



**Press Contact: Alyse Booth  
718-643-4877/917-648-1382**

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**NEW YORK FOUNDATION FOR SENIOR CITIZENS' SEEKS VOLUNTEERS TO  
ADVOCATE FOR NURSING AND ADULT HOME RESIDENTS IN MANHATTAN**

New York Foundation for Senior Citizens is recruiting volunteers to protect the rights of the 7,865 residents living in 35 nursing and adult homes in Manhattan. Serving as a Volunteer Ombudsman is one of the most rewarding and challenging volunteer experiences available in New York City.

Volunteer Ombudsmen are men and women who visit residents weekly, advocate for their concerns and serve as liaison with facility staff to help insure that the residents maintain their dignity and receive the highest standards of care. These volunteers are the voice of those who cannot speak for themselves.

Virginia Tan, a resident of the Upper East Side, who volunteers at the Kateri Residence on Manhattan's Upper West Side, says, "Being an ombudsman gives me the ability to help some of the most helpless people in our society. I enjoy knowing that if I can help somebody solve a little problem, it can make a big difference for them."

To become a Volunteer Ombudsman an applicant must be age 21 or older; provide three references; complete a free training program and be willing to serve as a volunteer for four hours per week, preferably during business hours. For more information on becoming a Volunteer Ombudsman phone 212-962-2720 or email [dwarburton@nyfscltcop.org](mailto:dwarburton@nyfscltcop.org).

New York Foundation for Senior Citizens Long Term Care Ombudsman Program is Federally mandated and funded through grants from the New York State Office for the Aging and a contract with the New York City Department for the Aging.

Established in 1968, the New York Foundation for Senior Citizens, sponsor of the Long Term Care Ombudsman program, is the only non-profit, non-sectarian organization serving New York's seniors in all five boroughs. New York Foundation for Senior Citizens is dedicated to helping New York's seniors enjoy healthier, safer, and more productive and dignified lives. For more information on the New York Foundation for Senior Citizens, please go to [www.nyfsc.org](http://www.nyfsc.org).

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