixed bag of fresh, locally grown
produce from NY and PA farmers for only \$8!

Now in its fourth year, the "Fresh Food for Seniors Program" is being offered for the first time at the Encore Senior Center (239 W. 49th St. btw. Broadway & Eighth Aves.). Non seniors may also participate either through Encore Senior Center, or directly signing up by contacting Council Member Corey Johnson's Office at (212)564-7757, sending an e-mail to district3@council.nyc.gov or visiting www.coreyjohnson.nyc

At just \$8 per bag (a \$20-\$25 value), you're buying fresh produce directly from local farmers — and the 5-6 selections may include yellow squash, corn, green beans, Boston lettuce, basil, blueberries, carrots, radishes, scallions, parsley, golden zucchini, cucumbers, red leaf lettuce and other good stuff that comes from GrowNYC partner farms.

If you are interested in participating through Encore — please contact Nieves Tavares, Assistant Director at Encore Senior Center by phone, 212, 581-2918 Ext. 127 or in person. All are welcome.

Dates for Signup and Payments (\$8 Cash only) 10am to 6pm		Dates for Delivery and Pickup (2pm to 6pm)
Monday	Tuesday	Wednesday
June 22 nd	June 23 rd	July 1 st
July 6 th	July 7 th	July 15 th
July 20 th	July 21 st	July 29 th
August 3 rd	August 4 th	August 12 th
August 17 th	August 18 th	August 26 th
August 31 st	September 1 st	September 9 th
September 14 th	September 15 th	September 23 rd
September 28 th	September 29 th	October 7 th
October 12 th	October 13 th	October 21 st
October 26 th	October 27 th	November 4 th
November 9 th	November 10 th	November 18 th



"LET'S DANCE TO HEALTH"




Dancing can be magical and transforming. It can breathe new life into a tired soul; make a spirit soar; unleash locked-away creativity; unite generations and cultures; trigger long-forgotten memories; and turn sadness into joy, if only during the dance. It is also a great physical workout.



REMEMBER

Drink plenty
of Water and,
Fresh Juices
in the Hot
Summer Days.

We want you all healthy.

Day/Time		AUGUST WEEKLY ACTIVITIES	
Mon. 9:45-10:45	10:00-11:00	10:11:30	10:45-11:45
Painting Class-A... with Genie Cameron..(Encore West location)		Tai Chi Chih Class, with Sr. Peggy McGirl (Canced until Aug. 24th)	
Legal Clinic from Volunteers of Legal Services (Changed to Mon.,8/31		Painting Class-B... with Genie Cameron..(Encore West location)	
1:30		1:30	
Bingo (following 2nd Lunch)		Creative Writing Class ...(Confrence Room in Encore 49 Residence)	
		Registration required	
Tues. 11:00-1:00	Blood Pressure Screening- from Esco Pharmacy		
Wed. 10:00-1:00	Sr. Lil's Bargain Store. Wed., 8/12 changed to Tues 8/11		
	Birthday Dinner Celebration 3rd Wed., 8/19		
Don't forget to sign up in the Senior Center for the Birthday Gifts			
Thurs. 10:00-11:00	Yoga Exercise Class, with Jane Kristofferson at <u>Encore 49 Residence.</u>		
	1:30 "Circle of Hope" Support Group with Sr. Margaret Rose on the Center Stage		
Fri. 10:00	ZUMBA GOLD DANCE CLASS "Dance you way to Wellness."		
	Conducted by Jenelle Costos		
Fri., 8/7	11:00	HEALTH MANAGED SCREENING: "Blood Sugar Testing - Blood Pressure Screening-	
8/14	to	Medication Questions - Health Insurance Questions" will be	
8/21	1:00	provided by Timothy Scutchfield, Esco Pharmacy Consultant.	
		Location: Volunteer Office, Senior Center	
Fri., 8/28	11:00	"Blood Pressure- Glucose Readings & Consult on Health Related Medication Issues"	
	to	Prpvided by Chelsea/Clinton Community Health Center.	
	1:00		

FOOD STAMP ASSISTANCE
(SNAP) available in Social Service Office

Encore Senior Center now accepts

SNAP BENEFITS 

SENIOR ADVISORY COUNCIL 

will resume in September

Continue to put your suggestions in the Suggestion Box.

