



# RAINBOW NEWS

November 2011

## Botanical Garden Holiday Train Show

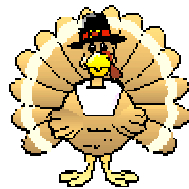
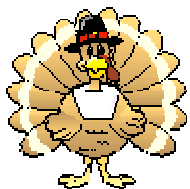
Model trains zip over bridges and past replicas of New York landmarks made of plant parts such as nuts, bark, and leaves. The cost is \$35 per person and you will receive a guided tour and a gourmet bagged lunch. Trip takes place on Tues., 11/22. We will leave the Isaacs Center at 9am. Call Tracy to reserve your spot.

## Holiday Schedule

**Thanksgiving Day Dinner**—Thursday, November 24th, 11:00am—1pm. Join Isaacs Center members and staff for a Thanksgiving feast.

**Christmas Day Dinner**—Sunday, December 25th, 11:00am—1pm. Celebrate the holiday with your friends at the Isaacs Center.

**Meals on Wheels** will deliver Thanksgiving & Christmas meals to its clients. *You must sign up in advance by calling MOW at 212-348-4344.*



## Mount Airy Casino Resort



Would you like to try your luck at the slot machines? Feel like doing some shopping? How about listening to a live band in one of our lounges? Then join us for a trip to the Mount Airy Casino & Resort on Thursday, November 17th. The Mount Airy Casino & Resort is located in the heart of the beautiful Pocono Mountains. The bus will be leaving the Isaacs Center at 8:45am and then leave the Mount Airy Casino at 5pm for the return trip home. The cost for the trip is \$30 per person. You will get back \$20 in slot play and receive a \$10 food voucher. 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.**

# November 2011 Conference Call Schedule Below

**To join, call 212-360-7620**

Mon	Tue	Wed
	<b>1</b>	<b>2</b>
	11 On Your Mind 2 <i>Inquiring Minds</i> 3 <i>Diabetes</i>	10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Sing Along
<b>7</b>	<b>8</b>	<b>9</b>
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	11 On Your Mind 12 <i>Book Club</i> 2 <i>Where Are They Now?</i> 3 Name That Tune	10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Trivia
<b>14</b>	<b>15</b>	<b>16</b>
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	11 On Your Mind 2 <i>Inquiring Minds</i> 3 <i>Diabetes</i> 4 <i>Dyckman Farmhouse</i>	10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Sing Along
<b>21</b>	<b>22</b>	<b>23</b>
11 Sittercise 1 <i>Winter Safety</i> 2 Current Events 3 <i>Gratitude</i> 4 Low Vision	11 On Your Mind 12 <i>Book Club</i> 2 <i>Where Are They Now?</i> 3 Name That Tune	10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Trivia 4 <i>Birthday Call</i>
<b>28</b>	<b>29</b>	<b>30</b>
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	11 On Your Mind 2 <i>Inquiring Minds</i> 3 <i>Nutrition &amp; Health</i>	10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Trivia






# November Conference Calls

## Dyckman Farmhouse Museum

Dyckman Farmhouse Museum tells the story of rural Northern Manhattan, a landscape and a lifestyle that disappeared in the transformation from farming community to urban neighborhood. Through the story of the Dyckman family and farm, the museum explores life in the early 19th century rural Manhattan and the preservation of that memory in the early 20th century. To learn more, join a docent from the museum on Tues., November, 15th at 4pm.

## Gratitude

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation. Come share what you are grateful for in your life and listen to what others have to say. Call takes place on Monday, 11/21 at 3pm.

Thu	Fri
<b>3</b>	<b>4</b>
10 Bingo 11 <i>Dial Up Yoga</i> 2 Think Tank 3 <i>Spelling Bee</i>	10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune
<b>10</b>	<b>11</b>
10 Bingo 11 <i>Meditation</i> 2 Think Tank 4 <i>Family Feud</i>	10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune
<b>17</b>	<b>18</b>
10 Bingo 11 <i>Meditation</i> 2 Think Tank 4 <i>Artist, Architect, Artisan</i>	10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune
<b>24</b>	<b>25</b>
	<b>CENTER</b>  <b>CLOSED</b>
<div style="border: 2px solid black; padding: 10px; display: inline-block;"> <b>Election Day - Nov. 8th</b>  </div>	

# 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

# 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. Workshop begins on Tuesday, November 29th at 3pm. Call Tracy at 212-360-7620 for more information or to join this conference call series.

