

STEIN SENIOR CENTER

Jane Barry, Executive Director Robert F. Doxsey, Deputy
Director



204 East 23rd Street, 2nd Floor
Between 2nd & 3rd Avenues
New York, NY 10010

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Website: www.steinseniorcenter.org

HOURS OF OPERATION
MONDAY – FRIDAY
8:30AM – 4:30PM

MAY 2013 NEWSLETTER

Hello from our new digs....

Happy May, Spring has finally arrived. Stein Senior Center is growing like gangbusters. It must be our beautiful space or our delicious lunches or our wide range of activities!

We are adding back many of our programs like bridge on Wednesdays, ballroom dancing now on Tuesdays and play reading will return soon. We have also started a line dancing class, will begin computer classes this month. Renate will teach our Yoga class and we are so glad she is available. There is a lively discussion group and the Karaoke machine is finally connected! Check our May schedule to see what's happening. If you have access to a computer, you can go to our website (www.steinseniorcenter.org) and see our monthly menu and activity calendar. We are trying to get a handle on copying costs and the number of copies we are making each month, so if you have gotten a newsletter, please don't keep taking additional copies. We will also post a newsletter each month at the center, so you can refer to it.

The Department for the Aging is implementing a new computerized system to check people in for lunch and activities. Each participant will get a tag with an individual bar code and when you come for lunch or an activity, you will be scanned in. We will start giving out your tag this month. We will still ask you to sign in.

Both elevators are newly renovated and we ask all participants to be careful if you use a wheelchair or walker. If you bang into the wall of the elevator, it can damage the wall of the elevator cab (It has happened already), so please take care. I appreciate all your feedback and suggestions that came in (I read them all). I recognize that we need some additional bathroom space and I am working to fix that problem. The front door of the building will also be changed in the next few months. It will probably be a sliding door that will open automatically, so it will be easier to get into the building. The Uniformed Firefighters, our landlord will be working on that for us. We are very proud of our new center and want to take good care of it.

Thanks,

Jane Barry

We are pleased to share excerpts from a recent letter:
Early-Stage Alzheimer's Service Program for Adults (SPA)
Mines Memories at the Stein Senior Center

Like the Statue of Liberty which stands proudly in New York harbor holding a torch that symbolizes freedom and welcomes visitors to our Nation's shores, the Stein Senior Center shines a bright light of compassion to community residents on our journeys through life's many stages. When Alzheimer's was closing doors in my father's life at age 91, the "SPA program" at the Stein Senior Center provided an extended family and a welcomed home. There he discovered an opportunity to explore his feelings through intimate conversations with new friends, expressed his thoughts through writing and poetry, channeled his energy through creative physical movements

Encouraging people with Alzheimer's to mine their memories and tell their own life stories to each other, highlighting their accomplishments and challenges, may not be a cure for Alzheimer's, but it reinforces their personal identities, stretches their memories, deepens their sense of meaning in life, and provides an invaluable respite to their family caregivers. The fact that my father was enjoying activities in a protected environment afforded my mother an opportunity to shop, see a doctor for herself, and enjoy a few hours of freedom to regain her good humor and restore her energy.

The creative staff at the Stein Center has exuded a great spirit of genuine respect and compassion which permeates the friendships that blossom within the group and extend to the family members of all participants. ... My family and I are truly grateful for the gift of community that the SPA program shines on members of our society who still have much to live for, and share with each other, and with us all on our journeys through life.

What I like best about the Stein Senior Center is the way it serves as a community hub, seeing people's needs and strengths and linking them up to strengthen our community. ...By appreciating the uniqueness of each individual, and nurturing social bonds, the Stein Center has broken through the isolation which Alzheimer's and aging often impose, and created a real opportunity for people to rediscover their memories, reprise what is special about their lives now, and deepen their self-esteem. ... May your vital work continue to shine brightly, raising the torch of compassion and creativity as you expand the hearts and imagination of all members of our community.

Sincerely,

Bob Griss, for my entire family in great appreciation for the love and inspiration that you imparted to my father, **Seymour Griss**, a proud graduate of CCNY, Columbia University, and the SPA program.

