Testimony for the New York City Council Public Hearing on The Innovative Senior Centers 250 Broadway 16th floor Wednesday December 14, 2011

I am Nancy D. Miller, Executive Director/CEO at VISIONS/Services for the Blind and Visually Impaired. VISIONS is celebrating our 85th year of promoting the independence of blind and visually impaired people of all ages. Each year VISIONS serves over 5000 primarily low-income participants and their families free of charge. More than half of the blind and visually impaired people we serve are seniors. Our work is an affirmation that losing one's vision does NOT lead to a loss of independence, civic engagement and contribution to the life of New York City. Thank you for this opportunity to testify at this Public Hearing on VISIONS innovative senior center.

VISIONS receives dozens of calls a day from New Yorkers seeking services for blind family members or friends or blind people reaching out themselves for assistance.

The numbers are telling. According to analysis done by the Center for the Independence of the Disabled of NY (CIDNY) there are

210,903 persons with visual difficulties living in NYC. Based on the 2009 American Community Survey of the US Census there are a total of 169,318 persons of all ages who self-reported "legal" or total blindness. Of that number, 87,846 NYC residents who report being blind are 65 years of age or older.

The population of seniors with severe vision loss and legal blindness is growing as the baby boomers age and develop age-related eye disease. Vision impairment that interferes with daily function has an even larger impact on non-white (African-American, Caribbean, Latino and Asian) seniors, low-income seniors, and seniors with chronic diseases such as pre-diabetes and diabetes. The NYC Department for the Aging DFTA's Annual Plan cites the increase of blindness and low vision among seniors who are 80 or over, indicating that 69% of these seniors have experienced vision problems.

VISIONS is extremely proud to have been selected as an Innovative Senior Center for Special Populations, and will be opening the VISIONS Center on Aging designed specifically to serve blind and visually impaired seniors on January 3, 2012. The citywide senior center serving blind seniors from all five boroughs will be the only

one of its kind in the country. We look forward to being the model for serving blind and severely visually impaired seniors and training the aging network to better accommodate their needs. Open from 9 am to 8pm Monday through Thursday and 9 am to 6 pm on Friday, the senior center will provide a hot catered dinner meal between 3:30 and 5 pm; a voucher for a meal at a local restaurant on holidays and weekends and for meal times other than dinner for blind seniors and tenants in the building; health and wellness classes including 2 bowling alleys and a fitness center; walking club; managing chronic health conditions; blood pressure screening; audio book library; inhouse radio station; photography class; ceramics class; volunteer readers and escorts; intergenerational services; social and support groups; clubs and association meetings; employment services for blind seniors who want to continue working; trips; traveling accessible (touch) museum exhibits; quilting; entertainment and more.

All programs are fully accessible for blind and severely impaired seniors including blind seniors who are wheelchair users and who have other disabilities. This means all materials are available in large print, audiotape, electronically through email or on disk, in Braille and volunteer readers are available by request. For the past

two weeks, VISIONS has been pre-registering blind seniors for the new senior center program. Using volunteers, staff and social work student interns, we have already registered over 100 blind seniors with an additional 150 blind seniors to be registered in the next two weeks. There will be rolling registration so any blind senior can register once the center opens.

At the center, VISIONS also has a state of the art accessible (talking and magnification software) computer lab with 6 PC's and 6 mini-Apple Macintosh computers. This is important since most blind seniors have no access to accessible computers at home. We can and will use the computer lab to assist blind seniors with determining eligibility for benefits through Access NY, a benefits website, and with downloading applications that can be completed with volunteers, interns or staff. They cannot afford computers let alone the \$700 software to make it accessible through speech or magnification. Classes are offered for beginners through advanced users and open lab time allows blind seniors to email their grand kids, shop on line or search the Internet. All the staff instructors in computer lab are blind people themselves.

The senior center is located at 135 W. 23rd Street on the ground floor and basement in a HUD 202 12 story 205 unit apartment building for people who are blind and low income. Almost all of the tenants receive Section 8 housing subsidy, food stamps and Medicaid. VISIONS is a tenant in the building with a contract to provide services through 2026. There is tremendous food insecurity and hunger and many tenants in the building have relied on soup kitchens or food pantries to make ends meet each month. As one blind senior said, "To have a hot dinner meal served in the building five days a week is a Godsend."

The poverty rate is higher among blind seniors and people with disabilities in general (more than double the non-disabled population). More than one third of seniors are now living in poverty and seniors with disabilities are even more likely to be poor or near poor. There is also a high rate of depression and social isolation among blind seniors.

Another service we have always provided and will now be offered at the seniors center is case assistance, helping blind individuals apply for benefits and assist them with making applications for affordable housing, SCRIE, DRIE, Food Stamps, Medicaid and disability and blindness related benefits including SSI and Social Security Disability. Frankly blind seniors have problems accessing benefits from all government entities. Two of VISIONS licensed social workers and two caseworkers are blind themselves and assist the seniors with gathering the documentation, making the application and following up.

Other free services for blind seniors provided by VISIONS include:

- *Overnight respite at VCB VISIONS Center on Blindness to give a break to caregivers
- *Caregiver support groups and services
- *Residential vision rehabilitation training at VCB
- *Professional social work counseling by LMSW's (NYS licensed masters social workers)
- *Training of community aging network staff on services and how to make a referral
- *Outreach presentations to identify and refer seniors who are blind for services
- *Blindline® Call Center information service at 212-625-3301
- *VISIONS provides in-home vision rehabilitation services that enable blind seniors age 55 years and older to remain living in their own home. Seniors who are totally blind, severely visually impaired

and legally blind learn the skills and techniques necessary to manage in their own apartments and to navigate safely in their apartment, building, neighborhood and even all of NYC. This training is offered by nationally certified Master-degreed professionals known as Certified Vision Rehabilitation Therapists (CVRT) and Certified Orientation and Mobility Specialists (COMS). These are nonmedical services that are not reimbursed through Medicaid or Medicare. The techniques and equipment did not exist when Medicaid and Medicare legislation was written and therefore do not get paid for through this funding. Seniors who are legally blind (defined as acuity of 20/200 or less with correction or a visual field of less than 20 degrees) get services from VISIONS that are partially paid for by the NYS Commission for the Blind and Visually Handicapped using federal vocational rehabilitation funding under Title VII Chapter 2.

