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

Our long standing records of excellence and ongoing initiatives to expand and improve our facilities and services have earned us an outstanding reputation in the community. Today, we have grown to become one of the most comprehensive, full service facilities of our kind in the area.

Our admissions office will be more than happy to answer any questions and help you decide if Bay Park Center is right for you or your loved one. Please feel free to contact us at 718-239-6555 to have any questions answered or schedule a tour. You can also find us on our website at www.bayparkcenterfornursing.com

## 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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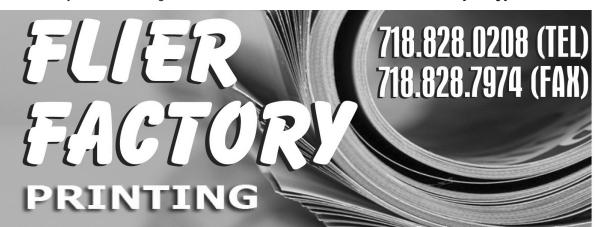


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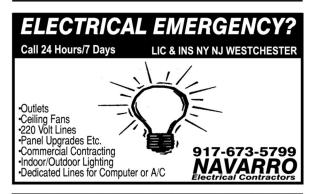
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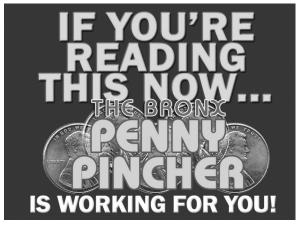
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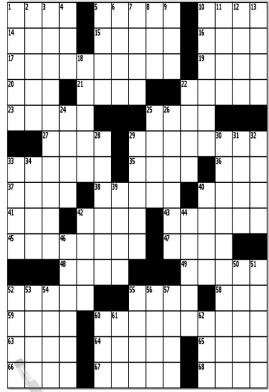
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5. Hidden supply

10. Mediocre grades

14. Realm

15. Woody or Tim

16. Car part

17. Communicate by letter

19. Astronauts' gp.

20. Wind direction

(abbr.) 21. Sail holder

22. Player

23. Musical pace 25. Scored on serve

27. Horse feed

29. Small bombs

33. Frontiersman Boone

35. Agitate 36. Genesis woman

37. Spoil

38. Basketball's

Shaquille

40. \_ market

loss (2 wds.) 42. Mexican water

43. Foreigners

45. Open-minded

47. Finger jewelry

48. Uproars 49. "Beauty and the \_\_\_\_"

52. Moderately warm

55. Fragrance 58. "Sex and \_ City"

59. Strike-breaker

60. Rule 63. Singer

Collins

64. See eye to eye

65. Refuses to

66. Painful 67. Verse makers 68. Washington bills Down

1. Gem surface

2. Got out of bed

3. Ritual

4. Lobe locale

5. Spanish house

6. "Heidi" setting

7. Coagulate

8. Egg laver 9. Outcome

10. Montreal's country

11. Midterm, e.g.

12. Besides

13. Broil

18 Overact

22. Heredity carrier 24. Physical discomfort

25. Opera song

26. Basement

28. Motto

29. Terrific

30. Group of representatives 31. Divisible by two

32. Oceans

33. Mild expletive

34. Detroit product

39. Religious sisters

40. Delicate

42. Waterless

44. Zodiac sign

46. Safe to eat

50. Gleamed

51. Circus shelter

52. Recipe abbr.

53. Canyon effect

54. Couple

55. Fairy-tale fiend

56. Song for two 57. Bullring cries

60. Sharp knock 61. Sense of self

62. A couple

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PELHAM BAY: 1 family, This beautiful spacious and airy home layout features: EIK with stainless steel appliances, quartz counter tops & lovely back splash, large FDR, LR, 1/2 bath. 2nd level: 3 BRS with full bath. Basement finished great family room-plus room for office, laundry hookup. 2 car garage, nice size yard, brand new concrete (party D/W). Just turn the key. \$519.000.

EDGEWATER PARK CO-OP: Please inquire about our tear down property. Owner welcomes all offers on tear down property. \$45,000 with shares included.