STEIN SENIOR CENTER MAY 2013 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fine Arts: 9:00 – 10:30 Dining Room Every Monday</p> <p>Folk Dancing: 10:00 – 11:00 Activity Rooms 1&2 Every Monday</p> <p>Tai Chi: 11:30 – 12:30 Activity Rooms 1&2 Every Monday</p> <p>Opera Appreciation: 1:30 – 2:30 Dining Room Every Monday</p> <p>CLOSED MAY 27TH</p>	<p>Knitting: 10:00 – 11:30 Activity Room 2 Every Tuesday</p> <p>Belly Dancing: 10:45 – 11:45 Lecture Room Every Tuesday Not 5/7</p> <p>Ballroom Dancing 1:30 – 2:30 May 7 – Dining Room May 28 – Dining Room Not 5/14 and 5/21</p> <p>Open Discussion Group 1:45 – 2:45 Lecture Room Every Tuesday</p>	<p>Bridge Club: 1:30 – 3:45 Dining Room Every Wednesday</p> <p>Meditation 1:00 – 2:00 Activity Room 1 Every Wednesday</p> <p>Drama Club: 2:30 – 3:30 Lecture Room 5/8 and 5/22</p> <p>Play Reading 10:30 – 12:00 Activity Room 1&2 May 15, May 29</p>	<p>Strength Training with Renate 1:45 – 2:45 Activity Rooms 1 & 2 5/2, 5/9, 5/16</p> <p>Line Dancing 1:30 – 3:00 Dining Room Every Thursday</p>	<p>Arthritis Exercise: 10:45-11:45 Activity Rooms 1&2 Every Friday</p> <p>Shakespeare: 1:30 – 2:30 Dining Room Every Friday</p> <p>Yiddish Club: 10:30-11:30 Lecture Room Every Friday</p>

Please note: All Activities are subject to change

SPECIAL PROGRAMS

<p style="text-align: center;">Crime Victim Services</p> <p style="text-align: center;">Program Coordinator and Victim Advocate</p> <p style="text-align: center;">Teresa Navarro</p> <p style="text-align: center;">646 395-8083</p> <p style="text-align: center;">tnavarro@steinseniorcenter.org</p>	<p style="text-align: center;">We Care Committee</p> <p style="text-align: center;">Contact Florence Stoller or Pat Keegan</p> <p style="text-align: center;">Tell them about people you have not seen and are concerned about.</p> <p style="text-align: center;">A call will be made and, as appropriate, a card sent.</p> <p style="text-align: center;">(You can always leave a message for Florence or Pat with Anne Lewent or Sandy Daniels)</p>
<p style="text-align: center;">Shop & Escort</p> <p style="text-align: center;">Shopping services and escort to appointments</p> <p style="text-align: center;">Call Anne Lewent at least 3 days in advance 646 395-8083</p>	<p style="text-align: center;">Sandy Daniels Social Worker</p> <p style="text-align: center;">Case Assistance, Benefits and Information</p> <p style="text-align: center;">Call for an appointment Sandy Daniels at 646 395-8083</p>
<p>Registration Tuesday and Thursday 10:00-1:00</p> <p>Please make an appointment with Ruth Walker</p> <ol style="list-style-type: none"> 1. Please bring proof of your age. 2. The name, address, and telephone number of your doctor, hospital or clinic. 3. The name, address, and telephone number of an emergency contact such as your spouse, other relative, or friend. 4. A list of medications you are taking along with the daily dosage. 	
<p>ALL MEMBERS</p> <p>Need an updated membership card with a '13 sticker Tuesday and Thursday 10:00 – 1:00</p>	

SPECIAL PROGRAMS

NUTRITIONIST – Denise Sabal, R.D.N.

Monday, May 6th – consultations 11:30 – 3:30

Wednesday, May 15th – consultations 11:30 – 3:30

Wednesday, May 22nd – consultations 11:30 – 1:00

**Presentation 1:00 – 2:00 “Reducing Added Sugars
for Better Health”**

consultations 2:00 – 4:00

COMPUTER CLASS

Tuesday, May 7th

1:00

Computer Room

MEDICARE RIGHTS

With Iris Fanelli

Thursday, May 9th

11:15

Lecture Room

FREE LEGAL CLINIC

Tuesday, May 14th

1:30

Lecture Room

SPRING CHORAL CONCERT

“Songs from the Great American Songbook”

Directed by Barbara Haspel

With Members of the UFT Sy Beagle Vocal Technique Class

Tuesday, May 14th at 1:30

Dining Room

SPECIAL PROGRAMS

YOUR RAFFLE PRIZE IS WAITING

Claim your prize
#335762 - \$100 City Crab Gift Certificate
#335792 - \$25 Corbet & Conley Gift Certificate
For more info, see Anne or call 646 395-8083

BOOK & CARD SALE

Every Wednesday
10:30 – 12:00
Lecture Room

Memorial for Lynn Queenan

Tuesday, May 21st
2:00
Dining Room

H.I.C.A.P.

