The Salvation Army’s Senior Services:
PROVIDING CHOICES...BUILDING COMMUNITY...
PROMOTING WELLNESS

One of the liveliest places to visit at The Salvation Army is our Senior Center’s Social Day Program. Each weekday, a diverse group of about 100 seniors gathers for fellowship, meals and recreation. One of the hallmarks of the program is choice. Linda McNally, Director of Senior Services, states, “As we get older, we lose independence and have fewer choices. There are foods we can no longer eat and things we can no longer do. We cannot see, hear or walk as well as we used to. Many of us can no longer drive. That is why it is so important that our seniors feel they have choices in their lives and are not forced into a rigid schedule.” Center participants have the opportunity to enjoy a wide variety of activities that include bingo, card games, ceramics and Wii bowling… or they can choose to visit with friends, read a book, watch TV, use a computer or just sit quietly.

The Salvation Army of the Syracuse Area established its first programs for seniors in 1949. Over the years, our services have grown and evolved to meet the changing needs of those we serve. When you visit the Center, you feel a real sense of community, which helps to alleviate the isolation and loneliness that is often experienced by seniors. This is especially true at lunch, when everyone gathers together and fellowship abounds. The Center’s seamless integration of seniors with varying abilities and diverse cultural backgrounds is remarkable. Because many of our seniors are frail and unable to use public transportation, assisted door to door transportation services are available to ensure that they can get to the Center safely and be part of our community.

Wellness is another primary focus of our Senior Center. We serve breakfast and lunch Monday–Friday, providing participants with customized meals and a well rounded diet. With a full-time LPN nurse at the Center, and a staff–senior ratio of 1:4, The Salvation Army is able to consistently monitor health needs. Programs like Falls Prevention and Strength & Balance Exercise are designed to minimize debilitating injuries and maintain independent lifestyles.

While Social Day is our most visible program, The Salvation Army offers a wide variety of outreach services that help seniors maintain their independence. These services help them find safe and affordable housing; manage prescription medications; navigate Medicaid, Medicare and Social Security; and connect with home health care agencies. Additionally, our Caregiver Respite Program provides much needed relief to families who are caring for a loved one.

At the Center, volunteers provide valuable support and companionship to our seniors. We especially appreciate volunteers who are able to share an artistic talent such as music or crafts. If you would like to spend some time with our seniors, please call Andrew, our volunteer coordinator, at 479–3668.

In 2012, The Salvation Army’s Senior Services touched the lives of more than 1,300 local residents and served nearly 27,000 meals.

Mary
EMBRACING LIFE & INSPIRING OTHERS

The Salvation Army’s Senior Center is rich with stories of individuals who have overcome incredible odds to flourish in their later years. Mary is one such shining example. With a warm smile and infectious laugh, Mary engages you with an optimism that defies adversity. Leukemia, diabetes, back surgery, low oxygen levels, pneumonia and chronic pain are mere speed bumps for a woman who lives by the motto, “Never Give Up, Never Get Down.”

Mary is a lifelong resident of Central New York and a big SU sports fan, demonstrated by the large amount of orange in her wardrobe. She worked in housekeeping at SU residence halls for many years and enjoyed engaging with the students. A mischievous streak emerged as she shared a story: “I got along with most of the students at SU but there were always a few who were challenging. One boy decided to take a shower when I was cleaning that area, so I hid his pants. It was a lot of fun watching him try to get back to his room.”

When asked why she chooses to spend time at The Salvation Army, Mary shared, “We’re all different here, with various abilities and disabilities, but everyone feels welcome. It sure beats staying home and staring at four walls!” Most days, you’ll catch Mary playing a spirited game of cards with her many friends. She enjoys meeting new people and trying new things.

“I went to England six years ago,” she shares with a twinkle in her eyes. “I met a gentleman named Dennis on the Internet and we corresponded for a couple of years, so I figured he must not be Jack the Ripper and I went for a visit. He was delightful and very funny.” Mary’s smile broadened as she continued, “Dennis is coming to Syracuse for a visit this year.” We have no doubt that he’ll fit right in!
Motivated by the love of God, as a leader in Christian faith-based human services, The Salvation Army is committed to serving the whole person, body, mind and spirit, with integrity and respect, using creative solutions to positively transform lives.

