

ENCORE Community Services Senior Center Newsletter



MARCH 2019

239 West 49th Street
New York, NY 10019

212 581-2910

www.encorecommunityservices.org



"Broadway's Longest Running Act of Loving Care"

MARCH BIRTHDAY DANCE CELEBRATION

Wednesday, March 20, 2019 at 1:30pm

Come and celebrate all March babies the best way we know how to...**DANCING!** To the music of **Juan Ortega**.

Dance Your Way To Health...did you know that **Dancing** is a whole-body workout that's actually fun? It's good for your heart, it makes you stronger, and it will help with balance and coordination. 30 minutes of dancing burns between 130 and 250

¿Sabías que bailar es un entrenamiento de cuerpo entero que es realmente divertido? Es bueno para tu corazón, te hace más fuerte, y te ayudará con el equilibrio y la coordinación. 30 minutos de baile quema entre 130 y 250 calorías.



ST. PATRICK'S DAY LUNCHEON & DANCE

Wednesday, March 13, 2019

Starting with a wonderful corned beef meal at 11AM or 12:30PM. Followed by a dance celebration at 1:30PM.

This event is hosted by our friends at St. Francis Food Pantries & Shelters. This special day will be filled with good food, entertainment, special treats and very special people...and all is **FREE**



Note from Jose Luis

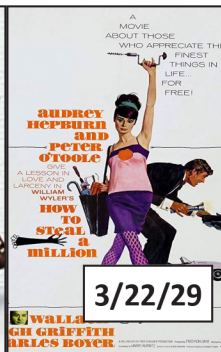
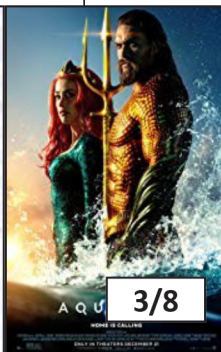
Many Encore members have remarked how interesting my name is and I wanted to share name is in honor of my maternal great-grandparents – my Papa José and Mama Luisa. I honor my great-grandparents every single day, and I was very fortunate to have them and my grandmother in my life. I grew up hearing stories of their lives, learning about where they came from, and thinking about how that impacts my life, my decisions and they always instilled in me a sense of community. I continue to be inspired by stories from members, from hearing of their past and future plans, and am grateful to have been accepted into Encore's community. The community not only includes our members and dedicated staff but also our tireless volunteers. For volunteers, this is *real work!* Not only is the work unrelenting on our deliverers, case managers, fundraisers, the executive team that responds to emergencies, our volunteers play a vital part in ensuring Encore continues to thrive and service older adults in our wider community. Volunteers support our mission so if we fall short, if we miss one meal, one person needing assisting, then we have the resources to do so. The City looks to Encore to assure the safety of every member, so for example a homebound member is not home on a given day, the whole agency activates to ensure that member is ok. In short, we are so much more than a typical senior center, I'm proud to say we are a community.



Muchos miembros de Encore han comentado lo interesante que es mi nombre y quería compartir mi nombre es en honor a mis bisabuelos maternos – mi papá José y Mamá Luisa. Honro a mis bisabuelos todos los días, y tuve la suerte de tenerlos a ellos y a mi abuela en mi vida. Crecí escuchando historias de sus vidas, aprendiendo de dónde vinieron, y pensando en cómo eso impacta mi vida, mis decisiones y siempre me inculcaron un sentido de comunidad. Sigo inspirándose en las historias de los miembros, desde la audición de sus planes pasados y futuros, y estoy agradecido de haber sido aceptado en la comunidad de Encore.




Day/Time		MARCH 2019 WEEKLY ACTIVITIES
		TECH LOUNGE Monday through Friday. First Come First Serve. Depending on demand, each senior will get at least 30 minutes. Please sign up with Nieves
Mon. 10:00-11:00		Painting Class-A with Genie Cameron (Encore West location)
10:00-11:00		Qi Gong For Seniors on the Senior Center's stage
10:00-11:30		Legal Clinic by Volunteers of Legal Services (4th Mon. 3/25/19)
11:00-12:00		Painting Class-B with Genie Cameron (Encore West location)
1:30-2:30		Bingo with DEED Volunteers (3/11/19 & 3/25/19)
1:30-3:30		Creative Writing Class in Encore 49 Residence
Tues. 10:00-1:00		Sr. Lil's Bargain Store. Will be open Tuesday March 12, 2019 instead of Wednesday (No Sale on 3/13/19) "Great Items and Great Sales"
Wed. 9:00-12:00		Blood Pressure Screening provided by RN from the NYC College of Technology
10:00-1:00		Sr. Lil's Bargain Store. "Great Items and Great Sales" (No Sale on 3/13/19)
Thurs. 10:00-11:00		Yoga Exercise Class with Jane Kristofferson (St. Malachy's Side Chapel)
1:30-2:30		Circle of Hope Support Group Conducted by senior members
Thurs. 2:00-4:00		Tech 101 Workshop: Volunteer will assist seniors with the tech needs: Smart phone and tablets: please sign in with Marilou.
Fri. 10:00-11:00		Qi Gong For Seniors on the Senior Center's stage
Fri. 11:00-1:00		Blood Pressure Screening provided by ESCO pharmacy
1:30-3:30		FRIDAY MOVIES followed by discussion and refreshment