Clearly VISIONS provides a multitude of non-medical services that enable seniors who are blind to age in place. The programs provided by VISIONS delay or forestall institutionalization. I look forward to continuing the partnership with the New York City Council to match blind seniors with the services and benefits that they are entitled to and to expand funding for programs that allow seniors to continue to

live in the communities they love. I thank you for this opportunity to speak today and would be happy to answer any questions.

Submitted by Nancy D. Miller, LMSW

Executive Director/CEO

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Celebrating 85 years of free services promoting the independence of people of all ages who are blind or severely visually impaired and their families

VISIONS services for the blind and visually impaired

Celebrate the Opening of the Citywide VISIONS at Selis Manor Senior Center For Blind Seniors



Grand Opening Ceremonies
Tuesday, January 3, 2012
1:30pm



Opening week activities include Interactive Workshops by NYC Museums, Yoga, Ceramics, Entertainment and More!

Each registered participant in attendance through Friday, January 13 will receive a raffle ticket for a variety of great prizes.

Join us each day to increase chances of winning!

You must attend on lucky Friday the 13th to win.

A Hot Dinner Meal will be served to Registered Participants each Monday - Friday starting at 3:30pm

Learn about VISIONS free senior activities
Entertainment * Fitness * Art * Computers * and More!

VISIONS at Selis Manor Senior Center
135 West 23rd St. New York, NY 10011 (between 6th & 7th Avenues)
Open 9am-8pm Monday-Thursday and 9am-6pm Friday
Senior Center Registration beginning December 12, 2011

Call: (212) 625-1616 ext. 155

Email: clewy@visionsvcb.org; elee@visionsvcb.org; bfabricant@visionsvcb.org



FREE Services for Seniors with Legal Blindness or Severe Vision Loss

Vision Rehabilitation Services

VISIONS Rehabilitation Department helps seniors achieve their highest level of independence. Certified Vision Rehabilitation Professionals provide instruction in adaptive independent living skills and mobility at home, at work and in the community, in addition to occupational therapy, social work counseling, and assistance with employment.

For More Information Contact:

Carmen Rivera, Intake Coordinator/Outreach Specialist 212-625-1616 x 134 Email: crivera@visionsvcb.org

Community Outreach and Training

Through inter-agency collaborations, VISIONS ensures that individuals who are blind have access to community-based resources. VISIONS sponsors advisory boards in the Bronx, Brooklyn, Manhattan and Queens. VISIONS provides staff training, public education forums on eye disease in all five boroughs of New York City, and has affiliations with over 150 senior centers.

For More Information Contact:

Rick Schwartz, Director of Development and Outreach 212-625-1616 x 128 Email: rschwartz@visionsvcb.org

VISIONS at Selis Manor

VISIONS at Selis Manor is a center for blind youth, adults and seniors. Located at 135 West 23rd Street in Manhattan, Visions at Selis Manor offers support groups, adapted classes from fitness to computer training, assistance with benefits, social programs such as Senior Speak Out, volunteers and social work services for seniors with vision loss.

For More Information Contact:

Ann DeShazo, Director of VISIONS at Selis Manor 646-486-4444 x 11 Email: adeshazo@visionsvcb.org

Intergenerational and Caregiver Support Programs

VISIONS Intergenerational Program recruits, trains and employs high school students to assist blind seniors in their homes, and at Selis Manor. The youth provide escort and assistance with reading, shopping, and technology. VISONS Caregiver project supports family, partners, and friends who help a senior with vision loss. Overnight respite at VCB and day respite at Selis Manor are provided.

For More Information Contact:

Intergenerational Program Manager Carrie Lewy 212-625-1616 x 147 Email: clewy@visionsvcb.org

Caregiver Support Program Case Manager Diana Čruz 212-625-1616 x 149 Email: dcruz@visionsvcb.org

VISIONS Center on Blindness (VCB)

VISIONS Center on Blindness (VCB) is a residential vision rehabilitation and training center located in Rockland County, New York. VCB is open year round and is adapted to meet the needs of people who are blind including people who are also ndependent wheelchair users. Sessions include employment and technology training, wellness programs and family services.

For More Information Contact:

Inkhie Mars, VCB Director 212-625-1616 x 135 Email: imars@visionsvcb.org

Blindline®

Blin dine® provides a toll-free number for access to a New York statewide database of resources and services for people who are blind or visually impaired, their family members, caregivers, and professionals. The call center is available Monday through Friday from 9:00am to 5:00m by calling 888-625-1616. A fully accessible website (www.blindline.org) with direct access to the database is open to the public.

For More Information Contact:

Michael Cush, Assistant Director of Workforce Development and Training 212-625-3301 x 710 Email: mcush@visionsvcb.org



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Jewish Community Center of Staten Island **Innovative Senior Center - Testimony** December 14, 2011

Good afternoon, My name is Orit Lender and I am the Jewish Community Center of Staten Island's Program Director. We are very proud to have been selected as one of the 8 Innovative Senior Centers and the only one to serve the people of Staten Island.

The Jewish Community Center of Staten Island is one of the largest social service agencies in the borough. Founded in 1929, we expanded in 1982, and in 2007 our flagship building opened in mid-island, enabling us to serve 30,000 Staten Islanders throughout the borough representing our diverse population. Our programs range from social and cultural to recreational, educational and nutrition programs, in addition to counseling and referral services. We have the largest and most sought after traditional summer day camp in Staten Island which includes a camp for youth with diabetes and another for those with special needs.

In the past few years, the JCC extended its expertise to programs far beyond its own buildings. For example, we operate several Beacon after school programs, highly successful English as a Second Language (ESL) and GED programs and we administer the NYS Department of Health Child Health Plus (CHP) and Family Health Plus (FHP) programs for Staten Island. We also operate the newly opened Gerard Carter Community Center in Stapleton serving that community seven days a week.

For those who aren't familiar with the JCC, we have always been both non-profit and nonsectarian. As you know the JCC works with Staten Island's elected officials and other government sources as well as various foundations to help fund the numerous programs we offer.

For more than 25 years, the JCC has partnered with DFTA to provide Senior Center services including congregate meals, information, and referral and case assistance to help older adults learn about and access the benefits for which they may be entitled. We also offer educational activities and programs to promote healthy living in our South Shore facility in CD3, our Neighborhood Senior Center.

