June 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

Happy
Father's Day
to all our
wonderful
Encore Dads



"I watched a small man with thick calluses on both hands work fifteen and sixteen hours a day. I saw him once literally bleed from the bottoms of his feet, a man who came here uneducated, alone, unable to speak the language, who taught me all I needed to know about faith and hard work by the simple eloquence of his example."

Mario Cuomo former Governor of New York



Encore's Annual "HEART to HEART AWARDS"

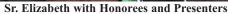
Each year, Encore honors and celebrates distinguished individuals and groups who, through their generosity of spirit and unique gifts, have improved the life of our vibrant city. This year's Heart to Heart Awards went to the Treasurers and Ticket Sellers Union, Local 751 of the IATSE, represented by their President, Gene Mc Elwain and Ervin Drake, Composer, Lyricist, Writer, Producer and Member of the Songwriters Hall of Fame.



ERVICE

Duffy's Corner



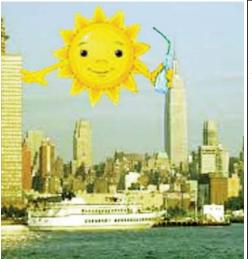




Erving Drake, Honoree



William Flynn, Encore's Board Pres.



HOW TO SURVIVE A NEW YORK HEAT WAVE

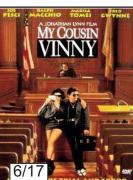
Hot summer days in New York City can be up to ten degrees more sweltering than the surrounding areas. And thanks to global warming, we've seen more than our fair share of 90-plus degree days over the last few summers. When the heat index is predicted to be dangerously high, New York City declares a heat emergency to help keep New Yorkers healthy and to conserve energy to avoid another blackout like the one in August of 2003.

To help beat the heat it is important to stay out of the sun and avoid strenuous activity during the sun's peak hours of 11AM and 4PM. Plan physically demanding activities for the day's coolest hours between 4AM and 7AM. Drink plenty of water even if you don't feel thirsty. your body needs water to keep cool.

Day	June Weekly Activities		Times	Coordinators
Mon.	Tai Chi Class (West Chapel in Church)	D.	10:00	Sr. Peggy McGirl
	Painting Class (Held at Encore West)	3	10-12:00	Nobu Sirasi
	Bingo (following 2nd Lunch)	W	1:30	Senior Volunteers
	Legal Clinic, (4th Mon., (6/27)	18	10:00	Volunteers of Legal Services
Tues.	Senior Advisory Council Meeting -(6/14)		12:00	Coordinator, Nieves Tavares.
	(Please give us your suggestions in the Suggestion Box. Nurses from NY University School of Nursing		9-1:30	414
Wed.	Sr. Lil's Bargain Store, Every Wed.		9:15-1:00	Volunteers
	Birthday Dinner (3rd Wed. 6/15) followed by Entertainment		9-	Staff & Volunteers
Thurs.	Yoga Exercise Class. (West Chapel in Church) If church		10:00	Jane Kristofferson
	is not available at times it will be in the Senior Center. "Salsa Exercise Dancing" (Sign up with Bruni in Social Service)			
			1:45	Bruni Astor LMSW
	Nurses from NY University School of Nursing	Y	9-1:30	Coordinator, Nieves Tavares.









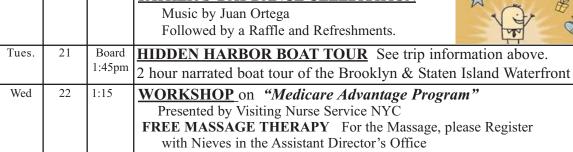
HIDDEN HARBOR BOAT TOUR

Tuesday <u>June 21st</u> 2:00 to 4 p.m.

Circle Line
W. 43rd St. &
Hudson River



			OF TRIAL AND ERROR	HUNLIO avallable
Day	Date	Time	June Special Events	Monday, June 6th
Tues.	7	1:15	SEMINAR: "Helping You Help Yourself" Presented by Quality Care Physical Therapy and Wellness Club	Please see Nieves in the Asst. Dir. Office.
Wed.	8	1:15	WORKSHOP: "Medicare Minute" June Topic, "Best Buy Drugs" Presented by John Sheehan from Medicare Rights Center	Encore has a limited amount of tickets,but
Thurs.	9	1:15	WORKSHOP: "When Hearing Becomes a Challange" Presented by Dr. Melissa Hexcehe, Doctor of Audiology	other centers will also be giving them out.
Fri	10	12:30	SPRING CONCERT Provided by Equitable Center Chorus, Judith Otten. Director	arta
Tues	14	1:15	WORKSHOP: "Elder Abuse Protection" Presented by Ariella Beer from JASA LEAP	TO THE STATE OF TH
Wed	15	1:15	FATHER'S DAY DANCE CELEBRATION	Harry Filler v day 1

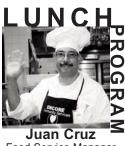






Don't forget that Encore Center is closed Monday, July 4th





Food Service Manager

June 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 Tuesdav 6 Seasoned Hickory

Homemade **Beef Stew**

w/ Onion & Celery Parsley Boiled Potatoes Steamed Baby Carrots Whole Wheat Roll Canned Sliced Peaches (NJ) Enriched Fruit Juice