ST. PATRICK'S DAY LUNCHEON
This event is hosted by our friends at St. Francis Food Pantries & Shelters and generously funded by Macy's. **Wed., 3/13** will be filled with good food, special treats and very special people...all FREE. **During 1st and 2nd Lunch.**



Date	Time	MARCH 2019 MONTHLY SPECIAL EVENTS
Mon 3/4	11-1	Complimentary tickets for The New York Youth Symphony for Saturday March 10, 2019 at 2PM the Carnegie Hall . Limited tickets available first come first serve. (Sign up with Nieves) On Monday March 4, 2019 between 11 and 1. One ticket per person.
Tue 3/5	3-5	Tech 101 Workshop: Volunteer will assist seniors with the tech needs: Smart phone and tablets: please sign in with Marilou.
Thurs 3/7	11-1	Complimentary tickets for Dances and Cultures of Tibet and Japan for Sunday March 17, 2019 from 3-4PM at Tenri Cultural Institute . Limited tickets available first come first serve. (Sign up with Nieves) On Thursday March 7 , 2019 between 11 and 1.
Tues 3/12	1:30 2:30	Fun Fitness Movement Class: with Road Runners coach Myna M. Mayors She is coming back as requested by popular demand
Wed 3/13	2:00P M	Join Our Book Club: Hosted by Naryobe The Book is "Running with Scissors" If interested in Joining Book Club please be sure to Sign Up with Marilou.
Thurs 3/14	10-1	SPECIAL JEWELRY SALE: we will having this special sale today only. Do not miss out! Come for a bargain... 
Mon. 3/18	1:15	NUTRITION WORKSHOP: "Mediterranean style of Eating" Presented by Amelia Jalandoni
Tues. 3/19	1:15	SENIOR SAFETY INFORMATION on Scams , Zero Vision, Home safety and Crime Prevention: FREE Safety bag will be giving away to the participant. Presented by NYCPD COMMUNITY OUTREACH PROGRAM
Wed 3/20	1:30	BIRTHDAY DAY PARTY CELEBRATION: Join us as we Dance Our Way to Health with the music of our friend Juan Ortega. Followed by refreshments & raffle.
Tues. 3/26	1:15	SNAP PROGRAM WORKSHOP: Learn who is eligible, eligibility requirements, initial applications, recertification's, 12 month periodic reports, document submissions, and case changes, and Q&A. Presented by Justin Lang (Encore Case Worker)
Wed 3/27	10:30	Health Workshop: Discussing Hypertension, High Cholesterol and Nutrition . Presented by RN from the NYC College of Technology. Participant will receive a gift bag.

MARCH 2018

**Senior Center
LUNCH PROGRAM**

1st Lunch: 11:00-11:45AM
2nd Lunch: 12:30-1:15PM



**COME JOIN US
AT ENCORE**
for the best Food,
Friends & Programs
on
BROADWAY

**Doors OPEN - 8:30am
at the earliest.**

If arriving before 8:30AM
Please wait in the Actor's
Chapel above senior center.



**BREAKFAST CART
9AM TO 10AM**

Coffee & Free Breakfast
donated by
Community Restaurants

All Meals are prepared under strict nutritional
guidelines given by The Department for the Ag-
ing (DFTA)

Served with each lunch:

Milk: 1% or low-fat milk

Whole Wheat Bread



Margarine: Trans Fat Free (TFF)

Coffee, Tea, & Soup

are outside DFTA requirements



*Menu
Information*
(NJ) In Natural Juice
(PW) Packed in Water
(SF) Sugar Free
(TFF) Trans Fat Free
(LS) Low Sodium
(LF) Low fat

