

October
2011

ENCORE Community Services

"Broadway's Longest Running Act of Loving Care"

Visit Encore's Site at:

www.encorecommunityservices.org



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



FROM
ALL YOUR
FRIENDS AT
ENCORE



Duffy's
Corner



Wednesday, October 26, 2011

(following 2nd Lunch)

Music for Dancing by Juan Ortega
Raffle and Costume contest following the Dance
followed by Refreshments



At Encore's
Halloween Parties,
everyone
gets into the act.



A Very Special Thank You to Pasquale Marino, owner of Da Marino Restaurant who hosted a benefit for Encore's "Meals from the Heart Program" on Sept. 21, 2011. The money raised for this program assists Encore in its ongoing work of feeding over 800 homebound elderly on Manhattan's west side. With the economy the way it is, Encore could not keep on providing these meals without the assistance of generous benefactors and homebound seniors who contribute towards some of the cost of these meals. Below on the right hand side, Sr. Elizabeth Hasselt, Execu. Director of Encore, meets with Pasquale on the left and Mario Lopez, Host of the news magazine show "Extra", to discuss the benefit and ongoing support needed.



**ENCORE'S
MEALS
FROM THE
HEART**



COME ENJOY
A TASTE OF
ITALY!

A Benefit for Encore's
Meal-from-the-Heart
Program

Wednesday, September 21, 2011



Day	October Weekly Activities	Times	Coordinators
Mon.	Tai Chi Chih Class..... (West Chapel in Church) Painting Class (Held at Encore West) Bingo (following 2nd Lunch) Legal Clinic , (4th Mon., (10/24)	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 - 10/11 Please give us your suggestions in the Suggestion Box.) Workshops: (Please see special events below).	12:00	Coordinator, Nieves Tavares.
Wed.	Sr. Lil's Bargain Store , Every Wed. Birthday Dinner (3rd Wed. 10/19) followed by Entertainment Nurses from the NYC College of Nursing (Oct. 5, 12, 26)	9:15-1:00 1:30 9-12:30	Volunteers Staff & Volunteers Supervisor: Marie Mc Cullough
Thurs.	Yoga Exercise Class. (West Chapel in Church) If the chapel is not available at times, it will be in the Senior Center. Salsa Exercise Dancing (Sign up with in Social Service)	10:00 1:45	Jane Kristofferson Stephanie Rivera

FRIDAY AT THE MOVIES




FLU SHOTS

will be given at
Encore Senior Center
Friday, Oct. 14, 2011
From 9:30 to 2:30PM
Please Register with Nieves & provide Insurance information

Flu is caused by a virus that is passed from person to person by coughing or sneezing. It can lead to illnesses that are more severe than those caused by other respiratory viruses, such as the common cold. People over 65 years and those with certain chronic medical conditions, can suffer complications from the flu.


Day	Date	Time	October Special Events
Tues.	11	1:30	Gray Line Tour- Uptown NYC(Uptown) Be sure to sign up in the Asst. Director's Office in the Senior Center.
Wed.	12	1:15	PRESENTATION: "Breast Health Awareness" Presented by Jennifer LaPietra, Oncologd Social Worker from CANCERCARE 
Thurs..	13	10:30	PRESENTATION: "TD Banks Affinity Membership Program" Conducted by Thomas D. Toy Jr, Vice President of TD Bank, Broadway
Fri.	14	9:30 to 2:30	FLU SHOT CLINIC: Takes place in Encore Senior Center Please be sure to bring your insurance information.
Tues.	18	1:30	WORKSHOP: Medicare Minute - "Choosing a Medicare Health and Drug Plan" Presented by John Sheehan from Medicare Rights Center.
Wed.	19	1:30	MUSICAL PRESENTATION: as part of October's Birthday Celebration Presented by Vocal Ease
Thurs.	20	10:30	DIABETES "Free Screening for Blood Glucose & Pressure" Presented by Diabetes Care & Lifestyle Center
Sat.	22	10:00 to 4:00	"52nd Street FAIR": all along 52nd fdrom 7th to 5th Ave. Encore as sonsor of the Fair will have a booth just in from 7thAve., and the proceeds of this fair go towards Encore for its many programs. Come join us by volunteering or buying some of our fine jewelry.
Tues.	25	1:15	NUTRITION LECTURE: "The 2010 Dietary Guidelines for Americans" Presented by Amelia Jalandoni, ,Certified Nutritionist.
Wed.	26	1:30	 "HALLOWEEN COSTUME DANCE"  Music by Juan Ortega....Followed by Refreshments



