

# ENCORE Community Services Senior Center Newsletter



**April, 2016**

239 West 49th Street  
New York, NY 10019

**212 581-2910 Ext 122**

[www.encorecommunityservices.org](http://www.encorecommunityservices.org)



*"Broadway's Longest Running Act of Loving Care".*



## Spring is Special

Spring is the time  
To bloom and shine  
And fill this earth  
With joy and mirth

Spring is the time  
To bring back faith  
And let your heart  
Enter in belief's gate

Spring is the time  
To rekindle hope  
And throw away all  
False fear and mope

Spring is the time  
To let desires bloom  
And fill your life  
With happiness perfume

Spring is the time  
To spread sunshine  
And absorb warmth  
And love's vine

Spring is the time  
To wipe away tears  
And thank God Almighty  
For his blessing's gear

And spring is the time  
To look deep and find  
A tender soul and heart  
That is helpful and kind.

by Seema Chowdhury



## You Can Receive Many Benefits from Yoga and Tai Chi Chih.

Unlike a traditional workout, Yoga and Tai Chi Chih focus on precise movements that allow the body to slowly transition from one position to the next. Both practices attempt to coordinate the muscles, bones, heart and mind with the positive energy that surrounds the body. Both have the similar goals of improving one's well being, by reducing stress and improving balance. Many people believe that the slow, meditative movements emphasizing breathing and balance, will help them maintain their good health. Encore also understand the need to offer wellness programs to its members and encourage all its members to take advantage on the onsite Yoga and Tai Chi Chih Classes listed below.



### Yoga Exercise Class,

is held every Thursday from 10:00 -11:00 under an experienced Yoga Instructor Jane Kristofferson and is conducted in the beautiful, historic St. Malachy's, The Actor's Chapel. Please join us.

### Tai Chi Chih Class,

is held every Monday from 10:00 -11:00 under experienced instructor Sr. Peggy McGirl. This class is also conducted at St. Malachy's, The Actor's Chapel. All are welcome to attend

### Blood Pressure Screening is available every Wednesday, 9:30 to 11:00



Blood pressure is one of the most important screenings because high blood pressure usually has no symptoms so it can't be detected without being measured. High blood pressure greatly increases your risk of heart disease and stroke so please take advantage and be well.




**Facts & Myths on Hearing Loss  
Free Screening & Consultation  
Presented at Encore Senior Center  
Wednesday, April 13th at 1:15pm.**



**PASSOVER**  
begins  
April 22nd

**May the Blessings**  
of Passover be upon you  
throughout your lives.

Hearing loss is one of the most common disabilities in the country, affecting more than 35 million Americans. It impacts nearly every aspect of their lives: professional, social and personal. Yet, the average person with hearing loss waits a full seven years before seeking help. That needs to be change, because effective hearing aids can vastly improve people's quality of life.

Day/Time		April 2016 WEEKLY ACTIVITIES	
Mon. 9:45-10:45	10:00	10:11:30	10:45-11:45
Painting Class-A... with Genie Cameron..(Encore West location)		Tai Chi Chih Class, with Sr. Peggy McGill..(St. Malachy's Side Chapel)	
Legal Clinic from Volunteers of Legal Services (4th Mon., 4/25)		Painting Class-B... with Genie Cameron..(Encore West location)	
Bingo (following 2nd Lunch )		Creative Writing Class.in Encore 49 Residence. <i>Registration Required</i>	
Tues. 2:30-3:45	Danza Express "Improve Motor Skills, Body Awareness. Coordination & Strength. Instructed by Yloy Ybarra, Artistic Dir. of Danza España		
Wed. 9:30 - 11:30	10:00-1:00	1st & 2nd Lunch	2:30 - 3:45
Blood Pressure Screening, Provided by NYC College of Technology		Sr. Lil's Bargain Store. "Great Items and Great Sales"	
Birthday Dinner Celebration (3rd Wed., 4/20)		Don't forget to sign up in the Senior Center for the Birthday Gifts	
Danza Express "Improve Motor Skills, Body Awareness. Coordination & Strength. Instructed by Yloy Ybarra, Artistic Dir. of Danza España			
Thurs. 10:00-11:00	1:30 - 2:30	Yoga Exercise Class, with Jane Kristofferson..(St. Malachy's Side Chapel)	
"Circle of Hope" Support Group Conducted by senior members.			
Fri. 12:00 - 1:00	Smartphone & Tablet Basic Training - Conducted by Elvira Yanes, Dir. of Programs Class will be on the senior center stage.		