EDGEWATER PARK CO-OP: This Co-op unit needs some TLC-has a lot of potential. Layout: LR, 2 BRS, bathroom, foyer/office area with large deck & yard. Lower level: kitchen, DR & MBR. Owner offering 1 month maintenance paid to buyer at closing and \$500 bonus to selling agent. \$219,000 with shares included.

#### **THROGGS NECK, BRONX, NY 10465:**

1 family semi-attached home is a must see! Layot of home is spacious and open. 1st floor: Kitchen, FDR with doors out to nice size deck, LR and 1/2 bath. 2nd level: 3 BRS and full bath. Plus basement with door ou to yard and D/W. Accessible to all store, buses, school, playground and house of worship. \$459,000.

EDGEWATER PARK CO-OP: This move in condition-totally renovated unit. Layout features: Kitchen with granite counters, LR with hi-hat, DA, fabulous bathroom with large shower & beautiful tile & marble details with storage for linens. Pus yard and roll out awnings. Great for entertaining. Ranch style - Just turn the key. \$125,000 with shares included.

EDGEWATER PARK CO-OP: This oversized, one of a kind find in Edgewater
Park is a must see. The unit boasts
charm & elegance, just waiting for a
buyer to turn the key & enjoy. Layout
features: front deck, EIK with island,
granite & stainless steel appliances,
FDR with built in bar, 1/2 bath, laundry
room, den/office, sliding doors to hot
tub. 2nd level: generous MBR site with
bath, 2 BRS, full bath & attic storage.
\$369,000 with shares included.



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**CO-OPS FOR SALE PELHAM BAY SPACIOUS 2 BRS 2 BATHS WITH EAT-**IN-KITCHEN DINING & LIVING ROOM WRAPAROUND TERRACE BEAUTIFUL **WOOD FLOORS.** \$295,000



**APARTMENTS FOR RENT** THROGGS NECK **SPACIOUS 2 BEDROOMS** 1 BATH WITH EAT-IN-KITCHEN DINING AND LIVING ROOMS WITH ONE PARKING SPACE. \$2,000 **NETGOTIABLE** 



**PELHAM BAY BRIGHT 1 BEDROOM** 1 BATH ON UPPER **FLOOR WITH** PANORAMIC WATER VIEWS REDONE FLOOR AND LOTS OF **CLOSETS. \$115,000** 



**PELHAM BAY FULLY RENOVATED** 2 BEDROOM 1 BATH WITH **HIGH CEILINGS AND LOTS OF CLOSETS IN SMALL BUILDING. \$1,800** 



**PELHAM BAY** 1 BEDROOM 1 BATH **COOP WITH DINETTE** AND FOYER. \$115,000

**PELHAM BAY** 

2 BEDROOM 1 BATH WITH **REAR BALCONY WOOD FLOORS.** \$1,600

**PELHAM BAY** 3 BEDROOMS 1 BATH **FIRST FLOOR. \$2,100** 



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LOCUST POINT: Top floor 6 rooms 3 BRS,
LR/DR combo, wood floors. \$2,000 heat included.

THROGGS NECK: Walk-in 2 1/2 rooms,
full both corported LP, & PP. full bath, carpeted LR & BR. \$1,250 G&E included.

THROGGS NECK/COUNTRY CLUB:

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2004 Maxima. Loaded, excellent condition. 111,000 miles with warranty. \$6,100 negotiable. NYS inspection ready. 718-597-8398.

For sale, fireplace, gas dryer, curio glass cabinet. Call Jerry 718-344-6327.

Maple wall unit \$600 and 2-piece cream sectional with left side chaise, \$300. Call 917-690-2196. Waterfront two bedroom plus den apartment for

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Gutter Guy. Clean roofing gutters for summer. Minor repairs free with service. Free estimates. 646-234-0127.

Sell 3 black wall units, good condition, lights, glass doors. 34L x 19W x 80H. \$250. 646-372-1672.

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ASKING \$235,000



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HUGE DETACHED
2 FAMILY SET ON
50X117, 3 BR +
3 BR + FULL
BASEMENT,
DETACHED 2 CAR
GARAGE, WELL
MAINTAINED
HOME!



