



Park 5
Center For

Nursing & Rehabilitation

801 Co-Op City Boulevard Bronx, NY 10475 PHONE: 718.239.6555 FAX: 718.239.6553

ay Park Center provides high quality, skilled nursing care in a nurturing environment.

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# Programs and Treatments offered at Bay Park:

## **Special Services**

- · IV Fluids
- IV Antibiotics
- · Diabetes Management
- · Hospice/Palliative Care
- · Respite Care

## **Respiratory Treatments**

- · Oxygen Therapy
- Tracheostomy Care
- · Bi-Pap/C-PAP
- Suctioning

## **Skin/Ulcer Treatments**

- Negative Pressure Therapy (Wound Vac)
- Pressure Reducing Devices
- Nutrition and Hydration Interventions
- · Ulcer Care
- Surgical Wound Care

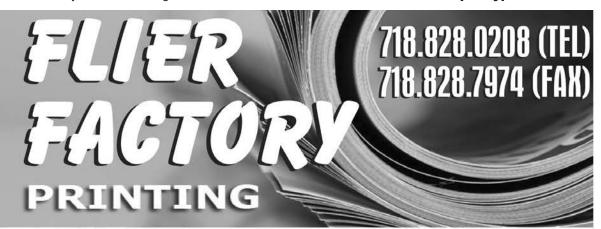
## **Special Programs**

- Alzheimer's/Dementia Program
- Restorative Nursing Program
- · Medical Model Adult Day Care
- · Behavioral Health Unit

## **Rehabilitation Services**

- · Intensive PT, OT & ST 6 days a week
- Short Wave Diathermy
- Therapeutic Ultrasound
- Electrical Stimulation
- Specialized Orthopedic & Neurological Interventions
- Cognitive Therapy
- Vestibular Rehabilitation





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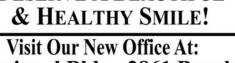


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## CHOICE OF APPETIZER

- Soup of the Day Prosciutto & Melon
   Cold Antipasto Clams Oreganato
- Mussels Marinara
   Mixed Green Salad
- Mozzarella Sticks Homemade Fresh Mozzarella

## CHOICE OF PASTA

- Rigatoni Filetto di Pomodoro Rigatoni with Meat Sauce
  - · Homemade Manicotti · Penne alla Vodka
- · Cavatelli w/Broccoli, Garlic & Oil · Linguini w/Clam Sauce · Linguini w/Garlic & Oil · Linguini w/Marinara Sauce

## CHOICE OF ENTREE

- Veal Cutlet Sorrentino
   Veal & Peppers
   Lasagna
- Chicken Parmigiana
   Chicken Marsala
   Chicken Francese
- Chicken Fiorentina Eggplant Parmigiana Eggplant Rollatini
  - Broiled Filet of Sole, Stuffed Filet or Tilapia over Rice
  - Mussels & Calamari Marinara or Fra Diavolo Tripa Ala Napolitana
     Pork Chops w/Vinegar Peppers
    - · Grilled Chicken over Salad

## DESSERT

· Regular Coffee or Tea · Homemade Cheese Cake

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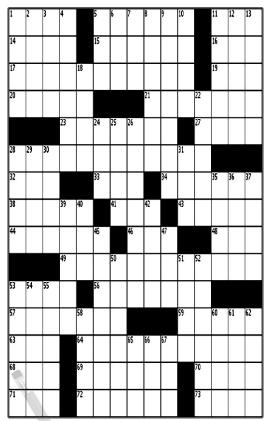
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11. WWII figure

14. Prefix with mate or graph 15. Uncaring about right or wrong

16. Australia's big bird 17. Definition you won't hear in English

class (Part 1)

19. "Ah, Wilderness!" character 20. Cruiser's rear

21. Romance enhancer, proverbially

23. Chile's 1973 coup victim 27 Innise or Victoria 28 Part 2 of the definition

"I knew it!"