FRIDAY MOVIES and Discussion starting at 1:30 On Stage					
		8/7	8/14	8/21	8/28

Day /Date		Time	AUGUST SPECIAL EVENTS	
Tues., 8/4	1:15	MUSICAL ENTERTAINMENT with the "Outreach Singers"		
		Coordinated by Clark Warren		
Wed. 8/12	9:00	TRIP to the "SUMMER FESTIVAL AT PLATZL BRAUHAUSE In Pomona NY		
	Along with a beautiful trip and many activities, a delicious meal will be served.			
		Currently the trip list is full. A waiting list is being kept in the Assistant Director's Office.		
Tues., 8/18	1:30	DANCE THERAPY ZUMBA CLASS To Dance Your Way to Wellness.		
		Instructor, Arturo Perres, followed by refreshments		
Wed., 8/19	1:30	BIRTHDAY ENTERTAINMENT "VOCAL EASE"		
	Founder and Coordinated by Eva Swan			
		Followed by Refreshments and "Raffle"		
Tues. 8/25	1:30		BROADWAY MUSICAL ENTERTAINMENT	
		Coordinated by Jackie Vanderbeck, Exec. Director, followed by refreshments		
				

SCAM Alert



PLEASE HEED THIS NOTICE of a new robocall scam that attempts to lure older New Yorkers into giving their personal information over the phone. The voice on the robocall identifies itself as the New York State Office for the Aging and asks the one answering the phone to press a button if someone in the home is over 65 and would be interested in receiving a free Medic Alert pin and \$3000 in coupons for food or other items. **This is a SCAM.** The New York State Office for the Aging does not give away items, money or coupons and will NEVER solicit personal information over the phone.

If you receive a similar call, **HANG UP IMMEDIATELY.** Reports of financial scams should be reported to the Consumer Protection Division of the NYS Attorney General's Office at 1-800-771-7755, the NYS Department of Financial Services at 1-800-697-1220 or the NYS Department of State (518) 474-8583.

August, 2015
Senior Center On-site
LUNCH PROGRAMS

1st Lunch...11:00AM
 2nd Lunch...12:30PM

Menu Information

(NJ) In natural juice
 (PW) Packed in Water
 (SF) Sugar Free
 (TFF) Trans Fat Free
 (LS) Low Salt
 (LF) Low Fat

BREAKFAST CART
 9:00 to 10:00 AM



COME JOIN US AT ENCORE for the best Food, Friends & Programs on



BROADWAY

All Meals are prepared under strict nutritional guidelines given by the NYC Department for the Aging

Served with each meal:

Milk: 1% or low-fat milk
Margarine: (Trans Fat Free (TFF))


Coffee or Tea
 if requested is \$.50


Coffee, Tea & Soup
 are outside the DFTA required menu.



