

ENCORE Community Services Senior Center Newsletter



May, 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".



*Remember those who served before.
Remember those who serve no more.
Remember those who serve today.
Remember them all on Memorial Day.*



**U.S. Department
of Veterans Affairs**

Veterans age 65 or older numbered in excess of 12 million. These Veterans served in conflicts around the world including World War II, the Korean War, the Vietnam War, and even in the Persian Gulf War. As Veterans age, the Dept of Veterans Affairs (VA) will provide benefits and services that address a variety of issues including the changing health risks they face, as well as financial challenges through VA benefits and health services. For more information go to :

<http://www.benefits.va.gov/newyork/index.asp>

You can also go to Encore's Social Service Office to ask for assistance in this matter.



to all our wonderful
Encore mothers, grandmothers,
relatives and friends whose lives
are spent nurturing, loving and
supporting the lives of children
and others in need.



-----May, That Wonderful Time of Year-----

when earth begins to shed its winter coat, days are longer and warmer, and flowers begin to bloom. May truly gives us the promise of birth and re-birth and a time when new beginnings abound. It is great time to see what opportunities are available to you as part of a renewed journey towards your health and wellness.

Our staff and volunteers at Encore are always looking to provide you with a variety of wellness opportunities. Please check our activities schedule to see what programs are provided.



Come Join us at Encore for our
**"Mother's Day"
Luncheon & Dance**
Wed. May 11, 2016

Music by Juan Ortega
followed by Refreshments & Raffle



MAKE A CLOTH DOLL





This is a 6-week class beginning on May 5th at 10:30AM, that teaches how to make a cloth doll, with a hand drawn face and yarn hair, and a sewn outfit. All materials will be provided!..... Space is limited so please see Nieves, Asst. Dir. to sign up. **More information will be on next page.**



Encore Senior Center
CLOSED
MEMORIAL DAY
Mon., May 30th

Fri., May 27th. (1/2 DAY)
(Close following 2nd Lunch)




Day/Time	May 2016 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..(St. Malachy's Side Chapel) Legal Clinic from Volunteers of Legal Services (4th Mon., 5/23) Painting Class-B... with Genie Cameron..(Encore West location) Bingo (following 2nd Lunch) Schedule change (5/16 - 2:30 -3:00) Creative Writing Class. (at Encore 49 Residence.) <i>Registration Required</i>	Encore Senior Center now accepts  FOOD STAMP ASSISTANCE (SNAP) available in Social Service Office PLEASE CALL for an appointment at: 212 581-2910 Exts 119 or125
Tues. 2:30 -3:45	DANZA EXPRESS DANCE CLASS - A journey through the rhythms and movements of Flamenco and Mexican Dance.	
Wed. 9:30-12:00 10:00 -1:00 1:30 - 3:30 2:30 -3:45	Blood Pressure Screening- conducted by the NY School of Technology. Sr. Lil's Bargain Store. "Great Items and Great Sales"  Birthday Dinner Celebration (3rd Wed., (5/18)) Don't forget to sign up in the Senior Center for the Birthday Gifts DANZA EXPRESS DANCE CLASS -Flamenco and Mexican Dance.	SENIOR ADVISORY COUNCIL  Thurs. May 12th at 12:00pm Continue your suggestions in the Suggestion Box.
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. 11:00 - 1:00 12:00 - 1:00	Blood Pressure Screening- Conducted by ESCO Pharmacy. Smartphone & Tablet Basic Training - Conducted by Elvira Yanes Class will be on the senior center stage (no classes Fri., (5/20).)	STAY ACTIVE STAY HEALTHY 

FRIDAY MOVIES 1:30PM
with Discussion & Refreshments. Dates listed on the left.



Day /Date	Time	May 2016 SPECIAL EVENTS	
Tues., 5/3	1:15 - 2:15	TENANTS RIGHTS TRAINING: for seniors. Rights change as you age. Presented by the Met Council on Housing.	
Every Thurs. in May: 5/5, 5/12, 5/19, 5/26	10:30 -12:30	MAKE A TOY DOLL CLASS you will learn to make a cloth doll, with a hand drawn face and yarn hair, and a sewn outfit. All sewing will be done by hand. Some basic sewing experience is helpful. All materials will be provided. Please see Nieves to sign up.	
Tues. 5/10	1:30 -2:30	NUTRITION WORKSHOP "Spring Greens & Other Vegetables" Presented by Amelia Jalandoni, Certified Nutritionist.	
Wed. 5/11	1:30 -3:30	Mother's Day Dance Celebration: "Dance Your Way to Health". Music provided by Juan Ortega followed by Refreshments and Raffle	
Mon. 5/16	1:30 -2:30	NUTRITION WORKSHOP: "Herbs and Spices" Presented by Tamar Elkin, intern from the NYC Department for the Aging.	
Wed., 5/18	1:30 -3:30	Birthday Dance Celebration: "Dance Your Way to Health". Music provided by DJ Lezs followed by Refreshments and Raffle Presented by Elderplan/Health first. SPECIAL PRESENTATION at 2:15pm by Encore's Flamenco Dancers	
Tues. 5/31	10:30 - 12:00	HEALTH MANAGEMENT SCREENING: Blood Sugar Testing, Blood Pressure Screening, Medication & Health Insurance Questions, Presented by Ryan/Chelsea Community Health Center	

 **NY Connects** Your Link to Long Term Services and Supports
NY Connects is a trusted resource to assist seniors and anyone with disabilities, regardless of age, income, type of disability or insurance status, access information on the services they need. NY Connects can find public entitlements you may be eligible for; support groups, home-based services; direct you to relevant financial and legal information and help you move to your home from a hospital or nursing home. For more information, go to our new NY Connects website. <http://www1.nyc.gov/site/nycnyconnects/index.page>

