

SESCIL
Southeast Senior Center

For Independent Living

Support Our Seniors - It's Good Business

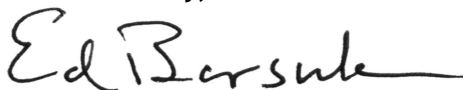
The Southeast Senior Center for Independent Living (SESCIL) is a 501 (c) (3) non-profit agency that serves a number of municipalities within S.E. Bergen County, including yours. Our latest Annual Report illustrates that we have served 1,782 individuals with a total number of 28,305 visits within the latest fiscal year. On the reverse of this letter is some information about our Center, it's mandate, and the dozens of services, classes, and enrichment of body & mind programs which we offer, free of cost, on a Monday through Friday 40hr/wk basis. Access to our nurse and social worker is also free. Low-fee dentistry (at least 50% less) is offered 3 days per week. We are located in the Lydecker Homestead, one of Bergen County's most eminent historic homes, parts of which are believed to have been built in 1781. This welcoming and pleasant atmosphere, along with our unique regional mission & services makes us quite unlike any community senior center.

We are soliciting your contribution since our primary source of funding through Community Development (HUD) has been reduced with each passing year. Likewise, contributions from local charitable/fraternal organizations and businesses like yours have been adversely affected by the results of the economic downturn. More than two-thirds of our clients are in the very low - low income levels. Your donation will help us to maintain our services & assistance to these active seniors who depend upon us. We desperately need more funds in order to maintain this historic landmark and to upgrade our very old computers & medical equipment.

Please do not hesitate to personally visit our Center at any time. Visiting our website will give you an excellent overview, with photos & videos, of our activities, staff, and clientele. Your tax-deductible check can be made payable to SESCIL or you can easily donate via our website. We intend to have a 'Wall of Contributions' in our Annex so all of our clients can know of your generosity. Please be assured that your donation, of any amount, will be put to very good use, here, on a local level.

Thank you, in advance, for giving consideration to this very important cause and for your TAX-DEDUCTIBLE donation.

Sincerely,



Ed Barsuk
Executive Director



Joseph N. De Guilmo
President/Board Chairman

Welcome To
The Southeast Senior Center
For Independent Living
SESCIL - In Sync with Seniors

WHAT WE OFFER

SESCIL has a nurse, social worker, and podiatrist on staff and offers dentistry services that are very moderately priced. Our programming includes a variety of exercise classes such as aerobics, Tai Chi, Chi Kung, stretch & flex, yoga, and pounds-off. Lessons & conversation in Italian, German, Spanish, French, and Yiddish are offered. Bridge lessons, watercolor, crocheting & knitting, needlework, music appreciation, book reviews, and silk-flower arranging are some other offerings, all on a weekly basis. Post Stroke, Parkinson's, and Human Behavior support groups are available. One of our latest additions is a very popular monthly Financial/Investment discussion group. Ours is an active five day per week schedule. Parking is available and bus service is provided free of charge by some of our communities and Bergen County.

WHO WE ARE

In 1978, when *Community Development (HUD)* funds became available, 11 municipalities from the Southeast region of Bergen County, New Jersey (Bogota, Cliffside Park, Edgewater, Englewood, Englewood Cliffs, Fairview, Fort Lee, Leonia, Palisades Park, Ridgefield and Ridgefield Park), decided to pool their allotments and have a collective project of their own, along with other projects for their municipalities. They chose a health project, one designed to keep seniors healthy and independent by offering them diverse medical, physical, mental, and social services and activities which are far beyond those available at local senior centers; the *Southeast Senior Center for Independent Living* (i.e., SESCIL). Many other local municipalities, particularly Teaneck, have a number of residents who are members of our Center. All are always welcome!

From its inception to the present, SESCIL has had a community-based policy making Board of Directors consisting of representatives of the municipalities in the region, and a number of 'client representatives'. Until July 1, 1992 administrative matters were handled by the County. At that time SESCIL became an autonomous, independent non-profit organization.

WHY SESCIL? BACK TO THE FUTURE

As we increasingly design and offer appropriate services and programs for our members, great thought must be given to making them accessible to the intended clientele. To this end, we have established a Website in addition to our frequent lectures at local senior centers, press releases, and monthly calendars which are distributed within a number of communities in order to reach out to potential clientele to an even greater degree.

**Seniors and Their Families Trust and Support
Businesses That Help Our Seniors.**