PELHAM BAY:
LOTS OF
POSSIBILITIES!
DETACHED 1 FAMILY,
3 BRS, 3 FULL BATHS,
LG LR, KIT & FDR W/
SLIDERS TO LARGE
DECK, ROOM FOR
MOM IN COMPLETELY
FINISHED WALK-IN.
\$499,000



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THROGS NECK:
248 DAVIS AVE.
248 DAVIS AVE.
LUXURIOUSLY RENOVATED!
DETACHED 1 FAMILY SET
ON BEAUTIFULLY
LANDSCAPED 50X100
PROPERTY, 3 BRS, 2 FULL
MODERN BATHS, JACUZZI,
LARGE LR, LARGE OPEN
KIT/DIN W/2 SKYLIGHTS,
SLIDERS TO RELAXING PVT
DECK W/AWNING, 2+CAR
GARAGE, MOVE RIGHT IN!
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## 127 Frederick St. Cortlandt Manor

Single Family, 2 BR 3 bath \$319,000





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221 Reynolds Ave, Throgs Neck Single Family, 3 bed 2 bath OPEN HOUSE: SAT 1/14 12-3 PM CONTACT: Juan DeBushea 347-229-8978



1054 Revere Ave, Throgs Neck Single Family, 3 bed 2 bath OPEN HOUSE: SAT 1/14 12-3 PM CONTACT: Maira Fret-Coleman 646-243-7832 or Edgar Gonzalez 845-480-2201



530 Taylor Ave, Harding Park **Multi Family** OPEN HOUSE: SAT 1/14 12-3 PM CONTACT: Mildred Valentin 646-957-4648



4315 Webster Ave, Woodlawn Co-Op, 2 bed 2 bath OPEN HOUSÉ: SAT 1/14 12-3 PM CONTACT: Mike Alba 917-795-1377



1863 Hunt Ave, Van Nest Single Family, 2 bed 2 bath OPEN HOUSE: SAT 1/14 12-3 PM CONTACT: Mohammed Uddin 917-846-0805 OPEN HOUSE: SUN 1/15 1-3 PM CONTACT: Jeannette Zapata 646-824-0177



78 Hillcrest Ave, Yonkers Single Family, 6 bed, 3 bath OPEN HOUSE: SAT 1/14 1-3 PM CONTACT: Jeannette Zapata 646-824-0177

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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.

NORTHEAST BRONX SENIOR CENTER. Located at 2968 Bruckner Blvd, lower part of St. Benedicts Church open Monday through Friday, 9 A.M. - 4 P.M. A hot lunch is served daily at 12 noon. A voluntary contribution is appreciated. Danily social and cultural activities including Billboards, Bingo, Book Club, Dancing, Glee Club, Exercise and more. A variety of trips. Blood pressure screening is available once a week. A case worker is available to help seniors access entitlements and benifits. No registration fee is reqired. Seniors must be 60 years or older.

MCC OFFERS FREE ADULT LITERACY & GED CLASSES - MCC is taking registration for its free GED/TASC classes at locations all over the Bronx and West Harlem, Morningside Heights. Classes offer young adults ages 17-24 free classes so they can pass the general equivalency exam and get their High School Equivalency Diploma. MMCC is a licensed testing center by New York State. Classess are offered at the following locations: MMCC Northside Annex-3512 Dekalb locations: MMCC Northside Annex-3512 Dekalb Avenue, Bronx 718-652-0282, Edenwald Community Center - 115 East 229th Street, Bronx 718-652-0246, William T. Grant Center, 1301 Amsterdam Avenue, Manhattan 646-912-9662.

LIVEON NY BENEFITS OUTREACH CENTER. The LiveOn NY Benefits Outreach Center is offering free and confidential screening for older adults and application assistance for first time applicants, re-certifications, as well as questions. If you or someone you know needs assistance with: SNAP (also known as food stamps), SCRIE (or the Senior Rent Freeze), Medicaid, Medicare Savings Program, HEAP (Home Energy Assistance Program, other types of help. Call (347) 815-5930.

THE WARRIOR WINTER RECREATION PROGRAM

Director of Operations, Joe Desimone and Chief, Jerry Demers welcome all boys and girls ages 6 to 13 to attend the Warrior Winter Recreation program at Lehman HS. Registration starts Tuesday January 10 for ages 10-13. Boys and girls may register in site starting Thurs. Jan 12 for ages 6-9. The program will run for 8 weeks. Activities include basketball, touch football, dodgeball, kickball, wiffleball, and skill contests. For more information call Jerry at 718-829-7574.

