

ENCORE Community Services Senior Center Newsletter



June, 2016

239 West 49th Street
New York, NY 10019

212 581-2910 Ext 122

www.encorecommunityservices.org



"Broadway's Longest Running Act of Loving Care"



Access-A-Ride MTA New York City Transit operates Access-A-Ride, the City's paratransit system. Access-A-Ride (AAR) provides transportation for people with disabilities who are unable to use public bus or subway service for some or all of their trips. It offers shared ride, door-to-door paratransit service. MTA New York City Transit administers AAR; private carriers under contract to NYC Transit provide service. Service is available 24 hrs. a day, seven days a week, including holidays.

To Apply

Visit the MTA Web site to apply for eligibility.

<http://web.mta.info/nyct/paratran/guide.htm>

To Arrange a Trip (once accepted for the program)

Call the Paratransit Command Center at (877) 337-2017, (718) 393-4999, TTY (718) 393-4257 or TTY Relay (800) 662-1220 between 7 am and 5 pm daily, one to two days in advance of your trip. When the recorded message begins, press "2." You will be connected to a reservationist. Please have the following information ready:

- Your ID number, as it appears on your AAR identification card.
- The date of your trip
- Your pick-up and destination addresses (include cross streets whenever possible).
- The telephone number of your destination address.
- The time you wish to arrive.
- Whether you will be traveling with a PCA, a guest, or both.
- Any instructions such as the need for the vehicle operator to announce his or her presence if you are visually impaired.
- Please provide the same information for the return trip.

For more detailed information on Access-A-Ride, visit the MTA Web site at: <http://web.mta.info/accessibility>
Access-A-Ride:

MTA NYC Transit, Paratransit Division
130 Livingston Street
Brooklyn, NY 11201
(718) 330-3322
TTY (718) 596-8273

Come to Encore and
dance your way to health.

"Father's Day" Luncheon & Dance Wed. June 15, 2016



Music by Juan Ortega
followed by Refreshments & Raffle

Danza Express
presents
Encore Dancers
lead by Yloy Ybarra from Danza España
celebrating Spain, Mexico,
and Latin America!

Wednesday, June 29, 2016
1:30PM
followed by refreshments & raffle!

Special in-house sneak peek
performance
Wednesday, May 18, 2016
at 2:15pm

Encore Senior Center
239 West 49th Street
(basement of St. Malachy's Church)

JUNE 2016 WEEKLY ACTIVITIES	
Mon. 9:45-10:45 Painting Class-A... with Genie Cameron..(Encore West location) 10:00-11:00 Tai Chi Chih Class , with Sr. Peggy McGril..(St. Malachy's Side Chapel) 10-11:30 Legal Clinic from Volunteers of Legal Services (4th Mon., 6/27) 10:45-11:45 Painting Class-B... with Genie Cameron..(Encore West location) 1:30 Bingo (following 2nd Lunch) 1:30 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. 2:30- 3:30 Danza Express - Flamenco & Mexican Dance	
Wed. 10:00-1:00 Sr. Lil's Bargain Store. "Great Items and Great Sales" 2:30 - 3:45 Danza Express - Flamenco & Mexican Dance (Canceled 3rd Wed. 6/15) 1:30 SPECIAL PERFORMANCE of Danza Express 6/29	SENIOR ADVISORY COUNCIL  Tues. 14th at 12:00pm Continue your suggestions in the Suggestion Box.
Thurs.,10:00-11:00 Yoga Exercise Class , with Jane Kristofferson..(St. Malachy's Side Chapel) 1:30- 2:30 "Circle of Hope" Support Group Conducted by senior members. 10:30- 11:30 Chair Massage with Ann Nioche, Certified Massage Therapist. Because of limited space, please sign ahead with Nieves, Asst. Director	
Fri. 11:00 - 1:00 Blood Pressure Screening- by Echo Pharmacy 12:00 - 1:00 Smartphone & Tablet Basic Training - Conducted by Elvira Yanes Class will be on the senior center stage. Please bring your own device & questions. Encore offers free WIFI connection for participating members.	



FRIDAY MOVIES at 1:30PM with Discussion & Refreshments



Day /Date	Time	June 2016 SPECIAL EVENTS
Thurs., 6/2	10:30-12:30	CLOTH DOLL CLASS Sponsored by Making Art Work, a program of the Carter Burden Center for Aging.
Tues., 6/7	1:15 -2:15	HEALTH LECTURE: "Know Your Rights!" Consumer Protections in Managed Long Term Care (MLTC) Plans , Medicare & Medicaid" . Presentation by Zac Tanner, a paralegal with the Legal Aid Society's Health Law Unit
Thurs., 6/9	10:30-12:30	CLOTH DOLL CLASS (Last Class) Sponsored by Making Art Work, a program of the Carter Burden Center for Aging.
Wed. 6/15 	1st & 2nd Lunches 1:30 -3:30	Birthday Dinner Father's Day Dance Celebration: "Dance Your Way to Health." Music by Juan Ortega. Dance followed by Refreshments and Raffle Don't forget to sign up in the Senior Center for the Birthday Gifts 
Tues., 6/21	1:30-2:30	EXPERIENCE BROADWAY MUSIC as presented by SING FOR YOUR SENIORS Jackie Vanderbeck, Executive Director  
Fri., 6/24	11:00- 12:00	CHAIR MASSAGE: on Encore stage and experience another path to health. Sponsored by United Health Care
Tues., 6/28	10:30- 12:00	HEALTH MANAGED SCREENING: Blood Sugar Testing, Blood Pressure Screening, Medication & Health Insurance Questions, Provided by Ryan/Chelsea-Clinton Community Health Center
Wed., 6/29	1:30	DANZA EXPRESS SPECIAL EVENT presents the Encore Dancers Directed by Yloy Ybarra from Danza España, followed by refreshments This is the final class and Closing Performance. Come join us to see these wonderfully talented dancers of Encore.