# Winter Safety

Join physicians from Lenox Hill Hospital on Monday, November 23rd at 1pm to learn tips and advice on how to keep safe this winter. Call Tracy at 212-360-7620 to join this conference call.



## NOVEMBER BIRTHDAYS

John A.  
Florence B.  
Maria B.  
Jacqueline B.  
Elizabeth C.  
Thelma C.  
Lois C.  
Lucille C.  
Cecilia C.  
Felicita C.  
Marguriette D.  
Mary D.

Mrit E.  
Edwin F.  
Frances F.  
Mary F.  
Noreen F.  
Bettie G.  
Manuel G.  
Gayle H.  
Mary H.  
Dantta J.  
Marie K.

Matthew K.  
Margaret K.  
Joy K.  
Louisa L.  
Robin L.  
Patricia M.  
Leo M.  
Klein M.  
Miguel M.  
Eric O.  
Carlos O.

Serge P.  
Delores P.  
Joan P.  
Chester R.  
Dolores R.  
Pilar S.  
Silvia S.  
Vito V.  
Cecilia V.  
Margaret W.  
Elaine W.

# Home Health Corner

 Visiting Nurse Service Of New York

HOME CARE™

*We Bring The Caring Home™*

## What is GERD?

Almost everyone has occasional heartburn, a painful burning sensation that usually starts behind your breastbone and may also appear in your neck or throat. If you have frequent heartburn, it may be due to gastroesophageal reflux disease (GERD). This is a condition where food backs up from your stomach into your esophagus (the tube from your mouth to your stomach) because the band of muscles at the end of your esophagus doesn't close tightly enough. This backup (reflux) contains lots of acid, which irritates the esophagus and causes the burning sensation. It is important to pay attention to the symptoms of GERD. Ongoing reflux can do damage to the lining of your esophagus and cause serious problems.

### Other Symptoms of GERD

- ◆ Nausea and vomiting
- ◆ Vomiting blood
- ◆ Hoarseness or sore throat
- ◆ Difficulty swallowing
- ◆ Coughing or wheezing
- ◆ Persistent belching

### Prevention/Treatment of GERD

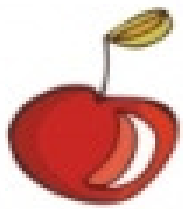
- ◆ Avoid lying down 2-3 hours after meals
- ◆ Sleep with your head elevated.
- ◆ Take medications with plenty of water.
- ◆ Avoid spicy and fatty foods, chocolate, caffeine, peppermint, and alcohol.
- ◆ Avoid citrus fruits and juices, tomatoes and tomato sauces.
- ◆ Stop smoking; lose weight.

- ◆ Avoid wearing belts or tight-fitting garments around the waist.
- ◆ Check with your doctor about certain over-the-counter medications like Maalox, Mylanta, Pepcid AC, Zantac, and Prilosec OTC.

Changing eating habits and lifestyles and taking OTC medications can help you overcome GERD on your own. **You must see your doctor** if your symptoms do not improve with these changes.

## Ask The Nurse— About Shingles

If you have had chicken pox, some of the virus can still be in your nerve cells. When the virus breaks out again it is called shingles. Stress, fatigue, certain medications, cancer, HIV, or aging can cause shingles to appear. Shingles usually affects the nerves in the face and the body. It is very painful, and it usually lasts 1-3 weeks. Common symptoms of shingles are itching or severe burning pain, blisters that ooze and crust, swollen lymph nodes, and extreme sensitivity to touch. If any of these symptoms occur, see your doctor **immediately**. Shingles generally clears up in 1-5 weeks. Your doctor may recommend certain ointments to ease your pain and reduce swelling—*Article provided by the Visiting Nurse Service of New York.*



# Thanksgiving Word Search

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

1. Carve
2. Celebrate
3. Colonist
4. Cornucopia
5. Cranberry
6. Dessert
7. Farmer
8. Feast
9. Gather
10. Harvest
11. Holiday
12. November
13. Pilgrim
14. Platter
15. Pumpkin
16. Thanksgiving
17. Tradition
18. Turkey
19. Vegetable
20. Worship

