



RAINBOW NEWS

October 2011

Flu Shot Time

Flu season is upon us and if you have not already done so, it is high time to get your flu shots. The best way to prevent the flu is by getting a flu vaccination each year. Sponsored by the Visiting Nurse Services of New York and the NYC Department of Health, health-care professionals will be giving a limited number of flu vaccinations at the Stanley Isaacs Neighborhood Center on Tuesday, October 11th from 9:30-11:30am. Please call Patricia at 212-360-7620 to schedule an appointment or call for more information.

October Conference Calls

- Sittercise**—Mon., Wed., Fri., at 11am
- Respiratory Health**—Mon., 10/3 at 1pm
- Low Vision**—Mon., at 4pm
- Book Club**—alternating Tues., at 12pm
- Old Stone House**—Tues., 10/18 at 1pm
- Inquiring Minds**—Tues., at 2pm
- Identity Theft**—Tues., 10/18 at 2pm
- African Art**—Wed., at 1pm
- Birthday Call**—Wed., 10/26 at 4pm
- Spelling Bee**—Thurs., 10/13 at 3pm
- Artisan, Architect**—Thurs., 10/20 at 4pm
- Picasso**—Fri., at 2pm

Fall Hayride and Pumpkin Picking



Join us for a trip to Abma's Farm, Market and Nursery. This 30-acre farm dates back to the 1790's. The home-

stead and out-buildings have been well-preserved, kept in their original state, and the Dutch-style barn was converted into a thriving retail market. The trip takes place on Thurs., 10/20. The bus will leave the Stanley Isaacs Center at 11am and then depart the farm at 2:30pm. The cost is \$15 per person which includes a bagged lunch, complimentary doughnuts and juice, a hayride and the opportunity to pick a small pumpkin. You will also be able to shop in the greenhouse or at the market and pet the animals at the petting zoo. 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.**

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

Mon	Tue	Wed
3	4	5
11 Sittercise <i>1 Respiratory Health</i> 2 Current Events 3 Story Time 4 Low Vision	10 Bingo 11 On Your Mind 2 <i>Inquiring Minds</i> 3 <i>Diabetes</i>	10 Bingo 11 Sittercise 1 <i>African Art</i> 2 <i>Reminiscence</i> 3 Sing Along
CENTER 10  CLOSED	11	12
	10 Bingo 11 On Your Mind 12 <i>Book Club</i> 2 <i>Where Are They Now?</i>	10 Bingo 11 Sittercise 1 <i>African Art</i> 2 <i>Reminiscence</i> 3 Trivia
17	18	19
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	10 Bingo 11 On Your Mind 1 <i>Old Stone House</i> 2 <i>Identity Theft</i> 3 <i>Diabetes</i>	10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Sing Along
24	25	26
<i>11</i> Sittercise 2 Current Events 3 Story Time 4 Low Vision	10 Bingo 11 On Your Mind 12 <i>Book Club</i> 2 <i>Where Are They Now?</i>	10 Bingo 11 Sittercise 2 <i>Reminiscence</i> 3 Trivia 4 <i>Birthday Call</i>
31		
11 Sittercise 2 Current Events 3 Story Time 4 Low Vision		



October Conference Calls

Breathe Easy: Respiratory Health

Lung Disease can be serious and ranges from bronchitis and pneumonia to pulmonary hypertension. Some severe breathing symptoms may require lung function tests, X-rays, and more to diagnosis the problem. With proper treatments, many patients can breathe better and get the oxygen their bodies need. Join physicians from Lenox Hill Hospital on Monday, October 3rd at 1pm to find out more.

Old Stone House Museum

Located in a reconstructed 1699 Dutch farmhouse that was central to the Battle of Brooklyn, the Old Stone House is a museum and community resource that explores the American Revolution, colonial life and Brooklyn. Join a docent from the museum on Tuesday, October 18th at 1pm to learn more. All participants will receive a booklet with pictures pertaining to the course, so call Tracy to join.

