

Client Spotlight: Ann Vaughn



reach teams who often approached her while she was homeless. Ann appreciated these efforts, which she refers to as “small kindnesses.” She had heard good things about Urban Pathways from others on the street, and in 1989 Ann decided to finally accept help by entering the Open Door Drop-In Center. At this point, a team of Urban Pathways mental health professionals assessed Ann’s state and determined that she was suffering from symptoms of schizophrenia. After three weeks, a case manager brought her to the Antonio G. Olivieri Drop-in Center for Women, sensing that she might be more comfortable in an all-female setting. Ann says that meeting her case manager was like finding an old friend. For the first time in many years Ann felt she could trust someone.

“I do not regret being homeless because it taught me a lesson—don’t give up. Nothing is guaranteed in this life but I feel good again. I can say I’ve had a good life.”

After six months, Ann moved to The Travelers Hotel, where she shared a double room and slept in a bed every night. She made friends and learned how to take better care of herself through proper nutrition, counseling and being responsible with medication. At The Travelers Hotel Ann saw

other formerly homeless individuals transitioning into housing and realized that she too could move on. After a few months of opening up little by little with Urban Pathways staff and peers, she moved to Cluster House, a place she would call home for eight years. At Cluster House she received the supportive services she needed and made many friends. Case managers took clients on shopping trips and offered helpful tips about making a fixed income stretch as much as possible, gradually easing tenants back into independence. Ann got involved in yoga, art therapy and church groups, all of which provided her with a renewed sense of self. Ann’s efforts and positive attitude even earned her an “Award for Motivation” at a Cluster House ceremony.

The Move to Independence

By 1998 Ann felt she was ready for a more independent lifestyle and moved into Ivan Shapiro House, where she currently resides. There she has a studio apartment with its own bathroom and kitchen. At first she felt hesitant about cleaning and cooking but soon embraced the opportunity to lead the self-sufficient lifestyle that Ivan Shapiro House affords. She enrolled in the daily meal plan before deciding to prepare her own meals and once again found comfort through working with staff to ease the transition. Ann constantly challenges herself and has learned to trust others and not blame herself for the circumstances that contributed to her homelessness. With help from Ivan Shapiro House staff, Ann was able to reconnect with her family and now maintains a close relationship with them once again.

Ann is optimistic about the future and feels lucky to have overcome the major obstacles in her life. She wants to give back by speaking honestly and openly with other homeless individuals who can benefit from encouragement from someone who knows what they are going through. The ability to be honest with herself and others about her illness was an important step to regaining confidence and inner peace.

Urban Pathways’ pioneer implementation of the Continuum of Care model, which is the centerpiece of the federal policy on homelessness today, stresses permanent solutions to homelessness through comprehensive and collaborative community planning. The following vignette demonstrates how this model can be profoundly effective in changing the lives of our clients, permitting Urban Pathways to take a person from living on the street all the way to housing while providing a broad array of services along the way.

“I do not regret being homeless because it taught me a lesson—don’t give up. Nothing is guaranteed in this life but I feel good again. I can say I’ve had a good life.”

When Ann Vaughn came to New York City several years ago she wasn’t sure what she was looking for or what she might find. Originally from North Carolina, Ann was a straight A student who loved reading, philosophy and going to school. After moving to Long Island in her late teens, she began to lose concentration in school and her grades dropped dramatically. Ann suddenly felt that the things she once loved were no longer of interest to her.

Young and alarmed, Ann felt she was slipping away and was eventually hospitalized and told she was having a nervous breakdown. Doctors told her there was no cure. Feeling hopeless and afraid of ending up in an asylum, Ann fled to New York City in hopes of blending into the background and to prevent feeling like a burden to her family. Without psychiatric treatment or familial support, Ann’s state worsened, and she was homeless for eight years. Her family did not know of her whereabouts, nor could Ann remember where they lived.