The origins of The Syracuse Area Salvation Army date back to 1883, when four young volunteers, armed only with hymns and tambourines, proclaimed God’s love on the steps of the original Onondaga County Courthouse. It was the first known Salvation Army activity in Upstate New York, and among the earliest Salvation Army efforts in the United States. By the turn of the century, The Salvation Army was well-established in Syracuse, providing food and shelter to those most in need.

While the world around us has changed in profound ways over the last 130 years, The Salvation Army’s vision, as stated above, has remained consistent. With Jesus Christ as our inspiration, we seek to make connections with those who are disconnected, bring food to those who are hungry and provide shelter for those who are tired and cold. While those first Syracuse Area Salvationists may never have imagined an organization that would help more than 40,000 people each year, I am confident that they would fit right in with us today and applaud the programs and services we offer.

As I reflect on the generosity I’ve witnessed over the last few months as our city and state have dealt with hurricanes, flooding and continued economic hardship, it gives me great comfort to know that organizations like The Salvation Army are able to make such a difference in people’s lives. While none of us know what the next 130 years will bring, I believe The Salvation Army will be an integral part of that history, continuing to provide hope to those who come to our door.

Thank you for your continued support. May 2013 bring you and your family many joys and blessings.

by Major George Polarek,
Area Coordinator–CEO

Joining The Salvation Army’s Bed and Bread Club® is one way that you can help us make sure that no child in our community goes without food or shelter. For as little as $10 each month, you can help provide basic necessities to families who are working hard, but still not able to make ends meet. Across the country, more than 100 communities have started Bed and Bread Clubs to combat hunger and homelessness. In the Syracuse area, we are blessed with nearly 200 Bed and Bread Club members who are helping local families rebuild their lives and pursue their dreams.

If you’d like to join the Bed and Bread Club®, please fill out the application form below and return it in the envelope provided. For as little as $33 cents each day, you can make a big difference in the lives of local families. Thank you and God Bless.

by Linda M. Wright,
Executive Director for Professional & Community Services

☐ Yes, I want to join the Bed and Bread Club® today! (Minimum pledge of $120/yr. required for membership)

Here’s my pledge:
☐ A monthly gift of $10 or more
☐ A quarterly gift of $30 or more
☐ An annual gift of $120 or more

Enclosed is my first gift of $______

Name: ____________________________
Address: ______________________________________________
City & State: __________________________  Zip: ____________
Phone: ______________________________________________

Please make checks payable to The Salvation Army. All gifts are tax-deductible.

Sign up online at www.bedandbreadclub.com

Other's

The Syracuse Area Salvation Army News
Volume 33, No. 1
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Committing to human dignity, diversity, client empowerment and professional excellence.

The Salvation Army

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Linda M. Wright, ACSW, Executive Director for Professional and Community Services
Peter C. Irwin, Director of Development
Greg Meitus, Public Relations and Marketing Manager

Others is published four times each year and is available online at sasyr.org. Your feedback is always welcome. Please direct questions and comments to Gregory.Meitus@use.salvationarmy.org or contact Greg at 479-1337.
Volunteer Bell Ringers Energize Red Kettle Campaign

Volunteer bell ringers logged an incredible 8,417 hours at local kettles. Leading the charge were our Golden Kettle Award winners:

- Carrier Corporation won the corporate prize with more than 150 volunteer bell ringing hours.
- Arc of Onondaga (Muller Ave.) was the top community group, providing more than 400 volunteer hours at our Red Kettles.
- Krisi Reed, of Mattydale, won the individual honors with 75 volunteer bell ringing hours.

Thanks to Destiny USA, Shoppingtown and Great Northern Malls, Tops Markets, Price Chopper, K-Mart, Wal-Mart, Hobby Lobby and Herb Phillipson for hosting our traditional Red Kettles, as well as those who hosted Online Red Kettles.

Thanks to our volunteers and the community’s donations, we were able to reach our goal of $250,000 for this year’s Red Kettle Campaign!

