

December
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



May
Your Holidays
Be Blessed
with
Joy & Peace

"Duffy's Corner"

**EQUITABLE CHORUS
CHRISTMAS CONCERT**
Fri. Dec. 9th at 12:30 PM

A Common Purpose

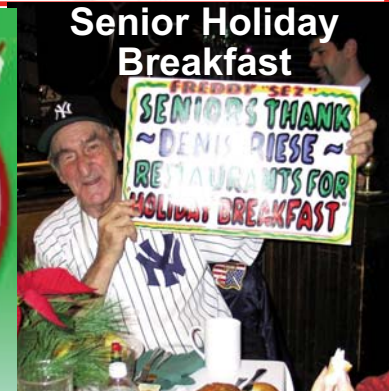
The tree is a powerful symbol of growth, as it continues to grow throughout its lifetime. The same can be said of the human spirit, ever growing in search of truth.

As we celebrate Christmas and Hanukkah, also mindful of our Muslim Brothers & Sisters, we light our candles in triumph of forgiveness over revenge, peace over war, love to end all hatred, and universal justice for all.

From Your Encore Family



Holiday Raffle & Birthday Dance
Wed. December 14th
following
2nd Lunch



Dec. 6, 2011
Compliments of the
Riese Organization

Holiday Closings





Thurs. CLOSINGS following 2nd Lunch
Dec. 1st...Benefit for Fox House Family Shelter.
Dec. 8th....Staff training workshop on Elder Abuse.
Dec. 15th..Staff Holiday Party.

Full Day CLOSINGS
Dec.26th...Christmas Holiday
Jan. 2nd....News Years Holiday

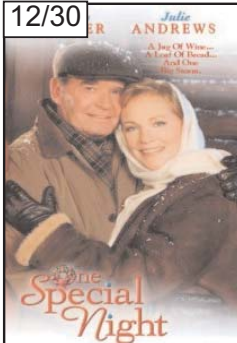
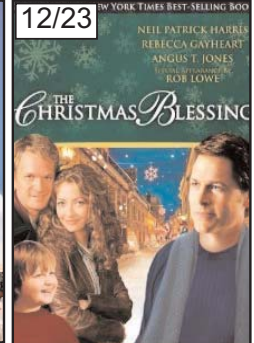
28th ANNIVERSARY LIMITED RAFFLE
\$15,000 IN PRIZES

1st PRIZE WINNER \$5000
2nd PRIZE WINNER \$2500
3rd PRIZE WINNER \$1500
4th PRIZE WINNER \$1000
5th PRIZE WINNER \$500
6th PRIZE WINNER \$500
7th PRIZE WINNER \$500
8th PRIZE WINNER \$500


Senior Holiday Party
Wed. Dec. 21st
Entertainment
Encore's "Laugh & Dance Group"
Sponsored by
Ziff Brother Investments

Day	December 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 , (Changed to Tues. 12/27)		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 - (12/6) Please give us your suggestions in the Suggestion Box.) Workshops: (Please see special events below).		12:00 PM	Coordinator, Nieves Tavares.
Wed.	Sr. Lil's Bargain Store, Birthday Dinner (Changed to 2nd Wed. 12/14) followed by Entertainment Nurses from the NYC College of Nursing (not be here in Dec.)		9:15-1:00 1:30 9-2:30	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. Food Stamp Assistance (By appointment only)		10:00 9-2;00	Jane Kristofferson Social Services
Fri.	Food Stamp Assistance (By appointment only)		9-2:00	Social Services

FRIDAY AT THE MOVIES

Home Healthcare Information Day
Presented by Home Life
Friday, Dec. 2, 2011
An Information Desk will be set up on the stage with information and consultants who will answer questions on how Medicare covers home health care if you meet four criteria.



Day	Date	Time	December Special Events
Tues	6	9:00	HOLIDAY BREAKFAST at TGIF Sponsored by the Riese Organization Tickets will be available at Encore Senior Center starting December 1st
Tues.	6	1:15	NUTRITION LECTURE: "Add more Fruits & Vegetables to your plate" Presented by Amelia Jalandoni, Certified Nutritionist.
Wed.	7	1:30	WORKSHOP: "Elder Abuse Prevention" Presented by JASA
Fri.	9	12:30	CHRISTMAS CONCERT: Presented by the Equitable Center Chorus
Tues.	13	1:15	WORKSHOP: Medicare Minute - " Home Health Care" Presented by John Sheehan from Medicare Rights Center.