From Crisis to Trust

During those years, Ann couldn’t comprehend why these circumstances had befallen her. She wanted to assign blame for this mental illness—any alternative other than accepting that she could have been stricken so suddenly, seemingly without cause. Occasionally she would accept food from Urban Pathways’ out-

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OUTREACH PROGRAMS

A.D.E. Project

257 West 30th Street
New York, NY 10001
Tel: 212.947.3211
Fax: 212.594.2359

Amtrak Penn Station NY Outreach

Pennsylvania Station
7th Avenue at 32nd Street
New York, NY 10001
Tel: 212.630.7221
Fax: 212.630.7757

George Washington Bridge Bus Station

Outreach Program
4211 Broadway - Lower Level
New York, NY 10033
Tel: 212.435.7026

Operation Alternative

625 8th Avenue
Port Authority Bus Terminal
New York, NY 10018
Tel: 212.502.2535
Fax: 212.502.2552.

DROP-IN CENTERS

The Open Door

402 West 41st Street
New York, NY 10036
Tel: 212.465.0975
Fax: 212.594.2846

Antonio G. Olivieri Center for Homeless Women

257 West 30th Street
New York, NY 10001
Tel: 212.947.3211
Fax: 212.222.5093

SUPPORTIVE HOUSING

The Travelers Hotel

274 West 40th Street
New York, NY 10018
Telephone: 212.382.1789
Fax: 212.594.2846

Cluster House

904 Amsterdam Avenue
New York, NY 10025
Tel: 212.222.0109
Fax: 212.222.5093

Ivan Shapiro House

459 West 46th Street
New York, NY 10036
Tel: 212.265.6151
Fax: 212.265.6210

VOCATIONAL PROGRAM ESTEEM

575 8th Avenue, 9th Floor
New York, NY 10018
Tel: 212.736.7385
Fax: 212.736.1388

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A Newsletter for Friends of Urban Pathways

On the Path up

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urban
pathways

For homeless New Yorkers,
the way home.

Urban Pathways to Make Capital Improvements to the Travelers Hotel

In August, Urban Pathways entered into a new six-year lease on The Travelers Hotel, a transitional housing program located at 274 West 40th Street. This fall Urban Pathways will begin \$167,000 in capital improvements on the building to provide the safest living conditions for its residents. The scope of work includes: the overhaul of all residential floor bathrooms, the replacement of flooring and repairs to plumbing in common areas and the installation of new doors, locks and fire related partitions.

At the Travelers Hotel services are made possible by: the New York City Department of Homeless Services (DHS), the New York City Department of Health and Mental Hygiene (DHMH) and the United States Department of Housing and Urban Development (HUD). At the facility, Urban Pathways staff work to help residents prepare for permanent housing by offering a full range of services including: case management, mental health counseling, psychiatric services, pre-vocational training, money management, medication management and housing placement counseling.

Urban Pathways will begin \$167,000 in capital improvements on the building to provide the safest living conditions for its residents.

The improvements are made possible by:

The New York State Office of
Temporary & Disability Assistance (OTDA)

Hyde and Watson Foundation

Astoria Federal Savings

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Ed Lublin



Mizuho Financial Group Supports Urban Pathways Through a Hygiene Product Drive

Recently, Mizuho Financial Group held a Toiletries Drive for the Homeless on behalf of Urban Pathways' two drop-in centers, The Open Door and The Antonio G. Olivieri Center for Homeless Women. Employees at five Mizuho companies in New York and New Jersey dropped a wide range of new products including shampoo, soap, lotion, razors, brushes and combs and deodorant in designated donation boxes throughout Mizuho's seven area locations. "Our employees responded enthusiastically to Urban Pathways' invitation to help New York's neediest citizens. Through the drive we were able both to assist the homeless in our community, and to help Urban Pathways put its hard-pressed resources towards other critically-needed services," commented Lesley Palmer, Senior Vice President, Community Relations, at Mizuho.

Mizuho sorted and counted the donations during their annual Kids Day. Children of Mizuho employees were on hand to learn what their parents do at work and work side by side with their parents. This year, 12 children spent the afternoon learning about Urban Pathways, why we help those in need and sorting the 26 cases of donated product.

