



# RAINBOW NEWS

**April 2011**

## Reminiscence Group

The Reminiscence Group is a chance for you to share your memories. Everyone has interesting stories to tell about their lives and this conference call is the perfect place to explore and discuss them. Join us on Wednesday, April 6th and 20th at 2pm. Call Tracy to join.

## Multi-Cultural Week

Join us for 3rd Annual Multi-Cultural Celebration at The Stanley Isaacs Neighborhood Center beginning Monday, April 25th through Friday, April 29th. Some of the highlights include:

**Irish Step Dancing**, on Tuesday, 4/26 at 4:15pm.

**Kaliedophonic**—A mix of Indian and West African music, on Wednesday, 4/27 at 1:30pm.

**Latin music** with Jose Higuera, on Thursday, 4/28 at 3:30pm.

**Parade of Nations**, on Friday, 4/29 immediately following lunch.

This fun-filled week will also feature trivia games, discussion groups on different cultures and many other performances to be announced.

Call Tracy at 212-360-7620 for more information.

## April Conference Calls

- Sittercise**—Mon.,Wed.,Fri., at 11am
- Read Aloud**—Mon., at 3pm
- Low Vision**—Mon., at 4pm
- Spelling Bee**—Tues., 4/26 at 2pm
- Nutrition & Health**—Tues., at 3pm
- Reminiscence**—Wed., at 2pm
- Staying Healthy**— Wed., 4/13 at 2pm
- Birthday Call**—Wed., 4/27 at 2pm
- Sing Along**— alternating Wed., at 3pm
- Let's Talk Politics**—Wed., at 4pm
- Dial Up Yoga**—Thurs., at 11am
- Where Are They Now?**—Thurs., at 1pm
- Guggenheim**—Thurs., 4/28 at 3pm
- Friendship Circle**—Fri., at 12pm
- Name That Tune**—Fri., at 3pm
- Ask The Pharmacist**—Fri., 4/22 at 1pm
- Name That Tune**—Fri., at 3pm

# April 2011 Conference Call Schedule Below

To join, call 212-360-7620

Mon	Tue	Wed
<p style="text-align: center;"><b>HAPPY</b></p>  <p style="text-align: center;"><b>PASSOVER!</b></p>		<p style="text-align: center;"><i><b>REDUCE</b></i></p> <p style="text-align: center;"><i><b>REUSE</b></i></p> <p style="text-align: center;"><i><b>RECYCLE</b></i></p>
<p style="text-align: right;"><b>4</b></p> <p>11 Sittercise 2 Current Events 3 Read Aloud 4 Low Vision</p>	<p style="text-align: right;"><b>5</b></p> <p>10 Bingo 11 On Your Mind 3 Nutrition and Health 4 <i>NYC in Art</i></p>	<p style="text-align: right;"><b>6</b></p> <p>10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Sing Along 4 Let's Talk Politics</p>
<p style="text-align: right;"><b>11</b></p> <p>11 Sittercise 2 Current Events 3 Read Aloud 4 Low Vision</p>	<p style="text-align: right;"><b>12</b></p> <p>10 Bingo <i>11</i> On Your Mind 3 Nutrition and Health 4 <i>NYC in Art</i></p>	<p style="text-align: right;"><b>13</b></p> <p>10 Bingo 11 Sittercise 2 <i>Staying Healthy</i> 3 Trivia 4 Let's Talk Politics</p>
<p style="text-align: right;"><b>18</b></p> <p>11 Sittercise 2 Current Events 3 Read Aloud 4 Low Vision</p>	<p style="text-align: right;"><b>19</b></p> <p>10 Bingo <i>11</i> On Your Mind 3 Nutrition and Health 3 <i>Diabetes</i></p>	<p style="text-align: right;"><b>20</b></p> <p>10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Sing Along 4 Let's Talk Politics</p>
<p style="text-align: right;"><b>25</b></p> <p>11 Sittercise 2 Current Events 3 Read Aloud 4 Low Vision</p>	<p style="text-align: right;"><b>26</b></p> <p>10 Bingo <i>11</i> On Your Mind 2 <i>Spelling Bee</i> 3 Nutrtrion and Health</p>	<p style="text-align: right;"><b>27</b></p> <p>10 Bingo 11 Sittercise 2 <i>Birthday Call</i> 3 Trivia 4 Let's Talk Politics</p>