Encore FOOD STAMP PROGRAM
will be in operation Thursday & Friday from 9:00 to 2:00.
If you would like an appointment, please sign up ahead of time in Social Services

12/14 Birthday Dance followed by Encore's HOLIDAY RAFFLE
Music by Juan Ortega

All proceeds from the **Raffle** go to support Encore's many programs



Raffle Tickets Still available
Top Prize \$10,000

Weds. 21 SENIOR HOLIDAY ENTERTAINMENT
Provided by Encore's own "Laugh and Dance Group" under the Direction of Bruni Astor






Juan Cruz
Food Service Manager

December LUNCH Program

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, cost 50 cents

Soup: provided on site every Friday
(Coffee, Tea & Soup not a menu requirement and therefore are provided by Encore)



Monday	Tuesday	Wednesday	Thursday	Friday
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We would like to remind you that Jan. 1st falls on a Sunday, so the center will be closed on January 2nd

NEW YEARS DAY

May your new year 2012 be filled with many blessings.



1 Southern Style Breaded chicken
w/ Cranberry Sauce
Oven Roasted
Sweet Potatoes
Steamed Collard Greens
Whole Wheat Bread
Pineapple Tid-Bits (NJ)
Enriched Fruit Juice

2 Baked Fresh Fish
w/ Lemon Garlic SC.
Baked Potato in Skin
Steamed Broccoli Florets
Whole Wheat Bread
Fresh Orange

5 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

6 Chunky Chicken A La King
w/ Mushrooms
Enriched White Rice
Steamed Peas & Carrots
Whole Wheat Bread
Fresh Green Tip Banana
Enriched Fruit Juice

7 Jumbo Stuffed Shells
w/Meat, Chunky Peppers & Tomato Sauce
Chopped Spinach
Tossed Salad
w/Shredded Carrots
Whole Wheat Roll
Red Delicious Apple
Enriched Fruit Juice

8 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

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

12 Country Style Pepper Steak
w/ Onions
Rice Pilaf
Steamed Mixed Vegetables
Whole Wheat Bread
Pineapple Tidbits (NJ)
Enriched Fruit Juice

13 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

14 Baked Ziti
w/Meat Sauce
Chopped Spinach
Tossed Salad
w/ Shredded Carrots
Whole Wheat Bread
Homemade Cake (TFF)
Ice Cream (SF)
Enriched Fruit Juice
Fresh Apple-Homebound

15 Roasted White Turkey
w/ Light Gravy
Fresh Sweet Potatoes
Cut Green Beans
w/ Red Pepper
Pumpnickel Bread
Fresh Green Tip Banana
Enriched Fruit Juice

16 Breaded Tilapia
w/ Tartar Sauce
Baked Potato
Sliced Harvard Beets
w/ Red Onions
Whole Wheat Bread
Cantaloupe

19 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

20 Ginger Garlic Chicken
Curried Brown Rice
w/Peas
Broccoli
w/ Baby Carrots
Whole Wheat Bread
Fresh Green Tip Banana
Enriched Fruit Juice

21 Sauerbraten
w/ Onion Gravy
Red Skin
Boiled Potatoes
Steamed Mixed Vegetables
Dinner Roll
Homemade Cake (TFF)
Ice Cream (SF)
Enriched Fruit Juice



22 Baked Chicken
W/Cranberry
Mashed Yellow Squash
Cut Green Beans
w/ Red Peppers
Whole Wheat Roll
Fresh Pears
Enriched Fruit Juice

23 Baked Fresh Fish
w/Creamy
Mustard Sauce
Herbed Roasted Potatoes
Collard Greens
Whole Wheat Bread
Fresh Orange

26 CLOSED FOR HOLIDAY



27 Baked Chicken
w/ Honey Dijon Sauce
Baked Sweet Potato
Brussels Sprouts
Whole Wheat Bread
Fresh Green Tip Banana
Enriched Fruit Juice

16 Beef Stroganoff
w/ Mushrooms
Enriched Brown Rice
w/ Peas
Vegetable Medley
w/ Green Peppers
Whole Wheat Bread
Fresh Anjou Pear
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

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

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.

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.

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.

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