

# Reachingout

The Newsletter of One Stop Senior Services

VOLUME XIII SPRING 2008



## SUCCESSFUL AGING: What You Need to Know

Improvements in medicine, public health, science, and technology have enabled today's older Americans to live longer and healthier lives. In fact, the life expectancy of the average senior is now 83 years-old and the number of centenarians, those living to be 100 or older, has increased to well over 50,000. The U.S. Census anticipates the senior population to more than double by 2030, so these numbers will potentially grow. Like One Stop's clients, this new generation of seniors will want to age at home, enjoy good health, and maintain an active lifestyle well into their retirement years. The medical community refers to this desire as successful aging, or aging with the highest possible level of physical, mental, spiritual, and social functioning.



Successful aging is about making positive life choices which maximizes aging potential while minimizing the negative effects such as diminished physical and mental abilities. Studies by the National Institute of Aging indicate that healthy eating, physical activity, mental stimulation, active social engagement, maintaining a safe environment, strong social supports, and regular health care are important to sustain good health and independence. By simply integrating as many of these as possible into your lifestyle you can prolong independence and improve the quality of your life.

At One Stop, we know the many challenges seniors' face that can impede their path to long, healthy and active lives. As part of our mission, we are committed to sharing information which will prepare seniors to successfully enjoy their lives. In each issue of "Reaching Out" we will update you on the latest in elder care news and provide websites or other materials to enhance your quality of life.

### FOOD PYRAMID FOR OLDER ADULTS GETS AN UPDATE

To correspond with the new U.S. Department of Agriculture's food pyramid (MyPyramid), Tufts University researchers have updated the content and appearance of their food guide pyramid for older adults. The Modified MyPyramid for Older Adults continues to emphasize nutrient-dense food

choices and the importance of fluid balance, but has added additional guidance about forms of foods that can best meet the unique needs of older adults and about the benefits of regular physical activity. Please visit <http://nutrition.tufts.edu> to obtain your copy of the revised pyramid.

### Ways to Support One Stop's Work:

- \* Honor or remember a loved one with a tribute gift, see current listing, back page
- \* 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
- \* Make a donation online using your MC/Visa or American Express

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 [nestopseniors.org](http://nestopseniors.org)

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## One Stop Senior Services

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, evictions, rent and utility arrears, hunger, medical benefits, inadequate health care, timely bill payment, and complex legal issues.

One Stop's mission is to improve the quality of life of older citizens (60+) residing 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.

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**"My caseworker fought to ensure I had heat this winter."**

— ONE STOP CLIENT

## A Note from Ruth-Ellen Simmonds



*I'm delighted to share that many exciting things have been happening here at One Stop. First, though, I want to thank all of you, our friends and supporters, for your continuing generosity and support of our senior clients. We, and they, are very grateful.*

*I am especially pleased to announce One Stop's new Money Management Program, which will offer our clients assistance in budgeting, paying routine bills, and keeping track of financial matters. This AARP model of service has existed for over 25 years and is now being offered on a pilot basis in NYC in collaboration with the Council for Senior Centers and Services and through the generosity of numerous private funders.*

*Most recently, we received the wonderful news that the American Society on Aging selected One Stop as one of only three recipients of the 2008 NOMA Award for Excellence in Multicultural Aging. This award, sponsored by the AARP Foundation, recognizes One Stop Senior Services for innovation and quality in solving the problems of a multicultural aging community. Additionally, Manhattan Legal Services presented One Stop with its Community Service Award in October. We are honored to have been chosen for these awards as they are evidence of the impact our vital work has on our Upper West Side community.*

*Board member Elisa Owen held her 4th Fall Breakfast (more details on page 3) in November at the PicNic Market & Café, while other Board members have organized our first theater party to include cocktails and a performance of the Broadway musical "In The Heights." Coming in the Spring will be a series of interactive lecture events (see calendar on page 3) to take place in One Stop's newly renovated conference room. A special thanks to the Home Depot for their generous support of the room's redesign and refurbishment.*

*Our fundraising ability has been enhanced by our partnerships with MissionFish.org, GoodSearch.com, and GoodShop.com. You can use these charitable web sites (sponsored by e-Bay and Yahoo) to contribute in an innovative and convenient way. Use them to shop at your favorite stores, perform on-line searches, or sell auction items, etc. and One Stop will receive a percentage of the sale or the site's ad revenue. It's a wonderful and easy way to support One Stop right from the convenience of your computer.*

*As always, I thank you all for your commitment and loyal friendship! Please visit and see first-hand the difference your contributions are making in the lives of our clients. I would welcome the opportunity to meet you all.*

*Ruth-Ellen Simmonds*

Executive Director

# AUTUMN BREAKFAST '07

On November 13, 2007, friends and family of One Stop Board member Elisa Owen (far right) gathered at the PicNic Market & Café to celebrate her 4th Autumn Breakfast. Guests enjoyed a continental breakfast featuring an array of delicious pastries and cookies, and as is tradition, Elisa donned a suit gifted by her mother for the occasion.