BCA (BRONX COUNSIL ON THE ARTS) will be moving

to a new location. The new 7,300 sq ft facility will provide improved and expanded administrative space, classrooms and community space for the BCA in the Westchester Square Neighborhood. The new building was donated to BCA by JP Morgan Chase. The project is expected to be completed in late 2017. BCA will remain in operation at its current Hone Avenue office during construction. Visit www.bronxarts.org for programs, exhibitions and grants information.

JEWELRY MAKING. Beginners jewelry making class on the first Tuesday (2pm) with Cathy and 4th Saturday (12pm) with Barbara of every month. Learn to make beautiful rings and more. Please register by phone or in person. NY Public Library, Morris Park Branch, 985 Morris Park Avenue, Bronx 10462. 718-931-0636. ADULT GAMING. Chess, Checkers, etc. Beginners &

Experts Welcome! Are you a gaming champion? Show off your best moves against other fans! Whether you're a gaming master or just starting out. All NYPL Programs are free. Tuesdays & Thursdays from 11-12pm at the Wakefield Library, 4100 Lowerre Place Bronx 10466, First Floor. 718-652-4663.

JOIN MORRIS PARK LIBRARY'S CREATIVE WRITING CLASS. Every Wednesday, 1-2:30pm Morris Park Branch Library. Unleash the hidden storyteller within! Weave your poetic tapestries and astound your friends. You have talent and you have time. Your literary life will never be the same! John Nangle is a graduate of the university of Massachusetts and Adjunct Professor of Lehman College. All public programs are free. 985 Morris Park Avenue, Bronx, 718-931-0636 www.nypl.org

U.S. CITIZENSHIP WORKSHOP. Come to the U.S. Citizenship Test Workshop and let us give you a step by step guide on how to pass the U.S. Citizenship Test. Workshop is FREE! Classes start soon. Requirements: Basic English Reading and Writing Skills. Join us for a NO FEE Workshop. Registration Open Mon-Thursdays 5:00 PM to 7:00 PM. To learn more contact the SUNY North Bronx Career Counseling and Outreach Center. 2901 White Plains Road Bronx 10467. 718-547-1001. **ADULT GAMING.** Chess, Checkers, etc. Beginners & Experts Welcome! Are you a gaming champion? Show off your best moves against other fans! Whether you're a gaming master or just starting out, come join us for some board time. All NYPL Programs are free of charge. Tuesdays & Thursdays from 11-12pm at the Wakefield

First Floor. 718-652-4663 NON-CREDIT CERTIFICATE PROGRAMS - Continuing Education at Lehman College is holding FREE Career Information Sessions for spring 2017 non-credit programs for those looking to learn new skills for a career change or to advancein their current position. Expert guidance is offered in fields such as Allied Health, BUsiness and Finance, Computer Technology, CASAC. Child Care (CDA) and more on Wednesday, January 11 at 6:30pm and Saturday, January 14 at 10:30am in the College's Music Building, 1st floor dining room, 250 Bedford Pk. Blvd. W. For more info on classes for adults, children and teens, see www.lehman.edu/ce or call 718-960-8512

START THE NEW YEAR WITH MEDITATION - January

Library, 4100 Lowerre Place Bronx, New York 10466,

10th, 2pm Morris Park Library 985 Morris Park Ave, Bronx 718-931-0636 www.nypl.org - The new year is a time to create a clean slate. Theough meditation one can benefit in all aspects of life - mentally, emotionally, physically, and spiritually. Join Renate Lanotte, MS LCSW Phsycotherapist who has been meditating regularly for over 30 years for this lively and enjoyable work-

SOCCER SPRING 2017 TRYOUTS - Alba FC invites all eligible, Spring 2017, U8 through U13 boys to join us at open tryouts! We are looking for a select group of strong players for our premier club team. If your child seems to be a dominate player in his town or rec program, this is the challenging program he needs to be a part of. There is NO FEE for tryouts. Starts January 12, 2017. Thursday and Friday from 4:30pm to 6:00pm @ PS 36 1070 Castle Hill Avenue, Bronx NY 10472 To register your childs information, first & last name, address, phone #, date of birth to: atstathi@optonline.net 347-610-0879 www.albafe.net

