



RAINBOW NEWS

March 2011

Sing Along with Pat



Do you love music? Are you the next Sinatra? Can't carry a tune in a bucket? Then join our Sing Along conference call for some singing, chatting and an hour of fun. The call is hosted by Pat Grondahl every other Wednesday at 3pm. All you need is a telephone and a love of old songs. All participants will receive a song book. As always, our conference calls are free of charge. If interested call Tracy at 212-360-7620.

The Metropolitan Museum of Art

Join us for a series of 5 lectures presented by The Metropolitan Museum of Art entitled, "NYC in Art". Conference calls are Tuesdays at 4pm beginning March 15th. All participants will receive a book from the museum which must be returned when the lectures are done. Call Tracy to register at 212-360-7620.

Platzl Brauhaus



Join us for a trip to the Platzl Brauhaus in Pomona, New York for their St. Patrick's Day Festival. Upon arrival, refreshments will be served: coffee, tea, scones and donuts. At noon, lunch will be served which consists of soup, salad, Irish soda bread, entrée, side dish, dessert and coffee, tea, soda or wine. There will also be entertainment, dancing and "Pot of Gold" Bingo. The trip takes place on Thursday, March 17, 2011. The cost is \$25 per person. We will be leaving the Isaacs Center at 8:30am sharp. Space is limited so call Tracy at 212-360-7620 to reserve your spot. **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.**



March 2011 Conference Call Schedule Below
To join, call 212-360-7620

Mon	Tue	Wed
Happy Saint Patrick's Day	1 10 Bingo 11 On Your Mind 12 <i>Carelink Health Topic</i> 2 <i>Old Time Radio</i>	2 10 Bingo 11 Sittercise 1 <i>Edward Hopper</i> 3 Sing Along 4 Let's Talk Politics
7 11 Sittercise 2 Current Events 3 <i>365 Thanks Yous</i> 4 Low Vision	8 10 Bingo 11 On Your Mind 12 <i>Carelink Health Topic</i> 2 <i>Old Time Radio</i> 3 <i>Introduction to Nutrition and Health</i>	9 10 Bingo 11 Sittercise 3 Trivia 4 Let's Talk Politics
14 11 Sittercise 2 Current Events 3 <i>365 Thanks Yous</i> 4 Low Vision	15 10 Bingo 11 On Your Mind 2 <i>Across The Miles</i> 3 <i>Diabetes</i> 4 <i>NYC in Art</i>	16 10 Bingo 11 Sittercise 2 <i>Voice-Over Class</i> 3 Sing Along 4 Let's Talk Politics
21 11 Sittercise 2 Current Events 3 <i>365 Thanks Yous</i> 4 Low Vision	22 10 Bingo 11 On Your Mind 12 <i>Carelink Health Topic</i> 2 <i>Where Are They Now?</i> 3 <i>Nutrition and Health</i> 4 <i>NYC in Art</i>	23 10 Bingo 11 Sittercise 2 <i>Voice-Over Class</i> 3 Trivia 4 Let's Talk Politics
28 11 Sittercise 2 Current Events 3 <i>365 Thanks Yous</i> 4 Low Vision	29 10 Bingo 11 On Your Mind 12 <i>Carelink Health Topic</i> 3 <i>Nutrition and Health</i> 4 <i>NYC in Art</i>	30 10 Bingo 11 Sittercise 2 <i>Voice-Over Class</i> 3 Trivia 4 Let's Talk Politics



March Conference Calls

Nutrition and Health Workshops

Join Jannie Wolff, Community Educator, from Cornell University's Cooperative Extension Nutrition and Health Program, for an 8 week educational workshop entitled "Making the Most of Food". Learn tips and techniques to make healthy choices, learn about food preparation, portion control, food safety and how to become the healthiest most vibrant you. Those who complete 6 or more workshops will receive a certificate from Cornell University. Workshop begins Tues., 3/8 at 3pm. Call Tracy to join.

NYU Carelink Nursing Students

The New York University Carelink Nursing Program is a continuing health partner with the Stanley Isaacs Center. It has been a wonderful partnership that provides vital proactive and preventive services to our clients. This month they will be leading conference calls on various health topics on Tuesdays at 12pm. Call to join.

Thu	Fri
3	4
10 Bingo 11 <i>Dial Up Yoga</i> 2 Think Tank	10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune
10	11
10 Bingo 11 <i>Meditation</i> 1 <i>Caring Transitions</i> 2 Think Tank 3 <i>Spelling Bee</i>	10 Bingo 11 Sittercise 12 Friendship Circle 2 Family Feud 3 Name That Tune 4 <i>Advisory Board</i>
17	18
10 Bingo 11 <i>Dial Up Yoga</i> 2 Think Tank	10 Bingo 11 Sittercise 12 Friendship Circle 2 Family Feud 3 Name That Tune
24	25
10 Bingo 11 <i>Meditation</i> 2 Think Tank 4 <i>Women's Hour</i>	10 Bingo 11 Sittercise 12 Friendship Circle 2 <i>Shabbat Shalom</i> 3 Name That Tune
31	
10 Bingo 11 <i>Meditation</i> 2 Think Tank 3 <i>Birthday Call</i>	

Irish Soda Bread Recipe

Ingredients:

4 cups all-purpose flour
1 cup white sugar
1 teaspoon baking soda
2 teaspoons baking powder
1/2 teaspoon salt
1 pint sour cream
1 cup raisins
3 eggs

Preheat oven to 325. Grease two 8x4 loaf pans. Mix all dry ingredients in a bowl; add remaining ingredients. Split batter between loaf pans, and bake for 1 hour. Enjoy!