Advisory Board Member and CNY Central host Laura Hand rings with Young Leader Craig Marcinkowski at Destiny USA

Volunteer Bell Ringers from CNYx at Dome Day

– The more than 60 elementary schools and 120 companies that participated in food, toy, Angel Tree and mini red kettle drives.
– Tom and Becky from B104.7 and Megan Coleman from CNY Central for supporting our Turley Drive.
– The more than 1,000 people who volunteered their time on Distribution Day and the week leading up to Christmas Bureau.
– Local Tim Hortons’ Owners for providing and serving coffee and hot chocolate on Distribution Day.
– G&C Foods for donating 100 turkeys and transporting and storing food for us.
– Organic Valley for contributing 3,000 liters of milk.
– Our Young Leaders Advisory Council for spearheading the fundraising efforts for the Tickets for Teens Program.
– The companies that sponsored Christmas Bureau Toy Stations: SRC, C&S Companies, Syracuse Firefighters, Carrier Corp., Saab Sensis Corp., Lockheed Martin and Hiscock & Barclay LLP.
– Syracuse Crunch and Stanley Steemer for sponsoring the Teddy Toss promotion, which provided 1,500 stuffed animals for Christmas Bureau.
– All of our Christmas Bureau Partners, including Gary Thurston of The Hayner Hoyt Corporation for chairing the Christmas Bureau Committee and hosting our planning meetings.
– SU and CXC for helping us kick off the kettle season with another successful Dome Day.
– Eric Mower & Associates, Christian Brothers Academy, Northwestern Mutual, SRC, Express Mart and Onondaga Tabernacle for adopting programs for the holidays.
– Steve Scicchitano and Chris Hussak for supporting us through their inspirational residential light shows.
– The Girl Scouts of NYPENN Pathways for supporting our Women’s Shelter through their PF Round Up program.
– Herb Phillipson’s and Galaxy Communications for providing warm coats for hundreds of families through their coat drive.
– All of our media partners for getting the word out about our holiday activities.
– The Salvation Army’s Advisory Board for their continued leadership and guidance.
– Bob Ellis for serving as Chair of our Red Kettle Campaign.

2,684 Families and 6,949 Children received food and gifts through Christmas Bureau Distribution. Thank you to:

- CARA Students John Helfenbrand (back) and Demetrious Breon volunteering at Cab Hero's Commons Day Care

Sensis Corp., Lockheed Martin, SRC, C&S Companies, Syracuse Crunch, Stanley Steemer Teddy Toss

Volunteer Bell Ringers from CNYx at Dome Day

Barnabas Center Youth and Staff help collect stuffed animals at the Syracuse Crunch – Stanley Steemer Teddy Toss

Photographer Post Standard

Volunteer Bell Ringers at Destiny USA

Thank you to...
Gifts That Give Twice

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BETTY BULLON
Mrs. Kevin L. Dillon-Howe

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Gifts By
IRIS ABDUSE
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Mr. & Mrs. William N. Rees
Mr. & Mrs. Robert M. Rupp
Ms. Mary M. Seay

Gifts recorded from October 20, 2012 – January 24, 2013. Those who make gifts in honor of another or memorial gifts to The Salvation Army of the Syracuse Area have chosen a meaningful, tangible way to demonstrate not only how much they care about someone they love, but how much they care about people in need. These gifts may be sent to the Development Office at 677 South Salina St., Syracuse, NY 13202.

Joyce Conover
Mr. Thomas A. Conover

Stephan M. O’Hara
William D. O’Hara

Ruth Reed
Mr. Ruth Reed

Britton E. Rimer
Dr. Britton E. Rimer

Marion & Donald Sawyer, Sr.
Mr. & Mrs. Marion & Donald Sawyer

Mildred Sayles
Mrs. Mildred Sayles

Robert H. (Bob) Shannon, Jr.
Mr. & Mrs. Robert H. (Bob) Shannon

John, Patrick, and Jack Finnegan
Ms. John, Patrick, and Jack Finnegan

John, Pat, and Jack Finnegan
Ms. John, Pat, and Jack Finnegan

Suicide Prevention: 788-2444