



RAINBOW NEWS

August 2011

Wave Hill Trip

A spectacular 28-acre public garden and cultural center overlooking the Hudson River and Palisades in the Bronx, Wave Hill's vibrant landscape is one of the most beautiful spots in New York City. We will be leaving the Isaacs Center at 9am on Thursday, August 25th and returning at 3:30pm. We will have a private 1 hour tour and then additional time to explore the gardens and art gallery. The fee is \$10 per person and you will receive a bagged lunch. Call Tracy for more details.

Atlantic City Trip and Air Show

Would you like to take a stroll on the boardwalk? Feel like doing some shopping? How about viewing one of the best air shows in the country? Then join us for a trip to the Showboat Casino on Wednesday, August 17, 2011. The Atlantic City Air show is free to the public and can be viewed between 10:30a.m. and 3:30p.m. from anywhere on the Atlantic City beach and Boardwalk. The bus will be leaving the Isaacs Center at 8am sharp and then leave the Showboat Casino in Atlantic City at 5pm for the return trip home. The cost for the trip is \$35 per person. You will get back \$30 in slot play and receive a bagged lunch. Space is limited so call Tracy at 212-360-7620 to reserve your spot or for more information. **Tickets must be purchased in advance. If you purchase a ticket and then need to cancel, you must call Tracy immediately. Refunds are not guaranteed unless a member from the waiting list purchases your ticket.**

August Conference Calls

Sittercise—Mon.,Wed.,Fri., at 11am
Story Time—Mondays at 3pm
Low Vision—Mondays at 4pm
Bingo—Tues., Thurs., Fri., at 10am
Book Club—alternating Tues., at 12pm
Inquiring Minds—Tues., at 1pm
Emotional Health—Tues., 8/9 at 2pm
Birthday Call— Wed., 8/31 at 4pm
Dial Up Yoga—Thurs., at 11am
Artisan, Architect-Thurs., 8/18 at 4pm
Name That Tune—Fri., at 3pm

August 2011 Conference Call Schedule Below

To join, call 212-360-7620

Mon	Tue	Wed
1	2	3
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	10 Bingo 11 On Your Mind <i>1 Spelling Bee</i> 2 <i>Where Are They Now?</i>	10 Bingo 11 Sittercise 3 Sing Along 4 Let's Talk Politics
8	9	10
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	10 Bingo 11 On Your Mind <i>12 Book Club</i> <i>1 Inquiring Minds</i> 2 <i>Emotional Health</i>	10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Trivia 4 Let's Talk Politics
15	16	17
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	10 Bingo <i>11 On Your Mind</i> 2 <i>Where Are They Now?</i> 3 <i>Diabetes</i>	10 Bingo 11 Sittercise 3 Sing Along 4 Let's Talk Politics
22	23	24
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	10 Bingo <i>11 On Your Mind</i> <i>12 Book Club</i> <i>1 Inquiring Minds</i>	10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Trivia 4 Let's Talk Politics
29	30	31
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	10 Bingo 11 On Your Mind <i>1 Spelling Bee</i> 2 <i>Where Are They Now?</i>	10 Bingo 11 Sittercise 3 Trivia 4 <i>Birthday Call</i>



August Conference Calls

Thu	Fri
4	5
10 Bingo 11 <i>Dial Up Yoga</i> 2 Think Tank 3 <i>Old Time Radio</i>	10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune
11	12
10 Bingo 11 <i>Meditation</i> 2 Think Tank 3 <i>Old Time Radio</i>	10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune 4 <i>Advisory Board</i>
18	19
10 Bingo 11 <i>Dial Up Yoga</i> 2 Think Tank 4 Artist, Architect, Artisan	10 Bingo 11 Sittercise 12 Friendship Circle 2 <i>Family Feud</i> 3 Name That Tune
25	26
10 Bingo 11 <i>Meditation</i> 2 Think Tank 3 <i>Women's Hour</i>	10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune

Artist, Architect, Artisan

Artist, Architect and Artisan will discuss the lives and contributions of those who enrich our lives through their creations. Nancy, leader of Family Feud and Women's Hour, will lead this conference call on Thursday, August 18th at 4pm. Call Tracy at 212-360-7620 for more information or to join this call.

Emotional Health

When emotional well-being is compromised, other parts of our lives suffer as well. Learn how to maintain good emotional health with physicians from Lenox Hill Hospital on Tuesday, August 9th at 2pm. Call Tracy to join this conference call.

Book Club

All participants will receive a book and will be asked to come prepared to share their thoughts, reflections, and impressions of what they read. All books must be returned at the end of each session. If you would like to be a part of this conference call, contact Tracy.

Elders at Home Corner

Dear Clients:

The Rainbow News highlights our phone-based activities for the Elders at Home program. Our activities are listed in the calendar section of this newsletter. As always, our program is free of charge.

To be eligible for Elders at Home, you must be at least 60 years old and live within the five boroughs. If you are eligible and would like to register, we will mail you 3 registration forms that should be signed and returned. When we receive the forms, you can participate in conference calls, trips, and deliveries from Elders at Home.

Feel free to call me at 212-360-7620 with questions or concerns about Elders at Home, or about registration. Looking forward to hearing from you!

—Tracy Steakin, Coordinator

Meals on Wheels Corner

Dear Stanley Isaacs Meals on Wheels Clients:

Do you need someone to help you to appointments, shopping or just for a walk around the block? Use our **Friendly Escort** assistance program provided by Meals on Wheels.

