

YWCA YONKERS TEAM SPOTLIGHT

eliminating racism
empowering women
ywca
Yonkers

LAMONT OTTO - SENIORS PROGRAM



Please explain your role as Senior Program Coordinator:

My role is to coordinate and manage special programs and events for seniors. Promote health and mental awareness and encourage seniors to share their talents and skills through a variety of physical and social activities.

How long have you been with the YWCA Yonkers and what has been your greatest accomplishment?

I plan to add more physical and mental activities to continuously stimulate my seniors capabilities. I also plan to go out into the community i.e. Senior Living Facilities, Nursing Homes etc. to bring awareness to our senior program here at the YWCA. staying true to the YWCA's mission is a great accomplishment and I'm not finished yet!

What are 3 things you would like the public to know about your department?

1. MY department continuously strives to improve the daily experience our seniors have while attending the program. 2. My department has fun, we educate and provide a safe no "no judgement" zone for our seniors. 3. My department continues to look for ways to help better the lives of the seniors that attend the program

How can others support your mission?

Others can support my mission by keeping me abreast of any seniors in need or interested in joining a program where they can have fun, socialize, exercise, continue to educate themselves and have a great meal.

Contact Mr., Otto:
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