

Community Partnerships

African American Society of Physicians
American Red Cross
Black Social Worker Association
College of New Rochelle
Cornell University Extension - Smart Cooking
Grinton Will Library
Dominican Family Health Service
Jewish Council of Yonkers
Hudson River Museum
Hebrew Home for the Aged
Iona College
Interracial Women's Leadership Roundtable
Manhattanville College
Medicare Rights
Mercy College
The Grimes Elementary School
Northern Westchester Arts Center
Pace University
Westchester Public/Private
Partnership for Aging Services
Sarah Lawrence College
Riverside Healthcare Systems
United Way of Westchester and Putnam
The Visiting Nurse Services in Westchester
Westchester Historical Society
Mainstream, the Institute for Mature Adults
at Westchester Community College
White Plains Hospital
YMCA of Central and Northern Westchester
YMCA -- Mount Vernon
YWCA of White Plains and Central
Westchester
Yonkers Schools
Westchester Arts Council
Sister to Sister International, Inc.
Westchester Community Opportunity
Program, Inc. (WestCop)
RSVP of Westchester

Sponsored by

The Westchester County Department of
Senior Programs and Services (WCDSPS)
Westchester Public/Private Partnership
for Aging Services (WPPP)
RSVP of Westchester

Participating Communities

Bedford
Briarcliff Manor
Greenburgh
Mamaroneck
Mount Kisco
Mount Vernon
New Rochelle
Ossining
Peekskill
Port Chester
Rye
Sleepy Hollow
Tarrytown
White Plains
Yonkers

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Westchester
gov.com

Andrew J. Spano, Westchester County Executive
County Board of Legislators

Be a Friend to a Senior

It's not always easy
living alone

Services Outstationed to Seniors (SOS) Program



DEPARTMENT OF SENIOR PROGRAMS AND SERVICES
Mae Carpenter, Commissioner

What is SOS ?

The Services Outstationed to Seniors (SOS) program recruits volunteers and promotes community partnerships in an effort to improve the quality of life and sense of purpose for seniors who live independently in senior apartments.

Can you help?



The Challenge Isolation and Loneliness

With the over-65 population the fastest growing in Westchester, more than 6,000 seniors live independently in senior apartment buildings throughout the county. Fortunately, many of these seniors have the ability to continue living on their own and the potential to be productive contributing citizens who can develop new hobbies, friends and volunteer projects.

However, many suffer from isolation and loneliness and tend to be "forgotten" by the rest of society. Often they have left their families, neighborhoods and friends, and the New York culture of apartment living and the tendency not to get involved with neighbors often makes it more difficult to reach out and meet new people.

Having leisure time for the first time in their lives can also be stressful and lead to feelings that getting older is synonymous with the end of life. They may have little

experience, prejudices and considerable discomfort when dealing with a diversity of cultures, economics, race and ethnicity, and different personalities.

As longevity becomes more of a reality, much of our senior population is simply not prepared culturally, financially, emotionally, or socially to cope with the challenges of the "Golden Years." These maturing seniors need the social and emotional support which will enable them to cope with the trauma of change, natural anxieties about aging, illness, finances, and the "risk" of exploring changes in lifestyle. They also need to reconnect with the community and find an outlet for their creativity and curiosity.

With community support, seniors can take charge of their health, nutrition, and exercise; develop new interests; stay clear of the mindset that life is over; and begin enjoying a new state of wellness and activity. Even homebound seniors with support programs and services can continue to live independently.

How You Can Help

- Adopt a senior residence
- Come up with projects to create a "community friendly" atmosphere that encourages residents to socialize with each other
- Introduce seniors to new hobbies, intellectual pursuits and multi-cultural experiences
- Work one-on-one with senior residents who are lonely, forgotten, or uncomfortable with the socialization and gatherings in the community rooms

- Volunteer in one of our many community projects that promote intergenerational activities and relationships with college and senior high school students.
- Connect seniors to community events, as well as health and wellness opportunities.
- Sponsor special events
- Adopt a senior and make regular visits

Come up with your own ideas or join us in one of ours!

**Call the Westchester County
Department of Senior Programs
& Services at (914) 813-6262**

Programs Offered to Seniors

- Apartment Building Newsletters
- Arts and Crafts
- Blood Pressure Screening
- Computer Classes
- Current Events Discussions
- Drama Classes
- Annual "Golden Harvest" Celebration
- Health and Wellness Workshops
- Hobby Groups
- Holiday Celebrations
- Intergenerational Programs
- Movies
- Oral History
- Quilting and Mask Classes
- Seniors "Go To College Day" at Manhattanville College
- S.H.A.R.E. (Seniors Have A Role In Education)
- Sing-a-longs
- Theatre and Museum Trips
- Writers Groups