



# RAINBOW NEWS

May 2011

## Atlantic City Trip

Would you like to take a stroll on the boardwalk? Feel like doing some shopping? How about trying your luck at the slot machines? Then join us for a trip to the Showboat Casino on Tuesday, May 31, 2011. 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.**

## Depends Exchange

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

## Circle Line Trip



Lady Liberty...United Nations...Experience the magnificent New York skyline from a captain's view on our 2-hour cruise on the Circle Line. The

trip will take place on Thursday, May 12, 2011. We will be leaving the Isaacs Center at 9:30am. The cost is \$15 per person and a bagged lunch will be provided. Please call Tracy at 212-360-7620 for more information or to reserve a seat. **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.**

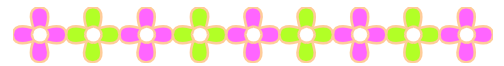
## How to Join a Conference Call

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.



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

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>
<b>2</b> 11 Sittercise 2 Current Events 3 <i>Read Aloud</i> 4 Low Vision	<b>3</b> 10 Bingo 11 On Your Mind 3 Nutrition and Health	<b>4</b> 10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Sing Along 4 Let's Talk Politics
<b>9</b> 11 Sittercise 2 Current Events 3 <i>Read Aloud</i> 4 Low Vision	<b>10</b> 10 Bingo 11 On Your Mind 3 Nutrition and Health 4 <i>Back Pain</i>	<b>11</b> 10 Bingo 11 Sittercise 3 Trivia 4 Let's Talk Politics
<b>16</b> 11 Sittercise 2 Current Events 3 <i>Read Aloud</i> 4 Low Vision	<b>17</b> 10 Bingo <i>11</i> On Your Mind 2 <i>Across The Miles</i> 3 <i>Diabetes</i>	<b>18</b> 10 Bingo 11 Sittercise 2 <i>Reminscence</i> 3 Sing Along 4 Let's Talk Politics
<b>23</b> 11 Sittercise 2 Current Events 3 <i>Read Aloud</i> 4 <i>The Lighthouse</i>	<b>24</b> 10 Bingo <i>11</i> On Your Mind 1 <i>Spelling Bee</i> 2 <i>Fraunces Tavern</i> 3 Nutrition and Health	<b>25</b> 10 Bingo 11 Sittercise 3 Trivia 4 Let's Talk Politics
<b>CENTER</b>  <b>CLOSED</b>	<b>30</b> 10 Bingo <i>11</i> On Your Mind 1 <i>Birthday Call</i>	<b>HAPPY</b>  <b>MEMORIAL</b>  <b>DAY</b>



## May Conference Calls

### Back Pain

Back pain affects 80% of Americans at some time in their lives. It comes in many forms, from lower back pain, middle back pain, or upper back pain to low back pain with sciatica. Common back pain causes include nerve and muscular problems, degenerative disc disease, and arthritis. Many people find relief from symptoms of back pain with pain medication or pain killers. To find out more, join physicians from Lenox Hill on this conference call which takes place Tuesday, May 10th at 4pm

### Across The Miles

Join seniors from California, Texas and Connecticut, for the Across the Miles conference call on Tues., 5/17 at 2pm. Take part in this lively discussion, meet new friends and learn a thing or two about what other seniors are doing across the miles We also have our Across The Miles Pen Pal Program. If you would like more information, call Tracy at 212-360-7620.

Thu	Fri
<b>5</b>	<b>6</b>
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
<b>12</b>	<b>13</b>
10 Bingo 11 <i>Meditation</i> 1 <i>Where Are They Now?</i> 2 Think Tank	10 Bingo 11 Sittercise 12 Friendship Circle 2 Family Feud 3 Name That Tune 4 <i>Advisory Board</i>
<b>19</b>	<b>20</b>
10 Bingo 11 <i>Dial Up Yoga</i> 2 Think Tank 3 <i>Old Time Radio</i>	10 Bingo 11 Sittercise 12 Friendship Circle 2 Family Feud 3 Name That Tune
<b>26</b>	<b>27</b>
10 Bingo 11 <i>Meditation</i> 1 <i>Where Are They Now?</i> 2 Think Tank 4 Women's Hour	10 Bingo 11 Sittercise 12 Friendship Circle 2 <i>Shabbat Shalom</i> 3 Name That Tune
	<b>HAPPY MOTHER'S DAY</b>

# Thank You Volunteers



Where would we be without our volunteers? They contribute their expertise to lead conference call activities, do office tasks, write for the newsletter and assist

on outings. At the center they decorate for events, lead activities, assist with serving meals, help with the paper work, etc. To the volunteers from Meals on Wheels, Elders at Home and The Isaacs Center we would like to say thank you and let you know we greatly appreciate what you do for us all year round. If you or someone you know would like to volunteer call Anita Leifer at 212-360-7620.