In addition to the congregate meals provided, the JCC has a subcontract with Meals on Wheels of Staten Island to provide kosher and hallal home delivered meals each week. Support from UJA Federation of New York supplements DFTA funding for this service.



Joan & Alan Bernikow Jewish Community Center 1466 Manor Road, Staten Island, NY 10314 Tel: 718.475.5200 • Fax: 718.475.5201 • www.sijcc.org Avis/South Shore JCC, 1297 Arthur Kill Rd., Staten Island, NY 10312 T: 718.475.5270 Aberlin/North Shore JCC, 485 Victory Blvd., Staten Island, NY 10301 T; 718,475,5290









As DFTA's Case Management Agency for CD2 & 3, the JCC screens 1,000 older adults per year for benefits and entitlements, including home delivered meals and personal care services for functionally homebound elder adults. Social Workers from the JCC's UJA Federation of New York funded "Partners in Caring Program" have been providing assessments and screenings for benefits, counseling, and advocacy at 3 Staten Island sites since 2005.

Beginning in 2009 the JCC has been the Staten Island lead agency for the UJA's "Connect to Care" initiative that enables older adults and others affected by economic hardship with on site assistance from the JCC and our partner agencies: FEGS (employment services); New York Legal Assistance Group- NYLAG (legal services and financial counseling); Met Council (crisis intervention services including cash assistance) and Jewish Board of Family and Children Services- JBFCS (Psycho-social services).

In 2002 the JCC was one of the first agencies selected by DFTA to provide Caregiver Services. We serve 1,000 caregivers on an annual basis, 95% of which are 60 years or older.

The JCC is also deeply committed to ensuring that the most vulnerable older adults are served through our daily Social Adult Day Program that serves those who suffer impairments due to dementia, Alzheimer's and other cognitive and developmental disorders.

The JCC's vision for the New Innovative Senior Center which will be called the Center for Life Long Development is to create a culture of empowered participants ages 60 and up who are dedicated to doing and creating enjoyable experiences for life long wellness. The CLLD will be located in our new flagship building which we believe gives a real opportunity for this program to be placed on a platform. Once the CLLD begins operating, it is designed to maximize participant and community involvement in the evolution of its specific programs and services through an empowerment model. In addition to establishing its own Board of Directors there will be numerous working committees to actively engage participants in shaping, operating, and assessing the initiative to meet the needs of this population.

The CLLD will offer Six Centers of Excellence: Life Long Learning Center (Informal education sessions), Computer/ Technology Training Center (use of technology and social media outlets), Fitness/Wellness and Sports Center (evidence based programs, physical exercise activities, health education, and health measurement), Arts and Entertainment Center (performing arts, cooking, music, trips, etc), Center of Social Action and Outreach (advocacy projects and volunteer opportunities), and an Intergenerational Collaborative Center (holiday programs, career exchanges, and community service projects). Each Center of Excellence will have a committee chair and representatives from various backgrounds, ensuring that we encourage diverse thinking in planning the programs. As part of our innovative design we will also set up a Community Advisory Board with our linked partners that will reach out to neighborhood senior centers and other programs for older adults to help maximize the ISC's role as a resource for the broader community.

The CLLD will partner with several organizations throughout Staten Island to broaden the scope of programs and services. Partners include the College of Staten Island, SeniorNet, Snug Harbor, Richmond University Medical Center, American Lung Association, Staten Island Physicians Practice, American Cancer Society, The Beatrice Victor Senior Olympics, and more. We will be hiring professional social workers, case managers, health and wellness specialists and direct program coordinators in order to ensure the success of the CLLD.

Among the unique features of CLLD is providing a flexible schedule that will include evening as well as day time activities on an on-going basis, and the ability to provide social services outside our normal operating hours. In keeping with the CLLD's empowerment and self determination model of recognizing and respecting the adult participants' autonomy, at each meal clients will be offered a variety of food in a cafe style environment within a two hour framework for each meal. There will always be CLLD programs and activities around the times meals are provided. Transportation will also be provided for those individuals that have the need. The JCC's integrated transportation model will have three dedicated buses to provide transportation to and from programs. These buses will also be used to provide shuttle services between the ISC and our Neighborhood Center on the South Shore, and partnering organizations. The buses will also be used to help transport members to and from educational and cultural series and local trips.

In conclusion, the JCC's CLLD will be offering an average of 72 socialization and health promotion activities per week. The CLLD will provide numerous opportunities for participants to assume meaningful leadership roles in program planning and implementation in partnership with highly skilled and committed professionals. We envision the JCC's ISC as a resource to fulfill the desire of active adults for respect and dignity, supporting them to live as independently as possible within their own community, give opportunities for continued growth and social engagement, and chances to engage in activities that interest them.

The JCC of Staten Island is proud to be part of this new concept that will enhance the adult population in an effort to live longer, healthier and more fulfilling lives.

We would like to take this moment to thank Mayor Michael Bloomberg and DFTA Commissioner Barrios-Paoli for their support and efforts in launching the new Innovative Senior Centers.

I would also like to take this opportunity to thank our elected officials for all their support

- Councilman Vincent Ignizio
- Councilman James Oddo
- Councilwoman Debi Rose
- Borough President James Molinaro

On behalf of the JCC of Staten Island and myself Orit Lender I would like to thank the Council for the opportunity to present today.

Respectfully submitted, Orit Lender JCC of Staten Island Program Director



Council of Senior Centers & Services of NYC, Inc.

49 West 45th Street, Seventh Floor, New York, NY 10036 (212) 398-6565 http://www.cscs-ny.org

CITY COUNCIL COMMITTEE ON AGING COUNCILWOMAN JESSICA LAPPIN, CHAIR COUNCILMAN DAVID GREENFIELD, CHAIR, SUBCOMITTEE ON SENIOR CENTERS

INNOVATIVE SENIOR CENTERS

DECEMBER 14, 2011

Council of Senior Centers and Services (CSCS) is the central organization in NYC with a membership of 150 agencies serving 300,000 older New Yorkers. Services provided through our members include: multi-service senior centers, case management, home care, meals-on-wheels, elder abuse victim services, social adult day care, NORCs, transportation, housing, mental health services, and other programs. Integral to the CSCS mission is to champion elder rights.

