

REACHING OUT

Volume VI

The Newsletter of One Stop Senior Services

Fall 2003



A NEW PROGRAM SEEKS AN END TO ELDER ABUSE: CEMAPP

If asked to describe becoming a senior, most of us would probably not equate that phase of life with abuse. However, elder abuse is on the rise among the senior population. In fact, the New York City Department for the Aging (DFTA) estimates that each year one out of every 20 older Americans is the victim of abuse¹. Elder abuse can be physical, sexual, psychological/ emotional, and many times financial in some cases all four.

In 1992, after having identified an increasing number of clients suffering from abuse over the previous few years, One Stop took a stand on addressing elder abuse by developing the One Stop Senior Support Project (OSSP) . The project was originally a private/ public partnership and is now privately funded through generous support of foundations and civic groups.

OSSP is a long-term program for senior victims seeking a way to end the abuse and regain control of their lives.

OSSP case managers work closely with victims of elder abuse and their families to get to the root causes of the abuse, often tackling the concrete contributing factors, such as hunger, poverty, and poor living conditions, which can be underlying reasons for a home turning into a hostile environment. Case managers use social means, and when necessary, judicial means, to diffuse and eventually end the abusive situation. This often means accompanying a client to the bank to ensure their money is safe, doctors appointments to ensure proper care, and to court to ensure their rights are protected. The seniors also receive regular confidential counseling, continued monitoring, and guidance long after the abusive situation has been addressed.

For ten years, One Stop has helped nearly 1,000 victims and their families on the Upper West Side, but we realize that abuse knows no geographic perimeters. So in 2003, we partnered with the Burden Center for the Aging to initiate the Community Elder Mistreatment & Abuse Prevention Program, CEMAPP. CEMAPP was made possible through a firsttime grant from DFTA. The Burden Center, who is the lead agency, and One Stop were just one of the two recipient agencies in Manhattan to receive this support.

CEMAPP's objective is to extend our collective outreach, regarding the growing problem of elder abuse, from the areas we currently serve up to the tip of northern Manhattan. The bilingual CEMAPP social worker, who works from One Stop on the West Side two days a week, and from the Burden Center on the East Side, three days a week, conducts outreach to educate seniors as to what constitutes abuse and how to recognize its signs, as well as provides initial crisis management, such as hospital admitting, locating emergency housing and securing exclusionary Orders of Protection to senior victims identified through outreach and referrals from other community based agencies.

We are proud to say that CEMAPP has been very successful during its first several months, helping over 40 seniors begin the arduous process of ending abuse, and bringing awareness to thousands more.

If you know of a senior who is being mistreated or abused, or if you would like more information on elder abuse, please contact Carmen Escobar, MSW, CSW, Director of Programs at One Stop Senior Services at 212-864-7900 on the West Side, and Ken Oniatas, MSW, CSW, CEMAPP Program Director at The Burden Center for the Aging at 212-879-7400, on the East Side.

Ways to Support One Stop:

Add to your personal gift by enclosing your company's matching gift form.

Save on taxes through your gift of appreciated securities.

Pay tribute to loved ones by making gifts in their honor or memory.

Help One Stop by using your MasterCard, Visa or Discover cards and earn reward points.

Ask about volunteering at One Stop.

Assure One Stop's ability to help seniors of the next generation by including a bequest to One Stop in your will.

**For more information, contact Mary Walker,
Director of Development at (212)
864-7900, ext. 15**

www.onestopseniorservices.org

¹New York City Department for the Aging: Elder Abuse Hurts

**For Your Health:
Medicare Savings Program**

To assist people with limited income and resources to pay their Medicare premiums

To be eligible:

- You must have Medicare Insurance Part A
- You must have less than \$4,000 in resources (saving, checking account) for a single person; \$6,000 for a couple
- Your monthly income must not exceed \$1,031 for a single person, and \$1,384 for a couple

Benefit: Each month \$58.70* is deducted from Social Security to pay for Medicare. Enrolling in this program will eliminate that deduction, allowing you to keep that \$58.70 in your check, which adds up to \$704.40 in savings per year.

