

July
2011

ENCORE Community Services



239 West 49th Street
New York, N.Y. 10019
Between
(Broadway & 8th Ave.)

"Broadway's Longest Running Act of Loving Care"

Visit Encore's Site at:

www.encorecommunityservices.org

Enjoy the
Lazy Days
of Summer

GRAYLINE TOURS BEGIN AGAIN FOR ENCORE MEMBERS



Every year, Gray Line NY Tours offer Encore Members complimentary tours up and down the Island of Manhattan. The First Tour Downtown, will take place on Tuesday, July 12, 2011, leaving from Encore at 1:45PM promptly and returning at 4:00PM. Please sign up with the Assistant Director in the senior center.



Duffy's Corner

TAKE ADVANTAGE OF SUMMER IN NEW YORK CITY



Located a short distance from Encore Senior Center is Central Park, with its 843 acres of paths, lakes and open spaces for escaping the chaos of the surrounding city. After getting through a very difficult winter and rainy spring, Central Park may be just the place to enjoy a bit of relaxation while taking in the natural beauty of the Park's environment.

REMEMBER, however, that senior citizens are at an especially high risk of experiencing heat stress and heat-related injuries throughout the "dog days" of summer so always be prepared and keep water as your best friend during this summer season.





DAY TRIP TO BEACON PROGRAM AT CAMP KAUFMANN Tuesday, July 19, 2011

Bus Leaving at 8AM from Encore Senior Center

Camp Kaufmann located in Pearl River, New York is an amazing complex of pools, woodland trails and shaded areas for card playing, dancing crafts programs and other activities. The trip includes a Kosher lunch and afternoon tea. Dancing, nature walks, and bingo are scheduled.

Any senior interested in going on this trip is to register with the Senior Center Assistant Director, Nieves Tavares. More information on the trip will be posted in the center.



Day	July Weekly Activities	Times	Coordinators
Mon.	Tai Chi Class..... (West Chapel in Church) Painting Class (Held at Encore West) Bingo (following 2nd Lunch) Legal Clinic, (4th Mon., (7/25)	 10:00 10-12:00 1:30 10:00	Sr. Peggy McGirl Genie Cameron Senior Volunteers Volunteers of Legal Services
Tues.	Senior Advisory Council Meeting -(Will resume meetings in Sept.) (Please give us your suggestions in the Suggestion Box.) Nurses from NY University School of Nursing	12:00 9-1:30	Coordinator, Nieves Tavares. 
Wed.	Sr. Lil's Bargain Store, Every Wed. Birthday Dinner (3rd Wed.7/20) followed by Entertainment	 9:15-1:00 9-	Volunteers Staff & Volunteers
Thurs.	Yoga Exercise Class. (West Chapel in Church) If church is not available at times, it will be in the Senior Center. "Salsa Exercise Dancing" (Sign up with Bruni in Social Service) Nurses from NY University School of Nursing	 10:00 1:45 9-1:30	Jane Kristofferson Bruni Astor LMSW Coordinator, Nieves Tavares.

FRIDAY AT THE MOVIES





7/1


7/8



7/22


7/29


ENCORE APPLAUDS
it's many wonderful
VOLUNTEERS
who make the work of
Encore Possible.

Day	Date	Time	July Special Events
Tues.	12	1:45	 Gray Line Tour- Downtown NYC Be sure to sign up in the Asst. Director's Office
Wed.	13	1:15	WORKSHOP: "Medicare Minute" How to Save Money on Medicare..... Presented by John Sheehan from Medicare Rights Center.
Tues..	19	8:00	TRIP: to Beacon Program at Camp Kaufmann All seniors taking the trip must be at the Center 1/2 hour prior to trip departure.
Wed.	20	1:30	ENTERTAINMENT: "Belly Dancing" performed by the Caring Caravan
Wed.	27	10:30	PRESENTATION: & Free Screening for Blood Glucose & Blood Pressure Presented by the Diabetes Care & Lifestyle Center of NY University Nursing Faculty Practice

It is never too late to start on the road to health



The New York University College of Nursing Faculty Practice launched the Diabetes Care and Lifestyle Center (DCLC) for older adults on January 3, 2011, which includes a comprehensive diabetes management and patient diabetes self-management education and training program (DSME/T).

There are approximately 500,000 adults living in NYC with diabetes, and 38% (195,000) are older adults. Another 33% of all older adults in NYC (900,000) face a considerably high risk of diabetes onset, due to impaired fasting glucose, or pre-diabetes. This statistic is just rising.