CSCS is pleased that Mayor Michael Bloomberg, Deputy Mayor Linda Gibbs and Commissioner Lilliam Barrios Paoli, accepted this proposal, and that today we have 8 Innovative Senior Centers, with two more in Brooklyn to be named in the coming months. Out of the 8, three are new senior centers: SAGE serving the LGBT community, VISIONS serving the visually impaired community, and the JCC of Staten Island serving seniors in that borough. The original proposal called for the inclusion of older adult populations that have been underserved by the city funded senior center network.

We are also appreciative of City Council's support of this new initiative as we move ahead to strengthen the capacity of senior centers in the coming years. The senior center network and thousands of senior center members are grateful for City Council reaching an agreement with the Bloomberg administration to baseline \$14 million of senior center funding beginning in FY13. Stable funding is necessary for all senior centers across the city.

The CSCS 2010 senior center study, "21st Century Senior Centers: Changing the Conversation", had Innovative Senior Centers as the #1 recommendation. CSCS is clear and proud of the fact that hundreds of other senior centers around the city provide innovative services that meet the needs of the community they serve. Each senior center is unique.

As the health care world undergoes dramatic changes in the next few years, senior centers are well positioned to provide community-based services to older adults that will prevent hospital re-admissions and maintain them safely and independently in the community. Preventing social isolation which could lead to the acceleration of physical and mental deterioration through a gamut of senior center services is critical in providing both quality of life to older adults and to saving health care dollars. Seniors are able to receive nutritious meals, engage in health and wellness programs, access transportation, case assistance, and participate in a community of peers.

The original Innovative Senior Center concept (then called Charter Senior Centers) included a series of principles which we will continue to work towards with the Department for the Aging and service providers to enhance creativity of programming for older adults:

- Budget and programmatic flexibility for senior centers
- Regulatory relief to stimulate innovations and experimentation
- Allow for a menu of programs and services, including new programming
- Engage older adults in senior center planning and looking for stakeholders beyond the traditional ones
- Create outcome measures to produce best practices and replicable program models
- Develop technological capacity and a user-friendly, efficient data base

CSCS would like to work with DFTA and service providers towards the accomplishment of these outcomes. It is necessary for both community-based service providers and the Department for the Aging to change how they do business in the coming years. The Innovative Senior Centers provide an excellent opportunity for such a laboratory of change. This will take close collaboration and developing a timeline with outcomes so that progress can be tracked.

Additionally, the need for affordable housing with services is critical to a community-based long term care system. Just yesterday we received the news that Governor Cuomo accepted recommendations to expand the supportive housing program as part of the state's Medicaid redesign. Individuals with "chronic medical conditions" can be included in this program.

Senior centers can be developed within a senior housing facility or can collaborate with local senior housing buildings to provide services. This is another direction senior centers of the future can move more towards. Affordable housing providers have been looking to this model for a number of years and the growth potential for this model is strong.

CSCS and Enterprise Community Partners have been collaborating, along with other organizations, to discuss strategies to foster the development of affordable senior housing with services. To this end, Enterprise is supportive of the Innovative Senior Center initiative. This statement is from Enterprise:

"Enterprise is committed to serving vulnerable populations, especially seniors and homeless families. We have preserved or created over 4,000 affordable homes for seniors in New York, and have led the nation's first HUD Section 202 refinance transactions using 4 percent tax credits and tax-exempt bonds. Our leadership is currently serving on the Governor Cuomo's Medicaid Redesign Team Affordable Housing sub-committee, where we have emphasized that supportive housing and affordable independent senior housing are cost-effective platforms for delivering vital health and social services to vulnerable New Yorkers.

We at Enterprise believe that it is critical to develop new housing models of housing with services to respond to the growing and diverse needs of seniors. As the senior population expands, we have found that more and more seniors are living in housing that was not designed to adapt to their needs. Also, many aging New Yorkers cannot afford to — or do not want to — move to assisted living centers, but are in need of supports to allow them to remain in their homes.

We applaud the latest efforts to create Innovative Senior Centers in New York City, as it fits well into positioning independent housing as the hub for service delivery, and keeping seniors living independently for longer in their homes. We believe that independent senior housing, when connected with services and community centers, is a cost-effective, efficient solution to helping seniors to age in place in their homes and communities."

CSCS would like to work with the Department for the Aging and City Council to secure additional funding for at least ten more Innovative Senior Centers in the coming fiscal year. It is important that the funding for the first ten have been baselined in DFTA's budget.

NYC has the most extensive, community-based senior center network in the nation serving an extraordinarily diverse population of older adults. We look forward to the establishment of a collaboration between government and community-based providers that provides for a method of doing business in the 21st century so that we can all be proud to meet the goal we have in common: to provide the best senior center services we can as a city to its growing older adult population.



Council of Senior Centers & Services of NYC, Inc. 49 West 45th Street, Seventh Floor, New York, NY 10036 (212) 398-6565 http://www.cscs-ny.org

CHARTER SENIOR CENTER CONCEPT AUGUST 17, 2009

Nationally and locally the senior center world is engaged in discussions of how to revamp and bring new innovative energy into senior centers to meet the changing environment, populations and needs of older adults. NYC, which has the most extensive senior center network in the nation, is known for its 35 year history of community-based roots serving an increasing number of diverse older New Yorkers. Aging in place, as living one's life in a city this size, is done best when older New Yorkers can receive services that are designed to meet their needs through either neighborhood based services or developed for a particular population. It is, after all, how New Yorkers of all ages navigate life in the city.

An initiative establishing "charter senior centers" to open opportunities for senior centers across the city to:

- Build on current managerial strengths of maximizing utilization of funds. Budget and programmatic flexibility would provide new opportunities for efficiencies allowing funds to be reinvested in services.
- Allow for regulatory relief that will stimulate innovations and experimentation.
 Senior center structure should be built around the best way to meet the needs of
 senior citizens rather than having to force programmatic and budgetary decisions
 into the structure of government regulations and procedures. This could create a
 symbiotic partnership between government and community partners to effectively
 change the way both do business.
- Enhance creative programming through flexibility of budget management, paperwork and regulatory relief in order to allow innovative ideas to be explored.
- Allow for a menu of opportunities for service provision including meals, socialization, transportation, health and wellness programs, educational and cultural programs, social services and other programs.
- Engage older adults who are senior center participants and non-participants, staff, and board members, and community stakeholders in senior center planning.
 Encouraging senior centers to look beyond traditional stakeholders.
- Create outcome measures developed by individual centers based on the community being served.