33. Rainbow feature

34. Bangs, clacks, e.g.

38. Cap 41. Like Mother Hubbard

43. Join forces

44. Head honcho

46. Its make-up is many years 48. Indian lentil dish

49. Part 3 of the definition 53. Get off one's chest

56. Dillon's job

Acceptance of the way things are

59. Horse-drawn carriage 63. Jackie's partner

64. End of the definition 68. Watch the kids

69. Kids' game that might bug you

70. Zone

"You, there!" 72. Hawthorne's Prynne

73. Ogler's look Down

1. Calls from the flock 2. Unseat

3. Eyelid annoyance

"Lord Jim" novelist

Board game piece Singer Grant 7 Letters after CD

Simple chords One who's seen better times

10. Word of woe

11. Brownish dye 12. Kiss loudly

13. Recipient of one-on-one teaching

18. Kind of child 22 Mischievous

24 Mauna --- (Hawaiian volcano) 25. Recent change in change

26. Kind of power plant 28. First name in entertainment

29. State on Lake Erie

30. Highway access 31. Letters of note?

35. Word with order or line 36 List ender

37. Hawk 39. Pastoral poem

40. In addition 42. Juan and Quixote

45. Private eye 47. Certain degree 50. Walk-on roles

51. Envelope encl. 52. "People" or "Animals"

53. Rubbish

54. Unearthly

55. Church members 58. Measly problem? 60. Traditional teaching

61. Where the femur and tibia meet

62. Time for a revolution? 65. Slugger Mel of the old Giants 66. If broken, some people are happy,

some sad

67. "Hannah and --- Sisters"





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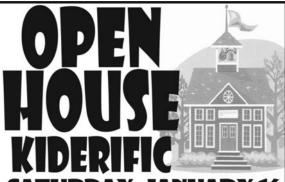
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2 lbs. Shell Steak 2 lbs. CC Pork Chops

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1. WAKE UP AN HOUR EARLY
Many successful people like Bill Gates, Oprah, Mark Zuckerberg and many others live by. Waking up an hour earlier gives you that Me-Time that we all need from time to time. Some people use it to meditate while others use it to prepare themselves for the hectic day. Whatever you do with your extra hour is up to you but one thing I know is that you'll thank yourself for it.

## 2. PLAN OUT YOUR DAY & KEEP A TO-DO LIST

Planning out your day provides you with a roadmap for the day ahead and provides a little more structure in an otherwise crazy world. Your to-do list is essential as well as long as you prioritize your list. Your action plan and to-do list will be there as a GPS to help you find your way through all the calamity and waste to help you save your most valuable resource: your time.

## 3. ANALYZE & EVALUATE YOUR PAST

Taking out time to really get yourself together is one of the most important things you could do throughout your day. When doing this you should self reflect and you should really be honest with yourself. Look to see what you have done to create the most pleasurable effects as well as the ones most unpleasurable effects. This will help you spot where you are sabotaging yourself and your day. This shouldn't take more than 15-30 minutes, well unless you have done a lot of sabotaging.

## 4. SURROUND YOURSELF WITH SUCCESSFUL PEOPLE

Turns out that if you begin to hang out with people more successful than you then you will too begin to become more successful. This isn't magic or some scientific fact its from mere human contact and conversation. If you and your successful friends are talking and they are telling you about their latest power moves and you don't have any to talk about, the conversation will be short lived with you. So have something to bring to the conversation and it will make you a better person.

## 5. TALK ABOUT IDEAS INSTEAD OF PEOPLE

This is another one that most successful people live by. If you think about it all businesses, products, and inventions were created from the exchange of ideas between two or more successful people. Talking about your ideas will refine and strengthen them. This is essential on your path to becoming a better you.

## 6. READ SOMETHING!

Whether its the bi-weekly and monthly magazines that you receive, the daily newspaper, or just surfing the web you should take time to read up on the latest happenings in your chosen field. The world is changing at a very fast pace and once you're behind it will be hard to get back in the know. So impress your peers and higher ups with the knowledge you have on the recent changes in your field.

Smiling actually acts as an all natural stress reliever and it may help with your quest for a longer life. Smiling will also boost your mood. Smiling is contagious and your smile will brighten other people's day. Next time you're feeling down smile because it will help in creating a better environment and a

Giving some of your spare time for something better is a rewarding experience. Whether its donating food to your local food bank or helping around your local businesses it will be much appreciated I guarantee it.

