

One Stop is a 501(c)(3) non-profit organization
serving seniors on the Upper West Side since 1981

Reachingout

The Newsletter of One Stop Senior Services

VOLUME XVI SUMMER 2009



*Solving seniors' problems
- all in one place*

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Make a donation online or
send a check payable to
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Clients Support of One Stop

*"I donate because I see it as a
necessity not only for me but
for those not able to give. If I
can help others, I am satisfied.*

*This is a magnificent place be-
cause this is where I obtain
my help with a smile.*

*Thanks to One Stop, I am able
to live in my apartment and
can manage in my country. I
have what I need and more
but would like for others to
share in my happiness and wealth."*



Ms. P (left) with Patricia Ulloa, Case Manager (right)

Mrs. P is a 72 year old very active senior living on the Upper West Side for many years. She was born in the Dominican Republic, lived in Puerto Rico for 5 years and finally came to New York in 1972 and has loved every minute of it. She has had extensive work in many different places but, mainly enjoyed working with children. She is seen here with her case manager Patricia Ulloa.

She came to One Stop for the first time in March 2000 for assistance with applying for the Senior Citizens Rent Increase Exemption (SCRIE) program. She is extremely appreciative of the assistance with applying for benefits One Stop has been able to provide for her during these 9 years which have included SSI, Lifeline, FS, Maid, Heap, SCRIE as well as completing tax refund applications.

According to Pat Ulloa and the rest of the staff, it is always a pleasure to see Mrs. P when she comes to the office. She is a pleasure to work with and does her best to always bring the positive side to a negative situation. The rest of us wonder about her secret to longevity and remaining well and independent with a little help from One Stop Senior Ser-

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One Stop's mission is to improve the quality of life of older residents (60+) living between Columbus Circle and Harlem on Manhattan's Upper West Side. We enable them to continue living safely and independently in their own community. Seniors come to us knowing they will be heard, recognized, and treated with compassion and respect. At One Stop, seniors know that they will be presented with options and empowered to make the best decisions for themselves.

Since its founding in 1981, One Stop Senior Services has assisted over 50,000 Upper West Side seniors. Their troubles cover a wide range: elder abuse, eviction, rent and utility arrears, hunger, medical benefits, inadequate health care, timely bill payment, and complex legal issues.

GET UP, GO, AND EXPLORE

As we move into a new season, autumn is a great time to get up and start moving. Older and younger New Yorkers alike can get great exercise without an expensive gym membership simply by enjoying the sites and sounds of the Big Apple. Here are some ideas to get you started:

1. Transform exercise into an adventure, by combining your trek with a visit to a place of interest. It doesn't cost anything to take a stroll in Riverside Park. You can enjoy the view, the history, and/or take photographs from many locations.
2. Plan your exercise adventure according to location, affordability, and travel time. The Museum of Modern Art (MOMA) offers free admission on Friday night courtesy of Target. It's a wonderful way to both exercise and take in some great artwork.
3. Check out <http://www.nycgo.com/free> on the web for a listing of the latest free happenings in the City. Check one out with a friend or two.
4. Check out Upper West Side Focus to stay tuned in to what's happening on the Upper West Side. Go to www.UpperWestSideFocus.org and sign up to receive regular updates. And remember that walking is not only free, it is good for your health by transforming the need to be active with discovery.



One Stop would like to thank the following foundations and Church benevolence committees for their support of our programs and services received between March and June 2009:

Anonymous Foundation
Rose M. Badgeley Residuary Charitable Trust
The Edith Blum Foundation
The Bianca L. & Herbert J. Rosenberg Foundation (AEF)
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Riverside Church
Rutgers Presbyterian Church
Ernst C. Stiefel Foundation
Michael Tuch Foundation, Inc.

We extend our sincere thanks to our community's leaders for their commitment:

New York City Council Members
Inez Dickens
Gale A. Brewer
Melissa Mark Viverito
and the Manhattan Delegation

New York State Senators
Thomas K. Duane
Bill Perkins
Eric T. Schneiderman

New York State Assembly Members
Linda Rosenthal
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Manhattan Borough President Scott Stringer

Community Board 7 Chairperson Helen Rosenthal

MEMORIAL GIFTS RECEIVED IN MAY & JUNE 2009:

Josephine Bedani-Kearns
by Ezeek and Catherine Mason
Henry Jones
by Rosetta Williams

Ed Weinberg

by Ellen Hochberger

Andrew T. Hochman
by Barbara Hochman
Julia Kaplan
by Barbara Lee

"IN HONOR OF" GIFTS RECEIVED IN MAY & JUNE 2009:

Carmen Escobar
by Lidia Stempien

Susan Monopoli
by The Mason Family

Dr. Alfred Schwartz
by Iris Nelson-Schwartz

Adele Weinberg
by Barbara Schloss-Weinberg

Denise Jones
by J. Daniel Demochelis

Anne B. Reiff
by Margaret Reiff

Ruth-Ellen Simmonds
by Olga Rosado

The mother of her grandchildren
by Elizabeth Selzer