- Strengthen technological capacity of senior centers and DFTA. Develop a useful
 data base of who is being served, what the services are, budget management, to
 allow more business between government and community agencies to be done
 on-line, etc.
- Produce replicable best practice models and lessons learned.

Through an application process, not an rfp, choose x number of "charter senior centers" that are culturally, geographically, and economically diverse. Since DFTA has historically rfp'd out 50-60 senior centers annually, perhaps there could be 50 senior centers designated as "charter senior centers" as a beginning.

Incentives:

- 1. Flexibility from DFTA of control of your budget and regulations. For example, no need to do budget modifications and paperwork relief. Possibility of additional funds for charter senior centers.
- 2. State outcomes of your center's model in the application as there is a need for accountability and to show positive impact senior centers have on lives of older New Yorkers.
- 3. Include an opportunity for a small number of charter senior centers for underserved populations.
- 4. Evaluation after 2 years to see lessons learned, best practices, etc. After this initial evaluation period, next steps to expand on the charter senior center initiative should be developed through a planning process.

CSCS would appreciate the opportunity to explore the "charter senior center" concept more fully. In a time of tight funding and a growing elderly population, it is incumbent upon government, community providers and advocates to allow senior centers to maximize their resources and creativity.

For further information, please contact Bobbie Sackman, Director of Public Policy, (212) 398-6565 x226 or bsackman@cscs-ny.org

For the Record

TESTIMONY FOR OVERSIGHT HEARING

December 14, 2011

My name is Linda Leest and I am the CEO/President of Services Now for Adult Persons, the sponsor of the new Innovative Senior Center in eastern Queens. We are thrilled and excited to be given the opportunity to bring new and creative programming to the seniors of Queens.

As all of you know, the train lines end at 179th Street and the borough ends at 270th Street. We have an east/west bus on Union Turnpike and a south/north bus on Little Neck Parkway. Transportation has been the critical service for SNAP since its inception and former Borough President Donald Manes recognized that in 1982 and gave SNAP its first bus.

The City Council has been supportive of transportation as a vital service for decades. Without the support you have given to the aging network for vehicles, maintenance, insurance and fuel, thousands of seniors would have become homebound and isolated. The preventive aspect of transportation on the long term care continuum is as important in maintaining seniors as active community residents as socialization and a fresh cooked meal.

Therefore, I am concerned about the elimination of a sizable portion of the funds earmarked for transportation from the new Innovative Senior Center budget during the final negotiations. SNAP has proposed to serve all of Community Boards 11 and 13 with transportation, not only to the new center but to shopping, doctors, clinics and all community resources. This is truly an innovative service to the seniors of eastern Queens who have been disappointed by Access-a-Ride more times than not. This is a service Mayor Bloomberg and the Dept for the Aging have promised to the community. This is a service that SNAP will not be able to provide without your support.

All of the 8 new Innovative Centers have voiced concern about the loss of funding for transportation. All of them agree that transportation is the key to the success of their centers. One more time, I am coming before the City Council to make the case for your support of transportation. We look to you for the funding we cannot do without. We look to you for understanding of the big picture – the one that shows empty congregate rooms with kitchens filled with food and no one to eat it. There is something wrong with that picture and I trust you will not let it happen. Thank you.



Selfhelp Community Services, Inc. 520 Eighth Avenue, 5th Floor New York, NY 10018 212,971,7600

December 14th, 2011

Testimony to the NYC Council Aging Committee and Senior Center Subcomittee on Oversight: Innovating Senior Center

Good morning. My name is Priscilla Maysonet and I am Managing Director of Senior Communities for Selfhelp Community Services, Inc.

The Selfhelp Benjamin Rosenthal Prince Street (BRPS) Senior Center in Flushing, Queens is honored to be an awardee of an Innovative Senior Center grant from the New York City Department for the Aging. The ISC is a prominent feature of the Age Friendly NYC Blueprint aimed at making New York City a more vibrant, healthy and livable place to grow old.

Selfhelp, celebrating our 75th Anniversary in 2011, is committed to enabling seniors to remain in their homes and age with dignity and respect. Selfhelp operates five DFTA funded Senior Centers and strongly believes that robust senior centers can be a critical component in ensuring that elderly New Yorkers remain active participants in their communities. For many years senior centers have been important gathering spaces for nutritious meals and social programming; Selfhelp is an advocate for the idea that centers can also play an important role as New York State shifts its focus to Managed Long Term Care for Medicaid and Medicare. Many of the social work led programs we offer can serve as important complements to medical solutions and should be encouragement for responsible care organizations and managed care companies to work with Community based organizations to maximize the level of care they provide and the best use health care dollars.

Centers also can serve as valuable hubs for education ensuring that elderly participants are given the tools to self-manage their care and avoid premature hospitalization and institutionalization. We also see our Senior Centers as incubators for innovative technology and their application in meeting the needs of elderly New Yorkers. 20% of New York's seniors are isolated or at risk for social isolation. Our Virtual Senior Center program originated at the site of the ISC and is aimed at introducing socialization opportunities and new social networks to both homebound elderly and senior center members.

The foundation for our Innovative Senior Center revolves around several unique geographic and demographic factors. The new Innovative Senior Center expands an existing senior center in response to the complex and inter-related needs of the community. It will offer a diverse web of programming that acknowledges and treats these overlapping issues with a strong set of interrelated programs.

55% of the senior population in Flushing is foreign-born and speaks limited English. Their lack of English presents many barriers, including difficulty accessing medical care, obtaining entitlements or benefits, finding employment, and handling financial matters. Screening for over 25 benefits will be done for every registered member. Our social workers are culturally sensitive and speak a variety of languages and dialects. Participants may also use various computer programs to conduct self-screenings. Social workers will assist clients in completing the appropriate paperwork, and

will follow up with agencies as needed. To address that vast cultural diversity of the neighborhood, a Saturday program will be offered twice a month that will be made up of a 50% Hindu population.