TEMPLE HATIKVA COMMUNITY SERVICE - Temple Hatikva off 2017 with a L'Chaim: Celebration of life service on Friday, January 13 at 7:30pm at Bronx House Pelham Parkway South, Bronx NY 10461. Temple Hatikva welcomes all community residents for our traditional yet modern services and adult education programs offering a magniful experience to all even those with ne symptoms. meaningful experience to all even those with no synagogue backround. You will thoroughly enjoy our service, our friendship, and our Oneg Shabbat directly following the service. We look forward to welcoming you.

## "Fighting For A Better Community"



JAMES VACCA
NYC Councilman
13th District

3040 E. Tremont Ave. The Bronx, NY 10461 Cty C18-931-1721 718-931-1605 (Fax) New York

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

## ALTERNATE SIDE PARKING CALENDARS AVAILABLE

Every year my office receives alternate side parking rules suspension calendars to distribute to the public. The 2017 calendars are here! Please stop by my office at 3040 East Tremont Avenue, Room 104 to pick one up. Alternately you can call my office at 718-931-1721 to request that one be mailed to you. These handy calendars tell you which days alternate-side parking rules are suspended so you know what days you don't have to move your car.

#### HOME REPAIRS FOR LOW INCOME SENIORS

The Met Council runs a wonderful program for lowincome seniors in need of minor home repairs. As part of their "Project Metropair" program, they provide mostlyfree (there is a suggested \$10 fee) home repairs for seniors that meet certain eligibility requirements. You must be at least 60 years old, reside in NYC, and demonstrate financial need. You can demonstrate financial need by having an income of less than \$25,000 for a household of one person or \$33,000 for a household of two people. Additionally, you can qualify if you are on public assistance or receive social security disability. The services provided include installing and the repairing the following: bathtub grab bars, smoke & carbon monoxide detectors, door locks & chains, window locks & screens, wood railings, broken tiles, electrical outlets & switches, doorbells, light bulbs, sinks & faucets, handheld showers, sink & tub drains, holes & cracks in walls, waterproofing tubs & showers, winterizing windows & doors, along with other small repair tasks. For more information, please reach out to the Met Council at 212-453-9542 Please tell them that you were referred by my penny pincher column.

## CITY LOOKING FOR EMERGENCY SNOW LABORERS

The Department of Sanitation (DSNY) continuouslyregisters emergency snow laborers who can be called upon to remove snow and ice citywide from bus stops, crosswalks, and from other areas after heavy snowfalls. The rate of pay begins at \$15.00 per hour and increases to \$22.50 per hour, after completing the first 40 hours, each pay week. Interested individuals can register at any DSNY garage between the hours of 7 AM to 3 PM, Monday through Friday. The closest garage is located at 800 Zerega Ave (between Hermany& Lafayette Aves). Applicants must be at least 18 years of age, be eligible to work in the United States, and be capable of performing heavy physical labor. For more information on how to register to become an emergency snow laborer, call 311 or visit h t t p://www.1.nyc.gov/nycresources/service/3480/snow-removal-employment

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# Winter Fruit Salad with Lemon Poppyseed Dressing

1/2 cup white sugar

1/2 cup lemon juice

2 teaspoons diced onion

1 teaspoon Dijon-style mustard

1/2 teaspoon salt

2/3 cup vegetable oil

1 tablespoon poppy seeds

I head romaine lettuce, torn into bite-size pieces

4 ounces shredded Swiss cheese

1 cup cashews

1/4 cup dried cranberries

1 apple - peeled, cored and diced

1 pear - peeled, cored and sliced



1. In a blender or food processor, combine sugar, lemon juice, onion, mustard, and salt. Process until well blended. With machine still running, add oil in a slow, steady stream until mixture is thick and smooth. Add poppy seeds, and process just a few seconds more to mix.

2. In a large serving bowl, toss together the romaine lettuce, shredded Swiss cheese, cashews, dried cranberries, apple, and pear. Pour dressing over salad just before serving, and toss to coat.

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