



FALL 2011

ISAACSCENTER

Stanley M. Isaacs Neighborhood Center, Inc.
415 East 93rd Street, New York, NY 10128 • Tel. 212-360-7620 • www.isaacscenter.org

Isaacs Center Senior Programs: Meals on Wheels — And More!

Because the Isaacs Center pioneered **Meals on Wheels** and the concept of bringing sound nutrition right to the doors of homebound seniors, it's easy to forget that we promote seniors' health and well-being in many additional ways, including these three innovative programs you may not have heard about before:

Isaacs in Motion challenges seniors to exercise three times a week. **Senior Center** Director Sarah Savino created the 12-week program years ago with modest goals, and has been raising the bar ever since. Participants get "tracker" cards that record their class attendance, and they earn smiley-face stickers each time they finish a session. With as many as eight different exercise classes to choose from each week, seniors have a wide range of options: from the loud and lively Latin dance party atmosphere of Zumba to slow and meditative Tai Chi. Additional offerings include yoga, line dancing, Wii virtual sports, walking, swimming (at Asphat



Isaacs in Motion seniors enjoy yoga class — a great way to add exercise and relaxation into their day!

Green, two blocks from the Isaacs Center) and balance and fall prevention. Recently, the program added blood pressure screening to identify participants with high or low pressures and refer them to a health care provider. This past year, 52 seniors successfully completed the challenge — and many more gave it their best effort. "Every Monday morning, more than 50 people come for the Zumba class. It's pretty amazing to see them dancing," Savino reports. "So many people have reached beyond

their comfort zone and tried things they wouldn't have done before — it's inspiring!"

Chronic Disease Self-Management, a program designed by Stanford University, teaches coping strategies and relaxation techniques to seniors who suffer from depression along with chronic illnesses such as arthritis or high blood pressure. With funding from the City's Department for the Aging, we've hosted three six-week cycles of classes so far, including one in Spanish, with gratifying results. One woman, who uses a wheelchair as a result of sickle-cell anemia and arthritis, used to come to the **Senior Center** only to see her caseworker then rush out. But since she completed our **Chronic Disease Self-Management** program, she has been coming to the Center more frequently, participating in activities, including birthday parties, and has grown more open and outgoing. This is exactly the kind of change we're
(continued on page 4)

Our Young High Achievers!

One of the highlights of the year at the Isaacs Center is our Youth Scholarship Awards, when we celebrate the most exemplary **Youth Services** students. At this year's ceremony, emceed by WNBC-TV reporter Tracie

Strahan, 15 young people were awarded scholarships to help them pursue their college dreams.

The scholarship winners are selected through a careful screening and inter-

view process. Many are the first in their families to consider attending college.

To date, the Isaacs Center has awarded more than \$250,000 in scholarships to 181 deserving students. We are deeply grateful to the generous donors who have made these scholarships possible.

For a complete list of our scholarship award winners, please turn to page 3!

Committee, supporters and staff celebrate with this year's 15 award winners.





From the Executive Director

since 2004, has been a capable steward for the Isaacs Center, wisely leading our Board through the challenges of these past 7 years. I echo the sentiment that served as the theme of this year's Gala: *Lee, you're the greatest!*

the closing of the Guggenheim Foundation after 87 years of giving. We thank them for their generous support over the years — especially for this year's final grant of \$220,000. We promise to use this gift wisely, with the guidance of our capable stewards, our Board of Directors.

Stewardship means the careful management of something for which one is responsible. The concept is very important for nonprofit organizations, which must raise funds and make the most of every dollar. We at the Isaacs Center are proud of the way we manage our resources, and very grateful to our donors — and to our wonderful Board — which helps us raise the money we need and also keeps us on track.

Picking up the reins from Lee will be Christopher P. Mahan, who has served on our Board since 2007 and also chaired our Strategic Planning Committee. I look forward to working with him to keep the Isaacs Center financially healthy and sharply focused on our mission.

