

Reachingout

The Newsletter of One Stop Senior Services

VOLUME IX SPRING 2005



Ways to Support One Stop's Work:

- * Honor or remember a loved one with a tribute gift, see current listing, back cover
- * Designate One Stop in your employer's United Way campaign
- * Double the value of your gift with a matching gift from your employer
- * Include a bequest to One Stop Senior Services in your Will
- * Become a volunteer
- * Tell a friend about One Stop

One Stop is a 501(c)(3) non-profit organization, all contributions are tax-deductible to the full extent of the law.

For more information, contact Ruth-Ellen Simmonds, Executive Director at (212) 864-7900, ext.11 www.onestopseniorservices.org

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Aging Today

Every 7.6 seconds a baby boomer turns 50. That means by the time you finish reading this article over 40 older men and women will have joined the ranks of the senior population. At One Stop, we are meeting the needs of this ever-expanding group, 90% of whom, according to Manhattan Borough President, C. Virginia Fields in her recent article entitled Aging with Dignity: "...want to age at home with dignity and independence."



Marbeth Schnare and One Stop case manager Patricia Ulloa

Who are these seniors? They are grandparents, business professionals, homemakers, artists, and providers responsible for the well-being of their families. One Stop serves them all! Our clients come from various backgrounds, ethnicities, and economic divides. Most people are surprised to learn that among our clients is a Russian ballet dancer or a college professor. More and more we are seeing clients who have worked in areas which should afford them a level of financial comfort, but like so many seniors they're having difficulty keeping pace with today's increasing costs of living or perhaps they have experienced a temporary set back or medical incident. One such client is Marbeth Schnare, a professional photographer who has worked with Alvin Ailey American Dance Theater and the Dance Theater of Harlem. Ms. Schnare is well known in cultural circles and has traveled throughout Europe, Africa and Asia photographing various dance ensembles. Unfortunately, she became ill and was unable to work, resulting in rent arrears. Facing eviction, she turned to One Stop for assistance. Rather than feeling the stigma of being "needy" she soon realized that her situation could have happened to anyone. She now is stable and is recovering nicely and is a very proud client of One Stop who has referred friends who have come to rely on One Stop too.

Since 1981, One Stop has assisted over 50,000 clients to retain their independence. We provide our services in a culturally sensitive and professional manner and give equally to each and every senior who walks through our doors. The unexpected can happen to anyone, but it can make life especially difficult for seniors living on fixed incomes. And, One Stop is committed to developing new and innovative programs that help seniors age with dignity. We thank all of our loyal friends and funders for supporting One Stop in its mission to ensure that we do all possible to achieve that goal.

For more on any of One Stop's programs or services please contact us at 212-864-7900 or e-mail info@onestopseniorservices.org

One Stop Senior Services

One Stop Senior Services has assisted nearly 50,000 Upper West Side seniors since its founding by senior activists in 1981. Their problems range widely from elder abuse, evictions, rent and utility arrears, hunger, home-care, accessing benefits and adequate health care, to ensuring proper and timely bill payment. We also help with complex legal issues of citizenship, marriage, divorce, and grandparent guardianship.

Older men and women continue to come to One Stop because they know they will be heard and be helped. We recognize that each senior who comes to us is unique and our dedicated professional staff greets each one with compassion and respect, always giving all the options so that each senior is empowered to make the best choice. Through this type of individualized attention and continuous support, One Stop Senior Services helps seniors to continue living safely and independently in their own homes in our community.

One Stop Senior Services

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A Note from Ruth-Ellen Simmonds



Greetings and warm wishes to you. We have been very busy here at One Stop, and I have many things to share with you including moments from our recent fundraiser, an update on our Care Management Program, the details of two new partner services, and the welcoming of five new Board members. First of all, though, let me take a minute to thank you, our friends and supporters, for enabling us to continue our important work in the senior community. Together we are improving the quality of our older neighbors' lives.

Just a couple of weeks ago we held our Seventh Annual Spring Luncheon Benefit hosted by long-time One Stop friends Lissa Goldberg and Elisa Owen. The event was attended by over 90 friends of One Stop and was a huge success. As always, Lissa and Elisa created a wonderful atmosphere and a fun time was enjoyed by all. You can see more of the event on page 3.

Our Care Management Program is making remarkable progress. We are serving long-time One Stop clients who are more frail and in greater need of services as well as clients who are being referred by our agency partners throughout the community. We anticipate that we will have more than forty clients by year-end. We are already exploring ways to expand the program, which is urgently needed on the Upper West Side. Once again, we thank the Isaac H. Tuttle Fund for helping to make the pilot for this program possible and for continuing their leadership support. We are also grateful to the Florence V. Burden Foundation for their one-time funding support to help staff the program.