**FOOD STAMP ASSISTANCE**  
(SNAP) available in Social Service Office

Encore Senior Center now accepts



**SENIOR ADVISORY COUNCIL**

Thurs. April 7th at 12:00pm

Continue your suggestions in the Suggestion Box.

**FRIDAY MOVIES at 1:30PM with Discussion & Refreshments**



**April 2016 SPECIAL EVENTS**

Every Tuesday & Wednesday 2:30 - 3:45PM No class (3rd Wed.)		Come on Board the <b>DANZA EXPRESS</b>		Danza España's "DANZA EXPRESS" is a journey through the rhythms and movements of Flamenco and Mexican Dance. Participants will learn the rhythmic patterns that are associated with various dances - as well as heelwork technique, arm and hand movements, and rhythmic clapping. The program is structured over a course of 24 weeks, which goes through the end of June.
Fri. 4/1	10:00-11:00	<b>LOW IMPACT EXERCISE "Let's Get Moving"</b> Presented by SUNY Downstate Occupational Therapy Students Reina Gonzales & Vrinda Singh		
Wed., 4/13	1:15 - 2:15	<b>WORKSHOP: "Facts and Myths about Hearing Loss" included will be Free Screening and Consultation</b> Presented by <u>Hear USA.</u>		
Wed., 4/20	1:15 - 2:45	<b>BIRTHDAY ENTERTAINMENT:"Songs from the Heart"</b> Presented by Vocal Ease		
Tues., 4/26	11:00 -1:00	<b>HEALTH MANAGED SCREENING: Blood Sugar Testing, Blood Pressure Screening, Medication &amp; Health Insurance Questions</b> Provided by Ryan/Chelsea-Clinton Community Health Center		
Tues., 4/26	1:15 - 2:15	<b>SING FOR YOUR SENIORS: "Broadway Musical Entertainment"</b> Sing for Your Seniors is a non-profit organization		

