

ENCORE Community Services Senior Center Newsletter



October, 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"



AUTUMN

*The summer-flower has run to seed,
And yellow is the wood land bough;
And every leaf of bush and weed
Is tipt with autumn's pencil now.
And I do love the varied hue,
And I do love the browning plain;
And I do love each scene to view,
That's mark'd with beauties of her reign.*



Join Encore's yearly trip to
Platzl Brauhaus in Pomona, NY
for the **OKTOBERFEST**
Tuesday, October 13

8:00am pick up time at the Senior Center

TICKETS AVAILABLE in the Asst. Director's
Office along with other trip information.

As part of the, **GOLDEN OKTOBERFEST**,
your day will be filled with Music, Dancing,
Entertainment, and a delicious dinner, all in a
beautiful country setting.

BENEFITS and ENTITLEMENTS

Older Americans are a diverse group, but on the whole they are vulnerable relative to other age groups, particularly in terms of health and financial security. A number of public and private programs provide financial assistance to older low-income seniors, yet sizable proportions of potentially eligible individuals do not participate. The two major barriers to enrollment in public benefit programs among older individuals are lack of knowledge about the programs and the complexity of the application and enrollment processes. Other factors that may affect enrollment are reluctance to provide personal information, or seniors' calculation that the value of the benefit is not great enough to warrant their participation in a confusing or difficult application process. To help clarify some of the questions on Benefits and Entitlements, please note the following.

Questions & Answers on Benefits and Entitlements

Wednesdays from 2:30 - 3:30PM

Come and get the answers to your questions regarding the most popular Benefits & Entitlements available to older adults. Learn about: **SNAP** (Supplemental Nutrition Assistance Program), **SCRIE** (Senior Citizen Rent Increase Exemption), **Medicaid**, **MSP** (Medicare Savings Program) **Long Term Care**, and many more!.....this program will be led by Encore's Social Service Team on the Senior Center Stage.



Smartphone & Tablet Basics

Fridays 12:00-1:00PM

Just bought a smartphone or tablet and have no idea how to use it or just have a limited knowledge? Come visit us every Friday and learn the basic skills on how to use your new device: **How** to turn it on, **Access** your contacts, **Browse** the web, **Use** e-mail, **Take** pictures, **Connect** online and many more topics.

Please bring your own device. Encore offers free WIFI connection for participating members.



October Dances

"Come Dance our way to Health".



=BIRTHDAY DANCE=
CELEBRATION

Wed., Oct. 21st at 1:30pm

Sponsored by
ElderPlan/Homefirst
followed by
Refreshments and Raffle



October 28th at 1:30PM

"HALLOWEEN" COSTUME DANCE


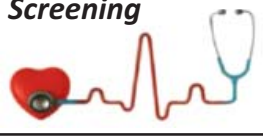
followed by **Costume Contest**
Raffle, Prizes & Refreshments

Music by Juan Ortega

Please sign up with Asst. Director
for the Costume contest

CENTER CLOSED
COLUMBUS DAY
Mon., Oct. 12th
CLOSE EARLY
Fri., Oct. 9th



Day/Time	OCTOBER WEEKLY ACTIVITIES	
Mon. 9:45-10:45 10:00-11:00 10-11:30 10:45-11:45 1:30 1:30	Painting Class-A... with Genie Cameron..(Encore West location) Tai Chi Chih Class , with Sr. Peggy McGirl Legal Clinic from Volunteers of Legal Services (4th Mon., 10/26) Painting Class-B... with Genie Cameron..(Encore West location) Bingo (following 2nd Lunch) Creative Writing Class. in Encore 49 Residence. <i>Registration required</i>	FOOD STAMP ASSISTANCE (SNAP) available in Social Service Office Encore Senior Center now accepts SNAP BENEFITS
Tues. 10:30-1:00	Blood Pressure Screening- from Esco Pharmacy	
 Wed. 10:00-1:00 10:00 TO 12:00 2:30-3:30	Sr. Lil's Bargain Store. "Great Items and Great Sales" Birthday Dinner Celebration 3rd Wed., 10/21 <i>Don't forget to sign up in the Senior Center for the Birthday Gifts</i> Blood Pressure Screening through the NYC School of Technology Q & A Benefits and Entitlements Bring your questions.	SENIOR ADVISORY COUNCIL Thurs. Oct. 8th at 12:00pm Continue your suggestions in the Suggestion Box.
Thurs.10:00-11:00 1:30	Yoga Exercise Class , with Jane Kristofferson at Encore 49 Residence. "Circle of Hope" Support Group Conducted by senior members.	
Fri. 10:00 12:00 to 1:00	ZUMBA GOLD DANCE CLASS "Dance you way to Health." Conducted by Jannelle Cortes SmartPhone & Tablet Basic training. Class will be on the senior center stage	
Fri., 10/2 10/9 10/16 10/23	11:00 to 1:00 HEALTH MANAGED SCREENING: "Blood Sugar Testing - Blood Pressure Screening Medication Questions - Health Insurance Questions" provided by Timothy Scutchfield, Esco Pharmacy Consultant. Location: <u>Volunteer Office, Senior Center</u>	
10/30	11:00 to 1:00 "Blood Pressure- Glucose Readings & Consult on Health Related Medication Issues" Provided by Chelsea/Clinton Community Health Center.	