MAY 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 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>2 Salisbury Steak w/Mushroom Gravy Homemade Mashed Potatoes Zucchini w/ Corn & Tomatoes Whole Wheat Bread Fresh Orange Enriched Fruit Juice</p>	<p>3 Spanish Style Baked Chicken Rice & Beans Steamed Vegetables Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice</p>	<p>4 Beef & Vegetable Stew Penne Pasta California Blend Vegetables Whole Wheat Bread Sliced Peaches (PW) Enriched Fruit Juice</p>	<p>5 Southern Style Breaded Chicken Baked Sweet Potato Steamed Spinach Whole Wheat Bread Fruited Jello Enriched Fruit Juice</p>	<p>6 Baked Salmon w/Cilantro & Citrus Sc. Pasta with Sweet Peas Whole Wheat Bread Baby Parsley Carrots Cantaloupe Enriched Fruit Juice Homemade Soup</p>
<p>9 Stewed Pork Chops Red Bliss Potatoes Steamed Sliced Carrots Whole Wheat Bread Fresh Apple Enriched Fruit Juice</p>	<p>10 Citrus Marinated Chicken Enriched White Rice Steamed Vegetables Whole Wheat Bread Fruited Jello Enriched Fruit Juice</p>	<p>11 Jumbo Stuffed Shells w/Meat Sauce Roasted Brussels Sprouts Tossed Salad w/ Dressing Whole Wheat Bread Fresh Orange Enriched Fruit Juice</p>	<p>12 Barbecue Chicken Roasted Vegetable Couscous Steamed Spinach Whole Wheat Bread Fresh Pear Enriched Fruit Juice</p>	<p>13 Baked Fish w/Creole Sauce Brown rice Steamed Broccoli Whole Wheat Bread Fresh Kiwi Homemade Soup</p>
<p>16 Chili con Carne Enriched White Rice Steamed Peas & Carrots Whole Wheat Bread Fresh Apple Enriched Fruit Juice</p>	<p>17 Chicken Piccata Roasted Potatoes Steamed Green Beans Whole Wheat Bread Fresh Pear Enriched Fruit Juice</p>	<p>18 Yankee Pot Roast  Garlic & Rosemary Roasted Potatoes Steamed Carrots Whole Wheat Bread Homemade Cake (TFF) Ice Cream (SF) Enriched Fruit Juice</p>	<p>19 Hometown Turkey Meatloaf w/Light Sauce Sweet Baked Yams Steamed Broccoli Whole Wheat Bread Fruited Jello Enriched Fruit Juice</p>	<p>20 Parmesan Baked Fish Couscous with Peas & Lemon Diced Beets with Onions Whole Wheat Bread Fresh Cantaloupe Homemade Soup</p>
<p>23 Classic Salisbury Steak Smashed Red Skin Potatoes Steamed Broccoli & Red Peppers Whole Wheat Bread Sliced Peaches Enriched Fruit Juice</p>	<p>24 Chicken Parmesan Spaghetti Italian Blend Vegetables Whole Wheat Bread Fresh Apple Enriched Fruit Juice</p>	<p>25 Homemade Beef Stew Brown Rice Steamed Brussel Sprouts Whole Wheat Bread Fresh Pear Enriched Fruit Juice</p>	<p>26 Southern Style Breaded Chicken Baked Macaroni & Cheese Tangy Green Beans Whole Wheat Bread Pineapple Tidbits (PW) Enriched Fruit Juice</p>	<p>27 Baked Fresh Fish w/Lt. Basil Cream Sc. Red Bliss Potatoes California Blend Vegetables Whole Wheat Bread Fresh Orange Homemade Soup</p>

30 CENTER CLOSED Memorial Day



31 Honey Mustard Chicken
Rice Pilaf
Steamed
Brussel sprouts
Whole Wheat Bread
Fruit Cocktail (PW)
Enriched Fruit Juice

BERRIES - THE POWER HOUSE OF FRUITS



The next time you are at the grocery store, seek out a selection of colorful berries to add to your shopping cart. Blueberries, strawberries, raspberries, and blackberries are an easy, delicious way to protect your health. Berries can be found year-round, either fresh or frozen. They taste great, and including them in your diet is effortless. They can be eaten for breakfast in oatmeal, added into a salad at lunch, or blended into a nutritious cream for a dessert after dinner.



**PLEASE SUPPORT ENCORE'S
Home Delivered Meal 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



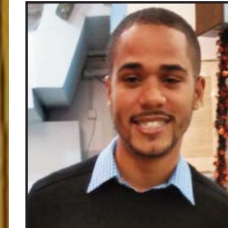
Elvira Yanes LMSW
Dir. of Programs



Juan Cruz
Food Service Manager



Nieves Taveras
Assistant Director



Anthony Concepcion
Friendly visiting 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 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.

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

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

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



Adela Rodriguez
Program Manager



Melissa Astor
Delivery Coordinator



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.

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,

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



Naryobe Arias
Social. Serv. Case Worker



Justin Lang
Social. Serv. 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

ON-SITE SOCIAL SERVICE DEPARTMENT- (212) 581-2910 Exts. 119 & 125

Provides information on benefits and entitlements such as Food Stamps, Medicare, Medicaid, Veterans Benefits etc. Walk in hours 9:00 to 1:00PM. By appointment only 2:00 to 4:00PM. **See Programs below:**

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

Bridge Program - Ex. 123, provides information on Health Care Proxies, Living Wills, Power of Attorney etc.

Legal Clinic - Ex. 119, 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 & Volunteer Coordinator - Ext. 110, Matches homebound seniors with Volunteers who provide companionship and a sense of family for seniors living alone.