One Stop is pleased to announce our partnerships with both the New York City's Health Insurance Information Counseling and Assistance Program (HIICAP) and the New York Service Program for Older People (SPOP) to provide expanded on-site assistance. A representative of HIICAP and one from SPOP will be available at One Stop on a regular basis. We are very pleased to offer these services for our clients in an environment they know and trust and are pleased to be working with both agencies. Please contact Director of Programs Carmen Escobar for more information on these new services.

Lastly, I ask you to extend warmest greetings to One Stop's newest Board members; Kimberly Steinhagen, Elisa Owen, Alex Ruiz, Jason McGill and returning member Alene H. Hokenstad (pictured right). Each of these individuals brings a unique set of skills and expertise. They will join the other Board members in developing new and creative ideas that will help ensure the agency's future for the next generation of Upper West Side seniors. We look forward to continue serving our senior neighbors and know we will achieve great things with the help of loyal friends and supporters like you.



Ruth-Ellen Simmonds

Executive Director

CELEBRATING THE SPIRIT OF ONE STOP



Benefit Luncheon attendees

On May 12, 2005, Lissa Goldberg and Elisa Owen co-chaired the 7th Annual Spring Benefit Luncheon. It was a wonderful and fun event. This year's Luncheon marks the first time Lissa and Elisa have combined their annual luncheon and breakfast benefits. The event was very successful and we are very pleased to share that they raised over \$35,000, all of which goes to providing services for One Stop's clients. Over ninety friends and family of Lissa and Elisa attended the benefit and a good time was had by all. We are especially grateful to Lissa and Elisa, One Stop's very dear and special long-time



Co-sponsor Lissa Goldberg

friends, and we thank everyone who attended for their support.

The Luncheon was held at Girasole Restaurant on Manhattan's Upper East Side where attendees enjoyed a sumptuous meal and participated in a bazaar featuring jewelry and handbag vendors with handmade charms ranging from gold and silver necklaces to beautiful leather clutch purses.



Co-sponsor Elisa Owen

We thank Lissa and Elisa for their friendship, and commitment to serving One Stop.



Friends of One Stop at Benefit Luncheon

IN VOLUNTEER APPRECIATION

On April 19, in honor of Volunteer Appreciation Week, One Stop recognized the service of five truly special individuals. Honored for their dedication and hard work were volunteers: Carmen Ortiz, Martha Schwartz, and Isabel Hernaiz, as well as One Stop messenger Bill Winskie and receptionist Milagros Pineda. All were given gift bags which included a scented candle and glass votive holder as a token of One Stop's appreciation. Together, this team graciously provides much needed administrative support that helps keep our organization running smoothly. From answering phones to delivering important documents, their work enables us to better serve the thousands of seniors who depend on One Stop. We thank them and are grateful for their time.



From left sitting-Milagros Pineda, Carmen Ortiz, Martha Schwartz. Standing Bill Winskie



The Importance of Bequests

Each year thoughtful donors include One Stop Senior Services in their Wills. The continuation and expansion of this tradition of remembrance ensures a healthy future for One Stop—regardless of economic climate. Please consider including One Stop in your Will. Make a gift that will live on to sustain our vital work on behalf of the next generation of seniors in need. For more information, contact Catherine Mason, 212-864-7900 x 18.

Saying Goodbye to a Friend and Co-Worker

We are sad to announce that on March 7, 2005 Ruth Awner, a very dear part of the One Stop family passed away. Ruth served at One Stop for over 18 years as both a volunteer and employee. Even after she left the agency, Ruth continued to support One Stop. Her friend and fellow One Stop colleague Susan Freimark attended Ruth's funeral and gave a very moving account of her life and devotion for One Stop. Ruth will be missed a great deal but we will remember her positive outlook and all the service she performed for the thousands of seniors on Manhattan's Upper West Side. All at One Stop extend deepest sympathies to the Awner family.

The following memorial gifts were received between November 2004 and May 2005:

Denise Jones
J. Daniel Demichelis

Doris Berk
Gerri Matusewitch

Josephine Bedani-Kearns
Catherine and Ezeek Mason
Kerry Collins
Susan and Norman Freimark

Frances Sommerfeld
Kenneth I. Wirfel

Helen Hinkley
Michelle P. Scott

Ruth Awner
Susan and
Norman Freimark

Perl Parcels
Dorothy and
Raymond Cochran

Isabelle R. Toppins
Albertha S. Toppins

Virgina Walsh
Edwin and Mike Pessis

Mina Dressler
Reverend Suzanne W. Pace

Stephen Rayner
Elisa Trolin Owen and
Guy Owen
Ruth-Ellen Simmonds
Julie Walpert

“When we have a question about benefits and entitlements, we call One Stop. They always know the answer.”

— **SARA PELLER,**
Associate Executive
Director of Programs
for Seniors, Dorot

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