FRIDAY MOVIES					
Discussion & Refreshments					
starting at 1:30					
On Stage	10/2	10/9	10/16	10/23	10/30

Day /Date	Time	OCTOBER SPECIAL EVENTS	
Tues., 10/6 10/20	1:30	ZUMBA CLASS: "Dance Your Way to Health" with Arturo Perez, certified Zumba Instructor.	
Wed. 10/7	1:15	NUTRITION LECTURE: on "Healthy Meals for Older Adults" Presented by Amelia Jalandoni, Certified Nutritionist	
Tues., 10/13	8:00	TRIP to PLATZL BRAUHAUS OKTOBERFEST, Pomona, New York Limited space is available for active members only. See Asst. Director to register for trip.	
Wed., 10/14	8:15	WORKSHOP: "Home share Programs and Respite Care" Presented by New York Foundation.	
Wed., 10/21	1:30	BIRTHDAY DANCE "Dance Your Way to Health" Followed by Refreshments and Raffle Sponsored by Elderplan/Homefirst	
Thurs. 10/27	1:15	SING FOR YOU SENIOR'S: "Broadway Musical Entertainment"  Coordinated by Jackie Vanderbeck (Exec. Director) Followed by Refreshments	
Wed., 10/28	1:30	 Halloween Costume Dance Music By Juan Ortega	"Let's Dance Our Way to a Healthy Fall". followed by Costume contest Refreshments and Raffle Sign up for Costume Contest. 

October, 2015
Senior Center On-site
LUNCH PROGRAMS

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



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.