Thu	Fri
6	7
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 <i>Picasso</i> 3 Name That Tune
13	14
10 Bingo 11 <i>Meditation</i> 2 Think Tank 3 <i>Spelling Bee</i> 4 <i>Family Feud</i>	10 Bingo 11 Sittercise 12 Friendship Circle 2 <i>Picasso</i> 3 Name That Tune
20	21
10 Bingo 11 <i>Dial Up Yoga</i> 2 Think Tank 4 <i>Artist, Architect, Artisan</i>	10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune
27	28
10 Bingo 11 <i>Meditation</i> 2 Think Tank 4 Women's Hour	10 Bingo 11 Sittercise 12 Friendship Circle 1 <i>Shabbat Shalom</i> 3 Name That Tune

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

Avoiding Identity Theft and Scams

The fraudulent use of your identity to get cash, credit or merchandise is the fastest growing financial crime in America. Older people make up a significant percentage of the millions of Americans who are victims of identity thieves each year. Most of those cases involved the use of Social Security numbers. Unfortunately for senior citizens, their lifestyles often make them prime targets for professional scammers. Back by popular demand, our friend Nathan Fuchs, Esq., with the Crime Prevention Bureau, will lead a conference call with the latest information on how to protect yourself from identity theft, scams and cons. Call takes place on Tuesday, October 18th at 2pm. Call Tracy at 212-360-7620 for more information or to join this call.



OCTOBER BIRTHDAYS

TACY A.
MICHELLE B.
JUDITH C.
ELLA C.
OLGA C.
DOROTHY C.
ADELAIDE G.
ARTIE H.
ANNA H.
ROBERT K.
CAROLYN K.

NARCISA L.
SHEILA L.
JOSEPH L.
MARY L.
EUGENE M.
LILLIAN M.
CHARLES M.
ESTELLE N.
JOHN O.
ESTELLA P.
ASHELLA P.

JANIE R.
ROSE R.
VICENTE R.
BRUCE S.
WILFREDO S.
JEANETTE S.
HELEN S.
JOYCE S.
RUTH S.
VIRGINIA S.
HELEN W.

Home Health Corner

 Visiting Nurse Service Of New York

HOME CARE™

We Bring The Caring Home™

Preparing to See Your Doctor

Going to visit the doctor can often be stressful. However, if you prepare in advance you can get more out of your visit and make it less stressful. Before your visit, prepare a list of all the medications you are taking, any allergies you have, and the names of any other doctors you are seeing. This will help you to fill out any forms and to update your medical history.

You may be seeing your doctor for one of three reasons: you are sick, you need a routine checkup, or you need a follow-up visit. Preparing your lists in advance will help your doctor understand why you have come.

List for Sickness Visit

- 1) the symptoms you are having
- 2) when your symptoms began
- 3) any specific event that caused the symptoms – new medication, injury, stress
- 4) anything that made your symptoms worse or better
- 5) questions regarding side effects and reactions of medications to be given

List for Routine Visit

- 1) questions about preventive medicine
- 2) questions about screening tests (colonoscopy, mammogram, prostate, bone density)
- 3) questions about lifestyle changes including diet and exercise
- 4) questions about changes in your medication

List for Follow-Up Visit

- 1) description of how you are getting better or how you may not be improving
- 2) regularity of taking medication or treatment
- 3) what makes your symptoms better or worse
- 4) medication side effects

Always be honest when your doctor asks you questions. Let your doctor know if there are any major changes or stresses in your life. Make sure you understand everything the doctor tells you. Always ask for an explanation. Take the time to write down important things to remember.

Ask The Nurse-About Fiber

Eating fiber can lower high blood pressure and also improve healthy blood pressure. Fiber also protects your heart and helps your digestion. It also keeps your bowel movements regular. The best way to get more fiber in your diet is to eat more fruits and vegetables, especially broccoli, cherries, apples and dried fruit. Whole grain breads, bran cereal, brown rice, and black beans are other good fiber sources. You can also take fiber in pill or powder form, but be sure to drink the required amount of water when you take it this way. Consult your doctor before you take any over-the-counter fiber medications. *-Article provided by the Visiting Nurse Service of New York.*

Columbus Day Word Search

Find the hidden words associated with European explorer Christopher Columbus.

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

AMERICA
ARAWAK
ATLANTIC
CARIB
COLUMBUS
DISCOVERY
EXPEDITION
FERDINAND
GOVERNOR
INDIANS
ISABELA
NEWWORLD
NINA
PINTA
SANSALVADOR
SANTAMARIA
SHIPS
SPAIN
SPICES
TAINO
VOYAGE
WESTINDIES