One of the main factors that contributes to effective control of chronic and acute diabetes is patient understanding of and ability to manage this chronic disease. Patient education designed to develop diabetes self-management skills is key to maintaining optimal health. We urge you all to take advantage of this program and avail yourselves of the information that will be given by nurses doing the testing on site that day.

LUNCH PROGRAM

Juan Cruz
Food Service Manager

July
2011



SERVING TIMES

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

All Menus are subject to change without notice.

Milk is served at every meal. 1% or Lowfat milk is mandated by the Department for the Aging.

Coffee & Tea served upon request at a cost of **25 cents**. These items are not a part of the required menu and therefore are provided by Encore

Soup is offered every Friday. It is outside the required menu and therefore provided on site by Encore



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">BERRIED TREASURE</p> <p>Instead of being merely delicious, blueberries, strawberries, raspberries, and blackberries appear to be awesomely healthy. These berries are stuffed to the gills with compounds that may fight everything from memory loss to cancer. Folks should be eating five or more servings of fruits and vegetables every day, and one of those helpings should be berries because they are one of the most protective foods around."</p>			<p>Encore Seniors Receiving HOME DELIVERED MEALS receive FRESH FRUIT as desert for all meals.</p>	<p>July 1 Baked Fresh Fish w/ Olympia Sauce Mashed Yellow Squash Cauliflower Whole Wheat Bread Fresh Orange</p>
<p>4 CENTER CLOSED</p>	<p>5 Hawaiian Chicken w/Diced Pineapple (NJ) Baked Sweet Potato Steamed Cut Green Beans Whole Wheat Bread Fresh Banana Enriched Fruit Juice</p>	<p>6 Swedish Meatballs w/ Mushroom Sauce Bowtie Noodles Seasoned Collard Greens Whole Wheat Dinner Roll Sliced Peaches (NJ) Enriched Fruit Juice</p>	<p>7 Chicken Teriyaki Brown Rice Steamed Chinese Mixed Vegetables Whole Wheat Bread Jell-O w/ Fruit (SF) Enriched Fruit Juice</p>	<p>8 Tuna Salad (LF Mayo) on Lettuce Bed w/ Tomatoes German Potato Salad Carrot Raisin Salad (LF Mayo) Whole Wheat Bread Cantaloupe Enriched Fruit Juice</p>
<p>11 Classic Salisbury Steak w/ Sauteed Onions & Mushroom Gravy Home Style Mashed Potatoes Sliced Beets Whole Wheat Bread Fresh Pear Enriched Fruit Juice</p>	<p>12 Homemade Chunky Chicken Salad (LF Mayo) on Lettuce Bed Spiral Pasta Salad w/ Dried Tomatoes Three Bean Salad Whole Wheat Bread Watermelon Enriched Fruit Juice</p>	<p>13 Beef Stew w/ Onion & Celery Parsley Boiled Potatoes Steamed Baby Carrots Whole Wheat Roll Canned Sliced Peaches (NJ) Enriched Fruit Juice</p>	<p>14 Southern Style Breaded chicken w/ Cranberry Sauce Oven Roasted Sweet Potatoes Steamed Collard Greens Whole Wheat Bread Jell-O w/ Fruit (SF) Enriched Fruit Juice</p>	<p>15 Baked Fresh Fish w/ Lemon Garlic Sauce Baked Potato in Skin Steamed Broccoli Florets Whole Wheat Bread Fresh Orange</p>
<p>18 Seasoned Hickory Smoked Pork Chop (Chicken Substitute) Garlic Roast Potatoes Steamed Cabbage w/ Shredded Carrots & Red Peppers Rye Bread Fresh Anjou Pear Enriched Fruit Juice</p>	<p>19 Chunky Chicken A La King w/ Mushrooms Enriched White Rice Steamed Peas & Carrots Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice</p>	<p>20 Roast Beef w/ Onion Gravy Baked Potato Steamed Peas & Carrots Whole Wheat Roll Homemade Cake (TFF) Ice Cream (SF) Enriched Fruit Juice</p>	<p>21 Chilled Sliced Turkey Plate w/ Light Herbed Dressing Macaroni Salad (LF Mayo) & Fresh Vegetables Tossed Salad w/ Zucchini & Onions Whole Wheat Bread Fresh Orange Enriched Fruit Juice</p>	<p>22 Baked Fresh Fish In Full Flavored Creole Sauce Red Skin Boiled Potatoes Steamed Collard Greens Whole Wheat Bread Fresh Orange</p>
<p>25 Chili Con Carne w/Chunky Peppers & Tomatoes w/ Cheddar Cheese (LS) Enriched White Rice Steamed Peas & Carrots Whole Wheat Bread Red Delicious Apple Enriched Fruit Juice</p>	<p>26 Herbed Baked Chicken w/ Brown Gravy Au Gratin Potatoes w/ Cheese (LS) Steamed Broccoli Florets Whole Wheat Bread Watermelon Enriched Fruit Juice</p>	<p>27 Country Style Pepper Steak w/ Onions Rice Pilaf Steamed Mixed Vegetables Whole Wheat Roll Fresh Banana Enriched Fruit Juice</p>	<p>28 Roasted White Turkey on Stuffing Bed w/ Light Gravy Fresh Sweet Potatoes Cut Green Beans Whole Wheat Bread Ambrosia Delight (NJ) Enriched Fruit Juice</p>	<p>29 Poached Salmon w/ Dill Sauce & Cucumber Rice Pilaf Cole Slaw Salad Whole Wheat Bread Cantaloupe Enriched Fruit Juice</p>