## 9. FIND A MENTOR

Having someone who has already gone through what you are trying to do is a great way to get inside information.

## 10. SET A GOAL & WORK IT!

Last but not least on your journey to becoming a better you, make sure to set some short and long term goals. Nothing is more important than having goals and dreams in life but actually working towards them.



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> Country Club Single Family, 3 BR 2 bath Marianne Soler 646-234-0524 or Israel Sanchez 347-601-7212



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COUNTRY CLUB: Detached 2 family home below grade, 2- 2 bedroom apartments + 2 studio in-law apartments. \$325,000.

THROGGS NECK: New listing. 1 family detached ranch with possible in-law apartment, property 41x100, 3 bedrooms, large basement. \$325,000.

CITY ISLAND WATERFRONT: 2 lots with 3 cottages on each. Price includes 400 of

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APARTMENTS FOR RENT

PELHAM BAY: 2 room studio. \$1,000 G&E included

COUNTRY CLUB: Studio, 1 bedroom. \$1,100

PELHAM BAY: 4 rooms, second floor.

\$1,500 LOCUST POINT: 6 rooms second floor. \$1,900 including heat and hot water.

THROGGS NECK: 4 1/2 rooms, first floor. \$1,400.

COUNTRY CLUB: 6 rooms 3 bedrooms, second floor. \$1,900 includes heat.

COUNTRY CLUB: 6 rooms, 2 bathrooms. \$1,800. Pay your own heat.

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This 2 BR unit nestled in a country like setting has many possibilities for a 3rd BR layout. Features: EIK, large LR that can be LRIDR, updated bath wiJacuzzi bath, FDR wilovely deck & BR with plenty of storage, can layout as a 2BRS, also basement with storage room, laundry & 2 additional rooms. Enjoy amenities of a stroil down the trail. Must See! \$329,000 w/shares included.

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## EDGEWATER PARK CO-OP EDGEWATER PARK CO-OP

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This custom built home, 5 years young is a must seel Layout features large EIK with island, stainless steel appliances, granite, LR, DR, door leading to yard, laundry area & 1/2 bath. 2nd level: 3 BRS, full bath with Jacuzzi, MBR with view of water, CAC, alarm system, large storage shed, attic & crawl space for storage. Reduced \$379,999 w/shares included.

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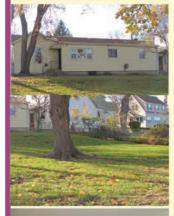


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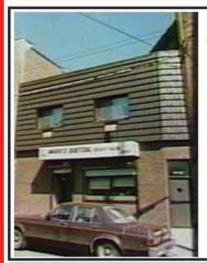


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ONE FAMILY SEMI-ATTACHED, BRICK, DUPLEX HOME, MODERN KITCHEN AND ONE AND A HALF BATHS LR, DR, 2 BRS, + FINISHED BASEMENT WITH KITCHEN AND BATHROOM, BEAUTIFUL YARD, PARKING FOR 3 OR MORE CARS CALL VICKIE 646-739-1360



## ABOUT OUR NEIGHBORHOOD CALENDAR OF EVENTS!

ALL NON-PROFIT ORGANIZATIONS WELCOME! (Must provide non-profit certificate.)

DO YOU HAVE A SPECIAL EVENT THAT IS OF INTEREST TO THE NEIGHBORHOOD?!

Excluding Yard & Garage Sales. We will print your event free of charge.

PELHAM PKWY NEIGHBORHOOD MEETING! The Pelham Parkway Neighborhood Association is please to announce that our next Community Wide meeting will be held on Tuesday, January 12th at 7PM at Bronx House, 990 Pelham Parkway South. Our guest speaker will be from the Department of Sanitation Community Affairs, Office Iggy Terranova and a featured speaker from the Housing Preservation and Development. Please have your questions and concerns ready for our speakers. Your items get addressed and action is taken! Communmty involvement is vital to having a safe, clean and graffitti free neighborood. Meetings held ever second Tuesday of every month. Get involved!