The results of good stewardship are evident throughout this newsletter — especially, I would say, in the youth scholarship awards and in our innovative programs to improve seniors' health. I'm proud to say that we do life-changing, and even life-saving work here at the Isaacs Center — on a very tight budget. Every donor can be confident that all contributions large and small are spent wisely and well. ✧

Right now, as a great leader is about to step down, I am keenly aware of the importance of good stewardship, as well as good leadership. Lee Wareham, who has served as President of our Board of Directors

One of the many ways that Board members show stewardship is by helping us win grants. Long-time Board member and past president Anne H. Lindgren has helped sustain the support of the Daniel and Florence Guggenheim Foundation (where she also serves as a Board member) ever since 1997. Sadly, this year marks

Wanda Wooten

Did You Catch Our Seniors in a Taxi?

For a week in March, New York City taxicabs showed a short video promoting volunteering. The video, taped at an Isaacs Center's Valentine's Day party, showed NBC reporter Sara Haines dancing with seniors and interviewing staff. Sara had such a rewarding day with us that she returned to emcee our Gala and danced the night away with other Isaacs Center supporters and friends. Thanks, Sara! ✧



Isaacs' Volunteer Coordinator, Anita Leifer (left) interviewed by NBC reporter Sara Haines for a recent short video on volunteering.

WISH LIST

You can also support the **Isaacs Center** by donating the following items for our programs. If you can help, please contact our Development Office, at 212-360-7620. Thank you!

Arts and Crafts Supplies: paints, paper, markers, jewelry making supplies.

Electronics: digital and video cameras, speakers and dvd players.

Exercise Equipment: Yoga mats and workout dvds.

Magazine & Newspaper Subscriptions: *Time Magazine*, *New York Times*, *O Magazine*, other news and current events periodicals.

Office Supplies

Plastic Storage Containers

Tickets: concerts, shows, sporting events.

Helloooo Brazil!



Teen Action participants interact on live internet video with Brazilian students.

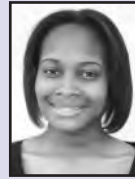
Teen Action participants used the power of the internet to take a virtual trip to Brazil recently, sharing project information and experiences with their South American peers. With the guidance of our teaching artist Ralph Figaro, our young people took video of their conversation and worked all night to create a clip for their blog. Check it out at <http://futurebuildingafutureineastharlem.wordpress.com>. ✧

The Isaacs Center 2011 Scholarship Winner List



Darwin Blanc
Jacqueline Schneider Award
Binghamton University

Driven by a desire to help those in need, Darwin intends to become a Pre-Med major. He knows the road ahead will be difficult, but he's determined to overcome all obstacles to achieve his dream.



Lisa Wilson
Barbara Schneider Bruckner Award
Pace University

Lisa once sat in the same seats as the after-school children she mentors today. Strengthened by both an independent attitude and a tight bond with her mother, she has learned to reach for success.



Denese Charlemagne
Jacqueline Schneider Award
College of Mount Saint Vincent

Denese is a dedicated, "take-charge" young woman who is unafraid to tackle tough problems. In 2009, for example, she addressed a room full of elected officials on the dangers of truancy.



Nico Perry
Henry & Lucy Moses Scholarship
Mercy College

Using the Isaacs Center's Youth Employment Program as a springboard, Nico has turned his life around completely in just two years.



Andrew Sanchez
Henry & Lucy Moses Scholarship
New Paltz University

An exceptional group leader with a humble attitude and a tremendous work ethic, Andrew credits the Isaacs Center with giving him the confidence and skills necessary to succeed.



Odalisse Figueroa
Association for a Better New York Award
Syracuse University

A superb student whose SAT scores increased dramatically while at the Isaacs Center, Odalisse intends to pursue her passion for both science and history at college. She has set an inspiring example for her younger siblings.



Anthony Santiago
Henry & Lucy Moses Scholarship
Hunter College

Anthony matured tremendously during his years at the Isaacs Center. His friendly, positive manner serves him well as a volunteer in our after-school program. Anthony looks forward to exploring career options at college.



Sedra Davis
Gerard H. Manges Award
Wheaton College

Sedra, a natural leader, has earned the respect of her peers through her hard work and humble nature. She sets a high standard for herself, both academically — she is studying studio art — and in her volunteer work. Sedra takes pride in making a positive change in other peoples lives.



