



**HENRY STREET
SETTLEMENT**

SENIOR COMPANION COURIER

SPRING/SUMMER 2009

265 HENRY STREET, NEW YORK NY 10002 212.766.9200 WWW.HENRYSTREET.ORG



Featured SENIOR COMPANION

In 1983, Monserrate Rodriguez joined the Senior Companion Program (SCP) because she wanted to stay connected to her community. Today, 25 years later, she continues to be an active volunteer.

Mrs. Rodriguez, described by her SCP supervisor Martha Nieves as a “very insightful and caring person,” is a native of Puerto Rico who moved to New York with her first son in the late 1950s. After her husband died in the 1970s, she found the SCP an ideal way to remain active in her community.

Reflecting on her experience over the past quarter century, Mrs. Rodriguez said that she likes the SCP because she enjoys helping others and likes to spend time with others, rather than alone. When spending time with her clients Mrs. Rodriguez reads, watches television and talks with them.

In her spare time, she enjoys cooking, spending time with her family and walking around Union Square. Monserrate Rodriguez is an outstanding volunteer and we are grateful that she is a part of SCP.

—Jaleesa Robinson
Senior Companion Program Intern

director's corner

VOLUNTEERISM: A New Priority

Providing service to an underserved population has always been the mission of the Senior Companion Program, and now that goal has risen to the level of national importance. President Obama's personal experience has given him such a deep understanding of the power of service, that he has made it part of the national agenda. Congress has shown that it values volunteers by passing the GIVE Act, which will strengthen existing volunteer opportunities like the Senior Companion Program.

Service initiatives have taken priority because of people like you. In the 18,435 hours of service that you have collectively provided so far this year, you have given the invaluable gifts of friendship, companionship and independence to hundreds of seniors throughout New York City. I hope that you will continue to answer the call to service, and that the rewards you receive are as valuable as the gift you are giving.

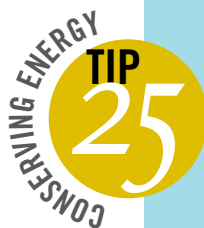
—Jennifer Fields Joseph, Senior Companion Program Director

WANTED: Senior Companions

Henry Street is seeking healthy, active, low-income adults age 60 or older to become Senior Companions. Senior Companions assist other seniors who are frail or homebound, helping with errands, providing friendly visiting and more.

Senior Companions work 20 hours per week — four hours a day, Monday through Friday. In return, Senior Companions receive pre-service and ongoing monthly training, a small stipend and the satisfied feeling of helping others. Positions are available in all five boroughs.

For more information, please call 212.406.5044.



Cooling: Inspect Your Air Conditioner

Switching to high-efficiency air conditioners and reducing your air-conditioning use can cut your cooling costs by 20 to 50 percent. Every year, inspect and clean your air conditioner or cooling system. A well-maintained unit uses less electricity.



Goodbye to ESTEEMED Staff Member

Lamar Gordon may have left the Senior Companion Program (SCP), but he hasn't left Henry Street. After nearly two years as the administrative assistant for SCP, Lamar has been promoted to coordinator of Henry Street's Healthy Seniors Select Meals on Wheels Program, an expanded program funded by NYC's Department of Aging.

In his new role, Lamar and his supervisor Cindy Singh (along with 12 employees), are responsible for ensuring sure that 1,200 meals are prepared and delivered to homebound seniors every day.

Lamar, who recently earned a masters degree in public administration from Metropolitan College of New York, said he enjoyed his time with SCP noting that his greatest accomplishment was putting together a highly successful training session. He is looking forward to taking on new challenges in his new role, and all of us at SCP with Lamar all the best in his new endeavor.

—Jaleesa Robinson, Senior Companion Program Intern

IN-SERVICE Training Dates

All training sessions will begin promptly at 10 a.m.

MAY

Wednesday, May 6

Davidson Senior Center
950 Union Avenue, Bronx

Tuesday, May 12

Times Plaza Senior Center,
460 Atlantic Avenue, Brooklyn

Wednesday, May 20

Hartley House
413 West 46th Street, Manhattan

Wednesday, May 27

Rochdale Village NORC
69-65 137th Avenue, Jamaica

Please remember that no training sessions will be held in June due to our annual Recognition Luncheon

JULY

Wednesday, July 1

Davidson Senior Center
950 Union Avenue, Bronx

Tuesday, July 14

Times Plaza Senior Center
460 Atlantic Avenue, Brooklyn

Wednesday, July 22

Hartley House
413 West 46th Street, Manhattan

Wednesday, July 29

Spring Creek Senior Partners
Brooklyn

AUGUST

Wednesday, August 5

Davidson Senior Center
950 Union Avenue, Bronx

Tuesday, August 11

Times Plaza Senior Center
Brooklyn

Tuesday, August 19

Hartley House
413 West 46th Street, Manhattan

Wednesday, August 26

Rochdale Village NORC
69-65 137th Avenue, Jamaica

SEPTEMBER

Wednesday, September 2

Davidson Senior Center
950 Union Avenue, Bronx

Tuesday, September 8

Times Plaza Senior Center
460 Atlantic Avenue, Brooklyn

Wednesday, September 16

Hartley House
413 West 46th Street, Manhattan

Wednesday, September 23

Spring Creek Senior Partners
Brooklyn



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Senior Companions are healthy older adults who help other older adults live independently by providing companionship and other services in all five boroughs of New York City. Senior Companions must be 60 years or older, in good health, have a limited income and able to travel on mass transit. They volunteer 20 hours per week and receive a small stipend.