



The Life Enrichment Center at Oyster Bay

Formerly known as Doubleday Babcock Senior Center, Inc.

Social Activities & Vital Services for Individuals 55+



2016

Annual Report

45 E. Main Street

Oyster Bay, NY 11771

516 922-1770

www.lifeenrichmentcenteroysterbay.org



Susan Peterson
President - Board of Directors



Judy Palumbo
Executive Director

Dear Friends of Life Enrichment Senior Center,

This year the Center is celebrating forty years of providing area seniors with nutritious meals, social services, health and wellness programs and more. The old adage “The more things change, the more they stay the same” could not be truer as the Center has grown and evolved over the past four decades and yet the mission is unchanged, helping seniors in our community age in place.

The staff, volunteers and members work in unison to offer a variety of programs to fill the intellectual and recreational needs of our diverse population ranging in age from 55-100+! Our efforts are focused on improving the quality of life for our seniors by providing the resources to help them stay in their home and in their community as long as possible.

In 2016 the Center served 17,309 meals, a record high, and our transportation programs provided 4,200 trips to the Center and medical/dental appointments. Our social worker provided 1,187 units of service on entitlement information, referrals and counseling. Members participated in 9,961 exercise classes, workshops and discussion groups, as well as 1,716 blood pressure screenings and nurse assessments.

We take pride in Day Break, our social model adult day care program which serves special needs seniors with dementia and Alzheimer’s disease. The program focuses on the frail elderly and is a model of compassion and care, serving seniors and providing respite for their loved ones. Last year Day Break provided 48 seniors with a total of 2,913 visits.

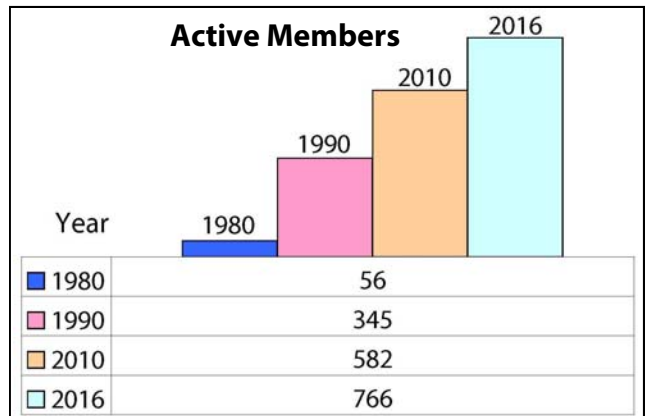
We thank you for your commitment to the Center, a place so many of our seniors call their second home. Your support is needed now more than ever as the senior population continues to grow and funding shrinks. When seniors are able to age in place and live independently the entire community benefits.

Yours in gratitude,

Susan Peterson
Board President

Judy Palumbo
Executive Director

2016 Statistics <i>(See Programs & Services page for descriptions)</i>	
Meals Served	17,301
Transportation Programs	4,200
Day Break Adult Day Care Visits	2,913
Fitness & Health Programs	9,916
Social Services & Homebound Programs	1,187



2016 Preliminary Unaudited Financial Results

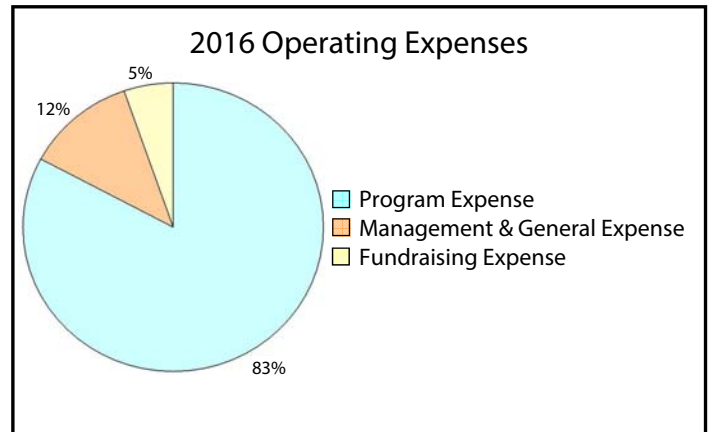
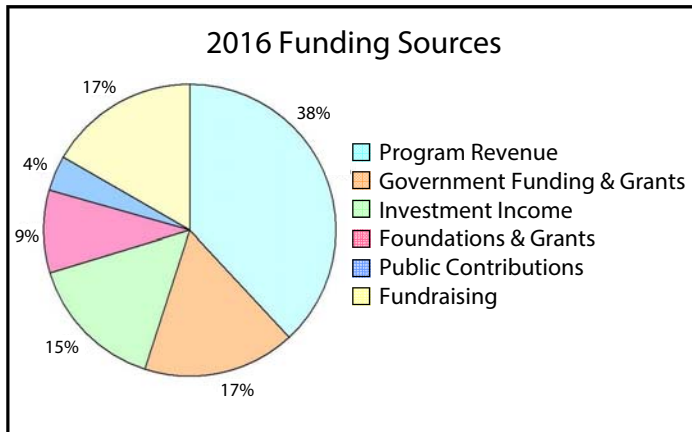
Funding Sources