June 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



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.



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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>IMPORTANT ANNOUNCEMENT We are asking our member's cooperation regarding early-morning arrival time at the Senior Center. As doors are officially opened at 8:30AM, no one should arrive prior to that time. If you arrive earlier, you will be able to wait in the Actor's Chapel above the senior center. We thank you for this as you are all special to us.</p>		<p>1 Beef Stroganoff Egg Noodles Steamed Mixed Vegetables Whole wheat Bread Pineapple Tidbits Enriched Fruit Juice</p>	<p>2 Cranberry Chicken Corn Nuggets Steamed Green Beans Whole Wheat Bread Fresh Banana Enriched Fruit Juice</p>	<p>3 Baked Fish w/Creole Sauce Couscous with Peas & Lemon Broccoli with Red Peppers Whole Wheat Bread Fresh Cantaloupe Homemade Soup</p>
<p>6 Hungarian Goulash w/ Beef White Rice Baby Carrots w/ Parsley Whole Wheat Bread Fresh Apple Enriched Fruit Juice</p>	<p>7 Hawaiian Chicken Baked Sweet Potato Steamed Cut Green Beans Whole wheat Bread Fresh Banana Enriched Fruit Juice</p>	<p>8 Swedish Meatballs Light Brown Sauce Bowtie Noodles Steamed Collard Greens with Tomato Whole Wheat Bread Fruit Cocktail (PW) Enriched Fruit Juice</p>	<p>9 Baked Rosemary Chicken Steamed Brown Rice Steamed Broccoli Florets Whole Wheat Bread Fruited Jello Enriched Fruit Juice</p>	<p>10 Baked Breaded Fresh Fish Roasted Vegetable Couscous Steamed Peas Whole Wheat Bread Fresh Orange Homemade Soup</p>
<p>13 Salisbury Steak w/Mushroom Gravy Homemade Mashed Potatoes Zucchini w/ Corn & Tomatoes Whole Wheat Bread Fresh Orange Enriched Fruit Juice</p>	<p>14 Spanish Style Baked Chicken Rice & Beans Steamed Vegetables Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice</p>	<p>15 Sauerbraten (German Pot Roast) Red Bliss Potatoes Mixed Vegetables Whole Wheat Bread Homemade Cake (TFF) Ice Cream (SF) Enriched Fruit Juice</p> 	<p>16 Southern Style Breaded Chicken Baked Sweet Potato Steamed Spinach whole Wheat Bread Fruited Jello Enriched Fruit Juice</p>	<p>17 Baked Salmon w/ Cilantro & Citrus Sauce Pasta w/ Sweet Peas Steamed Baby Carrots w/Parsley Whole Wheat Bread Cantaloupe Enriched Fruit Juice Homemade Soup</p>
<p>20 Stewed Pork Chops Red Bliss Potatoes Steamed Sliced Carrots Whole Wheat Bread Fresh Apple Enriched Fruit Juice</p>	<p>21 Citrus Marinated Chicken Enriched White Rice Steamed Vegetables Whole Wheat Bread Fruited Jello Enriched Fruit Juice</p>	<p>22 Jumbo Stuffed Shells w/Meat Sauce Steamed Brussels Sprouts Tossed Salad w/ Dressing Whole Wheat Bread Fresh Orange Enriched Fruit Juice</p>	<p>23 Barbecue Chicken Roasted Vegetable Couscous Steamed Spinach Whole Wheat Bread Fresh Pear Enriched Fruit Juice</p>	<p>24 Baked Fish w/ Creole Sauce Brown rice Steamed Broccoli Whole Wheat Bread Fresh Kiwi Homemade Soup</p>
<p>27 Chili Con Carne Enriched White Rice Steamed Peas & Carrots Whole Wheat Bread Fresh Apple Enriched Fruit Juice</p>	<p>28 Chicken Piccata Roasted Potatoes Steamed Green Beans Whole wheat Bread Fresh Pear Enriched Fruit Juice</p>	<p>29 Country Style Pepper Steak Enriched Brown Rice Steamed Collard Greens w/ Tomato Whole Wheat Bread Fresh Banana Enriched Fruit Juice</p>	<p>30 Chicken Salad Four Bean Salad Cucumber & Tomatoe Salad Whole Wheat Bread Fruited Jello Enriched fruit Juice</p>	<p>As the weather begins to heat up be sure to take precautions</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



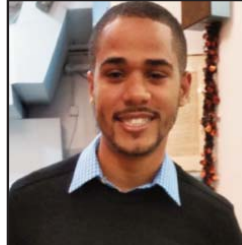
Elvira Yanes LMSW
Dir. of Programs



Juan Cruz
Food Service Manager



Nieves Taveras
Assistant Director



Anthony Concepcion
Volunteer Coordinator



Justin Lang
Case Worker



Naryobe Arias
Case Worker



**VOLUNTEERS are an important part of
Encore's dedicated work force.**

They stand side by side with our equally
dedicated staff, to
provide the needed
services for our seniors.

**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 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.

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.