Brayan Suazo
Henry Schneider Award
Hunter College

Brayan really came out of his shell in our Leaders in Training program. The first in his family to go away to college, he is proud to be a role model for the rest of his family.



Veronica Rangel
Jacqueline Schneider Award
Penn State University

No stranger to challenges, Veronica has taken on a rigorous class schedule at college. A bachelor's degree is only the first of her many goals. Her love for children has led her to aim for a career in pediatric medicine.



Ismael Lopez
Jack & Ann August Fund Award
The College of Staten Island

Despite the difficulties he has faced, Ismael always shares a bright smile that shows his caring nature. He's currently studying economics with a specialization in business, and hopes to work for a federal agency before returning to school for an MBA and eventually working in the nonprofit sector.



Wilfred Valerio
Henry & Lucy Moses Scholarship
Buffalo State University

This past year while away at college, Wilfred learned to make important decisions for himself. He earned excellent grades while playing soccer for his school — an indication of his focus and work ethic.



Karimah Mogent
Jacqueline Schneider Award
Westchester Community College

Karimah has volunteered countless hours feeding the homeless and serving her community in many ways. She helped create a documentary that explores the effects of drugs on Harlem. Karimah plans to become an educator.



Xuan Yao Zhang
Bender-Fishbein Scholarship
Syracuse University

Xuan learned the meaning of hard work at an early age, working in his family's restaurant. Serving as a group leader has helped him become more confident. His dedication and perseverance will serve him well in college, where he will explore a major in engineering. ✧



Kiaribel Peralta
Helen F. Robison Award
University of Albany

Kiaribel's lively personality draws in all those around her. Extremely focused on her goals (she's pursuing a degree in mathematics), she credits her mother for instilling in her a strong work ethic and a desire to succeed.

Congratulations and all our best wishes!



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YEP Student Dominique Grady: Special First Prize Winner

Despite her difficult history growing up in foster care, Dominique Grady has grown into a resilient young woman. After training in our Youth Employment Program (YEP), she has landed both a summer job and an internship! Recently, Dominique also won a Special First Prize in an essay contest for youth in foster care. Dominique's winning essays present searing portraits of the world she has known and plans to leave behind. As her YEP counselor, Shannon Ferguson, put it in her award recommendation letter: "Dominique has consistently demonstrated strength during challenging situations, and a desire to mature into a healthy, responsible, and independent adult." Congratulations Dominique! ✦



Dominique Grady, a first prize winner for her essay on foster care.

Our Annual Gala

Friends of the Isaacs Center joined host Sara Haines of NBC's *Today Show* to celebrate at our seventh annual Gala on April 28th. With a live auction led by Sotheby's Jennifer Roth, the Gala honored Lee Wareham, outgoing President of our Board of Directors, with a much-deserved Leadership Award.

In addition to cocktails, dinner and dancing to the music of the Hank Lane Orchestra, this year's Gala included an on-screen Tribute Journal: a video portrait of Isaacs' programs and participants, together with messages of congratulations to Lee Wareham from many of her friends and colleagues. ✦



Isaacs Center Gala 2011 attendees included (left to right): Patricia Falkenberg with Richard and Renee Steinberg; NBC's Today Show reporter Sara Haines and her guest; Ray Wareham and Board President and honoree, Lee Wareham.

Isaacs Center Senior Programs: Meals on Wheels — And More! (continued from page 1)

working to promote among seniors living — and coping — with chronic illnesses.

Know Your Numbers, an ongoing initiative supported by the United Hospital Fund, encourages our senior members to take an active role in tracking their health. Consistent with our plan to focus on a different health issue each year, 90 seniors recently took part in a study on heart disease. Each of their primary care physicians provided key numbers at the start of

the program, including cholesterol levels, triglycerides, target weight, and blood pressure, among others. The Isaacs Center staff reviews these measures regularly and encourages participants to come in and talk with our nurse to make sure they understand what their numbers mean. Participants have been very diligent about getting their doctors to provide baseline information and — just as we hoped — they're really taking ownership of their health! ✦



United Way Helps Here