SUMMER TRAILS ON ICE! Looking for something fun to do Martin Luther King Day? Skate on over to the Brewster Ice Arena for our Annual Summer Trails on Ice Event for an afternoon of friends, crafts, snacks, and of course ice skating! Hope to see you there! Monday, January 18th from 2 - 4PM, Summer Trails Day Camp & Baseball Camp, Brewster Ice Arena, 63 Fields Lane, Brewster. Spots fill up fast! Register Today! Free Winter Event! Email office@summertrailsdaycamp.com for more info. WARRIOR WINTER PROGRAM! Director Joe

WARRIOR WINTER PROGRAM! Director Joe Deimone and Chief Jerry Demers invite all boys and girls to attend the Warrior Winter Program which will be held at Lehman High School in January. Participants will be divided by age groups. Those 10-13 will come on Tuesday evening from 7 - 8:30PM. For 8 sessions starting January 12th. Those aged 6-9 will come in Thursdays starting January 14th. There is no pre registration necessary! Activities will include touch football, baseball, kickball and dodgeball as well as contests like foul shooting and passing accuracy. This is a recreational program - not an instructional program. Each participant will receive a uniform T-shirt as well as a trophy. For more information call Jerry at 718-829-7574.

BRONX:AFRICA! The Bronx Council of the Arts

BRONX:AFRICA! The Bronx Council of the Arts (BCA) and Longwood Arts Project @ Hostos Community College invite you to join us from a fourmonth celebration of Africa and the Diaspora, Bronx:Africa will feature contemporary art across disciplines, along with special events around the Bronx and beyond, as well as events hosted by Program Ambassadors to the exhibit. Exhibition and programs open on Wednesday, February 3rd, with an opening reception and will run through May 4th. BCA will host two press previews on February 2nd. RSVP to Phil@bronxarts.org.

TUTORING HELP! MMCC is offering tutoring help for children! Kim Viade is pleased to announce that tutoring will be offered on Saturdays starting January 19th in reading and math, in small groups for 1st to 6th graders. MMCC is located at 3450 Dekalb Avenue & Gun Hill Road, one block east of Jerome. Contact Laurie Bandremer at 718-882-4000 x 220

or email Ibandremer@mmcc.org.

HOW TO START A BUSINESS! Learn how to start a Small Business including: the Checklist for Starting a Small Business, Home-Based Business, How to Register a New Business, NYC and NYS Permits and Licenses, Copyrights, Trademarks & Patents, Personal Assessment, Choosing Your Business

Structure, Employer Identification Number & Business Insurance. Since it's founding on July 30, 1953, the US Small Business Administration has delivered millions of loans, loan guarantees contracts, counseling, sessions and other forms of assistance to small businesses. Westchester Square Library on Saturday, January 9 at 2PM, 2521 Glebe Avenue, Bronx, New York. For more information call 718.863.0436 or visit www.nypl.org

FREE CRAFT WORKSHOPS! The Bronx Council of the Arts and the Huntington Free Library present Free Family-Friendly, Hands-on Craft Workshops at Westchester Square's Huntington Free Library. Saturday, January 16th, 12:30 - 3PM, Journal Making with Lis Ortiz. New Year, new beginnings... So come and create your own handmade personal journal to capture your new year's thoughts, hopes and dreams. Journals will be made of recycled items, so please feel free to bring images, fabric and/or items to make yours extra special!

THE ADULT INTERNSHIP PROGRAM WANTS YOU! Who: MMCC's Young Adult Internship Program (YAIP) What: Recruiting Motivated Individuals Where 3512 Dekalb Avenue, Bronx, New York 10461. We are currently recruiting motivated individuals with a desire to enter the workforce for the next cycle of our YAIP program, a 14 week program featuring job readiness training and PAID internships. Job placement and college assistance are available once the program is completed. Must be a New York City resident ages 17-24, *Unemployed and Out of School.* Those with college degrees and previous YAIP participants are not eligible. Eligibility documentation is required, 17 year olds must have working papers for employment. Priority will go to Bronx residents. Slots are limited so do not wait! Call a YAIP representative at 718-652-0282 today for more information and to see if you qualify.

see if you qualify.