**PLEASE SUPPORT ENCORE'S
"Meals from the Heart" Program**
\$5.00 can buy a meal for a low
income homebound senior.



DONATIONS
may be made on
Encore's Web site, by
mail or in person. Both
the Web site and mail-
ing addresses are listed
on the front cover of
this Newsletter.

The **Meals Program** plays a vital role in
the lives of homebound elderly, especial-
ly those with very low incomes. With the
economy as it is, every donation matters.



BREAKFAST CART
Available from
9:00 to 10:00AM

ON-SITE LUNCH PROGRAM

1st Lunch ..11:00 to 11:45AM
(Tickets available until 11:30)

2nd Lunch..12:30 to 1:15PM
(Tickets available until 1:00PM)

**If at all possible, we ask seniors
to adhere to the times above.**

SOCIAL SERVICE DEPARTMENT- (212) 581-2910 Ext 123 or 125.

Social Services provides information on benefits and entitlements such as Food Stamps, Medicare, Medicaid, Veterans Benefits wtc. **See Specific Programs below:**

Shop and Escort Program - (212) 581-2910 Ext. 125, will assist seniors in Encore's local area with escorts to medical and other needed errands.

Food Stamp Program - (212) 581-2910 Ext. 125, will assist seniors who are qualified, to receive Food Stamps.

Bridge Program - (212) 581-2910 Ext. 118, provides information on Health Care Proxies, Living Wills, Power of Attorney etc.

Legal Clinic - (212) 581-2910 Ext. 118, 123, 125 4th Mon. of the month from 10 to 11:30AM, operated by Volunteers of Legal Services. Appointments can be made through Social Service.

Friendly Visiting Program - (212) 581-2910 Ext. 110, Matches homebound seniors with dedicated Volunteers who provide companionship and a sense of family for seniors living alone. They give seniors a sense of security, knowing someone is regularly in contact with them. If interested in having a Friendly Visitor, please call the number above.

SENIOR CENTER GENERAL INFORMATION - (212) 581-2910 Ext. 117
SENIOR CENTER PROGRAM DEPARTMENT.....Ext. 127



**ENCORE'S
Home Delivered
Meal Program**

If you are in need of a home delivered meal or are returning from the hospital, please call the following:

Selfhelp

(212) 787-8106

For homebound seniors living on the West side of 8th Ave. to 12th Ave.

New York Foundation

(212) 962-7817

For homebound seniors living on the East side of 8th Ave. to 5th Ave.

If you have difficulty getting in touch with either of these agencies, please call Encore's Home Delivered Meals Program at: **(212) 581-2910**

Adella Rodriguez -Ext. 129
Delivery Coordinator



Gaby Sherrow.....Ext. 130
Program Coordinator

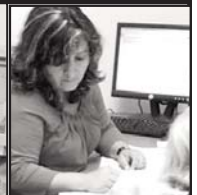


We ask for **\$1.50 contribution** for each Home Delivered Meal

Any increase in contributions would be greatly appreciated.



Bruni Astor LMSW
Social Service
Director



Diana Martille
Case Worker
Food Stamp



Sr. Margaret LMSW
Legal &
End of Life Issues



Yve Cook
Volunteer
Coordinator



Sr.Lillian McNamara
Director
of Operations



Nieves Tavares
Assistant Director
Senior Center