## April Conference Calls

# Ask The Pharmacist

Have you ever wished you could have someone explain your medications in a nice, easy-to-understand fashion? Do you have a question you have always wanted to ask? Get answers to your questions about health, prescriptions and over the counter medications from Margo Wivietsky, RPH of NuCare Pharmacy. This conference call takes place Friday, April 22nd at 1pm. Call Tracy to join

## The Guggenheim Museum presents Frank Lloyd Wright

Frank Lloyd Wright was an American architect, interior designer, writer and educator who designed more than 1000 projects resulting in more than 500 completed works. His work includes original and innovative examples of many different building types. To learn more about him, join a docent from The Guggenheim Museum on Thursday, April 28th at 3pm. Call Tracy to join.

Thu	Fri
	<b>1</b> 10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune
<b>7</b> 10 Bingo 11 <i>Dial Up Yoga</i> 1 <i>Where Are They Now?</i> 2 Think Tank 3 <i>Old Time Radio</i>	<b>8</b> 10 Bingo 11 Sittercise 12 Friendship Circle 2 Family Feud 3 Name That Tune 4 <i>Advisory Board</i>
<b>14</b> 10 Bingo 11 <i>Meditation</i> 2 Think Tank 3 <i>Old Time Radio</i>	<b>15</b> 10 Bingo 11 Sittercise 12 Friendship Circle 2 Family Feud 3 Name That Tune
<b>21</b> 10 Bingo 11 <i>Dial Up Yoga</i> 1 <i>Where Are They Now?</i> 2 Think Tank	<b>22</b> 10 Bingo 11 Sittercise 12 Friendship Circle 1 <i>Ask The Pharmacist</i> 2 Family Feud 3 Name That Tune
<b>28</b> 10 Bingo 11 <i>Meditation</i> 2 Think Tank 3 <i>Frank Lloyd Wright</i> 4 <i>Women's Hour</i>	<b>29</b> 10 Bingo 11 Sittercise 12 Friendship Circle 2 <i>Shabbat Shalom</i> 3 Name That Tune

# Preventative Care and Staying Healthy

Do you remember the old saying an apple a day keeps the doctor away? Staying healthy is the best way to keep feeling young and fit. There are choices you can make everyday that will impact your health. These things can include things like food choices, smoking, and physical exercise. Join physicians from Lenox Hill Hospital on Wednesday, April 13th at 2pm to join this conference call and learn more. Call Tracy at **212-360-7620** for more information.

# Volunteer Opportunity

If you or someone you know would like to volunteer at The Stanley M. Isaacs Neighborhood Center or lead a conference call from the comfort of your home or office, call Volunteer Coordinator, Anita Leifer at 212-360-7620.

# Weekend Connections

On Saturdays & Sundays, Lenox Hill offers activities for homebound seniors. The schedule is as follows:

**Swan Lake Ballet**—Sunday, April 17, 2011. Leave Lenox Hill Senior Center (70th St) at 1pm.

**Eleanor's Outings presents: Dance Brazil**—Saturday, April 23, 2011. Leave Lenox Hill Senior Center (70th St.) at 2pm.

If you are registered and want to join an event, call **Phil Polito** directly at **212-744-5022, x1057**.

If you have not yet registered for Weekend Connections, call Tracy at 212-360-7620.



## APRIL BIRTHDAYS



GUL A.  
DORIS C.  
MYLES C.  
JACQUELINE D.  
LOU D.  
GLORIA E.  
EDNA F.  
ANN K.  
ALAN K.

