



Promoting and addressing life issues affecting the general welfare of older gay, lesbian, bisexual, and transgender (GLBT) individuals



The Rainbow Seniors Newsletter

February 2005

Our February 20 potluck

- Join us on Sunday, February 20 for a Chili Contest. If chili is not your thing, corn bread, salad, desserts, etc. are also needed. Hopefully, though, most of you will bring a special chili dish—nothing better than a hot bowl on a cold winter’s day, and we do need at least 8 chili makers. Bring cards or a board game for after dinner.
- As always, we need your help with set up and clean up. This month we ask people with last names beginning N-S to assist with set up and those with last names beginning T-Z to assist with clean up. Everyone has been doing a fantastic job pitching in! A big “thank you” from the Board!

Let’s dish about those dishes we bring to potlucks....

Please write down your recipe for the dish you bring and tape it to the bowl or place copies of the it (if you can make them) next to your dish. (No, Don, you don’t need to do this for stuff like potato chips, LOL!) This serves a couple of purposes—it helps those who have dietary restrictions or dislike certain foods AND allows others to copy the recipe if they like your dish.

Attention possible budgetmeisters

The Board is beginning to plan the Year 3 budget (begins July 1, 2005), and all committee chairs should submit their requests to John Wicks either at john_wicks@rainbowseniorswny.org or in person. Also, if members are interested in submitting funding requests for new projects in the coming year, you also need to contact John with a proposed budget.

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Last call for Rainbow Seniors' t-shirts, polos and sweatshirts

Sherlea misplaced the order form for our shirts, so she will be retaking orders in February unless the form mysteriously reappears. It's still not too late to purchase RSWNY t-shirts, polos, and fleece pullovers. Sherlea will be collecting money for your order at that time. (Any checks should be made payable to Sherlea Dony, but she would prefer cash.)

You can also contact her at Sherlea_dony@rainbowseniorswny.org, 585.544.2633.

GAGV Sweetheart Ball

The GAGV Sweetheart Ball will be Saturday, February 12, 6 p.m.-midnight, Rochester Riverside Convention Center. Tickets are \$75 per person, but if you call Mary Ann at the GAGV (585.244.8640), you can purchase a ticket at the Rainbow Seniors' discount of \$55 per person. All proceeds from this fundraiser will benefit the programs and services of the GAGV.

Got newsletter?

If you are currently receiving our newsletter through U.S. Mail but prefer to receive it as email, please send a note to Bob Hammond at bob_hammond@rainbowseniorswny.org and he'll make sure that the change is made.

Euchre Club:

The Euchre Club meets on the first Sunday of the month from 3-6 p.m. We'll have a beginners' table for those who want to learn. RSWNY members play for free; non members pay \$2. Please contact Sandra at 585.473.4765 or sandra_ehman@rainbowseniorswny.org to let her know you're coming on February 6. Note the time change because of the SuperBowl later that day. Bring munchies to share. We're looking for people to host the April and May club. Here is the schedule:

February 6	Ginny and Sandra's, 1-4 p.m.
March 6	Sherlea and Nan's house
April 3	Location TBA
May 1	Location TBA

Is it a stroke?

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Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions

1. Ask the individual to smile.
2. Ask him or her to raise both arms.
3. Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

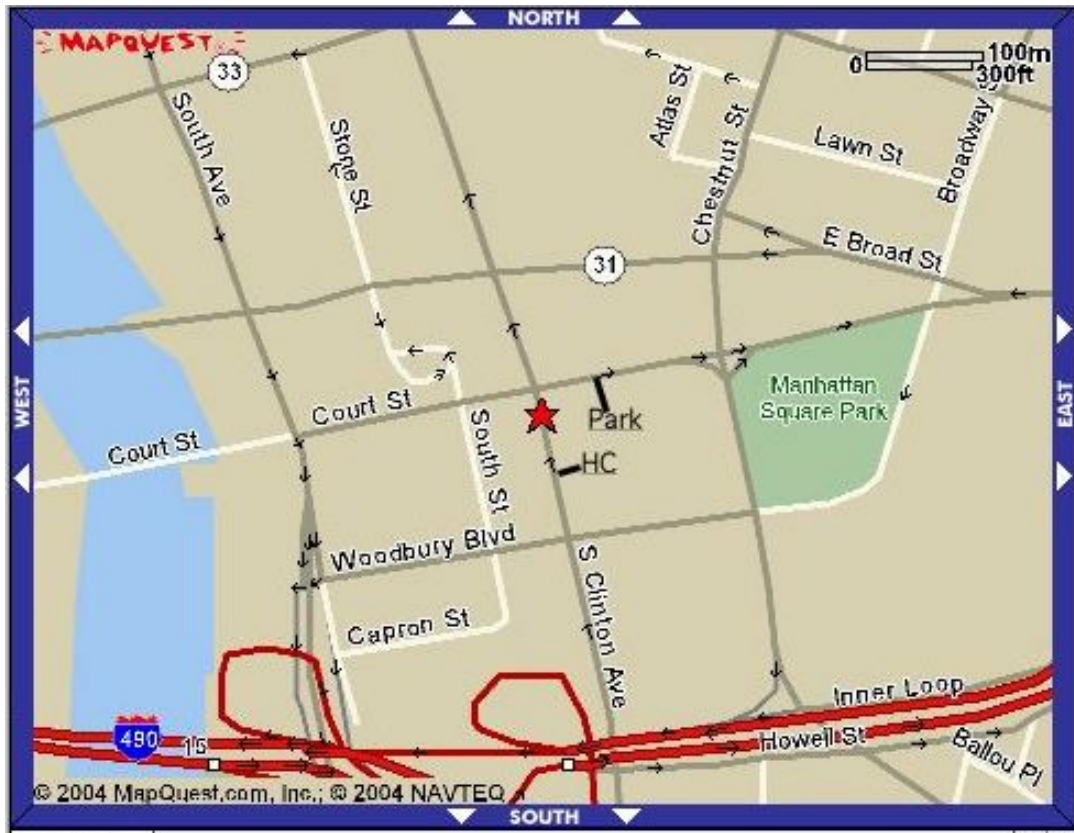
BE A FRIEND AND SHARE THIS ARTICLE WITH AS MANY FRIENDS AS POSSIBLE.

Potluck dates:

- Sunday, March 20 – Corned Beef/Cabbage and other green foods because for a day we're all Irish, right? Bingo after our meal.
- Sunday, April 17. Panel discussion, topic TBA.
- Sunday, May 15. Cinco de Mayo theme, wear Mexican clothing and bring Mexican food!
- Sunday, June 19. Annual meeting/election of officers
- Sunday, July 17.
- Sunday, August 21. RSWNY Annual Picnic and Brown Bag Auction, Ellison Park, noon.

For transportation, call DeeDee at 585-827-2631.

Map To 1st Universalist Church



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