



RAINBOW NEWS

January 2012

Happy New Year from Elders at Home

Happy 2012 everyone! Since it is a brand new year, I thought I would take some time to tell you a little about our program, Elders at Home. Monday through Friday we connect Meals on Wheels clients to free activities that are conducted on the telephone. We offer a variety of programs such as bingo, sing-alongs, support groups and health-related calls. We even have calls with some of the local museums. All of these activities can be done from the comfort of your home—all you need is a telephone! The conference call calendar is listed here in the Rainbow News every month. All you have to do is call us: Tracy, Marilyn or Zina at 212-360-7620 and tell us which calls you are interested in. We will call you to connect you to the activity. These calls are free, and you can hang up at any time. So join your Meals on Wheels peers on our Elders at Home conference calls. It is a great way to make friends and stay connected.

New York Historical Society

Join us for a trip to The New York Historical Society on Wed., January 18, 2012. We will be leaving the Isaacs Center at 9:30am for a guided tour. The cost is \$10 per person and you will receive a bagged lunch. **Tickets must be purchased in advance. If you purchase a ticket and then need to cancel, you must call Tracy immediately at 212-360-7620. Refunds are not guaranteed unless a member from the waiting list purchases your ticket.**

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, call Volunteer Coordinator, Anita Leifer at 212-360-7620.

If you need a warm scarf for the winter, please call Tracy at 212-360-7620



January 2012 Conference Call Schedule Below

To join, call 212-360-7620

Mon	Tue	Wed
<p>CENTER 2</p>  <p>CLOSED</p>	<p>3</p> <p>11 On Your Mind 12 <i>Book Club</i> 2 <i>Where Are They Now?</i> 3 <i>Nutrition & Health</i></p>	<p>4</p> <p>10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Sing Along</p>
<p>9</p> <p>11 Sittercise 2 Current Events 3 Gratitude 3:30 Name That Tune 4 Low Vision</p>	<p>10</p> <p>11 On Your Mind 2 <i>Inquiring Minds</i> 3 <i>Nutrition & Health</i></p>	<p>11</p> <p>10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Trivia</p>
<p>CENTER 16</p>  <p>CLOSED</p>	<p>17</p> <p>11 On Your Mind 12 <i>Book Club</i> 2 Across The Miles 3 <i>Nutrition & Health</i> 3 <i>Diabetes</i></p>	<p>18</p> <p>10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Sing Along</p>
<p>23</p> <p>11 Sittercise 2 Current Events 3 Gratitude 3:30 Name That Tune 4 Low Vision</p>	<p>24</p> <p>11 On Your Mind 1 Heart Health 2 <i>Inquiring Minds</i> 3 <i>Nutrition & Health</i></p>	<p>25</p> <p>10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Trivia</p>
<p>11 Sittercise 30 2 Current Events 3 Gratitude 3:30 Name That Tune 4 Low Vision</p>	<p>31</p> <p>11 On Your Mind 12 <i>Book Club</i> 2 <i>Where Are They Now?</i> 3 <i>Nutrition & Health</i></p>	



January Conference Calls

Thu	Fri
5	6
10 Bingo 11 <i>Dial Up Yoga</i> 1 Spanish 2 Globetrekker 3 <i>Spelling Bee</i>	10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune
12	13
10 Bingo 11 <i>Meditation</i> 1 Spanish 2 Think Tank 4 Artist, Architect, Artisan	10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune
19	20
10 Bingo 11 <i>Meditation</i> 1 Spanish 2 Globetrekker 3 <i>Spelling Bee</i>	10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune 4 <i>Advisory Board</i>
26	27
10 Bingo 11 <i>Meditation</i> 1 Spanish 2 Think Tank 4 <i>Women's Hour</i>	10 Bingo 11 Sittercise 12 Friendship Circle 2 Shabbat Shalom 3 Name That Tune

Globetrekker

Calling all travel enthusiasts! Kimberly Zinaman, NORC social worker, will lead a conference call exploring various countries and cultures on alternate Thursdays at 2pm beginning on January 5th.

Heart Health

Join physicians from Lenox Hill to learn how to lead a heart healthy life. Call takes place on Tuesday, 1/24 at 1pm.

Trivia Hour

Are you a nut for random knowledge? Join Zina Rankin for trivia hour on alternate Wednesdays at 3pm.

Across The Miles

Join seniors from California, Washington, Texas and Connecticut, for the Across the Miles conference call. Take part in this lively discussion and learn a thing or two about what other seniors are doing across the miles. Call takes place on Tuesday, 1/17 at 2pm.