Breast Cancer in Seniors

Eighty percent of all breast cancer occurs in women over 50, and 60 percent are found in women over 65. The chance that a woman will get breast cancer increases from 1-in-233 for a woman in her thirties, to a 1-in-8 chance for a woman in her eighties.....PLEASE take advantage or our Presentation on 10/12

COME to the 52nd St. FAIR





October LUNCH Program

SERVING TIMES

1st Lunch - 11:00AM

2nd Lunch - 12:30PM

Juan Cruz
Food Service Manager



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, cost **50 cents**

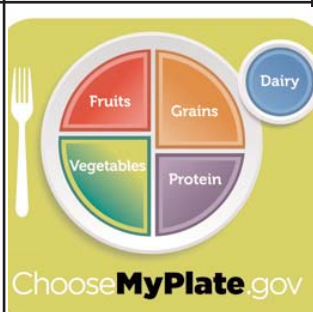
Soup: provided on site every Friday

(Coffee, Tea & Soup are not a menu requirement and therefore are provided by Encore)



Monday	Tuesday	Wednesday	Thursday	Friday
3 Swedish Meatballs Red Skin Boiled Potatoes Chopped Spinach Whole Wheat Bread Canned Sliced Peaches (NJ) Enriched Fruit Juice	4 Baked Chicken w/ Honey Dijon Sauce Baked Sweet Potato Brussels Sprouts Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	5 Beef Stroganoff w/Mushrooms & Onion Sauce Enriched Brown Rice w/ Peas Vegetable Medley w/Green Peppers Whole Wheat Roll Fresh Anjou Pears Enriched Fruit Juice	6 Herbed Baked Chicken Mashed Potatoes w/Skin Steamed Broccoli Florets Whole Wheat Bread Applesauce Unsweetened Enriched Fruit Juice	7 Baked Fresh Fish w/ Olympia Sauce Mashed Winter Squash Steamed Cauliflower Whole Wheat Bread Fresh Cantaloupe
10 CENTER CLOSED 	11 Hawaiian Chicken w/ Diced Pineapple Baked Sweet Potato Cut Green Beans Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	12 Italian Meatballs w/Diced Tomatoes Parmesan Cheese Tossed Salad Collard Greens Whole Wheat Bread Fresh Anjou Pear Enriched Fruit Juice	13 Chicken w/ Brown Gravy Brown Rice Carrots & Broccoli w/ Red Pepper Whole Wheat Roll Canned Peaches (NJ) Enriched Fruit Juice	14 Baked Fish w/ Onions & Peppers Red Skin Boiled Potato Brussels Sprouts Whole Wheat Bread Fresh Orange
17 Classic Salisbury Steak w/Onions & Mushrooms Home Style Mashed Potatoes Sliced Beets Whole Wheat Bread Red Delicious Apple Enriched Fruit Juice	18 Spanish Style Chicken w/Onions & Peppers Rice & Red Beans Cut Green Beans Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	19 Roast Beef w/ Onion Gravy Garlic Roasted Potatoes Steamed Glazed Carrots Dinner Roll Homemade Cake (TFF) Ice Cream (SF) Enriched Fruit Juice 	20 Southern Style Breaded chicken w/ Cranberry Sauce Oven Roasted Sweet Potatoes Steamed Collard Greens Whole Wheat Bread Pineapple Tid-Bits (NJ) Enriched Fruit Juice	21 Baked Fresh Fish w/ Lemon Garlic SC. Baked Potato in Skin Steamed Broccoli Florets Whole Wheat Bread Fresh Orange
24 Seasoned Hickory Smoked Pork Chop (Chicken Substitute) Garlic Roast Potatoes Steamed Cabbage w/ Shredded Carrots & Red Peppers Whole Wheat Bread Fresh Anjou Pear Enriched Fruit Juice	25 Chunky Chicken A La King w/ Mushrooms Enriched White Rice Steamed Peas & Carrots Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	26 Jumbo Stuffed Shells w/Meat, Chunky Pepper & Tomato Sauce Chopped Spinach Tossed Salad w/Shredded Carrots Whole Wheat Roll Red Delicious Apple Enriched Fruit Juice	27 Roast Chicken w/ Cranberry Sauce Mashed Butternut Squash French Style Green Beans w/ Red Peppers Whole Wheat Bread Canned Sl. Peaches (NJ) Enriched Fruit Juice	28 Baked Fresh Fish In Full Flavored Creole Sauce Red Skin Boiled Potatoes Steamed Collard Greens Whole Wheat Bread Fresh Orange