April 2016

**Senior Center On-site LUNCH PROGRAMS**

1st Lunch...11:00-11:45AM  
2nd Lunch..12:30- 1:15PM

**BREAKFAST CART**  
9:00 to 10:00 AM



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



*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><b>THE WORLD'S HEALTHIEST FOODS</b></p> <p>Foods high in dietary fiber can help you stay regular, lower your risk for heart disease, stroke, and diabetes, and help you lose weight. Depending on your age and gender, nutrition experts recommend you eat at least 21 to 38 grams of fiber per day for optimal health. Many of us aren't eating half that amount. Good sources of fiber include whole grains, wheat cereals, barley, oatmeal, beans, nuts, vegetables such as carrots, celery, and tomatoes, and fruits such as apples, berries, citrus fruits, and pears.</p>				
<p><b>4 Chili Con Carne</b> Enriched Steamed White Rice Steamed Peas &amp; Carrots Whole Wheat Bread Fresh Apple Enriched Fruit Juice</p>	<p><b>5 Chicken Piccata</b> Roasted Potatoes Steamed Green Beans Whole wheat Bread Fresh Pear Enriched Fruit Juice</p>	<p><b>6 Country Style Pepper Steak</b> Enriched Steamed Brown Rice Collard Greens w/ Tomato Whole Wheat Bread Fresh Banana Enriched Fruit Juice</p>	<p><b>7 Hometown Turkey Meatloaf</b> w/Light Sauce Sweet Baked Yams Steamed Broccoli Whole Wheat Bread Fruited Jell-O Enriched Fruit Juice</p>	<p><b>8 Parmesan Baked Fish</b> Couscous with Peas &amp; Lemon Diced Beets with Onions Whole Wheat Bread Fresh Cantaloupe Homemade Soup</p>
<p><b>11 Classic Salisbury Steak</b> Smashed Red Skin Potatoes Steamed Broccoli &amp; Red Peppers Whole Wheat Bread Sliced Peaches Enriched Fruit Juice</p>	<p><b>12 Chicken Parmesan</b> Spaghetti Italian Blend Vegetables Whole Wheat Bread Fresh Apple Enriched Fruit Juice</p>	<p><b>13 Homemade Beef Stew</b> Brown Rice Steamed Brussel Sprouts Whole Wheat Bread Fresh Pear Enriched Fruit Juice</p>	<p><b>14 Southern Style Breaded Chicken</b> Baked Macaroni &amp; Cheese Tangy Green Beans Whole Wheat Bread Pineapple Tidbits (PW) Enriched Fruit Juice</p>	<p><b>15 Baked Fresh Fish</b> w/Lt. Basil Cream Sc. Red Bliss Potatoes California Blend Vegetables Whole Wheat Bread Fresh Orange Homemade Soup</p>
<p><b>18 Italian Meatballs</b> w/Diced Tomato Pasta al Dente Braised Collard Greens Whole Wheat Bread Pineapple Tidbits (PW) Enriched Fruit Juice</p>	<p><b>19 Honey Mustard Chicken</b> Rice Pilaf Steamed Brussel sprouts Whole Wheat Bread Fruit Cocktail (PW) Enriched Fruit Juice</p>	<p><b>20 Roast Beef</b> w/Light Gravy Baked Potato Steamed Peas &amp; Carrots Whole Wheat Bread Homemade Cake (TFF) Ice Cream (SF) Enriched Fruit Juice</p>	<p><b>21 Cranberry Chicken</b> Corn Nuggets Steamed Green Beans Whole Wheat Bread Fresh Banana Enriched Fruit Juice</p>	<p><b>22 Baked Fish</b> w/Creole Sauce Couscous with Peas &amp; Lemon Broccoli with Red Peppers Whole Wheat Bread Fresh Cantaloupe Homemade Soup</p>
<p><b>25 Hungarian Goulash w/ Beef</b> White Rice Baby Carrots w/ Parsley Whole Wheat Bread Fresh Apple Enriched Fruit Juice</p>	<p><b>26 Hawaiian Chicken</b> Baked Sweet Potato Steamed Cut Green Beans Whole wheat Bread Fresh Banana Enriched Fruit Juice</p>	<p><b>27 Swedish Meatballs</b> Light Brown Sauce Bowtie Noodles Steamed Collard Greens with Tomato Whole Wheat Bread Fruit Cocktail (PW) Enriched Fruit Juice</p>	<p><b>28 Baked Rosemary Chicken</b> Steamed Brown Rice Steamed Broccoli Florets Whole Wheat Bread Fruited Jello Enriched Fruit Juice</p>	<p><b>29 Baked Breaded Fresh Fish</b> Roasted Vegetable Couscous Steamed Peas 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, pri-  
vate grants, furnishing and contributions. All of  
these sources are absolutely necessary. This fund-  
ing 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 nutri-  
tious meals that will aid in the health of our sen-  
iors. 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.**

Encore truly appreciates all those who  
continue to support Encore through  
financial donations, along with dona-  
tions 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.



**Sr.Lillian McNamara**  
Dir. of Operations



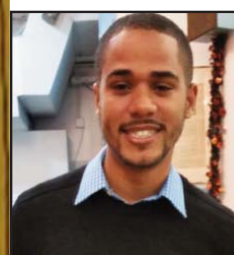
**Elvira Yanes LMSW**  
Dir. of Programs



**Juan Cruz**  
Food Service Manager



**Nieves Taveras**  
Assistant Director



**Anthony Concepcion**  
Volunteer Coordinator

## 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 mem-  
ber 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.



**Naryobe Arias**  
Case Worker



**Justin Lang**  
Case Worker



**Sign-up for ENCORE'S  
E-MAIL EXPRESS  
and receive  
Encore's  
Monthly Newsletter**

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

**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.

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

**Legal Clinic - Ex. 118, 125** 4th Mon. of the month from 10 to 11:30AM, is operated by Volunteers of  
Legal Services, They deals with Health Care Proxies, Living Wills, Power of Attorney etc. **Appointments are  
taken by "first come first served"**. Check Newsletter for changes in date.

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