Monday	Tuesday	Wednesday	Thursday	Friday
				 <p>1 Coconut Curried Cod Fish Yellow Rice California Blend Veg- etables Orange Homemade Soup</p>
<p>4 Beef & Broccoli Brown Rice Oriental Blend Orange Pineapple Juice Pear</p>	<p>5 Chicken Legs w/ Stewed Tomatoes Smashed Red Pota- toes Steamed Kale Orange Juice Fruited Jello</p>	<p>6 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe</p>	<p>7 Cranberry Chicken Corn Steamed Spinach Orange Pineapple Juice Plum</p>	<p>8 Baked Tilapia w/ Light Basil Cream California Blend Veg- etables Red Bliss Potatoes Kiwi Homemade Soup</p>
<p>11 Hungarian Goulash with Beef Egg Noodles Broccoli and Red Peppers Orange Juice Apple</p>	<p>12 Arroz con Pollo Steamed Peas and Carrots Apple Juice Tapioca Pudding</p>	<p>13 Corned Beef w/Mustard Boiled Potatoes Steamed Cabbage Irish Soda Bread Cup Cake Ice cream (SF) Apple Juice</p> 	<p>14 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Banana Fruited Jello</p>	<p>15 Baked Breaded Fish w/Tartar Sauce Pesto Pasta with Broccoli Prince Edward Vege- tables Orange Homemade Soup</p>
<p>18 Stewed Beef Mixed Vegetables Smashed Red Pota- toes Apple Juice Plum</p>	<p>19 Spanish Style Baked Chicken Cuban Style Brown Rice Steamed Green Beans Orange Pineapple Juice Apple</p>	<p>20 Birthday Celebra- tion Yankee Pot Roast Garlic & Rosemary Potatoes Steamed Carrots Homemade Cake (TFF) Ice cream (SF)</p>	<p>21 Baked Breaded Chicken Beets and Baby Carrots with Dill Mashed Butternut Squash Apple Juice Pear</p>	<p>22 Parmesan Baked Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Homemade Soup</p>
<p>25 Meatballs w/Brown Gravy Pasta California Blend Vegetables Orange Pineapple Juice Apple</p>	<p>26 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Orange Juice Applesauce</p>	<p>27 Sofrito Steak Brown Rice Carrots Apple Juice Banana</p>	<p>28 BBQ Chicken Baked Potatoes Boiled Southern Greens Orange Juice Pear</p>	<p>29 Baked Fish w/ Zucchini Pasta with Sweet Peas Steamed Broccoli Orange Homemade Soup</p>

The Artists of Encore...

Encore Member Lana Dietz in photo below and who is in our writing class wrote the poem below.



The Hand

This hand I'm looking at is mine.
 The beginnings of age are showing.
 Liver spots on one, raised veins on the other.
 These are the hands that ca-ressed.
 These are the hands that massages.
 These are the hands that wipe a small face, combed tiny head hairs, put on and took off diapers.
 These hands remember a life time has passed.
 These hands are still going strong.

Unleash your inner artist and share your work for all to enjoy. Send us your art (writing, photograph, talents, etc.) and we will showcase it here. Email it to info@encorecommunityservices.org



PLEASE SUPPORT ENCORE'S many vital services for both on-site and homebound seniors!

Your donations make it possible for Encore to continue and grow these services.

DONATIONS may be made online at www.encorecommunityservices.org

It is also important that those receiving our meal services contribute the small amount of \$1.50 per meal to offset the cost of the meal.

No senior will be deprived of a meal if he/she is unable to make the voluntary donation.

ALL DONATIONS ARE TAX DEDUCTIBLE (to the extent allowed by the law)



Nieves Taveras
Asst. Director

SENIOR CENTER GENERAL INFORMATION

Please contact us at
212-581-2910
 (press option #3)
 to learn more about

Receive Encore Senior Center's Monthly Newsletter via Email
 Send your name and email address to:
info@encorecommunityservices.org



Sr. Lillian McNamara
Dir. of Operations



Jose Luis Sanchez
Director of Programs

FOOD SERVICE PROGRAM

Encore's hardworking and dedicated kitchen staff prepares over 4,700 meals every week for the on-site and homebound programs!



Juan Cruz
Food Service Manager

ENCORE'S HOME DELIVERED MEALS PROGRAM (HDML)

212-581-2910
 (press option #4)

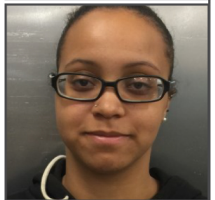
We deliver nutritious meals to over 1,100 frail homebound seniors on the West Side of Manhattan from 14th to 110th St.

If you are in need of a home delivered meal or know of an elderly friend or family member in need, call the following numbers for more information.

For homebound seniors who live on the West Side of 8th Ave. to 12th Ave. call:

Selfhelp Project Pilot
(212) 787-8106

 Adela Rodriguez Director	 Dora Navarette Asst. Director
 Denis Branagan Meal Coordinator	 Melissa Astor Admin. Assistant



Yomayra Rodriguez
Weekend Manager

VOLUNTEER & OUTREACH PROGRAMS

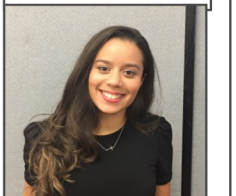
Volunteers are an important part of Encore's dedicated workforce. Standing side by side with our equally dedicated staff, they provide needed services for our seniors.

Volunteers always needed! To learn how you can help, contact the Volunteer Coordinator at **ext. 1118**

Friendly Visiting Program: matches homebound seniors with Volunteers who provide companionship and a sense of family for seniors living alone. For more information dial **ext. 1118**



Yocastia Jimenez
Director of Volunteer Services
Ext. 1118



Luz Guillen
Friendly Visiting Coordinator
Ext. 1110

ON-SITE SOCIAL SERVICES



Justin Lang
Case Worker

212-581-2910
 (press option #5)

Provide on-site help with benefits & entitlements such as SNAP (Food Stamps),

SCRIE, HEAP, Medicare Beneficiary Program, etc.

Monday-Friday: 9AM-12:30PM(Walk-in)
Appointment only after 2:00PM



Naryobe Arias
Case Worker

Legal Clinic by Volunteers of Legal Services
4th Mon. 1/28, first come first serve.