



WHERE TO TURN

The November 2009 meeting welcomed Dennis McKeon, Executive Director of *Where To Turn*.

Dennis explained the *Snow Shoveling for Seniors* program, where volunteers are paired with a senior in his or her neighborhood for the season. Student volunteers receive a minimum of 10 hours of community service credit for participating in the program. All students in 7th grade or older are eligible to participate.

To date the program has about 650 volunteers around Staten Island, but 2,500 seniors have requested the service. If you know someone who can participate in the program please contact Dennis at 718.966-6531.

Dennis also introduced two additional programs.

The first, *Re-gifting for a Cause*. Donate an unwanted gift, and Where to Turn will give it to someone who can use them. Toys will be sent to local hospitals or needy children, clothes will also be sent where needed and CD's and DVD's will be sent to soldiers in military hospitals. Things that fall into that "other" category will be stored for a flea market to be held on 8/23. All proceeds from the flea market will go to cover shipping costs for our various relief programs.

The second program is one which helps turn weight loss into dollars. Donate \$1 for each pound lost and the proceeds will provide food to local food pantries. To learn more about Where-to-Turn programs, or to volunteer you can visit their website at <http://www.where-to-turn.org/> or contact Dennis at 718.966.6531.



MONEY FOR NOTHING

Mitchell Partnow, Regional Representative Intergovernmental and Community Affairs for the Office of the State Comptroller discussed New York State's Unclaimed Funds account.

Banks, insurance companies, utilities, investment companies and many other businesses are required by State law to surrender inactive accounts to the State. The Office of the State Comptroller serves as custodian until you claim it. The State never takes ownership of this money. If you can prove you are entitled to the money, they return it to you, at any time, without charge.

Mitchell accessed several members' names and provided the appropriate forms to allow people to begin the process of claiming their money.

You can learn more about the program and search the database for your name at their website www.osc.state.ny.us/ouf/index.htm. All information is secure, provide only your name, no social security numbers or any other private information.



SUSTAINABLE LIVING

Charlie Gonzalez, Ayurvedic Health Education and Lifestyle Counselor, shared his unique perspective of healthful living and building a sustainable community on Staten Island. He explained the Ayurvedic technique of healing and introduced his concepts for

the Mobile Center for Conscious Living Project, an endeavour designed to help people who would like to enhance their health through nutrition, yoga and vegetarian cooking workshops. To learn more visit the website at practiceconsciousness.com.



STATEN ISLAND ADVANCE REPORTS

ENGINE 161 ON CHOPPING BLOCK – AGAIN

An article in SI Advance, January 27th, announced the FDNY's intention "to close 16 engine companies, including Engine Co. 161 in South Beach, as part of next year's spending plan" and predicts another round of fierce opposition from the community.

Last year the City Council restored money to the budget to keep the company open, but that money runs out on June 30, 2010.

"James Oddo (R-Mid-Island/Brooklyn), who helped form a coalition to save Engine 161, led by the South Beach Civic Association, warned the community to be prepared to renew the fight. "We can't treat it as a ploy, and we can't overreact to it. We just have to be on our toes," Oddo said.

The Mayor has ordered FDNY to cut \$100 million from the budget in order to bridge a \$4 billion deficit. Mayor Bloomberg ordered the 16 engine companies to close last year because the UFA would not agree to decrease the staffing at 64 engine companies from five to four firefighters. It is unclear if he'll offer that alternative again, and unlikely the UFA would accept it"

(Excerpted from SI Advance *Wearing Bull's-Eye Once More* by Peter N. Spencer | January 27

NOTIFY NYC By Amisha Padnani | January 15

In May the city launched NOTIFY NYC, an extension of New York City's emergency public communication systems. It provides information about emergency events and city services including information about city schools. Mayor Bloomberg says, "Now, in the event of an emergency, we can communicate with families clearly, accurately, and in a timely fashion." The service is free, but you must enroll. You can sign up by calling 311 or log on to www.nyc.gov/notifynyc. You can choose the type of information you want to receive and the method you want to receive messages – phone/voice, email or text. Learn more by visiting the website or calling 311.

CON ED RATE HIKE by Judy L. Randall | January 15

Con Edison says it needs to hike monthly electric bills beginning April 1 by as much as \$8 over the next three years because of the increased energy costs. The PSC will decide by March whether to approve one of two increases proposed by Con Ed, which would increase monthly rates over the course of 36 months. One would cost average consumers an extra \$6.48 a month; the other an additional \$8. The PSC is accepting public comments until Feb. 2. Consumers can go to the PSC Web site at www.dps.state.ny.us and fill out the "PSC comment form" located under the "consumer assistance" file, or they may call the commission toll-free at 1-800-335-2120. PSC spokeswoman Ann Dalton said public input is "always" part of the equation in determining rate hikes. She said not every increase sought is approved.

REAL SOCIAL NETWORKING

A clinical trial conducted by researchers at Johns Hopkins Medical Institutions tested the health benefits of participating in an established volunteer program. They concluded that adults who volunteer gain meaningful improvements in their own mental and physical health. Linda P. Fried, M.D., director of the Center on Aging and Health at Johns Hopkins. "Giving back to your community may slow the aging process in ways that lead to a higher quality of life in adults". The study is published in the April issue of the *Journal of Urban Health*.

For those willing to give just **four to six hours each month**, here are a few places to start:

experiencecorps.org – A program that helps adults over 55 mentor children in their communities.

civicventures.org – a site geared to those over-55 looking to use their experience to address social problems in areas including education, healthcare, the environment, and homelessness.

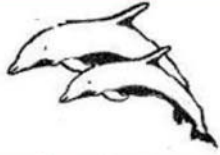
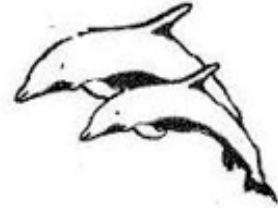
encore.org, is another a site that helps those over-55 to network with nonprofits.

volunteermatch.org – A matching service that helps people find places to volunteer. More than 61,000 nonprofits have used it to recruit volunteers and employees.

idealist.org – A place to find jobs, volunteer opportunities, internships, resources, and events in the nonprofit sector.

SBCA NEWSLETTER

November 2009



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For Further Information Call
718-930-6603

You have all heard about our friend and neighbor **Sylvia Cuttitta**, who was reported missing on January 3, 2010. Sylvia's husband and children are very concerned and are reaching out to everyone to ask anyone with information to please call Crime Stoppers at 1-800-577-8477.



Comprehensive Care Management – a non-profit provider-sponsored health plan, announced the opening of its new facility at 1106 Bay Street. The day health-care facility offers seniors recreational activities, exercise programs, and personalized health-care with access to a team of doctors, nurses, social workers, physical and occupational therapists among others. For information about CCM call 718.787.2310.

The U.S. Census will be arriving in your mailbox soon. PLEASE TAKE A MOMENT to complete the Census.

New York Foundation for Senior Citizens Sharing has created a program called **Home Sharing**, a free matching service and affordable housing option. "Hosts" who have extra private bedrooms in their homes or apartments are matched with responsible, compatible "guests" seeking suitable, affordable housing. Guests contribute toward the hosts' monthly household expenses. To learn more about New York Foundation for Senior Citizens' free Home Sharing service, call 212.962.7559 or visit www.nyfsc.org.

The next meeting of the Civic will be held on February 24, 2010.

You can read more about these and other important community issues, check our calendar, get membership information, read and print past newsletters and the SBCA Community Guide, and much more, at our website: southbeachcivic.org