Each year, Urban Pathways' two drop-in centers spend nearly \$15,000 dollars on toiletries and special hygiene products. Freeing up even a portion of this annual expense allows for an increase in critical services such as medical attention and housing placement. According to Steve Hornsby, Director at the Olivieri site, "This drive is beneficial beyond description. We often

scrimp and save to cover the costs of toiletries as well as other consumer products, such as kitchen equipment, paper products and laundry supplies. With at least 80 women using our shower facilities and partaking in three meals daily, we spend a tremendous amount on hygiene, kitchen, laundry and household products. Through efforts such as the one carried out by Mizuho's employees our site alone can save over \$23,000 a year."

Urban Pathways is grateful to the employees of Mizuho, Japan's leading financial group, for their support. Other ongoing areas of need for new donated products include:

- Paper products including napkins, towels, plates, plastic forks/knives/spoons and toilet paper
- Laundry supplies, including detergent and bleach
- Socks and underwear for adult men and women
- Bath towels and wash cloths
- Twin bed sheet sets
- Durable kitchen equipment, including large pots, pans and baking trays
- Non-perishable, nutritious food products including rice, pasta, beans

A full year of these donations will allow Urban Pathways to save over \$100,000 and apply that savings to additional medical, housing placement and vocational training services.

For more information on product support, contact Karen Trella at 212-736-7385, ext 15 or ktrella@urbanpathways.org.



Children of Mizuho employees learned about Urban Pathways and how to help the homeless. They spent the afternoon sorting 26 cases of donated hygiene products.

About Urban Pathways

Urban Pathways is a not-for-profit community-based human services agency pioneering the use of basic and therapeutic services to respond to the problems of the homeless. We provide opportunities, hope and dignity which empower clients to improve the circumstances of their lives. We honor each person's right to achieve his/her place in society, including a decent place to live. We provide leadership in addressing the causes and developing comprehensive solutions to the problems of homelessness.

- Urban Pathways has been a leader in providing services to homeless New Yorkers for 28 years. Each year we provide food, shelter and support services, including medical and psychiatric services, counseling and vocational training and housing placement to nearly 6,500 homeless men and women. These services are provided by a staff of over 200 dedicated employees working at a network of facilities that includes: four outreach programs, two drop-in centers and three transitional supportive housing residences.
- Urban Pathways serves many of the city's most fragile and alienated citizens including those who have mental illnesses or substance abuse problems, or who are victims of domestic violence. Our clients are 68% male. The average age is approximately 32 years and 100% of our clients are below the poverty level in New York City.
- Urban Pathways' work has contributed to the successful revitalization of the Times Square, Port Authority Bus Terminal and Midtown West communities, areas historically defined as magnets for the City's most destitute men and women. We achieve this success by offering comprehensive basic and therapeutic services and by creating and maintaining a referral network with other service providers including hospitals, rehabilitation programs and housing and job placement specialists.

■ Urban Pathways is a pioneer in the development of the "continuum of care" model for serving mentally ill and chemically-addicted men and women. The model offers a stepped series of services beginning with programs that reach out to homeless people on the street and progressing to drop-in centers providing food, shelter and basic services to placement in temporary housing finally extending all the way to long-term supportive housing.

■ In order to meet the needs of our clients and to support the Mayor's plan to reduce homelessness by two-thirds in five years, Urban Pathways is focusing its efforts on developing permanent supportive housing for formerly homeless, mentally ill populations. We have set a goal of creating 200 new units of housing over the next three years.

■ In 2005-2006, Urban Pathways' budget is nearly \$10 million. Eighty-seven cents of every revenue dollar goes to supporting program services.

Visit our new and improved website!
www.urbanpathways.org

The Young Professionals Board Seeks New Membership to Help Serve the Community

The Young Professionals Board (YPB) raised \$2,600 for The Travelers Hotel at a cocktail party in June at the Black Door Bar in Chelsea. The YPB invited friends and colleagues to learn about and celebrate the work being done at



The Travelers Hotel and other Urban Pathways facilities.