*This deduction amount may change in 2004.

For more information, or to apply for the Medicare Savings Program, please stop by One Stop, 747 Amsterdam Avenue, 3rd floor (between 96th and 97th Streets) weekdays 9:30 am to noon.

Free Mobile Mammograms

One Stop Senior Services, in conjunction with the American-Italian Cancer Foundation, is proud to announce free breast cancer and prostate cancer screenings through the Foundation's Free Mobile Mammography Program.

The Mobile will be visiting One Stop on **October 26, 2003 from 10: 00am-5: 00pm.** To sign up for your free screening, please contact Ileana Alvarado at 212-864-7900. For more information about other screenings, visit the American-Italian Cancer Foundation's website at www.aicfonline.org

Credits:

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**LETTER FROM THE EXECUTIVE DIRECTOR
KAY DUNDORF, ACSW**

On the occasion of my retirement, I would like to take a moment to pause and reflect on my 18 years as Executive Director and to thank all those who have supported One Stop Senior Services.

Over the course of my tenure, I have had the distinct pleasure of working with some of the finest professionals in the non-profit and corporate sectors. I have been fortunate to get to know and share the journey with so many community leaders and colleagues in the field of aging. Our loyal and dedicated supporters have helped One Stop grow and succeed as one of Manhattan's prominent social service agencies for seniors. My thanks to our many funders who have awarded grants that have enabled One Stop to thrive.

It has been a privilege to lead the many talented individuals who make up the One Stop staff. Their depth of knowledge and kind demeanors have been a source of comfort to the many seniors who walk through One Stop's doors. As the primary source of assistance, the staff is the heart and soul of this agency and they should join me in taking pride in the fact that together we have helped tens of thousands of seniors live safely and independently. I have the deepest appreciation for their work and know they will continue to give 100%.

I want to express my deepest appreciation for all my friends and family that have supported me and given so generously to One Stop. You know how dearly I hold this cause. Your gifts have helped to improve the quality of life for seniors, who without One Stop might go hungry, homeless or worse.

As I begin a new chapter in my life, I will remember all the fond moments I have had at One Stop and all the good work that has been accomplished on behalf of seniors.

Sincerely,



Comings and Goings

We would like to welcome Eileen Maraldo to our Board of Directors. Eileen is currently Vice President of Human Resources at Time Inc., and holds an MS in Industrial Labor Relations from Cornell University.

One Stop would like to say farewell to the following Board members:

Erik Dithmer
Gerri Matusewitch
Dr. Renee Solomon

We thank them for their many years of service, and commitment to Manhattan's Upper West Side seniors.

A leader is someone who helps improve the lives of other people or improve the system they live under.

Sam Houston

ONE STOP HONORS:

RETIRED BOARD PRESIDENT LOUIS MORRELL

On June 18, 2003, One Stop Senior Services honored Louis Morrell as he stepped down from his position as Board President.

Lou, as he is more affectionately known by his peers and colleagues, has been involved with One Stop for close to 15 years, eight of which he served as Board President. His leadership, devotion and guidance has truly helped to establish One Stop as an organization seniors have come to trust.

During his term as Board President, Lou helped to raise the bar on fundraising and Board leadership. Lou's successor Charles Richter, former Board Secretary, said, "Lou has been a driving force at One Stop. He has personally been responsible for much of the growth and success we enjoy today."

Although he will be greatly missed, Lou will not be leaving us all together. He has graciously decided to accept a new role as Chair of One Stop's Advisory Council, a group of key individuals who serve as a sounding board for new leadership and help extend One Stop's impact.

Lou, we thank you for all your hard work and dedication.



THE WORTH OF A PENNY

Have you ever wondered what you could do with a penny? One very special group of youngsters from P. S. 84 knows the answer. The group, Common Cents, takes part in a citywide program called The Penny Harvest. In the fall, students harvest pennies from family, friends and neighbors. Once the group has collected 25 sacks of pennies they are eligible to participate in a Student Philanthropy Roundtable. Each Roundtable must decide how to donate the money to local community organizations.