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Health issues resulting from these barriers include nutritional deficiencies, diabetes, arthritis, and heart disease. The senior population's tremendous poverty and isolation increase the severity of these conditions. Many seniors in the area do not have a primary care physician and do not access medical care until they are very sick, particularly since local hospitals do not always have staff who speaks their language. CD 7, where the ISC is located, is home to the largest cluster of low-income seniors in all of Queens.

The ISC will staff a health and wellness specialist, a nutritionist, and a part-time nurse and one-day-a-week mental health counselor. A wealth of physical activities will be offered. Wellness coaches will be available to guide seniors towards appropriate activities and monitor their results. The Center will also provide evidence-based wellness programs to support participants with heart disease and diabetes in appropriate lifestyle changes.

In keeping with our mission to be innovators of technology, a Telehealth Kiosk will be available for participants to self-monitor their vital signs. The kiosk will be used to measure vital signs, track trends, and identify health indicators, and then transmit them instantly and securely to a telehealth nurse, who monitors the information and initiates appropriate action when a potential problem is indicated.

Similarly, to address cognitive stimulation, we offer use of a Daikim Brain Fitness machine. This technology-driven system of rigorous yet entertaining cognitive exercises was developed to help maintain brain health and mental acuity among seniors at various levels of cognitive impairment, from the newly diagnosed to those with moderate dementia. Finally, A new "Cyberclassroom" will bring interactive programming via telecast to other senior centers. The "Cyberclassroom" will be building on the work of our Virtual Senior Center program. The program places computers with web cameras and high speed Internet service into seniors' homes then transmits a series of online activities from the Benjamin Rosenthal Prince Street Senior Center and other centers through a senior friendly interface. The homebound seniors participate in discussion-oriented classes where they build community and their social network with friends at the centers and online. One participant, Milton (87 years old) spoke of his experience with the Virtual Senior Center to the City Council Aging Committee via Skype at hearing in October of this year.

Over 50 classes will be offered a week, including opera singing, painting, piano lessons, Korean calligraphy, fine arts, intergenerational programs, social action, Dakim cognitive fitness, current events, ESL, citizenship preparation, English classes, gardening, and swimming classes (among others). Computer classes will be provided in a recently modernized computer lab.

The ISC will bring the resources of the surrounding community to support neighborhood seniors. Linkages have been developed with health care facilities and hospitals (NY Hospital of Queens), recreation facilities (including the Queens Botanical Garden and Corona Swimming Pool), education providers (including Queens College), and arts and culture organizations.

I would again like to stress how excited Selfhelp is to be an awardee of an Innovative Senior Center grant. We look forward to the implementation of our programming after the start of the New Year and encourage the City Council to monitor the success of all ISC's so that in the future, funding can be found to establish more of them throughout the five boroughs.



Innovative Senior Centers

Testimony of Laura Lazarus before the New York City Council on behalf of Lenox Hill Neighborhood House

December 14, 2011

Thank you Council Member Lappin and the Members of the Committee on Aging and the Subcommittee on Senior Centers for the opportunity to testify today. My name is Laura Lazarus and I am the Chief Program Officer at Lenox Hill Neighborhood House.

I. Lenox Hill Neighborhood House

Lenox Hill Neighborhood House is a 117-year-old Settlement House on the East Side of Manhattan that provides an extensive array of effective and integrated human services—social, educational, legal, health, housing, mental health, nutritional and fitness—which significantly improve the lives of 20,000 people in need each year, ages 3 to 103. We are the largest provider of Older Adult services on the East Side, and our comprehensive senior services include two senior centers, a social adult day program, transportation, case management for homebound elderly, our Economic Security Initiative clinic, adult education, fitness and our Civil Legal Services program. We serve over 10,000 seniors each year through the combined efforts of our social workers, case managers, lawyers, advocates, volunteers, bus drivers, fitness instructors and more.

II. The Innovative Senior Center at Lenox Hill Neighborhood House

We are thrilled to have been selected by the Department for the Aging to operate an Innovative Senior Center, which will run out of our existing center located at 70th Street and 1st Avenue, which we have operated for the past 40 years. DFTA's exciting new initiave has allowed us to create a program with the underlying premise that our Center @ Lenox Hill Neighborhood House will serve older adults of all abilities from the most active to the most frail. We developed a robust program to incorporate many of the already excellent offerings and facilities available to our seniors. We will be making extensive use of our settlement house resources, such as our strong legal advocacy program, our fitness and aquatics expertise, and our visual and performing arts experience, and access these resources to create a great program for 400 older adults of all ages, ethnicities and abilities.

In addition to a wide-range of activities, we were also committed to increasing access to our Center. We will be open 12 hours a day, from 8 a.m. to 8 p.m., every day of the year including all major holidays. Additionally, the Center will be open ten Fridays in the summer until 10 p.m. With extended days and hours open, we will provide an unparalleled service to older adults who, for example, might still be working and want a place to go after business hours or who might not have family or friends and seek a community of people and a celebratory atmosphere on major holidays. We will be kicking off with a New Year's Day party this year from 12:30 to 5 with a live band and food. You are welcome to join us.

III. Highest Quality Programming at the Center @ Lenox Hill Neighborhood House

To ensure high quality programming, we have developed an innovative organizational structure. We will have four exceptional experienced assistant directors, all of whom have been hired, each with a specific focus and specialty. Our Assistant Director for RealArts and Education has a doctorate in Music and is a trained oboist, among her many qualifications, and our Assistant Director for Health and Wellness, is trained in yoga and pilates and is also a dancer who had been a member of our Visual and Performing Arts staff. We have a social worker with a masters' degree to provide case assistance, and our Assistant Director for Administration has a Master's in Public Administration. In addition to our excellent staff, we will be utilizing expertise from within Lenox Hill Neighborhood House including: an Executive Chef recently hired with vast restaurant, farm and nutrition education experience to implement the great healthy food program described below, our Property Manager to oversee our facilities, our highly experienced Director of Visual and Performing Arts who will assist with arts programming; our Legal Director and her staff of attorneys and legal advocates who will oversee and implement our extensive series of benefits programs; and our Aquatics Director focused on our swimming program.