# Weekend Connections

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

**Armitage Gone! Dance**—Sunday, May 8, 2011. Leave Lenox Hill Senior Center (70th St) at 1pm.

**Lucky Guy (Off Broadway Production)**—Sunday, May 15, 2011. 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.

## MAY BIRTHDAYS

IONE A.  
ELLEN B.  
SHIRLEY B.  
ELEANOR B.  
JOYCE B.  
JUAN C.  
ESPERANZA C.  
LEON C.  
CHO C.  
FRANCES C.  
NORMA D.  
GERMAN E.  
STELLA E.  
ELBA F.  
IRENE F.

RUDY G.  
MARIE G.  
LOTTIE G.  
AUGUST H.  
RUBY M.  
KATHRYN M.  
CHARLES M.  
SIGMUND N.  
ANNE P.  
ELIZABETH P.  
THEODORE R.  
DORIDA R.  
MATILDA R.  
DELORES R.  
TELESFORO R.

ELENA R.  
KENNETH S.  
NORINE S.  
HARRY S.  
ROBERT S.  
JACKELYN S.  
MARYANN S.  
LAURENTINE T.  
MERCEDES T.  
HELENE W.  
GEORGE W.  
LOUIS W.  
ROSEMARIE W.  
FRANCESCA Y.  
RUTH Y.

## Are You At Risk For Diabetes?

One of the keys to protecting long-term health is controlling blood sugar levels. Therefore it is important to be aware of the risks of diabetes, a life-long condition. Diabetes results from the fact that either your body doesn't produce enough insulin, a hormone that regulates carbohydrate metabolism by controlling blood glucose (sugar) levels – this is type 1 diabetes – or your body can't use the insulin it produces – this is type 2 diabetes.

Type 1 diabetes usually strikes five-to-ten percent of people before the age of 30. Type 1 can't be prevented but insulin injections can control it. While there is no cure for diabetes, type 2 can be prevented or postponed by making healthy lifestyle choices. It's never too late.

### **Risks of Diabetes**

You are most prone to type 2 diabetes if you are:

- 45 years or older
- overweight with abdominal fat
- sedentary with no physical exercise a sibling or child of a diabetic
- Hispanic, Asian, or of African descent
- diagnosed with high blood pressure
- diagnosed with high levels of bad cholesterol (LDL) and triglycerides and low levels of good cholesterol (HDL)

### **Lowering Your Risk**

You can help prevent or postpone type 2 diabetes if you:

- don't smoke
- lose weight and maintain it
- get some physical exercise
- keep your cholesterol and blood fats within a normal range
- maintain a normal blood pressure
- limit your intake of fat and sugar

If you have diabetes symptoms-fatigue, frequent urination, unusual thirst, and unexplained weight loss, see your doctor immediately.

## **Ask The Nurse- About Antibacterial Soaps**

### **Q: Are antibacterial soaps a good thing?**

**A:** A study in the *Annals of Internal Medicine* showed that there was no difference in the bacterial count on the hands of people who used antibacterial soaps than on the hands of people who use ordinary soap. A chemical-free soap is the best choice. However, if you are at high risk from infection – perhaps from undergoing chemotherapy – you should use a fast-acting alcohol-based hand sanitizer. —Article provided by the *Visiting Nurse Service of New York*

# 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*

# The Lighthouse

Make eye health a priority. Experts from The Lighthouse answer your questions about eye diseases common in older adults. Can eye disease be prevented? What are vision rehabilitation services, and how can they help me? Join this conference call on Monday, May 23rd at 4pm. Call Tracy at 212-360-7620 to join or for more information.

# Fraunces Tavern Museum

Fraunces Tavern Museum is a survivor of the early days of New York City. It was built in 1719 as an elegant residence for the merchant Stephan Delancey and his family. In 1762, the home was purchased by tavern-keeper Samuel Fraunces, who turned it into one of the most popular taverns of the day. Though it is best known as the site where Washington gave his farewell address to the officers of the Continental Army, in 1783, the tavern also played a significant role in pre-Revolutionary activities. To learn more about the history of Fraunces Tavern Museum, join Michael Wolf on this conference call on Tuesday, May 24th at 2pm.

## A poem for Mother's Day



“While we honor all our mothers  
with words of love and praise  
While we tell about their goodness  
and their kind and loving ways  
We should also think of Grandma,  
she's a mother too, you see...  
For she mothered my dear mother  
as my mother mothers me.”  
- *Unknown*