For meals, please remember two very important rules:

1) If you will not be home to receive your meal, call the office.

2) Sign the pink form attached to special deliveries from MOW and give the form to your deliverer.

Feel free to call me at 212-348-4345 with questions or concerns about your meals, friendly escorts, or for information on our Key Food shopping service. Please remember that orders should not exceed 10 items and not need refrigeration.

Sheila Horton—Asst Director MOW

AUGUST BIRTHDAYS

Fortunee A.

Norma A.

Helen B.

Nancy B.

Arthur B.

Mary B.

Louise B.

Jeane B.

Alex B.

Josephine C.

Lawrence C.

Garry C.

Madeline C.

Margaret C.

Solange D.

Laura E.

Nicholas E.

Pura F.

Fred F.

Franklin G.

Rachel H.

Sara K.

Phyllis K.

Josephina K.

Josefina L.

Rosa L.

Thomas L.

Linda M.

Agustina M.

Anna M.

Aurora M.

Beatrice M.

Goldy N.

Carolyn P.

Wallace P.

Gudrun P.

Nancy Q.

Marcelle R.

Ruth R.

Beatrice R.

Luciana S.

Marianne S.

Mary S.

Nemrod S.

Royce S.

Alice S.

Glenn W.

Betty W.

Mary Z.

Focus on Macular Degeneration

If you are experiencing blurry vision, you may have age-related macular degeneration (AMD). This is a disease that affects the macula, a part of the retina in your eye. Your retina sends light from your eye to your brain, allowing you to see fine details. AMD blurs the straight-ahead central vision you need for activities such as reading, sewing, and watching TV. To diagnose AMD your eye care professional will have you read an eye chart, will dilate your eyes with drops, will measure your eye pressure, and will use an Amsler grid to check if you see straight or wavy lines. There are two kinds of AMD: wet and dry.

Wet AMD is more severe than dry AMD because you lose your central vision more quickly. Wet AMD occurs when abnormal blood vessels behind the retina start to grow under the macula. These vessels often leak blood and fluid which raise the macula from its normal place. An early symptom of wet AMD is that straight lines appear wavy to you. There are certain treatments for wet AMD (eye injections, drug treatments, laser surgery), but you usually need more than one treatment and the disease can still progress.

Dry AMD happens when light-sensitive cells in the macula break down and cause blurry central vision. The most common symptom is slightly blurred vision, but as dry AMD gets worse, you may see a blurred spot in the middle of your vision.

You will have difficulty recognizing faces and you may need more light for straight-ahead activities. An early sign of dry AMD is yellow deposits under your retina, called drusen. There is no treatment for dry AMD, but there are vitamins, minerals, and antioxidants for people at a high risk for advanced AMD. Ask your doctor which ones are right for you.

To help slow the effects of AMD, eat green leafy vegetables and fish, stop smoking, maintain normal blood pressure, watch your weight, and exercise daily.

Ask the Nurse:

What causes Celiac Disease?

Celiac disease is the inflammation of the villi, the tiny hairs that line your small intestine and absorb nutrients into your bloodstream. It is caused by eating gluten, a protein found in wheat, barley, and rye. When you eat foods with gluten, you inflame your villi and they stop working. As a result, you don't get the nutrients your body needs. Symptoms of celiac disease include a nervous stomach, dark circles under the eyes, and mental confusion. Very often you are not aware you have the disease but a gastroenterologist can take a biopsy of your small intestine to confirm it.

Cont'd

Adopting a gluten-free diet will allow your villi to recover in 6 months to 2 years. This means *cutting out* all breads, waffles, cereals, pasta, pastry, soy sauce, and beer. However, you can have these items if the packaging says “gluten-free.”

Calling All Bingo Players



Would you like to compete against other Bingo players from the comfort of your home? Then join our Bingo conference call. A bingo card will be mailed to you and you will receive a monthly prize for participating. Call Tracy at 212-360-7620 for more information.

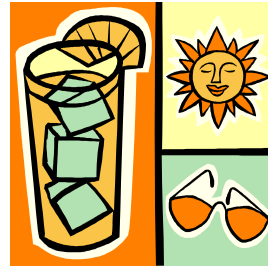
Farmer's Market Coupons

We have a limited number of \$20 Farmer's Market coupons courtesy of the NYC Department for the Aging and the NY State Department of Agriculture. Sign up for at least **TWO** Elders at Home Conference calls during the month of August to be entered into a lottery which will take place at the end of August. Call Tracy at 212-360-7620 for details!

Depends Exchange

To donate or receive **Depends** or **Chux** call Tracy at
(212) 360-7620

Beat Dehydration



During hot summer months it is very important to fend off dehydration, or loss of excessive body fluid. Several factors, including some medications, may put seniors more at risk for dehydration. Confusion, dizziness and fatigue are a few signs of dehydration. Below are a few precautions to take to stay hydrated this summer:

- 1. Drink plenty of fluids. Check with your doctor for a recommended amount.**
- 2. Restrict fluids containing alcohol, caffeine or a large amount of sugar.**
- 3. Take a cool bath or shower.**
- 4. Find a “cool zone” in your area, such as a shopping mall or senior center.**

Inquiring Minds

Years ago when people wanted to find out information, they would turn to their friends—someone who knew all about sports, history, movies etc., or they would research it at the local library. Nowadays, many people who have access find their information via the internet. For those of you who don't own a computer and you have a simple question that you want answered, let us help you look it up. Join the Inquiring Minds conference call on alternate Tuesdays at 1pm. Call Tracy at 212-360-7620 for more information.