IV. Great Tasting, Healthy Food at the Center @ Lenox Hill Neighborhood House

The Center @ Lenox Hill Neighborhood House will significantly increase access to affordable, healthy food by offering a delicious, nutritious and home-made breakfast, lunch and dinner every day of the year in a Café, rather than a cafeteria, atmosphere. We estimate that we will serve more than 135,000 meals annually, with more than 400 seniors eating at

our Center throughout the day. Significantly increasing meals will address rising hunger among older adults in the last few years. Once we are fully operational, we plan to have more choice as well as healthier food. We plan to have at least two options, and plenty of healthy, light and vegetarian dishes. In addition, we will emphasize the importance of using organic, locally-sourced food. We plan to provide at least two such meals a week. We will promote this commitment to organic and healthy eating through presentations by groups like Radiant Health and local chefs, gardening opportunities on our Green Roof (which will be constructed this Spring through funding provided by New York City's Department of Environmental Protection), trips to Green Markets and local farms and access to our Community Supported Agriculture Program (CSA).

V. Extensive Programming at Center @ Lenox Hill Neighborhood House

To create a place all older adults will want to visit, the Center @ Lenox Hill

Neighborhood House will offer at least 100 hours of diverse and comprehensive

programming and services per week in the areas of health and wellness, fitness and aquatics,
arts and culture, education, socialization, legal matters and case management. Once we are
fully operational, we will be offering at least 20 hours of arts, 8 hours of technology, 40

hours of education, 20 hours of physical health/exercise, and 10 hours of health

management programming per week. We will be providing case assistance to at least 40

individuals per week, and at least 20 hours of information and referral services per week. We
will also be utilizing our transportation services to our Center @ Lenox Hill Neighborhood

House to ensure that those who need assistance can still make it to our programs.

This January, we are putting many of these programs in place, and expect the offerings to grow over the next six months. In the arts, for example, we are adding the following courses, many of them led by trained artists: a choral music group, a creative writing class, a music appreciation class, drawing and illustration, a percussion circle, a Saturday film forum, a play reading workshop, a masters of fine arts class, and a digital photography class. In terms of fitness, we will have a ballet basics class, body toning, chair yoga, mobility and flexibility, pilates, Zumba and watercize in our pool. Our health and wellness offerings, including what is mentioned below, will include a falls prevention class led by a doctor at Cornell Weill, a meditation program, Reiki, tai chi, and a men's discussion group. There will also be a series of computers classes, English as a Second Language, and our many legal and other benefits services including our Economic Security Initiative.

In addition to using in-house staff and resources, the Center @ Lenox Hill

Neighborhood House will offer a wealth of services through existing and new partnerships
with organizations that we believe will be beneficial to our members. Already, this January,
we will be working with Radiant Health NYC to offer healthy cooking classes. We will be
providing horticultural therapy sessions for our members partnering with the Rusk Institute
of New York University. The Visiting Nurse Service will be on site every week to provide
individual assistance as well as more general education on health topics of interest to
members. And we will be beginning a weight watchers session for those individuals
interested.

Conclusion

Thank you again for the opportunity to testify today. As a committed provider of older adult services in New York City, we are grateful and enthusiastic about the opportunity that the Innovative Senior Center program provides us to create effective, energizing and engaging programs for the next generation of New York's seniors. The Center @ Lenox Hill Neighborhood House will be opening on New Year's Day, and we are looking forward to this unique, and innovative partnership with the Department for the Aging, the City of New York, the City Council and our City's seniors.



City Council Testimony – Aging Committee December 14, 2011

Chairs Lappin and Greenfield, members of the committees: My name is Catherine Thurston, I am the Senior Director of Programs for SAGE; Services & Advocacy for Gay, Lesbian, Bisexual & Transgender Elders. Thank you for holding this Oversight hearing on the City's new Innovative Senior Centers.

With support from the Administration, the New York City Council, the Manhattan Borough President and in partnership with the New York City Department for the Aging, SAGE will proudly open the nation's first full-time senior center for LGBT older adults in January. The SAGE Center plans to offer a wide variety of innovative programs in all five boroughs of New York City related to arts and culture, physical exercise, health management and education, as well as food and nutrition. Our programming is modeled on a holistic approach that considers the wide range of needs and services of an individual needing support.

As with older adults in general, LGBT older adults face many challenges associated with aging: declining health, diminished income, the loss of friends and family and society's ageism. However, LGBT older adults often face the added burdens of invisibility, ignorance, heightened social isolation and discrimination related to their sexual orientations and gender identities when accessing health care, social services, and most aging programs.

To address these challenges, the SAGE Center will offer diverse programming that will support LGBT elders in a culturally competent and integrated manner. To address the increased levels of poverty experienced by an estimated 12,000 to 24,000 LGBT elders living in New York City, many education programs will focus on increasing financial preparedness and security among Center attendees. Programs will include employment assistance, benefits counseling as well as legal and financial planning. To address LGBT health disparities such as delayed care-seeking from health providers, the SAGE Center will have robust health and wellness offerings that will include HIV and aging education, breast and prostate cancer support, a nutrition program and congregate meals that will include an early dinner for constituents who work during the day.

The Center will also feature cultural and educational offerings that highlight the knowledge and expertise of LGBT older adults themselves. LGBT history will be celebrated in our educational and recreational activities, which will include an LGBT history track (often led by our constituents, who helped form that history) and book readings by renowned LGBT authors. To help overcome the isolation and marginalization experienced by LGBT older adults, SAGE will continue to integrate



technology access and education into our programs. Technology education will support and compliment other components of the SAGE Center by connecting constituents to technology-based resources on nutrition, health promotion and socialization. We will also reach homebound elders through telephonic and online support groups.

Our ambitious programming schedule will reach LGBT elders in all five boroughs of the City through partnerships with community organizations rooted in these neighborhoods. On-site programming and services offered in outer borough partner sites will allow constituents to access services in their community and provide connection to other local LGBT-supportive aging services and providers. Further, to help ensure that LGBT older New Yorkers in the outer boroughs have access to the SAGE Center's programming and services, SAGE will hire a Citywide Outreach Coordinator, who will create linkages and build collaborative relationships between The SAGE Center and aging providers citywide. The Citywide Outreach Coordinator will also provide wellness, socialization and educational programming to LGBT older adults at all partner sites in the Bronx, Brooklyn, Queens and Staten Island.