Weekend Connections

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

Skellig (play)—Sunday, March 13, 2011. Leave Lenox Hill Senior Center (70th St) at 2pm.

S'Wonderful (musical)—Sunday, March 20, 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.

MARCH BIRTHDAYS

ELIZABETH A.
PATRICIA A.
PATRICIA B.
WALTER B.
ABIGAIL C.
MARGARET D.
LARRY F.
ROSLYN G.
PHYLLIS H.
VIRGINIA H.
ANNE H.

ALEXANDRO J.
AGNES K.
RONALD L.
JOHN M.
DOROTHY M.
JOHANNA M.
ANITA N.
REGINA P.
JUDITH P.
MARY P.

VERA P.
JANET R.
JOSEPHINE R.
JACQUELINE R.
ANN S.
IRENE S.
JOHN W.
PHYLLIS W.
VIRGINIA W.
MARY W.
EDITH W.

Home Health Corner

 Visiting Nurse Service Of New York

HOME CARE™

We Bring The Caring Home™

How Bones Change With Aging

You may have noticed that your skirts or pants seem to be getting longer. In fact, you are most likely getting shorter. As you grow older this is quite common. By age 80 it is normal to have lost as much as two inches.

Your spine is made up of bones called vertebrae. Between each bone is a spongy cushion called a disc. As you age, the discs gradually lose their fluid and become thinner and less rubbery. The vertebrae also become thinner because of the loss of calcium and other minerals, especially in women after menopause. Both the thinning of the vertebrae and the discs cause you to lose height. This thinning, or loss of density, can also make your bones weak and brittle. They may break more easily. This condition is known as osteoporosis. While women lose more bone mass after menopause, by age 65 or 70 both men and women are losing bone at the same rate.

Your doctor can order a test called a DEXA-scan (covered by Medicare) that tells if you have low bone mass. As you lie on a table, the machine scans your bones, particularly your hip, wrist, and ankle. If you do have low bone mass, there are things you can do to strengthen your bones and prevent further bone loss.

Make sure to get enough calcium. Eat dark green leafy vegetables, canned salmon, and low-fat dairy foods.

Your doctor may also suggest a calcium

supplement with Vitamin D, which is necessary to absorb calcium.

Stop smoking and limit your intake of alcohol. These can cause bone loss.

Try weight-bearing exercises like walking or dancing. Thirty minutes a day of these exercises can help prevent bone loss.

Consult your doctor about taking proven medications that can stop bone loss and even rebuild your bones.

Ask The Nurse- About Nail Fungus

Nail fungus is caused by tiny organisms that live underneath the nail. It appears more often in the toenails, since shoes and socks create the warmth and moisture it loves. The symptoms of nail fungus are redness and irritation, mild pain and itchiness around the base of the nail, and greenish-yellow or yellow-brown discoloration. The nail can also thicken and develop abnormal grooves. The fungus can easily spread from one nail to the other. If you see any of these signs, contact your doctor for treatment. He may prescribe a topical cream or perhaps an oral medication. To avoid nail fungus, keep your feet dry and well ventilated. —*Article provided by the Visiting Nurse Service of New York.*



Four More Resolutions for Spring



Why only make a fresh start each New Year's? As we get older, try turning over those proverbial 'New Leaves' more frequently. To help you, here's another quartet of practical suggestions for 2011:

1. Get Out And About. Even if it's just to the corner, or a few steps in front of the building—get a little fresh air in your lungs each and every day. *Don't skip the regimen no matter what the weather.* If cold or rain is a challenge, bundle up appropriately. It will refresh both your spiritual and emotional health.

2. Don't Let T.V. or Radio Hum. Just as wine tasters "clear the palate," be sure your interior atmosphere stays fresh. It's great to try new programming *and* allow some breathing/thinking space between those programs you customarily listen to. Variety will be both more interesting to you and *make you more interesting when you express an opinion.*

3. Manage Your Mail and Papers. Most of us have a tendency to let things pile up and get out of hand. Make every effort to edit important mail *as it arrives.* Use file folders or desk organizers. Ask yourself: is this really important? And—if a little voice inside says: "no"—then **throw it away!** If you're not inundated with stacks of paper, life will seem both easier and more manageable. And, best of all, you can find things when you need them!

4. Stay Friendly and Positive. People respond to good cheer. Be as anxious to *inquire of others as you are to have them ask about you.* Don't present yourself as a collection of aches and pains. If people inquire, say "good" and move onto other topics. You'll notice people—of all ages—will be more anxious *and* amenable to asking you again.
—Doug Brin

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 de-clutter your living space and get organized, then join us on this conference call for tips and advice from a professional organizer. Call takes place on Thursday, March 10th at 1pm Call 212-360-7620 to join.

Voice-Over Class

Have you ever dreamed of becoming the next big voice-over star? You know, those folks who make lots of money by using their voices for radio and television commercials? No? Well come and learn from a pro about reading and recording actual commercial copy while improving your voice, diction, and confidence. They'll be lots of laughs and fun in this supportive, social, and interactive conference call beginning Wed., 3/16 at 2pm.