



RAINBOW NEWS

September 2011

Picnic in the park



Join us for a picnic by the river on Wednesday, September 14th from 11am until 2pm.

Enjoy games, a sing along and the company of friends while gazing out at the East River under the old oak tree at Carl Schurz Park. As always, we'll have the delicious sandwiches donated by the Vinegar Factory. Cost is \$1 per person and we will meet at the Isaacs Center at 10:45am. Call Tracy at 212-360-7620 for more information.

September Conference Calls

- Sittercise**—Mon.,Wed.,Fri., at 11am
- Skin Conditions**—Mon., 9/ 19 at 1pm
- Book Club**—alternating Tues., at 12pm
- Inquiring Minds**—Tues., at 1pm
- Birthday Call**— Tues., 9/13 at 2pm
- Bone Health**—Tues., 9/20 at 4pm
- Pain Management**—Tues., 9/27 at 2pm
- African Art**—Wed., at 1pm
- Artisan, Architect**-Thurs., 9/22 at 4pm
- Senior Smiles**—Fri., 9/16 at 1pm
- Picasso**—Fri., at 2pm
- Remembering 9/11**— Fri., 9/9 at 4pm

Celebrate Hispanic Heritage Month

New York's leading Latino cultural institution welcomes visitors of all backgrounds to discover the artistic and cultural landscape of the Caribbean and Latin America. El Museo del Barrio's sixth biennial of the most innovative, cutting-edge art created by Latino, Caribbean, and Latin American artists currently working in the greater New York area. This year's edition showcases 75 emerging artists in seven different venues. Trip takes place on Thurs., 9/29. The cost is \$2 per person, you will receive a bagged lunch and we will be taking public transportation so please bring your metro card. We will leave the Isaacs Center at 10am.

Remembering 9/11

Join us for the 10th anniversary of 9/11. Some may regard it on a patriotic level, focusing on the fact that the USA was attacked, while others may respond to it on a much more personal level, especially if they knew someone who perished. Join us on Fri., 9/9 at 4pm for this conference call. Read a poem or share your thoughts and memories. Call Tracy to join.

September 2011 Conference Call Schedule Below

To join, call 212-360-7620

Mon	Tue	Wed
		
Center 5  Closed	6 10 Bingo 11 On Your Mind <i>1 Inquiring Minds</i> <i>3 Diabetes</i>	7 10 Bingo 11 Sittercise <i>2 Reminiscence</i> 3 Sing Along 4 Let's Talk Politics
12 11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	13 10 Bingo <i>11 On Your Mind</i> <i>12 Book Club</i> <i>1 Where Are They Now?</i> <i>2 Birthday Call</i>	14 10 Bingo 11 Sittercise <i>1 African Art</i> <i>2 Reminiscence</i> 3 Trivia 4 Let's Talk Politics
19 <i>11 Sittercise</i> <i>1 Skin Conditions</i> 2 Current Events 3 Story Time 4 Low Vision	20 10 Bingo <i>11 On Your Mind</i> <i>1 Inquiring Minds</i> <i>3 Diabetes</i> <i>4 Bone Health</i>	21 10 Bingo 11 Sittercise <i>1 African Art</i> <i>2 Reminiscence</i> 3 Sing Along 4 Let's Talk Politics
26 11 Sittercise 2 Current Events 3 Story Time 4 Low Vision	27 10 Bingo 11 On Your Mind <i>12 Book Club</i> <i>1 Where Are They Now?</i> <i>2 Pain Management</i>	28 10 Bingo 11 Sittercise <i>1 African Art</i> <i>2 Reminiscence</i> 3 Trivia



September Conference Calls

Senior Smiles

Dental hygienists from New York University College of Dentistry will be on call to discuss how to take care of your teeth and dentures, and how to prevent gum disease, cavities, and dry mouth. Call takes place on Friday, September 16th at 1pm.