31 Country Style Pepper Steak
 w/ Peppers & Onions
 Rice Pilaf
 Steamed
 Mixed Vegetables
 Whole Wheat Bread
 Pineapple Tid-Bits
 Enriched Fruit Juice



The 2010 Dietary Guidelines for Americansfocus on balancing calories with physical activity, and encourage Americans to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood, and to consume less sodium, saturated and trans fats, added sugars, and refined grains. These Guidelines provide concrete action steps to help people live healthier, more physically active and longer lives.....To learn more about these guidelines please Join us **Oct. 25th at 1:15 PM**

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 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.

ENCORE
Community
Services

*"Broadway's Longest Running Act
 Of Loving Care"*

Founded in 1977

ENCORE'S
Home Delivered Meals

delivers nutritious meals
 to over 800 frail elderly
 homebound seniors on the
 Manhattan's West Side
 from 14th to 110th St.

If you are in need of a home delivered
 meal or know of an elderly friend, neigh-
 bor or family member who does know
 someone, please call Encore's Home
 Delivered Meal Program at:

(212) 581-2910



Ext. 129
 Adela Rodriguez
 Delivery Coordinator



Ext. 129
 Gaby Sherrow
 Program Coordinator

Meals can a delivered on an emergency basis,
 if recuperating after hospital stay or illness.

We ask for a suggested contribution of \$1.50 to
 off set a small portion of the meal cost

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

MEAL CONTRIBUTION \$1.50
Seniors must be at least 60
years of age or older and be
registered at Encore.

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)
We ask seniors to adhere to the times above.

The NYC Department for the
 Aging & Citymeals funds about
 2/3 of the overall meal costs. The
 remaining 1/3 must be covered by
 meal contributions from partici-
 pants, and fundraising activities.
WE CAN'T DO THIS
WITHOUT YOU.

ON-SITE SOCIAL SERVICE DEPARTMENT- (212) 581-2910 Ext 123 or 125.
 Provides information on benefits and entitlements such as Food Stamps, Medicare, Medicaid, Veterans Benefits
 etc. **See Programs below:**

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

Food Stamp Program - (212) 581-2910 Ext. 125, will assist seniors who qualify, 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, know-
 ing 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
(If you leave a message, please be sure to leave you phone number so we can get back to you.)



Bruni Astor LMSW
Social Service
Director



Stephanie Rivera CSW
 Case Worker
 Food Stamp Prog.



Sr. Margaret LMSW
 Legal &
 End of Life Issues



Genie Cameron MSAT
 Volunteer Coordinator
 Art Instructor



Nieves Tavares BSA
 Senior Center
 Assistant Director



Sr. Lillian McNamara MFA
 Director of Operations