



RAINBOW NEWS

June 2010

Isaacs Community Festival



Come one, come all to the Stanley Isaacs Neighborhood Center Community Festival on Monday, June 28th from 1pm to 4pm.

Come and enjoy live entertainment and music, health screenings and resource tables, games for the kids and a raffle. Hot dogs, burgers, pretzels, ice cream and other refreshments will all be available at reasonable prices. Festival will be held rain or shine. Call Tracy at 212-360-7620 for more information.

June Conference Calls

Sittercise—Mon.,Wed.,Fri., at 11am
Story Time—Mondays at 3pm
Bingo—Tues., Thurs., Fri., at 10am
History of NY—Tues., at 2pm
Film Study—Tues., at 4pm
Birthday Call—Wed., 6/30 at 1:30pm
Sing Along alternating Wed., at 3pm
Let's Talk Politics—Wed., at 4pm
Dial Up Yoga—Thurs., at 11am
Caring Transitions—Thurs. 6/17at 3pm
MOW Call—Thurs., 6/24 at 3pm
Friendship Circle—Fri., 12pm

City Island Luncheon

Join us on Tues., June 22nd for our City Island Luncheon at The Lobster Box. The meal options are: Lobster Ravioli, Fish-n-Chips, Chicken Piccata or Pasta Primavera. You will also get soup or salad, coffee and dessert. We will leave the Isaacs Center at 10:45am. The cost for the trip is \$5 and space is limited so call Tracy to reserve your spot.

Shakespeare in the Park

Join us on Friday, June 25th to see The Merchant of Venice. The cost for the trip is \$1 and we will be leaving the Isaacs Center at 6:45pm for the 8pm show. Space is limited so call Tracy at 212-360-7620 to reserve your spot.

How to Join a Conference Call

1. Flip to the conference call schedule on the next page and choose an activity.
2. Call Tracy at 212-360-7620 to sign up.
3. We will call you just before the session and connect you to the call.

June 2010 Conference Call Schedule Below
To join, call 212-360-7620

Mon	Tue	Wed
	1	2
	10 Bingo 11 On Your Mind 4 Film Study	11 Sittercise 2 Bingo 3 Sing Along 4 Let's Talk Politics
7	8	9
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	10 Bingo 11 On Your Mind 1 <i>Travel to Scotland</i> 4 Film Study	11 Sittercise 2 Bingo 3 Trivia 4 Let's Talk Politics
14	15	16
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	10 Bingo 11 On Your Mind 2 <i>History of NY</i> 3 Diabetes 4 Film Study	11 Sittercise 2 Bingo 3 Sing Along 4 Let's Talk Politics
21	22	23
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	10 Bingo 11 On Your Mind 2 <i>History of NY</i> 4 Film Study	11 Sittercise 2 Bingo 3 Trivia 4 Let's Talk Politics
28	29	30
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	10 Bingo 11 On Your Mind 1 <i>Travel to Australia</i> 4 Film Study	11 Sittercise 1:30 <i>Birthday Call</i> 3 Trivia 4 Let's Talk Politics



June Conference Calls

History of NY

Join Michael Wolf, a docent from the New York Historical Society, and learn about The History of New York on this fun, informative and educational conference call series. The calls take place on Tuesday, June 15th and 22nd at 2pm. Call Tracy at 212-360-7620 to join.

Caring Transitions

Are you a collector or are you just sentimental? Do you have trouble letting go of things you no longer need? If you want to declutter your living space and get organized, then join us on this conference call for tips and advice from a professional organizer. Call to join.

Friendship Circle

Do you feel lost due to death of a spouse? Are you caring for a loved one and need a little guidance? Join Millie Tender on our friendship support group on Fridays at noon.

Thu	Fri
3	4
10 Bingo 11 <i>Dial Up Yoga</i> 2 Think Tank	10 Bingo 11 Sittercise 12 Friendship Circle 2 Name That Tune 3 <i>Family Feud</i>
10	11
10 Bingo 11 <i>Meditation</i> 2 Think Tank	10 Bingo 11 Sittercise 12 Friendship Circle 2 Name That Tune 3 <i>Family Feud</i>
17	18
10 Bingo 11 <i>Meditation</i> 2 Think Tank 3 <i>Caring Transitions</i> 4 <i>Women's Hour</i>	10 Bingo 11 Sittercise 12 Friendship Circle 2 <i>Shabbat Shalom</i> 3 Name That Tune
24	25
10 Bingo 11 <i>Meditation</i> 2 Think Tank 3 <i>MOW call</i>	10 Bingo 11 Sittercise 12 Friendship Circle 1 Literary Arts 2 Name That Tune 3 <i>Family Feud</i>
HAPPY FATHER'S DAY	

Elders at Home Corner Weekend Connections

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

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

Martha Graham Dance Company—Sunday, June 13, 2010. Leave Lenox Hill Senior Center (70th St) at 1pm.