Wednesdav

Southern Style Breaded chicken

Thursdav

w/ Cranberry Sauce Oven Roasted Sweeet Potatoes Steamed Collard Greens Whole Wheat Bread Jell-O w/ Fruit (SF) Enriched Fruit Juice

3 Baked Fresh Fish w/ Lemon Garlic Sauce Baked Potaoes in Skin

Friday

Steamed Broccoli Florets Whole Wheat Bread Fresh Orange

Smoked Pork Chop (Chicken Substitute) Garlic Roast Potatoes Steamed Cabbage w/ **Shredded Carrots**

& Red Peppers Rye Bread Fresh Anjou Pear Enriched Fruit Juice

7 Chunky Chicken A La King

w/ Mushrooms Enriched White Rice Steamed Peas & Carrots Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice

8 Jumbo Stuffed Shells w/Meat, Chunky Pepper

& Tomato Sauce Chopped Spinach Tossed Salad w/Shredded Carrots Whole WheatRoll McIntosh Apples Enriched Fruit Juice Roast Chicken

w/ Cranberry Sauce Mashed Butternut Squash French Style Green Beans Whole Wheat Bread Pineapple Tidbits (NJ) **Enriched Fruit Juice**

10 Baked Fresh Fish

In Full Flavored Creole Sauce Red Skin **Boiled Potatoes** Steamed Collard Greens Whole Wheat Bread Fresh Orange

13 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**

Herbed Baked Chicken

w/ Brown Gravy Au Gratin Potatoes w/ Cheese (LS) Steamed Broccoli Florets Whole Wheat Bread Canned Plums (NJ) Enriched Fruit Juice

15 Saurbraten

w/ Onion Gravy Garlic Roast Potatoes Steamed Glazed Carrots Whole wheat Roll Homemade Cake (TFF) Ice Cream (SF) Enriched Fruit Juice

16 Roasted **White Turkey**

on Stuffing Bed w/ Light Gravy Fresh Sweet Potatoes Cut Green Beans Whole Wheat Bread Ambrosia Delight (NJ Enriched Fruit Juice

17 Breaded Tilapia

w/ Tartar Sauce **Baked Potato** Sliced Harvard Beets Whole Wheat Bread Fresh Orange

20 Classic Salisbury Steak Topped w/Sauteed Onions

& Mushroom Gravv Red Skin **Boiled Potatoes** Steamed Chopped Spinach Whole Wheat Bread Can Sliced Peaches (NJ) **Enriched Fruit Juice**

Ginger Garlic Chicken

Curried Brown Rice w/ Peas Broccoli & Baby Carrots w/ Red Peppers Whole Wheat Bread Fresh Banana **Enriched Fruit Juice**

22 Old Fashioned Meatloaf

w/ Tomato Sauce Fresh Mashed Potatoes w/ Skin Sliced Zucchini Whole Wheat Roll Fresh Pear Enriched Fruit Juice

23. Breaded Chicken

w/Cranberry Sauce Baked Macaroni Mixed Lightly w/Cheese (LS) Cut Green Beans Whole Wheat Bread Applesauce w/Cherry (SF) **Enriched Fruit Juice**

Baked Fresh Fish

w/ Creamy Mustard Sauce Herbed Roasted **Potatoes** Collard Greens Whole Wheat Bread Fresh Cantaloupe

27 **Beef Stroganoff**

w/ Mushroom & Onion Sauce Enriched Brown Rice Vegetable Medley Whole Wheat Bread Canned Pineapple (NJ) Enriched Fruit Juice

Baked Chicken

w/Honey Dijon Sauce Steamed Red Skin Potatoes **Brussels Sprouts** Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice 29 Italian Meathalls

w/ Diced Tomatoes Sauce & Parmesan cheese Spaghetti Seasoned Collard Greens Whole Wheat Roll Canned Purplee Plums Enriched Fruit Juice

30 **Baked Chicken** Marsala

Old Fashioned Mashed Potatoes Broccoli Spears Whole Wheat Bread Unsweetened Applesauce w/ Topping **Enriched Fruit Juice**

July 1

Baked Fresh Fish

w/ Olympia Sauce Mashed Yellow Squash Cauliflower Whole Wheat Bread Fresh Orange

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 mailing addresses are listed on the front cover of this Newsletter.

The **Meals Program** plays a vital role in the lives of homebound elderly, especially 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.



MEAL CONTRIBUTION \$1.50

Seniors must be at least 60 years of age or older and be registered at Encore.

The NYC Dept. for Aging & City Meals on Wheels funds about 2/3 of the overall meal costs. The remaining 1/3 must be covered by meal contributions from participants, and fundraising activities.

WE CAN'T DO THIS WITHOUT YOU.



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. 129Delivery Coordinator

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

We ask for <u>\$1.50</u> contribution for each Home Delivered Meal



Any increase in contributions would be greatly appreciated.

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:

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

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

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

<u>Legal Clinic</u> - (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.

<u>Friendly Visiting Program</u> - (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



Bruni Astor LMSW Social Service



Sr. Margaret LMSW Legal & End of Life Issues



Yve Cook Volunteer Coordinator



Lillian McNamara
Director
of Operations

Nieves Tavares Assistant Director Senior Center