Program Revenue	\$350,550
Government Funding & Grants	\$158,259
Investment Income	\$140,000
Foundations & Grants	\$85,816
Public Contributions	\$34,583
Fundraising	\$154,249
Revenue Total	\$923,457

Operating Expenses

Program Expense	\$817,276
Management & General Expense	\$118,589
Fundraising Expense	<u>\$52,377</u>
Expense Total	\$988,242*

* Excludes depreciation expense



INVESTMENT FUNDS YEAR END BALANCES

Angela P. Koenig/Garland Fund	\$953,691
DBSC Building & Repair Fund	\$44,872
O'Neill Endowment Fund	\$ 99,349
TOTAL	\$1,097,912

~ Join ~

The Life Enrichment Center's Circle of Supporters:

- ◆ Sponsor a Program
- ◆ Leave a Legacy: Make a Bequest
- ◆ Arrange a Planned Gift
- ◆ Become a *Friend* of the Center
- ◆ Make a Donation to our Endowment
- ◆ Volunteer Your Time & Talents



Enjoying Intergenerational Fun



Being There for Each Other



Socializing and Making Friends



**Exercising the Body
Day and Evening Programs**



**Celebrating Special Occasions
With Music & Dancing**



**Providing Social Services and
Medical Transportation with a Smile**



**Friendly Visitors
Preparing Baskets for the Homebound**



**Caring For Our Seniors
Warm Embraces at Day Break**



**Enjoying Trips to Cultural Events,
Having Fun and Fostering Creativity**



**Chef Anthony and his Staff
Never Disappoint**



Hosting Themed Parties



**Volunteering at Events, Parties,
and our Silver Threads Thrift Shop**

Our History

The Life Enrichment Center, formerly known as the Doubleday Babcock Senior Center, was founded in 1977 by Angela Koenig in the Parish Hall of Christ Church. The Center moved in to its new facility in 1999. This expansion was largely funded by Christ Church, St. Dominic Roman Catholic Church, and individuals including Dorothy Huntington Babcock Chapin, Mr. & Mrs. Roger Bahnik, Mr. & Mrs. Frederic Coudert, Mr. & Mrs. Charles Dolan, Abby & George O'Neill, Frances & Harry Pinkerton and Mr. & Mrs. Charles Wang.

The Life Enrichment Center is a 501(c)3 non-profit organization offering vital services to individuals 55+. The Center provides a full range of daily activities including a social day care program for frail and memory impaired seniors. In addition, social services, evening programs, a fitness center, a thrift shop and other social activities offer great benefits to the entire community.

Programs, Services & Support Groups

Lunch & Transportation Programs*

Lunch: Lunch is served at noon Monday to Friday. In addition to our regular gourmet hot lunch, a cold lunch is available. A voluntary contribution is suggested.

Round trip lunch transportation: Transportation is provided to individuals living in Bayville, Brookville, East Norwich, Lattintown, Locust Valley, Matinecock, Mill Neck, Muttontown, North Syosset, Oyster Bay, Oyster Bay Cove and Woodbury. Transportation is available Monday to Friday. A voluntary round trip contribution is suggested.

Elderly Transportation Service (ETS): Transportation can be provided for non-emergency medical, dental and social service appointments. A suggested donation per mile is requested. Reservations are needed one week in advance. Call Mimi at (516) 922-6422.

Supermarket Shopping Bus: Transportation is available every Wednesday at 12:45 pm from the Center to Stop and Shop and back to your home. Reservations must be made one day in advance by calling the Program Office at (516) 922-1770.

The Supermarket Shopping Bus Program is supported by AHOLD Corporation (Stop and Shop).

** Programs are made possible with funding from the Nassau County Department of Human Services, Office for the Aging through New York State Office for the Aging and U.S. Administration on Aging, Town of Oyster Bay.*

Please note: We are required to request a voluntary contribution for all our government-funded programs. However, no one is denied service due to an inability to make a contribution.

Daily Activities

The Center offers a wide variety of day and evening fitness, wellness and entertainment activities.