It is our hope that with the historic creation of the SAGE Center, the estimated 100,000 LGBT elders living throughout New York City will be able to access a space that encourages all LGBT older adults to live healthy and dignified lives. We know from years of experience that LGBT older adults with access to vital LGBT-affirming programs, services and sensitive providers and a broad network of friends in their community will be better able to face the challenges that can come with aging. Having personally worked in aging services for 23 years, 7 of those years at SAGE, I cannot overstate how important it is for older adults to be able to live out this chapter of their lives, being out and honest about who they are. This lived authenticity has profound implications for improving emotional and physical well-being.

For over thirty years SAGE has offered groundbreaking programs and services that reduce isolation and improve the health and well-being of thousands of LGBT older adults across the City. The SAGE Center will build upon this experience and ensure that LGBT older adults have a space to call their own.

I thank you for your time and attention to these important concerns.

Catherine Thurston Senior Director of Programs SAGE 305 Seventh Avenue, 6th floor New York, NY 10001

These figures are based on a variety of different studies that have estimated the percentage of gay, lesbian and bisexual people to be between 4 and 8 percent. Few studies have measured the percentage of transgender people. However, measuring the number of LGBT people is difficult, given the undercounting caused by factors such as stigma, underreporting and a range of methodological barriers, such as inconsistent question formats. See Williams Institute, UCLA School of Law, Poverty in the Lesbian, Gay and Bisexual Community. (Los Angeles: Williams Institute, 2009).



Bridging the Service Gap: LGBT Older Adults, Public-Private Partnerships and Program Innovation

Lilliam Barrios-Paoli • Catherine Thurston

In today's tough economic climate, city agencies are increasingly subject to challenging cuts meant to close gaps in city budgets. In New York City, as in elsewhere, these cost-cutting measures have eroded vital safety net programs, such as services and supports for older adults. Yet, in keeping with the graying of America, the population of New Yorkers age 60 and over is growing, and their needs are increasingly diverse.

A Demographic Snapshot

Today, more than 1.3 million New Yorkers, or 16 percent of the city's residents, are age 60 or over. By 2030, this age group is projected to increase to 1.8 million, outnumbering school-age children for the first time in the city's history (U.S. Census Bureau, 2008). These older adults speak 170 different languages, and 44 percent were born in another country. A conservative estimate concludes that 32 percent of older adults in New York City are of low income and many deal with chronic health conditions (New York City Center for Economic Opportunity, 2008).

Lesbian, gay, bisexual, and transgender (LGBT) older adults reflect the diversity of the general population, yet also have unique needs that are not often met by traditional aging services. Compared to their heterosexual peers, LGBT older adults in New York City are: twice as likely to live alone, half as likely to have significant others, half as likely to have close relatives to call for help, and more than four times more likely to have no children (Cantor, Brennan, & Shippy, 2004).

In addition to such social isolation, LGBT older adults face a host of other challenges such as lack of culturally competent healthcare, heightened vulnerability to poverty, and unequal treatment under laws designed to protect older adults (Movement Advancement Project & Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders, 2010). This can lead to depression, delayed care-seeking, poor nutrition, and premature mortality. However, despite a greater need for supportive social services, LGBT elders often do not access such services out of fear of harassment or hostility.

A New Model for Older Adult Services

Since the founding of the nation's first senior center in 1943 in the Bronx, senior centers in New York have evolved into a network that includes more than 250 centers offering a range of programs. However, this network is used by only two percent of the city's older adult population (Barbaro, 2008). Today's older adults may be unaware of what the centers offer, or may have different needs and expectations than those that shaped the current system.

With the city facing budget cuts and an underutilized network, the Council of Senior Centers and Services (CSCS) approached the New York City Department for the Aging (DFTA) with the idea to develop, in partnership with community organizations, new ways to meet the needs of the city's diverse population. DFTA engaged in an extensive consultative process throughout 2009 and 2010 with advocacy groups, service providers, city agencies, philanthropists, researchers, and older adults. DFTA was interested in designing a program and social service model that would be constituent driven. Together with Bobbie Sackman, director of public policy at CSCS, it looked to organizations such as Services & Advocacy for GLBT Elders (SAGE) that had already developed this model. Based on these consultations, DFTA worked with CSCS to create a model for senior centers to serve older New Yorkers more efficiently and effectively: the Innovative Senior Center (ISC; New York City Department for the Aging, 2010).

DFTA announced plans to fund eight ISCs in geographic areas found to have a high ratio of need to the availability of senior center resources, and up to two centers for special populations, including the

Continued **→**

Bridging the Service Gap: LGBT Older Adults, Public-Private Partnerships and Program Innovation

LGBT community. A streamlined procurement process—the first of its kind in city government—was used to select the organizations to provide the ISCs. This process included prequalification to identify suitable candidates and a narrative proposal from the prequalified organizations.

Each proposer for an ISC was required to offer certain core services, including nutritional support, help accessing public services and benefits, links to community resources, comprehensive and preventive health promotions, and opportunities for social engagement. Proposers were also encouraged to be creative in thinking about program delivery—through web-based services, for example, or collaborating with community partners to reach greater numbers of older adults.

An Historic Center

In October 2011, DFTA announced that SAGE would provide the ISC for the LGBT community. The SAGE Center, slated to open in January 2012, will be the city's—and the country's—first LGBT senior center. Drawing on its 32 years of experience in constituent-driven program design, SAGE will create a safe and vibrant space for LGBT older adults that can also serve as a model of innovation across the nation. The SAGE Center will: extend LGBT-affirming services throughout New York City's five boroughs, reaching LGBT older adults who do not use their local centers for fear of discrimination and who may not know of or be able to access SAGE's current services; address research showing that LGBT older adults identify primarily not as older but as LGBT, and so want their social interaction to center on this identity; allow for the program flexibility necessary to address the next wave of older adults—aging baby boomers—who have different needs and expectations than their predecessors; and provide information and resources specific to LGBT older adults to guide them in decision making in the areas of finance, housing, or health care.

DFTA's commitment to innovative programming for older adults, and to partnering with community

organizations, represents a key step in making New York City even more age-friendly than it is now. DFTA and SAGE hope that this new model of service delivery will translate into centers with dynamic programming, high participation rates, and better health outcomes for all older New Yorkers, including LGBT older adults.

Lilliam Barrios-Paoli is Commissioner of the New York City Department for the Aging. Catherine Thurston, LCSW, is Senior Director of Programs for Services & Advocacy for GLBT Elders (SAGE).

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