Four New Year's Resolutions for Seniors

These “golden years” can truly prove to be the richest and most rewarding of your life. Here are some specific guidelines to make them *even better* in 2011.

1. Keep a positive attitude. Maximize the good, minimize the not-so-good. Think of all the *opportunities* you enjoy by virtue of living a longer life. Songwriter Irving Berlin summed it up best: “I’ve Got the Sun in the Morning and the Moon at Night.”

2. Stay in touch. Keep the lines open and current with family, friends and loved ones. Cards, letters and gestures of appreciation are as important—and often even more appreciated—than phone calls. Always remember: communication is a two-way street.

3. Be up-to-date on health care. Be *proactive* and *informed* when it comes to your health care needs. Seek out health care advice and information. Social and government agencies can help you with *free* information and timely advice. Take advantage and *know about* entitlements.

4. Understand today’s world. Such things as cell phones, computers and iPods may not be something you want to start with now, but you can *know a little about them*. Read up on them—or better—ask a grandchild or other youngster to demonstrate or explain them. Young people are *very receptive* when older people take an interest in them and their abilities. ~ *Doug Brin*



JANUARY BIRTHDAYS



RICHARD A.
JOHN A.
CATHERINE A.
WILLIAM A.
FRANCES B.
ELLEN B.
ANNE B.
NATHAN B.
FRANCISCO B.
JOSEFINA C.

MONSERRATE C.
DANIEL D.
JEROME E.
MIRIAM E.
LAURA F.
ROBERT H.
JUDITH H.
FLORENCE K.
JEAN K.
MARIANNE L.

IRETA L.
MARIA M.
EMILY O.
CLAIRE P.
LOUIS P.
RAMON R.
JOSEPH R.
PABLO R.
JOSEPHINE R.
BARBARA S.

CONSUELO S.
IRIS S.
MARCELINE S.
REGINA S.
MORRIS T.
JUANA T.
MARY U.
ROCHELLE V.
CLAUDE W.
IDA Y.

Preparing For Emergencies

We all know that emergencies can happen at any moment. There might be a terrible winter storm, a fire in your building, or you might have a medical emergency. You may not be able to leave your home or you may be evacuated immediately. The most important thing is to remember to stay calm. And the very best way to stay calm is to be prepared. Here are some guidelines to help you.

Make a list of important phone numbers and keep it handy. Include your doctors, police department, fire department, pharmacist, ambulance, medical insurance, and relatives and friends who should be notified. Also **make a list of all medications** and serial numbers of medical devices such as hearing aids and pacemakers.

Prepare a disaster supplies kit. This should include a battery-operated radio, a flashlight, extra batteries, a first-aid kit, prescription medications, extra cash, and personal hygiene supplies. You should also have a three-day supply of bottled water (in containers you can handle), nonperishable foods such as canned meats, fruits, and vegetables (along with a can opener), peanut butter, and powdered milk. Keep these supplies in an easy-to-use container in case you need to leave your home.

Prepare a plan of action. Practice the best escape routes from your home. Plan for transportation if you need to evacuate. Teach relatives and friends who might have to assist you in an emergency how to oper-

ate necessary equipment such as wheelchairs and oxygen tanks. Make a plan on how to signal for help.

With all your contacts in place and your necessary supplies instantly available, you should have peace of mind to deal with whatever emergency may happen. Above all, remain calm.

Ask The Nurse--

How does Acupuncture work?

Acupuncture is an ancient technique that involves penetrating the skin with thin metallic needles at specific sites of the body. It has an effect on the nervous system and helps produce chemicals in the body that can relieve pain. Acupuncture has had good results in relieving nausea after chemotherapy and surgery. It is also useful in treating headache, osteoarthritis, low-back pain, asthma, stroke rehabilitation, and fibromyalgia, along with other standard medical care. You must consult your doctor to make sure acupuncture is the right treatment for your condition. If so, make sure that the acupuncture practitioner is licensed and has credentials.--*Article provided by the Visiting Nurse Service of New York.*

Martin Luther King Jr. Word Search Puzzle

Find the hidden words associated with civil rights leader Dr. Martin Luther King, Jr.

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

AFRICAN
AMERICAN
BOYCOTT
CIVIL
DEMONSTRATE
DISCRIMINATE
DOCTOR
DREAM
EMANCIPATE
EQUALITY
FREEDOM
JUSTICE
LEADER
LIBERTY
MINISTER
NONVIOLENCE
PEACE
PREJUDICE
PROTEST
RACISM
REVEREND
RIGHTS