Menu Information

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

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>KEEPING ACTIVE physically, mentally emotional, nutritionally and socially is the best medicine for leading a healthy and happy life. That's what Encore is all about.</p>			<p>1 Baked Rosemary Chicken Brown Rice Mexican Corn Confetti Sautéed Whole Wheat Bread Fruited Jello Enriched Fruit Juice</p>	<p>2. Breaded Baked Fish Roasted Vegetable Couscous Steamed Peas Whole Wheat Bread Fresh Orange Homemade Soup</p>
<p>5 Salisbury Steak w/Mushroom Gravy Homemade Mashed Potatoes Zucchini w/ Corn & Tomatoes Whole Wheat Bread Fresh Orange Enriched Fruit Juice</p>	<p>6 Spanish Style Baked Chicken Rice & Beans Steamed Cut Green Beans Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice</p>	<p>7 Homemade Beef & Vegetable Stew Penne Pasta California Blend Vegetables Whole Wheat Bread Sliced Peaches (PW) Enriched Fruit Juice</p>	<p>8 Southern Style Breaded Chicken Baked Sweet Potato Steamed Spinach whole Wheat Bread Fruited Jello Enriched Fruit Juice</p>	<p>9 Lemon Garlic Tilapia Pesto Pasta with Sweet Peas Baby Carrots with Parsley Whole Wheat Bread Fresh Cantaloupe Homemade Soup</p>
<p>12 SENIOR CENTER CLOSED FOR:</p> <p>Columbus Day</p>	<p>13 Citrus Marinated Chicken Enriched White Rice Steamed Vegetables Whole Wheat Bread Fruited Jello Enriched Fruit Juice</p>	<p>14 Jumbo Stuffed Shells w/Meat Sauce Roasted Brussels Sprouts Tossed Salad w/ Dressing Whole Wheat Bread Fresh Orange Enriched Fruit Juice</p>	<p>15 Barbecue Chicken Roasted Vegetable Couscous Steamed Spinach Whole Wheat Bread Fresh Pear Enriched Fruit Juice</p>	<p>16 Baked Fish w/ Creole Sauce Brown rice Steamed Broccoli Whole Wheat Bread Fresh Kiwi Homemade Soup</p>
<p>19 Chili Con Carne Enriched White Rice Steamed Peas & Carrots Whole Wheat Bread Fresh Apple Enriched Fruit Juice</p>	<p>20 Chicken Piccata Roasted Potatoes Steamed Green Beans Whole wheat Bread Fresh Pear Enriched Fruit Juice</p>	<p>21 Roast Beef w/Light Gravy Baked Potato Steamed Peas & Carrots Whole Wheat Bread Homemade Cake ZTF) Ice Cream (SF) Enriched Fruit Juice</p>	<p>22 Hometown Turkey Meatloaf w/Light Sauce Sweet Baked Yams Steamed Broccoli Whole Wheat Bread Fruited Jell-O Enriched Fruit Juice</p>	<p>23 Parmesan Baked Fish Couscous with Peas & Lemon Diced Beets with Onions Whole Wheat Bread Fresh Cantaloupe Homemade Soup</p>
<p>26 Classic Salisbury Steak Smashed Red Skin Potatoes Steamed Broccoli & Red Peppers Whole Wheat Bread Sliced Peaches Enriched Fruit Juice</p>	<p>27 Chicken Parmesan Spaghetti Italian Blend Vegetables Whole Wheat Bread Fresh Apple Enriched Fruit Juice</p>	<p>28 Homemade Beef Stew Brown Rice Steamed Brussel Sprouts Whole Wheat Bread Fresh Pear Enriched Fruit Juice</p>	<p>29 Southern Style Breaded Chicken Baked Macaroni & Cheese Tangy Green Beans Whole Wheat Bread Pineapple Tidbits (PW) Enriched Fruit Juice</p>	<p>30 Baked Fresh Fish w/Lt. Basil Cream Sc. Red Bliss Potatoes California Blend Vegetables Whole Wheat Bread Fresh Orange Homemade Soup</p>



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 is 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 MEAL CONTRIBUTIONS ARE SO VERY IMPORTANT.

Encore Senior Center exists in part, through government funding, private grants, furnishing and contributions. 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 \$1.50 for the meal.



Sr. Lillian McNamara
Dir. of Operations



Elvira Yanes LMSW
Dir. of Programs



Juan Cruz
Food Service Manager



Nieves Taveras
Assistant Director



Receive Encore's Monthly Newsletter

Please send your name and e-mail address to:
info@encorecommunityservices.org

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 Project Pilot
(212) 787-8106

Homebound seniors living on the West Side of 8th Ave. to 12th Ave.



Adela Rodriguez
Program Manager

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

Homebound seniors living on the East Side of 8th Ave to 5th Ave.



Melissa Astor
Delivery Coordinator

If it is difficult getting in touch with either agency, call: **Encore's Home Delivered Meal Program**
(212) 581-2910 Ex.130



Mabel Santana
Adm. Assistant

Senior Center General Information
(212) 581-2910 Ext. 122
Senior Center Prog. Dept. Ex. 127

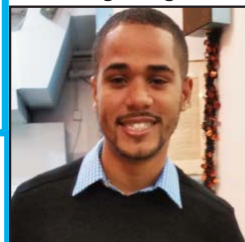
When leaving a message, please leave your name, phone number and subject for the call, so we can get back to you as soon as possible.



Sr. Margaret Rose MSW
Bridge Program



Naryobe Arias
Case Worker



Anthony Concepcion
Volunteer Coordinator



Justin Lang
Case Worker

Encore truly appreciates all those who continue to support Encore through financial donations, 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, Director of Operation**

Encore 49 Residence
220 West 49th St. NY, NY 10019, or dropping it off at our senior center.

Donations of clothing and other small items can go to the Senior Center Monday through Friday from 8:00AM to 4:30PM.

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 - Ex. 125, Assists seniors with escorts to medical and other needed errands.

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

Legal Clinic - Ex. 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.