Monday	Tuesday	Wednesday	Thursday	Friday
3 Classic Salisbury Steak Smashed Red Skin Potatoes Steamed Broccoli & Red Peppers Whole Wheat Bread Sliced Peaches Enriched Fruit Juice	4 Chicken Parmesan Spaghetti Italian Blend Vegetables Whole Wheat Bread Fresh Apple Enriched Fruit Juice	5 Homemade Beef Stew Brown Rice Steamed Brussel Sprouts Whole Wheat Bread Fresh Pear Enriched Fruit Juice	6 Curry Chicken Salad Barley Chickpea Salad w/ Dried Fruit Cucumber Dill Salad Whole Wheat Bread Pineapple Tidbits Enriched Fruit Juice	7 Baked Fresh Fish w/Lt. Basil Cream Sc. Red Bliss Potatoes California Blend Vegetables Whole Wheat Bread Fresh Orange Homemade Soup
10 Beef Stroganoff Egg Noodles Steamed Mixed Vegetables Whole wheat Bread Fresh Pear Enriched Fruit Juice	11 Honey Mustard Chicken Cutlets Rice Pilaf Steamed Brussel sprouts Whole Wheat Bread Unsweetened Fruit Cocktail (PW) Enriched Fruit Juice	12 Italian Meatballs w/Diced Tomato Pasta al Dente Braised Collard Greens Whole Wheat Bread Pineapple Tidbits (PW) Enriched Fruit Juice	13 Homemade Chicken Salad Herb Potato Salad w/Mustard Vinaigrette Four Bean Salad Whole Wheat Bread Fresh Banana Enriched Fruit Juice	14 Baked Fish in Creole Sauce Couscous with Peas & Lemon Broccoli with Red Peppers Whole Wheat Bread Fresh Cantaloupe Homemade Soup
17 Hungarian Goulash w/ Beef White Rice Baby Carrots w/ Parsley Whole Wheat Bread Fresh Apple Enriched Fruit Juice	18 Hawaiian Chicken Baked Sweet Potato Steamed Cut Green Beans Whole wheat Bread Fresh Banana Enriched Fruit Juice	19 Yankee Pot Roast Garlic & Rosemary Roasted Potatoes Steamed Carrots Whole Wheat Bread Homemade Cake (ZTF) Chocolate Ice Cream (SF) Enriched Fruit Juice	20 Baked Rosemary Chicken Brown Rice Mexican Corn Confetti Sautéed Whole Wheat Bread Fruited Jello Enriched Fruit Juice	21 Codfish Salad Rotini w/ Tomatoes & Black Olives Raw Broccoli Salad Whole Wheat Bread Fresh Orange Enriched Fruit Juice Homemade Soup
24 Salisbury Steak w/Mushroom Gravy Homemade Mashed Potatoes Zucchini w/ Corn & Tomatoes Whole Wheat Bread Fresh Orange Enriched Fruit Juice	25 Spanish Style Baked Chicken Rice & Beans Steamed Cut Green Beans Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	26 Homemade Beef & Vegetable Stew Penne Pasta California Blend Vegetables Whole Wheat Bread Sliced Peaches (PW) Enriched Fruit Juice	27 Homemade Turkey Salad Sweet Potato Salad Broccoli & Red Pepper Salad Whole Wheat Bread Fruited Jello Enriched Fruit Juice	28 Lemon Garlic Tilapia Pesto Pasta with Broccoli Lima Beans Succotash Whole Wheat Bread Fresh Cantaloupe Homemade Soup

31 Stewed Pork Chops
 Red Bliss Potatoes
 Steamed Sliced Carrots
 Whole Wheat Bread
 Fresh Apple
 Enriched Fruit Juice

NO 

YES 

Choose **HEALTHY FOODS**

Studies show that a good diet in your later years reduces your risk of osteoporosis, high blood pressure, heart diseases and certain cancers. As you age, you might need less energy, but you still need just as many of the nutrients in food. To get them:

- > Choose a variety of healthy foods.
- > Avoid empty calories, which are foods with lots of calories but few nutrients, such as chips, cookies, soda and alcohol.
- > Pick foods that are low in cholesterol and fat, especially saturated and trans fats.



**PLEASE SUPPORT ENCORE'S
Meals From the Heart Program**

so we can continue to provide meals
for our frail home bound seniors.



DONATIONS may be made on Encore's Website, by mail or in person. The Website and mailing address are listed on the front cover of this Newsletter.

Encore's Meals Program is vital in the lives of our homebound elderly, especially those with very low incomes. That is why donations matter. Please join Encore in this service.