Harbor Cruise—Sunday, June 27, 2010. Leave Lenox Hill Senior Center (70th St.) at 1pm.

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.



JUNE BIRTHDAYS



ESTRELLA A.
BEATRICE B.
SANTOS B.
KATHLEEN B.
ANTONIO C.
OBDULIA C.
WINIFRED D.
EDWINA D.
MARY D.
IRIS F.
CORINA G.

HELEN G.
PAULINE G.
JANNIE H.
ROBIN J.
MIRA K.
ROSEMARY L.
LOUISE L.
STELLA M.
EILEEN M.
MIRIAM M.

DOROTHY M.
RENATO M.
MARIA M.
LORRAINE N.
MARGARET P.
ELIZABETH R.
ESTER S.
FRANCES S.
LINDA S.
RHEA T.
MOLLY U.

Home Health Corner

 Visiting Nurse Service Of New York

HOME CARE™

We Bring The Caring Home™

Eating Out Tips for Diabetics

Just because you have diabetes doesn't mean that you can't enjoy a meal in a restaurant or at a party with family and friends. Food prepared away from home can be high in calories, fat, sugar, and sodium, so it's important to plan ahead for a healthy and satisfying meal.

Since you need to eat at a certain time to maintain a steady blood sugar level, call ahead and make a reservation at the restaurant so you will not have to wait. If you can't avoid eating later, bring a fruit or crackers to eat at your usual mealtime.

If you're going to a party, ask your host beforehand what is being served. If there is nothing appropriate for you to eat, offer to bring a dish of your own. The host will be happy that you are satisfied.

Ask the server in the restaurant how the food is prepared. Try to limit your salt intake to help avoid high blood pressure, a risk factor of heart disease and stroke which may cause death in diabetics.

Limit yourself to one or two drinks of alcohol since it can greatly lower blood sugar. One drink equals four ounces of dry wine, 12 ounces of light beer, and 1½ ounces of hard liquor.

Watch your portion size. If portions are large, share with a friend or take home the extra.

Avoid any fried food. Order poultry, lean meat, or fish that is grilled, roasted, or

poached. Ask for gravy or sauce on the side.

Ask for low-calorie dressing on the side of your salad.

Ask for steamed or grilled vegetables. Order only baked or boiled potatoes and avoid cheese sauce and high-fat toppings.

Choose from whole-grain breads, small muffins, flat breads, and hot dog and hamburger rolls.

Eat fresh fruit, sorbet, a small scoop of ice cream or frozen yogurt, or a small slice of unfrosted cake.

Order sugar-free drinks, fat-free milk, unsweetened tea, or water as a beverage.

Ask the Nurse-

What is Restless Leg Syndrome?

Restless leg syndrome (RLS) is a disorder that causes a creeping, crawling or aching feeling in your legs. This feeling makes you want to move around and happens most often at night when you are at rest. You generally have trouble sleeping and usually wake up frequently because of repeated leg movements. You are at risk for RLS if you have diabetes, iron deficiency anemia, or nerve damage in your legs. To help manage RLS:

- ♦ Avoid caffeine, nicotine, and alcohol, which make the symptoms worse.
- ♦ Massage your legs.
- ♦ Take a hot bath or use a heating pad.
- ♦ Do deep breathing exercises or tense and relax your leg muscles.
- ♦ Don't resist the urge to move.

For extreme symptoms of RLS, consult your doctor for medications that will provide relief. *-Article provided by the Visiting Nurse Service of New York.*

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

Announcements

If you would like a lap blanket made by our Granny Squared Knitting Group, please call Tracy at 212-360-7620

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

A poem for Father's Day

A Father means so many things...
 A understanding heart,
 A source of strength and of support
 Right from the very start.
 A constant readiness to help
 In a kind and thoughtful way.
 With encouragement and forgiveness
 No matter what comes your way.
 A special generosity
 and always affection, too
 A Father means so many things
 When he's a man like you... - *Unknown*

MOW Conference Call

How are we doing? Are your meals tasty? Do they arrive on time? Join Meals on Wheels Director, Frank Geritano, on the MOW conference call. Bring your comments, suggestions and share your Meals on Wheels experience. Call takes place on Thurs., June 24th at 3pm .If you receive your Meals through Stanley Isaacs and would like to be on this call, contact Tracy at 212-360-7620.