In thanking everyone for attending and showing their support of One Stop, Elisa also spoke about how vital individual donations are to sustaining the services of a small community based organization such as One Stop. Executive Director Ruth-Ellen Simmonds informed all attendees that more than 85 cents of every \$1.00 contributed to One Stop supports our unique blend of human service programs for an increasing number of senior clients. She also expressed her deep gratitude not only for Elisa but for the ongoing generosity of her friends and family.



In its four years, this event has raised thousands of dollars to enable One Stop to fulfill its mission to ensure that seniors can age in the comfort of their own homes with safety and independence. We sincerely appreciate and are very grateful

for the thoughtfulness and munificence of Elisa, her friends and family, and all those who support our events throughout the year.

If you would like to host a social event to benefit One Stop, please contact [resimmonds@onestopseniorservices.org](mailto:resimmonds@onestopseniorservices.org). It's an easy and fun way to show your support!

## GRANT ANNOUNCEMENTS

One Stop acknowledges the following foundation and corporate supporters for their gifts made between October 1, 2007 and January 31, 2008:

Adrian and Jessie Archbold Charitable Trust

The Bianca L. & Herbert J. Rosenberg Foundation

The deKay Foundation

The Dreitzer Foundation

Glickenhau Foundation

Home Depot U.S.A., Inc.

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### In-Kind

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We thank all of our partners in care for their commitment to ensuring the safety and independence of our senior clients.

## UPCOMING EVENTS

### April

Part one of our *Sandwiches for the Sandwich Generation* interactive lecture series. This series is intended to help family members deal with the issues of aging parents, relatives and friends. *Details to follow.*

### May

National Senior Health & Fitness Day — Come and celebrate with us as we take a stroll around New York City's glorious Central Park.

Part two of our *Sandwiches for the Sandwich Generation* interactive lecture series. *Details to follow.*

For more information on any of these events e-mail [info@onestopseniorservices.org](mailto:info@onestopseniorservices.org)



## One Stop Senior Services

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"I donate to One Stop because I know it makes a difference"

— ONE STOP DONOR

Please be sure to visit our web site at [www.onestopseniorservices.org](http://www.onestopseniorservices.org)

### Bequests & Planned Giving

Continue to make an impact on One Stop while making a strong financial investment for yourself and your loved ones. Planned Giving ensures a healthy future for One Stop—regardless of the economic climate. For information on bequests, charitable gift annuities, and other forms of planned giving, please contact Ruth-Ellen Simmonds, Executive Director, 212-864-7900, ext.11.

### Shop Online and Support One Stop

Mother's Day is May 11th. Support One Stop by using [goodshop.com](http://goodshop.com) for flowers, candy, and so much more!

## The following memorial and honorary gifts were received between August 2007 and January 2008:

### *In Memory of:*

*Josephine Bedani-Kearns*  
Susan and Norman Friemark  
Catherine and Ezeek Mason

*Alfred Dobrof*  
Rose Dobrof

*Victor M. Duverge*  
Juana Celeste Duverge

*Peter & Kai Lincoln*  
Ted Hryzko

*Dorothy Koshelle Lundin*  
Mary McCorry

*Peter Oppenheimer*  
Emily Oppenheimer

### *In Honor of:*

*Bridget and Robert Lyons*  
Donald Gellert  
Max Gellert  
Robert Gellert

*Mary McCorry*  
Dianne & Harry Hagen  
Beulah Robinson

*Elisa Owen*  
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*Ruth-Ellen Simmonds*  
Rose Dobrof

*Kimberly Steinhagen*  
Thomas & Cynthia Williams

*Luz Torres*  
Miricia Garcia

*Dr. Philip Wiedel*  
Suzanne Pace

*For more information on how you can make a special gift in honor of a birthday, anniversary, or other noteworthy occasion, contact the development office at (212) 864-7900 ext. 18*

**Credits:** Catherine Mason, Writer   Eve Sandler, Design   Trudi Cohen, In-House Photography