**WHY MEMBERSHIP
MEAL CONTRIBUTIONS
ARE SO VERY IMPORTANT.**



Encore Senior Center exists in part, through funding government funding, private grants, fundraising and contributions. is essential. All of these sources are absolutely necessary. This funding however is not meant to take care of the entire cost. Factored into the meal expenses are funds from meal contributions that are set with the Department for the Aging and built into our Food Service budget.

Encore prides itself on providing wonderful nutritious meals that will aid in the health of our seniors. The estimated cost of the total meal Encore provides, if gotten elsewhere, would be at least \$8.00 to \$10.00. All we ask is \$1.50 so it will not be such a burden. No senior however, will be denied a meal for lack of contributing.

PLEASE ASSIST ENCORE BY CONTRIBUTING



Sr. Lillian McNamara



Elvira Yanes LMSW
Dir. of Programs



Juan Cruz
Food Service Manager

**ENCORE'S
HOME DELIVERED MEAL PROGRAM**

delivers nutritious meals to over 1100 frail elderly homebound seniors on the West Side of Manhattan from 14th to 110th St.

If you are in need of a home delivered meal or know of an elderly friend or family member in need, please call the following:

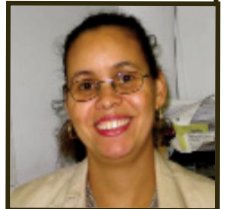
**Selfhelp Case Management Agency
(212) 787-8106**

for homebound seniors living on the West Side of 8th Avenue to 12th Avenue.

for homebound seniors living on the East Side of 8th Avenue to 5th Avenue.

**New York Foundation for
Senior Citizens
(212) 962-7817**

for homebound seniors living on the East Side of 8th Avenue to 5th Avenue



Adela Rodriguez
Program Coordinator

If you have difficulty getting in touch with either agency, please call:

**Encore's Home Delivered
Meal Program
(212) 581-2910
Ext. 130**



Melissa Astor
Delivery Coordinator

As always, Encore truly appreciates all the wonderful people who continue to support Encore with financial contributions along with donations of Jewelry and other items. These contributions and donations play a vital role in Encore's ability to sustain our many needed programs.

If anyone has **"JEWELRY"** they would like to donate to help Encore, we would be very grateful.

ALL DONATIONS ARE TAX DEDUCTIBLE. You can donate by sending or bringing jewelry to: Sr. Lillian Mc Namara, Dir. of Operations, Encore 49 Residence 220 West 49th Street, Ny, NY 10019

To receive your e-mail copy, please forward your name and e-mail address to:
info@encorecommunityservices.org

**SENIOR CENTER GENERAL INFORMATION
(212) 581-2910 Ext. 122**

SENIOR CENTER PROGRAM DEPT. Ext. 127

If you leave a message, please be sure to leave your name and phone number so we can get back to you as soon as possible.

Clothing & other small item donations can go to the Senior Center directly, Mon. through Fri. 8:00 to 4:30PM.



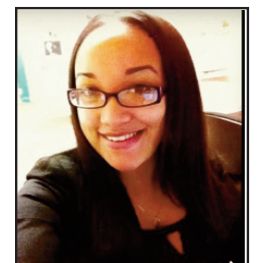
Nieves Taveras
Assistant Director



Sr. Margaret Rose MSW
Bridge Program



Anthony Concepcion
Volunteer Coordinator



Naryobe Arias
Case Worker

ON-SITE SOCIAL SERVICE DEPARTMENT- (212) 581-2910 Ext 125

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

Shop and Escort Program - Ext. 125, Assists seniors with escorts to medical and other needed errands.

Bridge Program - Ext. 118, provides information on Health Care Proxies, Living Wills, Power of Attorney etc.

Legal Clinic - Ext. 118, 125 4th Mon. of the month from 10 to 11:30AM, operated by Volunteers of Legal Services. Appointments can be made through Social Service. Check Newsletter for changes in date.

Friendly Visiting Program - Ext. 110, Matches homebound seniors with Volunteers who provide companionship and a sense of family for seniors living alone.