MY GROWN UP AND ME! Parents and little ones ages 18 months - 36 months learn, laugh, sing and play in a one hour hands on class. Fridays 10:30AM - 11:30AM. Register now for the Winter Trimester (January 8th - March 11th) Call for prices and to schedule a tour. Bronx House 990 Pelham Parkway South, Bronx, NY 10461, 718.792.1800 x239. ear-

lychildhood@bronxhouse.org

AUDITIONS! The Diary of Anne Frank by Frances
Goodrich & Albert Hackett and newly Adapted by
Wendy Kesselman Directed by Nic Anthony Calbro.
SEEKING: Anne Frank, Otto (Pim) Frank, Edith
Frank, Margot Frank,Mrs. (Petronella) Van Daan, Mr.
(Putti) Van Daan, Peter Van Daan, Mr. (Jan) Russell,
Mr. Kahler, Miep Gies, 1st-2nd-3rd Man. Friday,
January 8th @ 7:30PM & Saturday, January 9th @
2PM, Grace Hall 116 City Island Ave. For more info
emil auditions@cityislandtheatergroup.com or call
718-885-3066.

## "Fighting For A Better Community"



# JAMES VACCA NYC Councilman 13th District

3040 E. Tremont Ave. The Bronx, NY 10461 City (18-931-1721 718-931-1605 (Fax) New York

james.vacca@council.nyc.gov Message From James Vacca NYC Councilman 13th District

## RENTERS INSURANCE

If you rent your home, you should obtain renters insurance. Just as homeowners should have homeowners insurance, it is extremely important for renters to protect their assets by obtaining renters insurance. Renters are not automatically covered under a property owners' insurance, meaning that a renter could find themselves in a very difficult situation in the case of a fire, flood, robbery or similar incident. Most people should be able to obtain renters insurance for about \$100-\$200 a year. For more information, visit www.nolo.com/legal-encyclopedia/the-benefits-having-renters-insurance.html or call your local insurance agent.

### ELEVATOR SAFETY

It broke my heart to hear about the unfortunate death of a senior due to an elevator malfunction. The victim was stuck in a stopped elevator and attempted to exit the elevator car. He was injured and eventuality succumbed to his injuries. In light of this tragedy, I want to make sure that you know what do in case of an elevator malfunction. Do not attempt to extract yourself from a stalled or malfunctioning elevator. Attempt to use the Door Open button and the communication infrastructure such as an alarm button or intercom. At that point, calmly wait for emergency personnel who know how to safely remove you from the elevator. For more information, visit the Otis Elevator website at www.otis.com/site/us/pages/ElevatorSafety.aspx

## SOCIAL SECURITY COST OF LIVING

Senior citizens will be forced to do more with less this year, as there will be no Cost of Living Adjustment (COLA) for those receiving Social Security benefits. The adjustment is tied to the National Consumer Price Index which has remained stable over the past year. It's possible the index has been stable nationwide, but I can tell you first hand that prices are not stable in the Bronx. Every day I see how expensive basic necessities have becomes with seniors not being able to afford their medication, food, and housing. I hope that the federal government considers changing the formula used to determine the adjustment so that our seniors never again have to go without a COLA.

## LIVING WILL & HEALTHCARE PROXY SEMINAR

The Pelham Bay Library is holding a free workshop titled, "We Need to Talk: Completing Your Living Will & Healthcare Proxy." The workshop will be held on Friday, January 15th at 1:00 PM at the library, which is located at 3060 Middletown Rd. This workshop will provide basic planning information. Ideas presented will help you make the choices that are right for you and there will be the opportunity to share ideas on how to discuss these issues with your family. For more information, please reach out to the library at 718-792-6744.

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## We are all over YOUR neighborhood!

Pick up a Penny Pincher at these Amazing Locations!

Chase Bank 3528 E. Tremont Ave.

Crosby Pet 1626 Crosby Ave.

Crosstown Diner 2880 Bruckner Blvd.

**Euro Products** 

3200 Schley Ave.

Giordano's "Big G"

1554 Paulding Ave.

**Key Food** 

3151 Westchester Ave.

**Key Food** 

2722 E. Tremont Ave.

Pruzzo's Supermarket

2937 Westchester Ave.

Ruane's Deli

2 Centre Edgewater Pk. Dr.

Silver Beach Office

1 Plaza Place

Sweeney's Deli

3136 Miles Avenue

TJ Lizzy's Deli

3009 Harding Ave.



