

# Kinship Support Program

March 2010 Newsletter

Family Service Society  
of Yonkers

## Upcoming Events

### Playland Job Fair

Saturday, March 6  
9am - 2pm  
Westchester County Center  
198 Central Avenue  
White Plains, NY

### Westchester Scholars Program

March 12 Application Deadline  
\*See Youth Events and Resources  
for more information\*

### Caregiver Support Meeting

Saturday, March 13 10am  
Saturday, March 27 10am  
Riverfront Public Library  
1 Larkin Center  
2<sup>nd</sup> Floor Community Room  
Yonkers, NY

### Sharing Together Meeting

Tuesday, March 16  
9:30am - 10:30am  
Museum School 25, Room 113  
579 Warburton Avenue  
Yonkers, NY

### Free Senior Exercise Classes

Begins Wednesday, March 17  
10:30am - 11:30am  
The Loft Dance & Fitness  
92 Main Street  
Yonkers, NY

### Caregiver Health Program

Thursday, March 18, 10am - 1pm  
Visiting Nurse Services  
360 Mamaroneck Avenue  
White Plains, NY

### River Explorers Program

"Come Fly With Me"  
Saturday, March 27  
11am - 12pm  
1pm - 2pm  
Beczak Environmental Center  
35 Alexander Street  
Yonkers, NY

### Strengthening Families Program

14-session  
empowerment  
program for kinship  
caregivers and  
children, ages 6-  
11, during school  
holidays. Childcare  
for underage  
children provided.  
Contact Johamery  
Arias at 914-595-  
0495 to RSVP.

*Meals and incentives  
provided.*

**Begins April 1st.**



## Caregiver Events

Relative Caregiver Health Program The Visiting Nurse Services of Westchester and the WC Department of Senior Programs and Services invite you to a special Practical Stress Management & Health Promotion Program for Relative Caregivers at the VNSW. Free health screenings, presentations on health issues, and lunch. Contact Johamery Arias at 914-595-0495 to make a reservation by March 9.

Caregiver Support Group Share time with other caregivers over a cup of coffee, talk about raising children, and learn about resources and services. Supervised children's activities. Contact Carolyn Fluckinger at 914-963-5118 for information.

Sharing Together Meeting Join other seniors for a light breakfast to learn about volunteer opportunities with school-age children. The meeting will take place on March 16 at 9:30am in Museum School 25; 579 Warburton Avenue, Yonkers. Contact Johamery Arias at 914-595-0495 to RSVP or for more information.

Senior Exercise Classes The Yonkers Office of the Aging is offering free zumba and yoga classes to seniors. Classes begin Wednesday, March 17 from 10:30am to 11:30am. For more information contact Kathy Moran at 914-377-6826.



## Youth Events & Resources

Free Computer/Westchester Scholars Program The Westchester County Youth Bureau is offering a merit-based program for eligible youth currently in grades 7 - 11. The program awards a personal computer, printer, software and access to an array of academic enrichment programs. To be considered, the student and caregiver must provide a completed application, a current report card and school attendance records, and one typed letter of recommendation on letterhead. Application deadline is March 12. Contact Johamery Arias at 914-595-0495 for an application or more information.

**[Playland Job Fair](#)** Get an "on-the-spot" interview for a summer job at Playland on Saturday, March 6 from 9am-2pm. Bring your Social Security card, photo I.D., and three references. Applicants 16 and 17 years of age must be accompanied by a guardian. For more information visit <http://www.westchestergov.com/playland/Jobs/index.htm>.

**[Lifeguard Job Opportunity](#)** Become a lifeguard for Westchester County parks. Applicants must be 16 years or older. Hiring preference will be given to Westchester County Residents. Current American Red Cross lifeguarding certification or equivalent is required. For more information, e-mail Kevin Donnelly at [krd3@westchestergov.com](mailto:krd3@westchestergov.com) or call 914-864-7056.

**[Recreational Programs](#)** The Yonkers YMCA offers several recreational programs for youth. If you would like to register your child for afterschool or employment training programs, soccer, basketball or cheerleading, contact Archi Dinzey at 914-963-0183 for more information.



---

## Caregiver Resources

**[Computer Training](#)** Free Computer classes taught by high school students through the Students Teach Adults Computer Knowledge (STACK) Program at Saunders High School in Yonkers (Mondays, March 15-May 3, 3:00-4:00pm) and White Plains High School (Wednesday, March 24-April 28, 3:00-4:15pm). For more information contact Randee at JCY/Westchester Community Partners, 914-423-5009.

**[United Way Help Line](#)** Dial 2-1-1 (or 800-899-1479) for the information and referral telephone service that can put you in touch with thousands of health and human services. Ask about everything from basic needs like food, clothing and shelter to legal services, drug treatment, employment support, childcare, physical/mental health resources, elder care, services for persons with disabilities and more.

**[Pace Helpline](#)** Speak with a lawyer about your caregiver legal questions and get information about financial support, medical care, benefits, and the educational system at 914-287-0739.



**[WC Department of Social Services Help](#)** Call DSS Manager Paul Surovich for DSS related issues you can't resolve with the case worker or supervisor, 914-995-5425.

**[AARP Benefits Quicklink](#)** Learn more about benefits for which you may be eligible at <http://www.aarp.org/money/lowincomehelp/quicklink/>. Contact Johamery Arias if you need assistance with Quicklink.

**[NYS Kinship Navigator](#)** Caregivers and service providers can get answers to kinship care questions, caregiving guides, fact sheets on laws and resources, talk with a kinship specialist and participate in forums. Toll free number, 877-454-6463, or [navigator@nysnavigator.org](mailto:navigator@nysnavigator.org).

**[Westchester Department of Senior Programs and Services](#)** Learn about events, benefits, services and other information for older adults, 914-813-6400 or [www.westchestergov.com/senior](http://www.westchestergov.com/senior).

---

Johamery Arias 914-595-0495, [jarias18@verizon.net](mailto:jarias18@verizon.net)  
Yonkers Vive School, 75 Riverdale Avenue, Yonkers, NY 10701

Carolyn Fluckinger 914-963-5118, [cfluckinger@fssy.org](mailto:cfluckinger@fssy.org)  
Michael A. Cooper 914-963-5118, [mcooper@fssy.org](mailto:mcooper@fssy.org)  
Family Service Society of Yonkers, 30 S. Broadway, Yonkers, NY 10701

[www.fssy.org](http://www.fssy.org)