

# HEIGHTS AND HILLS Annual Report 2017

Another Year of Successful Aging  
**THANK YOU – 4,000 TIMES OVER!**



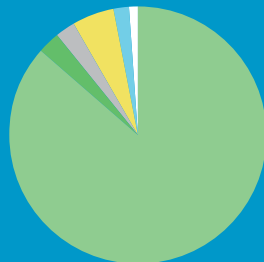
# Financials

Financial Summary derived from our audited financial statement from July 1, 2016 through June 30, 2017.

## OPERATING REVENUE

Government	\$ 2,816,003
Contributions	88,972
Foundations/Corporations	83,500
Special Events	168,250
Rent, Interest & Misc. Income	63,154
Net Assets released from restrictions	33,237

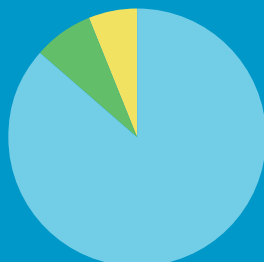
**Total Operating Revenue \$ 3,253,116**



## EXPENSES

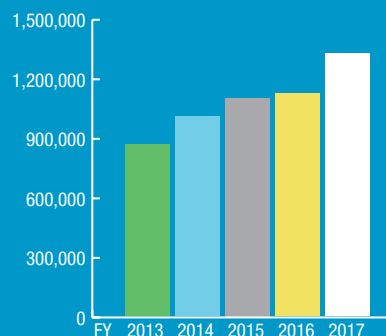
Program Services	\$ 2,601,854
Management & General	222,505
Fundraising	179,112

**Total Expenses \$ 3,003,471**



## NET ASSETS

FY2017	\$ 1,687,723
FY2016	1,430,887
FY2015	1,403,610
FY2014	1,283,739
FY2013	1,103,126



**Support from our community grows each year. Thank you!**

Heights and Hills programs and services are funded in part under contract with the New York City Department for the Aging and with Citymeals-on-Wheels, and by foundation and corporate grants and private donations.

## HEIGHTS AND HILLS

# Programs for Successful Aging



Your support made a difference in the lives of more than 4,000 older adults, age 60 and better, and their family caregivers.

- Our **CASE MANAGERS** served **1,994 homebound older adults**, assessing their needs and providing them with **24,772 hours of service**, while also providing information, referrals, and short-term services to **another 913 older adults**.
- Our **CAREGIVER SUPPORT TEAM** assisted nearly **500 caregivers** and arranged **2,100 hours of respite care**. They facilitated **73 support group sessions**, presented **16 educational workshops**, and distributed information at **38 different community events**.
- At our **PARK SLOPE CENTER FOR SUCCESSFUL AGING** – a thriving community of active older adults – we served **396 individuals** with **11,000 meals**, **341 hours of social services**, and **1,006 class sessions** enhancing health and fitness, promoting lifelong learning, and supporting social interaction.
- We connected **291 Volunteers** with their older neighbors, delivering **4,558 friendly visiting and appointment companion hours**, organizing an annual Thanksgiving Dinner for older Brooklynites, and hosting three group service projects.
- More than **600 youngsters** were engaged through our **INTERGENERATIONAL PROGRAMS** to learn about aging, and to brighten the lives of older neighbors with birthday cards or by becoming pen pals.
- **SENIOR SHUTTLE** provided **3,127 one-way trips** to assist **400 registrants** in getting out-and-about in their communities.

# 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 of \$250 and over were received July 1, 2016 to June 30, 2017.*

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## HEIGHTS AND HILLS Program Sampler

This year, the older adults we served ranged in age from 60 to 104, and were as diverse as the 19 communities in which they live.



### CASE MANAGEMENT PROGRAM

Getting older brings new challenges. Our professional case managers are here to help older Brooklynites, age 60 and better, stay healthy and age successfully in their own homes and communities. We conduct a no-cost in-home assessment of needs, followed by the implementation of an individualized care plan that may include arranging for home-delivered meals and linking to a wide variety of benefits, entitlements, and community services.

### CAREGIVER SUPPORT PROGRAM

Caregiving is hard. We're here to help. Our trained social workers provide a variety of services to support the unpaid caregivers of older adults. Services include: individual confidential counseling, ongoing support groups, crisis intervention, short-term respite care for qualified individuals, and caregiving workshops to educate the public.

### VOLUNTEER PROGRAM

Research shows that staying socially connected as you age has more positive impact on health and longevity than quitting smoking. Our volunteers bring friendship and support to homebound older neighbors. They become friendly visitors or appointment companions, teach at the Park Slope Center for Successful Aging, and help serve at our annual Thanksgiving Dinner. We also organize group service opportunities for organizations and corporations.

### INTERGENERATIONAL PROGRAMS

We partner with schools and youth groups to offer two unique programs that give young people a better understanding of what it means to grow older and provide them with opportunities to make a difference in the lives of older neighbors: our Aging 101 and Birthday Card Collective, and our Pen Pal Program.

### PARK SLOPE CENTER FOR SUCCESSFUL AGING

This newly renovated community center, located at 463A 7th Street off 7th Avenue, is a thriving focal point for older adults seeking to gain new experiences, connect with their community, and define what aging means to them. Whether someone drops in occasionally or becomes a regular member, this community center is open and free to anyone 60 and better, Monday through Friday, 9:00am until 5:00pm. Each weekday we offer a hot, nutritious lunch, exercise and wellness classes, art and cultural programs, and much more. For more information, call 718-832-3726.



## Our mission:

To support older adults to age successfully in their own homes and Brooklyn communities.



To age successfully, one needs to have:

- 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
- A safe, affordable, and comfortable place to live
- One’s basic tasks of daily life accomplished – from bathing to bill-paying
- Social supports that 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.**

HEIGHTS AND HILLS  
57 Willoughby St, 4th Fl,  
Brooklyn, NY 11201  
(718) 596-8789 • [heightsandhills.org](http://heightsandhills.org)

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