

November
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



A Very
Happy & Blessed
Thanksgiving
to all in our
Encore Family



THANKSGIVING

*With each new morning with its light
For rest and shelter of the night
For health and food
for love and friends
For everything thy goodness sends*

Ralph Waldo Emerson

Thanksgiving Day Tickets

will be available the 3rd
week in Nov. beginning
Mon. Nov. 14th.

PLEASE

be sure you are
registered as a member
before getting the
Thanksgiving tickets.



"Duffy's Corner"

Thanksgiving Day Schedule

Early Dinner...11:00AM

(Doors open at 10:30AM)

Late Dinner.....12:30PM

(Doors open at 12:00PM)

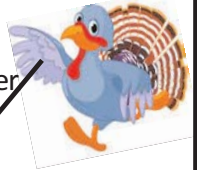
Because of the large numbers attending,
only those seniors holding tickets will be
allowed into the center that day

CHECK OUT OUR



Encore is proud to announce
the launching of its **new web-**
site that can be found at the
web address listed below.

Just copy, paste
it to your browser
and enjoy the
ride



<http://encorecommunityservices.org/>

Encore Community Services held its **37th ANNUAL 52nd STREET AMERICANA JAZZ FESTIVAL+ FAIR** on Saturday, Oct. 22nd on 52nd Street from Fifth to Seventh Avenues. It was a great success.



A SPECIAL THANK YOU

to all of our won-
derful volunteers
and staff who gave
generously, their
time to run Encore's
Jewelry Booth.



First Photo on Encore Home Page of the new web site.



Day	November 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., (11/28)		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 - (11/8) 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. 11/16) followed by Entertainment Nurses from the NYC College of Nursing (Nov. 2, 9, 16,23,30)		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

IMPORTANT

Protect Your Personal Identification Information

Tips for Beneficiaries

Date	Time	November Special Events
Thurs. 3	10:30	INFORMATION DESK on "Easy Choice Health Plan of NY" (Desk will be located on the stage.)
Thurs. 3	1:15	NUTRITION LECTURE: "2010 Guidelines for Americans" Presented by Amelia Jalandoni, Certified Nutritionist.
Thurs. 10	1:30	WORKSHOP: Medicare Minute - "Does Part B or Part D Cover my Drugs" Presented by John Sheehan from Medicare Rights Center.
Tues.. 15	1:15	WORKSHOP: "Diabetes Overview" Conducted by Shantel Stewart from Spring Field Surgeical
Wed 16	1:30	"HARVEST DANCE" Music by Juan Ortega
Thurs.. 17	10:45	TD Bank Membership Drive Day
Thurs. 24	10:30	Thanksgiving Holiday Dinner Be sure to get you tickets ahead of time. Dinner music presented by Segio Reyes & Emilio Teubal Piano and Violin

Any Medicare beneficiary who suspects fraud should call **1-800-MEDICARE (1-800-633-4227)**, or local law enforcement.

Anyone with Medicare who finds that someone is inappropriately using their personal information should contact: **1-800-MEDICARE** and The Federal Trade Commission's ID Theft hotline at **1-877-438-4338**

Its never too late to begin to LAUGH

Laughter is the Best Medicine

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Beneficiaries who feel in danger for any reason should call their local police department immediately.

Most importantly, protect your Medicare identification number and your Social Security Number.



November LUNCH Program

SERVING TIMES

1st Lunch - 11:00AM

2nd Lunch - 12:30PM

Juan Cruz



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
	1 Herbed Baked Chicken w/ Brown Gravy Mashed Potatoes w/ Skin Steamed Broccoli Florets w/Red Peppers & Onions Whole Wheat Bread Fresh Pear Enriched Fruit Juice	2 Baked Ziti w/Meat Sauce Chopped Spinach Tossed Salad w/ Shredded Carrots Whole Wheat Bread Fresh Red Apple Enriched Fruit Juice	3 Roasted White Turkey w/ Light Gravy Fresh Sweet Potatoes Cut Green Beans w/ Red Pepper Pumpernickel Bread Fresh Green Tip Banana Enriched Fruit Juice	4 Breaded Tilapia w/ Tartar Sauce Baked Potato Sliced Harvard Beets w/ Red Onions Whole Wheat Bread Fresh Orange
7 Hungarian Goulash w/ Pepper & Onions Bowtie Noodles Steamed Dill Sliced Carrots Tossed Salad w/Dressing Whole Wheat Bread Canned Purple Plums (NJ) Enriched Fruit Juice	8 Ginger Garlic Chicken Curried Brown Rice w/Peas Broccoli w/ Baby Carrots Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	9 Old Fashion Meatloaf w/ Tomato Sauce Mashed Potatoes w/ Skin Diced Beets w/Red Onions Whole Wheat Bread Fresh Apple Enriched Fruit Juice	10 Baked Chicken W/Cranberry Mashed Yellow Squash Cut Green Beans w/ Red Peppers Whole Wheat Roll Fresh Pears Enriched Fruit Juice	11 Baked Fresh Fish w/Creamy Mustard Sauce Herbed Roasted Potatoes Collard Greens Whole Wheat Bread Fresh Orange
14 Swedish Meatballs Red Skin Boiled Potatoes Chopped Spinach Whole Wheat Bread Canned Sliced Peaches (NJ) Enriched Fruit Juice	15 Baked Chicken w/ Honey Dijon Sauce Baked Sweet Potato Brussels Sprouts Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	16 Pot Roast w/Onion Gravy Garlic Roasted Potatoes Steamed Glazed Carrots Dinner Roll Homemade Cake (TFF) Ice Cream (SF) Enriched Fruit Juice	17 Herbed Baked Chicken Mashed Potatoes w/Skin Steamed Broccoli Florets Whole Wheat Bread Applesauce Unsweetened Enriched Fruit Juice	18 Baked Fresh Fish w/ Olympia Sauce Mashed Winter Squash Steamed Cauliflower Whole Wheat Bread Fresh Cantaloupe
21 Fresh Baked Ham w/Currant Raisin Sauce Mashed Potatoes w/ Skin Green Cabbage w/Carrots Whole Wheat Bread Red Delicious Apple (Chicken Substitute)	22 Hawaiian Chicken w/ Diced Pineapple Baked Sweet Potato Cut Green Beans Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	23 Italian Meatballs w/Diced Tomatoes Parmesan Cheese Tossed Salad Collard Greens Whole Wheat Bread Fresh Anjou Pear Enriched Fruit Juice	24 Roast Turkey w/Giblet Gravy & Cranberry Sauce on Bed of Stuffing Fresh Baked Sweet Potato Green Beans Almondine Dinner Roll Pumpkin Pie (SF) Fresh Orange & Apple Apple Cider	25 Encore Center CLOSED 
28 Classic Salisbury Steak w/Onions & Mushrooms Home Style Mashed Potatoes Sliced Beets Whole Wheat Bread Red Delicious Apple Enriched Fruit Juice	29 Spanish Style Chicken w/Onions & Peppers Rice & Red Beans Cut Green Beans Whole Wheat Bread Fresh Green Tip Banana Enriched Fruit Juice	30 Homemade Beef Stew w/ Onions & Gravy Parsley Boiled Potatoes Steamed Baby Carrots w/ Green Peppers Whole Wheat Roll Canned Peaches (NJ) Enriched Fruit Juice	 <p style="text-align: center;"> <i>A Very Happy and Blessed Thanksgiving Day from Encore's Staff & Volunteers</i> </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 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, neighbor 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



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 participants, and fundraising activities.
WE CAN'T DO THIS WITHOUT YOU.

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

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, 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
(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