Picasso

Drawing on the collection of the Museum of Modern Art, this course surveys the paintings, sculptures, and graphic work of Pablo Picasso (1881-1973). Lectures and class discussion topics will explore the role of Picasso's biography in interpreting his works, his innovative painting and collage techniques, and his radical experiments with etching and lithography. Join docent, Diana Bush, for this 5 week series beginning Friday, September 9th at 2pm. All participants will receive a booklet containing the artwork to be discussed which must be returned at the end of the course. Call Tracy to join.

Thu	Fri
1	2
10 Bingo 11 <i>Dial Up Yoga</i> 2 Think Tank 3 <i>Old Time Radio</i>	10 Bingo 11 Sittercise 12 Friendship Circle 1 Name That Tune
8	9
10 Bingo 11 <i>Meditation</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 4 Remembering 9/11
15	16
10 Bingo 11 <i>Dial Up Yoga</i> 2 Think Tank 4 <i>Family Feud</i>	10 Bingo 11 Sittercise 12 Friendship Circle 1 <i>Senior Smiles</i> 2 <i>Picasso</i> 3 Name That Tune
22	23
10 Bingo 11 <i>Meditation</i> 2 Think Tank 4 <i>Artist, Architect, Artisan</i>	10 Bingo 11 Sittercise 12 Friendship Circle 2 <i>Picasso</i> 3 Name That Tune
29	30
10 Bingo 11 <i>Meditation</i> 2 Think Tank 4 <i>Women's Hour</i>	10 Bingo 11 Sittercise 12 Friendship Circle 3 Name That Tune 4 <i>Advisory Board</i>

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 Smithsonian presents: African Art

The Smithsonian's National Museum of African Art is the nations largest publicly held collection of contemporary African Art. Exhibits include the finest examples of art from the entire continent of Africa. Join a docent from the museum on Wednesdays at 1pm beginning on September 14th. All participants will receive a booklet containing the artwork to be discussed. Call Tracy to join or for more information.

The New York Junior League

The New York Junior League (NYJL) is an organization of women committed to promoting volunteerism, developing the potential of women, and improving communities through the effective action of leadership of trained volunteers. Join them on two conference calls: Skin conditions on Mon., 9/19 at 1pm and Pain Management on Tues., 9/27 at 2pm. Call Tracy to join.



SEPTEMBER BIRTHDAYS



CRISTOBALINA A.
MATTHEW B.
DAVID B.
ELFRIEDE B.
MATTHEW B.
LAURENCE C.
STEPHEN C.
ROBERTA C.

EVA D.
FREDERICK F.
JEANIE G.
ESTELLE G.
NORMA G.
ED K.
ELEANOR L.
THERESA L.
ROBERT M.

MARGARET M.
LINDA M.
SYLVIA N.
MARGIT N.
MARIE O.
ANN S.
LUCILLE S.
BARBARA W.

Home Health Corner

 Visiting Nurse Service Of New York
HOME CARE™

We Bring The Caring Home™

How Bones Change With Age

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.

The 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, the following steps may help 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 sug-

gest 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.

Can You Tell Me 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.*

Labor Day Word Search

See if you can find the hidden words associated with Labor Day.

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

- BARBECUE
- BREAK
- COMMUNITY
- COOKOUT
- HOLIDAY
- JOB
- LABOR
- MCGUIRE
- MONDAY
- MOVEMENT
- ORGANIZE
- PARADE
- PARTY
- PICNIC
- RIGHTS
- RALLY
- SECURITY
- SEPTEMBER
- STRIKE
- SUMMER
- TRADE
- TRIP
- UNION
- VACATION
- WEEKEND
- WORKERS

Granny Squared Knitting Group



The Granny Squared Group is comprised of Stanley Isaacs Senior Center members and New York Cares volunteers who work together to crochet lap blankets and scarves. These blankets and scarves are delivered by Meals on Wheels to the homebound clients. The group members meet twice a month on alternate Saturdays at 1 p.m. at the Stanley M. Isaacs Neighborhood Center. If you are interested in joining this group, receiving a

lap blanket or scarf or would like more information call Tracy at 212-360-7620.