



A Year in Successful Aging



Volunteers logged over **3,039 friendly visiting hours** and our intergenerational programs engaged **1,674 youngsters**



Our Case Managers delivered over **21,000 hours** of service to **1,940 clients** who had in-home visits, and provided information, referral and short-term service to **1,007 individuals**.



Senior Shuttle had over **400 registrants** for whom **2,263 one-way trips** were provided.



Served **807 caregivers** and provided **3,102 hours** of respite home care

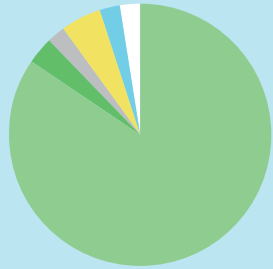


At our Park Slope Center for Successful Aging, we served over **337 individuals** with **11,000 meals**, **372 different education/recreation sessions** and **268 exercise/movement classes**.

TOTAL NUMBER OF PEOPLE SERVED: NEARLY **4,270**

Financials

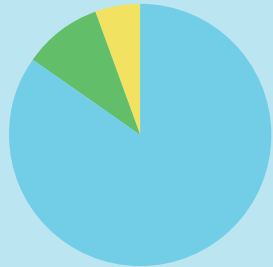
Financial summary derived from our audited financial statement from July 1, 2015 through June 30, 2016



OPERATING REVENUE

| | |
|---------------------------------------|-----------|
| Government | 2,307,465 |
| Contributions | 85,038 |
| Foundation / Corporate | 63,126 |
| Special Events | 140,396 |
| Rent, Interest & Misc. Income | 66,627 |
| Net Assets released from restrictions | 66,627 |

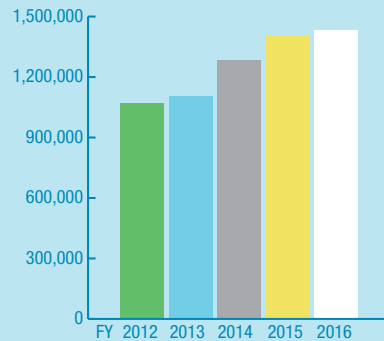
TOTAL OPERATING REVENUE \$2,288,077



EXPENSES

| | |
|----------------------|-----------|
| Program Services | 2,203,948 |
| Management & General | 261,668 |
| Fundraising | 149,618 |

TOTAL EXPENSES \$2,715,234



NET ASSETS

| | |
|---------|-----------|
| FY 2016 | 1,430,857 |
| FY 2015 | 1,403,610 |
| FY 2014 | 1,283,739 |
| FY 2013 | 1,103,126 |
| FY 2012 | 1,068,358 |

Support from our community grows each year.
Thank you!

Services partially funded under contract with NYC Department for the Aging

Programs in Review



AGE FRIENDLY PARK SLOPE



Our new collaborative initiative to make community businesses more aware of the needs of their older and most loyal customers. So far, we have brought 60 businesses on board.



CAREGIVER PROGRAM

Loved ones of older adults who may provide routine care and emotional support rely on our team of social workers. Our group meetings, telephone support, crisis intervention and seminars address the present hurdles and the unforeseen emotional, physical and economic life challenges ahead.



CASE MANAGEMENT

We meet our clients in their homes. Each client receives a no-cost comprehensive in-home assessment that includes a safety inspection, a review of health issues and access to health care, a nutrition assessment, an evaluation of the individual's ability to carry out the necessities of daily life, an assessment of social supports available to assist and a screening for entitlements and benefits. Then an individualized care plan is put in place with linkages to community resources like home care, meals and any other needed services to allow the individual to remain living safely in his/her home.



PARK SLOPE CENTER FOR SUCCESSFUL AGING



As we concluded our first year, we are well on our way to galvanizing the Park Slope Center for Successful Aging into a neighborhood hub for people 60 and better, bringing opportunities for arts and education, physical exercise and volunteerism, as well as a communal lunch-time meals and opportunities to connect and find purpose. We are collaborating with other community groups and organizations to create a vibrant and thriving community center that embraces the wisdom and experience of those who have helped to build our communities.



TRANSPORTATION PROGRAM

Our senior van service provides home pick-up and return service to three senior centers and from selected pick-up points to shopping trips and outings. Our Senior Shuttle runs on a fixed loop daily through four Downtown Brooklyn neighborhoods.



VOLUNTEER PROGRAM



We help make meaningful matches for homebound older people who enjoy companionship. Friendly Visiting, Telephone Reassurance and Medical Escort volunteers are selected based on geography and shared interests. Our Birthday Card Collective, Pen Pal Program and Aging 101 curriculum specifically engage local community classrooms and young people in services projects.

Several innovative partnerships have allowed us to implement "days of service" utilizing corporate volunteers and other formal groups to celebrate special days with deliveries of plants, bouquets of flowers and other such gifts.

And, as we have for 45 years, we provide a traditional Thanksgiving Dinner on Thanksgiving Day for over 200 elders who would otherwise be alone, utilizing close to 100 volunteers.

Thank you for your support

With deep appreciation, Heights and Hills acknowledges the support of all our friends and donors. Thank you for your commitment to our cause.

The following donors' contributions over \$250 were received July 1, 2014 to June 30, 2015.

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Heights and Hills promotes successful aging in the community.

At any age, we all need to have certain basics:

- **Financial security** – having enough money to pay one's bills
- **Food security** – having sufficient food and nutrition
- **Access to health care** – being able to get to and pay for doctors and medication
- Having a **safe, affordable and comfortable place to live**
- Getting one's **basic daily tasks accomplished**
- **Having social supports** to prevent isolation

In addition to these basic necessities, studies have shown that social connectedness and having a purpose are linked to increased health, satisfaction and longevity.

Heights and Hills' programs and services address all of these issues.



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