This year, One Stop was invited to apply for a Common Cents Penny Harvest grant and in June 2003, we were among the many to receive funding. One Stop also received a very unique and meaningful gift from the children, a hand made friendship quilt, which they designed specifically for our seniors. The quilt was presented to One Stop at a school assembly and again at One Stop's office, where some of our senior clients were on hand to greet and thank the children. The quilt now adorns the wall outside of our waiting room, where it cheerfully welcomes our clients, staff and guests.

We thank the students of P.S. 84 for this most thoughtful gift and for choosing to support One Stop. We hope to host more events like this in the coming months.



Children of P.S. 84 Common Cents Program

COMMEMORATIVE GIFTS

The following special gifts have been given to One Stop Senior Services since June 2003.

In Honor of:

Kay Dundorf

- Rhoda Bandler
- Ophelia Johnson
- Patricia Koza
- Mary & Lawrence Mayer
- Margot Rosenblitt
- Lani Sanjek
- Selma & Marty Sherman
- Lidia Stempien
- Arlene Taggart
- Loeb & Troper

Steve Goldberg

- Susan & Norman Freimark
- Carol and Jerry Levin

Lou Morrell

- Dina & Giora Dublon
- Stanley Epstein
- Mel Fromberg
- Elaine MacMillen
- Daniel Nissenbaum
- Neila Radin & Norman Abrams
- Donna Rich
- Alan Rosenstein
- Paul Shapiro
- Ann-Judith Silverman
- Patricia Skigen
- Alice Yaker

Elisa Trolin Owen

- Jamie Emhoff
- Cathy Iselin

Selma & Marty Sherman

- Dr. Mona Fleiss & Marc Sherman

Memorial Gifts:

Denise Jones

- J. Daniel & Eileen Demichelis
- Mary Rose Main



Founded in 1981, One Stop Senior Services is a unique walk-in agency where compassionate professionals go the extra mile to help the elderly solve their problems -all in one place. Seniors come to One Stop to get government assistance and help with facing eviction, bankruptcy, elder abuse and other vital concerns that threaten their well being. Our goal is to enable seniors to continue living safely and independently in their own community. One Stop Services is a federally recognized not-for-profit agency. The services provided to our clients are free. One Stop depends on private contributions to continue the vital work of helping seniors in need.

A DISCUSSION WITH GALE BREWER

At One Stop Senior Services we believe in listening, assisting and educating our senior clients. With these objectives in mind, we hosted an open forum on May 29, 2003 to educate seniors on the potential impact of City budget cuts on the senior citizen community.

Council Member Gale Brewer from Manhattan's 6th District was the featured speaker for the forum and a One Stop staff member, Patricia Ulloa, was on hand to translate for our many Spanish-speaking clients. Council Member Brewer spoke to a standing room only audience of over 65 seniors. She reassured the seniors that everything possible was being done to restore funds for older New Yorkers so that they may continue to receive the services they have become accustomed to services that allow them to remain financially independent, healthy and safe. Carmen Escobar, MSW, CSW, Director of Programs, commented that the seniors walked away feeling relieved and at ease about the City's coming budget plans. One Stop was pleased to offer this informational and educational forum.



Carmen Escobar and
Council Member Gale Brewer

If you would like more information on future events, please call 212-864-7900.

ONE STOP SOCIAL WORKER HONORED

One Stop Intake Coordinator Patricia Ulloa, MSW, CSW, was chosen to be the recipient of a 2003 Center for Medicare & Medicaid Services Certificate of Merit. Social Security Field Representative Robin Bailey and District

Manager David Brown nominated Patricia for her 16 years of excellence in providing seniors with assistance in receiving their rightful benefits and entitlements. Although Patricia was unable to attend the awards ceremony, she is grateful to have been given such an honor by her fellow colleagues.

One Stop Senior Services congratulates Patricia on this wonderful achievement.

BOARD OF DIRECTORS:

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Patricia Ulloa,
One Stop Intake Coordinator