Activities include:

- Fitness Classes: Yoga, Tai Chi, Strength Training, Aerobics and Dance
- Wellness: Lectures, health screenings, workshops
- Entertainment: Bingo, monthly celebrations, music, dancing
- Brain Fitness: Weekly Mah jongg, Bridge, "Breakfast for your Brain", and card games
- Computer Access: WIFI & computers are available in Library
- "Happy Hookers": Knitting and Crochet Club
- Special Events: Dances, Auctions, Trips and Tours

Contributions are requested for certain activities including fitness classes. Please inquire with the Program Office.

Registered Nurse

A registered nurse is available Monday to Friday from 10 am to noon to provide blood pressure screenings and answer general medical questions. Flu shots and medical screenings are provided periodically during the year.

Center Membership is Free

Day Programs: Monday to Friday 8:30 am to 4:30 pm
Evening Programs: 5:00 pm to 8:00 pm

To receive a monthly calendar or for more information
Call (516) 922-1770 or email
info@lifeenrichmentcenteroysterbay.org

Social Services

Social Service support is a vital benefit the Center provides. Services include but are not limited to:

- Geriatric needs assessment, counseling, advocacy, benefits and entitlement review.
- Referrals to community resources.
- Support and guidance when a higher level of care is needed. A full range of information resources are offered.
- Telephone reassurance and homebound program
- Social and support groups

Special Considerations: If special accommodations are required, the Social Services Coordinator will assist to best meet the individual's needs: Beth Spickler-Lerman, LMSW, at (516) 922-1770 ext.305.

Group Discussions

Senior Chat: Senior Chat is a lively discussion group that meets every Friday. It is a great opportunity for Members to meet and to have fun!

Veterans Group: Open to all Veterans and meets the 3rd Wednesday of every month. Share stories and experiences, and hear from guest speakers.

Men's Group/Women's Group: Groups meet twice monthly. *Men:* 2nd & 4th Thursday. *Women:* 2nd & 4th Wednesday. Lively discussion and overall fun!

Caregiver Support Group: Meetings are open to the public and are held twice monthly from 5:00 pm to 6:00 pm. For a schedule of upcoming meetings, please call Ruth Humphreys, Day Break Program Coordinator, at (516) 558-7211.

See our monthly activity calendar for dates.

Social Model Adult Day Care Program

Day Break is dedicated to providing high-quality, affordable, therapeutic services to frail and memory-impaired seniors. Day Break offers a safe, comforting and socially-engaging environment.

The Day Break Program is open Monday to Friday with flexible hours. A nutritious lunch and afternoon snacks are served. Round trip transportation is available. Methods of payment for this fee-based program include Long-Term Health Care Insurance, Medicaid MLTC and private payment.

For more information or to make arrangements for a complimentary trial visit, please call Ruth Humphreys, Program Coordinator at (516) 558-7211.

Community Service

The Silver Threads Thrift Shop is open Monday to Friday from 10 am to 2 pm and select evenings. Gently-used clothing, shoes and accessories are available for bargain prices. Donations are welcome.

The **Food Pantry** offering canned goods and other non-perishables is open daily. Catholic Charities Commodity Supplemental Food Program offers fruits, vegetables, meat, cheese and other foods once a month. Call our Social Services Coordinator, Beth Spickler-Lerman, LMSW, at (516) 922-1770, ext. 305.

A fully-equipped **Fitness Center** is available to the public during normal operating hours for a reasonable fee.

2016

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Judy Palumbo
Executive Director

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Nancy Farinaccio, Program Assistant
Mimi Nicklas, ETS Coordinator

Day Break Staff

Ruth Humphreys, Day Break Coordinator
Judith Loinger-Karul, Day Break Assistant
Pauline McHugh, Day Break Aide
Cindy Ortiz, Day Break Aide
Sarah Ribando, Day Break Aide
Dorothy Quinn, Day Break Assistant
Elizabeth Wheeler, Day Break Aide

Kitchen & Maintenance

Anthony Moschella, Kitchen Manager
Ebert Fernandez, Kitchen Assistant
Marian Liskowicz, Maintenance

Social Services

Beth Spickler-Lerman LMSW, Social Services Coordinator

Administrative Services

Joanne Daddio, Executive Assistant
Andrea Goyette, After Hours Assistant
Kris Lalonde, Bookkeeper
Jill Mason, Administrative Assistant

Bus Drivers

Jim Bubloski, Bus Driver
John Cosgrove, Bus Driver
Manuel Denegri, Bus Driver
Tom Kleeman, Bus Driver
Dan McGowan, Bus Driver

“Providing Social Activities & Vital Services to Individuals 55+”

Center Programs are made possible with funding from Nassau County Department of Human Services, Office of Aging through New York State Office for the Aging and the U.S. Administration on Aging, AHOLD Corporation, Bahnik Family Foundation, the Dolan Foundation, Long Island Community Foundation, Oyster Bay Community Foundation, Town of Oyster Bay, United Way of LI, and the generous support of our Members & friends.