RUTH L.  
ROSALIE M.  
CONCETTA M.  
ZITA M.  
HAROLD M.  
ARNETTA M.  
CLAUDINA N.  
MARYELLEN O.  
ALTAGRACIA O.  
PEDRO O.

MARIA P.  
MINERVA P.  
HAYDEE R.  
MAX R.  
JOHN S.  
ROBERT S.  
MILLIE T.  
VIRGINIA T.  
ERNESTINE W.

# Home Health Corner

 Visiting Nurse Service Of New York

HOME CARE™

*We Bring The Caring Home™*

## Your Gallbladder

Did you know that your gall bladder and your liver work together to help digest the fat you eat? Your liver produces a digestive liquid called bile which your gall bladder stores until it's needed. Then the duct between your liver and gall bladder opens and the bile flows through to your small intestine. Your gall bladder also concentrates the bile by removing water, making for better digestion.

Sometimes, if your gall bladder removes too much water, the bile turns into gallstones. It is more common for obese people and women 40 and over to have gallstones. While these stones may remain in your gall bladder without any effect, they can also cause various problems: inflammation of the gall bladder, gallstones in the bile duct, infection of the bile duct, and obstruction in the small intestine. Most people who have symptoms from their gallstones have chronic inflammation of the gall bladder (cholecystitis). A stone that is stuck in the bile duct can cause these attacks. A muscle in the gall bladder contracts to try to remove the stone and that causes intense pain under the ribs on the right side of the abdomen and often in the right shoulder blade. Fever, vomiting, and restlessness may also accompany the pain. Some people complain of flatulence after eating a fatty meal. After a while the problem gallstone may fall back into your gall bladder or pass through the bile duct into the small

intestine and out of your body. If your pain is constant and severe, see your doctor. He or she may feel it necessary to surgically remove your gall bladder. Your body can function without it, although your digestion of fat will be less effective.

### Ask The Nurse-

#### Why Do I Keep Getting Cold Sores?

A cold sore is caused by the herpes simplex virus. The signs of a cold sore may not start until 20 days after you're exposed. The sore usually begins with pain or tingling on your lip. Then, a few days later, it appears as a red, fluid-filled blister. After the blister breaks, it forms a crust. When that falls off, there is no scarring. Normally a cold sore lasts between 7-10 days. Once you've had a cold sore, the virus lies dormant in the nerve cells of your skin. Stress, fever, or sun exposure may cause the virus to become active again and produce another cold sore. Cold sores are extremely contagious. Therefore it is very important to avoid skin contact if either you or another person has a moist blister. Do not share towels, razors, or utensils at this time. Cold sores clear up on their own so don't squeeze or pick the blister. Try over-the-counter creams or apply ice or warm compresses to ease the pain.—*Article provided by the Visiting Nurse Service of New York.*

# Earth Day Word Search

Can you find the hidden words associated with the the environment?

G L A S S I P B I V S I C R D  
K E O W F K T X A B T O D C Y  
E U S E N E R G Y N N X Q Q D  
L M B U N Z O K E S R S N N R  
I N F A E U H M E P A P E R E  
T V L O M R N R Q A T T Z E C  
T P A S R O V X P R I L P N Y  
E W C V R E G E E T D R S O C  
R L B I Y O S E C R F H N Z L  
K C V C M T S T T R T G A O E  
F N D S N A E L C R U Q C Y T  
E W E R U T A N A Q W O B L S  
F W R E T A W E Y T K H S X A  
A K R B M G B U E O D Q G E W  
W T R A S H W E C U D E R N R

AIR  
CANS  
CLEAN  
CONSERVE  
EARTH  
ENERGY  
ENVIRONMENT  
FOREST  
GLASS  
LITTER  
NATURE  
OZONE  
PAPER  
PLANET  
RECYCLE  
REDUCE  
RESOURCE  
REUSE  
SMOG  
TRASH  
TREES  
WASTE  
WATER