Wednesday, May 29
See Bob for appointment

NEW YORK BAR ASSOCIATION

Presentation with Mary S. Croly, ESQ.
Thursday, May 30th
11:00
Lecture Room

CURRENT EVENTS

Thursday, May 23rd
1:45 – 2:45
Lecture Room

SPECIAL PROGRAMS

PROJECT HOPE

**One-on-One and Group Counseling Services
For Our Members Affected by Hurricane Sandy**

**1:00 - Thursday, May 23rd
Activity Room 1**

MONTHLY BIRTHDAY PARTY

**1:30 - Tuesday, May 28th
Dining Room
Live Music with Jose and Maria**

THEATRE & MORE

**HOURS: WEDNESDAY & FRIDAY 10:30 – 1:30
THURSDAY 10:30 – 2:00**

Come and visit us in our new office and check our bulletin board for our fabulous theatre tickets and concerts and more. The office and bulletin board is located in the back of the dining room.

A warm welcome to our new volunteer Rory Newman and a special thank you to all the volunteers who have been working so hard. A special thank you to the staff who have been so supportive of the Theatre & More program.

Please bring in mailings, playbills and pictures you may have recently received that may prove helpful to the Theatre & More program.

Janet L. Schwartz and Staff (Theatre & More)

STEIN SENIOR CENTER MAY 2013 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Blended Juice Meatballs Spaghetti Whole Wheat Bread Tossed Salad Orange	2 Grape Juice Grilled Chicken Cutlet Whole Wheat Bread Roasted Red Potatoes Zucchini/Squash Sliced Pears	3 Orange Juice Baked Salmon Yellow Rice Whole Wheat Bread Peas/Carrots Banana
6 Grape Juice Baked Fish Whole Wheat Bread Corn/Red Peppers Spinach Applesauce	7 Orange Juice Honey Mustard Chicken Whole Wheat Bread Garlic Roasted Potato Italian Green Beans Fruit Cocktail	8 Split Pea Soup Vegetarian Lasagna/Cheese Whole Wheat Bread Tossed Salad Orange	9 Pineapple Juice Cornish Hen Brown Rice Whole Wheat Bread Baby Carrots/Parsley Apple	10 Blended Juice Eggplant Parmesan/Cheese Bow Tie Pasta Whole Wheat Bread Spinach Banana
13 Apple Juice Salmon/Dill Sauce Noodles Whole Wheat Bread Broccoli/ Cauliflower Fruit Cocktail	14 Grape Juice Baked Chicken Whole Wheat Bread Baked Potato Collard Greens/Red Peppers/Onions Orange	15 Orange Juice Roasted Turkey/Gravy Whole Wheat Bread Sweet Potato Green Beans/Garlic Sauce Pear	16 Blended Juice Meatloaf Whole Wheat Bread Peas/Carrots Apple	17 Pineapple Juice Baked Fish/Dill Sauce Whole Wheat Bread Corn/Peppers Spinach Sliced Peaches
20 Apple Juice Meatballs Spaghetti Whole Wheat Bread Broccoli Florets Pineapple Chunks	21 Orange Juice Baked Chicken Brown Rice Whole Wheat Bread Garlic Spinach Apple	22 Pineapple Juice Chicken Cutlet Whole Wheat Bread Roasted Garlic Red Potatoes Zucchini/Squash Sliced Pears	23 Split Pea Soup Baked Fish Whole Wheat Bread Mashed Potatoes Green Beans/Red Peppers Orange	24 Pineapple Juice Chicken Parmesan Whole Wheat Bread Tossed Salad Banana
27 Pineapple Juice Baked Fish Yellow Rice Whole Wheat Bread Green Beans/Red Peppers Applesauce	28 Orange Juice Meatballs Spaghetti Whole Wheat Bread Broccoli Spears Pear	29 Grape Juice Baked Chicken Whole Wheat Bread Mashed Potatoes Zucchini/Tomatoes Fruited Jell-O	30 Split Pea Soup Turkey/Gravy Whole Wheat Bread Sweet Potato Garlic Spinach Orange	31 OJ/Pineapple Juice Salisbury Steak/Gravy Brown Rice Whole Wheat Bread Parsley Baby Carrots Sliced Peaches

Subject to change