

- Health and wellness programs and services
- Help making new friends
- Individual/confidential counseling
- Information sessions on topics such as Medicare, Medicaid, HMOs and legislation
- Intergenerational programs
- Music programs
- Emergency assistance
- Hobby development
- Telephone pal
- Transportation
- Volunteering
- Lifelong learning: Educational classes
- Other

Name: (please print)

Apartment #: _____

Tele. # _____,

Best time to call: _____

**Department of
Senior Programs and Services**
9 South First Avenue, 10th Fl.
Mount Vernon, NY 10550-3414

Tel: (914) 813-6300

Welcome

New Senior Residents

Services Outstationed to
Seniors (SOS) Program



What is the SOS Program ?

The Services Outstationed to Seniors Program is a smorgasbord of programs and services designed to be relevant to your needs and concerns, and make your later years healthy and comfortable. SOS respects your independence and provides choices for how you wish to spend your "Golden Years."

What's in the smorgasbord?

- Current events
- Opportunity to attend spiritual, intellectual and social experiences in the resident community room
- Drama, art, music, writing, oral history, current event and craft classes offered
- Informative sessions on topics such as the latest trends in Medicare, Medicaid, HMOs, medication and nutrition, as well as legislation and book reviews
- Holiday and birthday celebrations
- Trips and transportation to community concerts, theatre, college events



- Individual counseling on family issues and special health problems
- Assistance with special daily living needs.

Why the SOS Program?

Moving in to a senior residence can be a daunting new experience.

- The New York culture is not conducive to socializing in apartment buildings.
- Many seniors withdraw within their individual apartments.
- The Westchester County Department of Senior Programs and Services (WCDSPS) may be able to help you enrich your senior residence living experience.
- WCDSPS can:
 - Keep you informed about senior issues and changes in benefits and entitlements.
 - Introduce you to college students and what's happening with the younger generation.
 - Connect you with volunteer opportunities with children, day care, schools, hospitals
 - Train you on how to advocate for senior issues.

How do you get started with SOS ?

Get in Touch with your SOS Leader

Call Judith Richburg,
Program Administrator (914) 813-6440

or complete and return this form to

Myrna Merchant (914) 813-6001
Department of
Senior Programs and Services
9 South First Avenue, 10th Fl.
Mount Vernon, NY 10550-3414

Services Outstationed to Seniors (SOS)

I am interested in the following:

- Ask the social worker
- Activities with college students
- Arts
- Assistance with daily living
- Assistance with family problems
- Assistance with medical problems
- Blood pressure screening
- Community trips to theatre, concerts or church
- Computer class
- Drama class
- Exercise classes
- Games