The Travelers Hotel, located on 40th Street at Eighth Avenue, houses 36 men and women preparing for future, permanent housing and focuses on linking clients to the community. Residents of The Travelers Hotel are among New York City's most vulnerable homeless men and women, with serious and persistent mental illnesses. Many clients are also recovering from substance abuse problems. The Travelers Hotel case managers offer supportive services to assure a smooth transition to permanent housing.

The YPB supports Urban Pathways by providing invaluable fundraising, marketing and other assistance. In addition, members assist the Board of Directors with outreach, while promoting and advocating on behalf of the agency.

The YPB is actively recruiting new members who are dedicated to helping Urban Pathways serve its clients and the community. In September Urban Pathways hosted a cocktail reception at Ivan Shapiro House for current and potential members. Attendees met with current YPB members, the Board of Directors, and senior staff to learn about Urban Pathways, the YPB and how to get involved. If you are interested in joining the YPB or learning more about the YPB's role and responsibilities, please contact Jessie Mott at 212.736.7385 x20 or jmott@urbanpathways.org.

A special thanks to the following in-kind supporters who donated items for the event raffle as well as refreshments for the event:

The American Folk Art Museum
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Our Name is Mud
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Share Your Lunch

Share Your Lunch with Urban Pathways Become a monthly donor and help eliminate chronic homelessness

Through a monthly \$10 gift, less than the cost of one lunch out, you will provide Urban Pathways with steady and reliable funding for the provision of nutritious meals, medical attention and housing placement assistance to homeless men and women.

HOW TO DONATE

Go to our website www.urbanpathways.org. Click on the Share Your Lunch icon on the home page. Select the monthly \$10 automatic donation program or, if you desire, the one-time annual donation option. OR Download our donation form and set up your monthly or annual gift by mail.

SHARE YOUR LUNCH TODAY AND ENJOY

- Hassle-free monthly donations
- Automatic donation from your credit card
- Regular newsletters and updated on our progress
- The ability to change or suspend your donation at any time

CONSIDER

If You...	You can save and donate to Urban Pathways monthly
Bring your lunch to work twice a month	\$10
Make your own coffee once a week (instead of buying a Mocha Frappuccino)	\$20

Donating \$10 a month to Share Your Lunch is only \$120 per year!

For more information or to change the amount of your monthly gift please contact us at: 212.736.7385, ext. 20 or jmott@urbanpathways.org

Share Your Lunch today! Your generosity will help thousands of homeless men and women on the path home.

Share Your Shares

Did you know that a donation of stock can count for more?

Donating shares of appreciated stock to Urban Pathways may help you save money on your taxes and help us to fulfill our mission of helping homeless men and women through a continuum of care.

THE BENEFITS

- You deduct the current fair market value of the shares on your taxes, not the price you originally paid for them.
- You avoid having to pay taxes on capital gains on the donated shares in the future.
- Essentially, you are donating with a monetary gain that you never realized and thus will never pay taxes on.

HOW DOES IT WORK?

Say you bought 100 shares of a company when the stock was trading at \$10 and those shares are now worth \$50 each. If you donate the shares, you get to deduct \$5,000 from your taxes even though you only paid \$1,000 for them.

In order to receive the full deduction you will need:

- To donate only long-term holdings, which the IRS defines as being held for 12 months or longer.
- The tax receipt Urban Pathways sends you upon receiving the donation.
- A dated letter from your broker spelling out how many shares were donated to us.

TAX TIP...

In order to realize the greatest possible tax savings, if you acquired a block of shares over time at different prices, be sure to donate the ones that you acquired at the lowest cost. Those shares contain the biggest amount of locked-in capital gain on which you can avoid taxation.

To donate a stock gift, please contact:

Karen Trella
Phone 212-736-7385, ext. 15, or
Email: ktrella@urbanpathways.org

Donate your appreciated stock today and help Urban Pathways provide homeless men and women with the services they need to achieve stability and a better quality of life!

For more information about donated stock please see IRS Information Letter 2001-0277
<http://www.irs.gov/pub/irs-wd/01-0277.pdf>