

Connections Breed Connections

The daughter of one of our clients noticed the beautiful handmade birthday card that her father had received for his recent birthday, which he displayed with pride. The card was just one of close to 1,000 personalized birthday cards sent out each year to our homebound clients through our youth driven Birthday Card Collective. That got her thinking about her group of friends who crochet for the needy. The next thing you know, she and her friends donated the most beautiful blankets, hats and scarves that were distributed to 18 of Heights and Hills’ homebound clients.



Days of Service

Through our partnership with Bloom Again, we have been able to implement “days of service” utilizing corporate volunteers, alumni associations and other formal volunteer groups to celebrate Father’s Day and other special occasions with deliveries of plants and bouquets of fresh flowers.

Paid Family Leave

Paid Family Leave is included in this year’s NY State budget, and is set to commence in 2018. This program will lead the nation in ensuring that working people can take the much needed time to care for loved ones while being able to financially provide for their families. This is a huge step in supporting those family caregivers who are caught between working and taking time off to care for an elderly loved one. We applaud the Governor and the State Legislature!



Spring Garden Party

This year, as part of a university-wide annual Global Day of Service, the Stanford Black Alumni Association and the Stanford Women’s Network have again chosen to host a Spring Garden Party for clients of Heights and Hills. The event, held outside at the beautiful historic Plymouth Church is packed with plenty to do and includes refreshments, flower arranging, live music and a tour of the historic church. The goal is very simple: *social connection*. Creating an atmosphere of camaraderie and fun specifically geared toward the needs of our clients is not something we get to do very often, yet the impact on attendees is huge. Two women who attended the first party found out they are neighbors living in the same building and developed a new lasting friendship as a result! Connections, indeed!

Home Away From Home

Our newly acquired Park Slope Center for Successful Aging boasts a growing active membership of close to 200. With activities as varied as learning a foreign language (Spanish and Quechua), flower arranging, quilting, folk dancing, yoga, digital photography or attending lectures, the center is certainly a place where social connectedness abounds!



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When You Were Ten AND Coming to Brooklyn

These are two of the themes that have been the subject of letters exchanged by fourth graders at Brooklyn Friends School and homebound Heights and Hills clients as they get to know one another through our Pen Pal program. Each spring, letters are exchanged for four months, culminating with a final “meet-up” at the school so that Pen Pals can finally meet each other. Last year at the meet-up, each group of students presented their older Pen Pal with a time capsule filled with items relating to what they had learned about that senior’s life at age ten.



HEIGHTS AND HILLS

supporting brooklyn's older adults

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at home

SPRING 2016

HEIGHTS AND HILLS



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MUSINGS...

from our Executive Director



"What does it take to age successfully in the community?"

That's the question that many people ask when first learning about Heights and Hills' mission and work. The truth is, how we each define "success" is very personal and "successful aging" in particular, means many things to many people! However, when we speak

of successful aging here at Heights and Hills, we are talking about something very specific: the essentials. Our staff work tirelessly to assist every one of our clients in the hope that each can achieve what it takes:

- **Financial security** – having enough money to pay your 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**
- **The capacity to get the activities of daily living accomplished** (a fancy way of saying taking care of daily chores – bill paying, cleaning, laundry, shopping, cooking, eating, and the more basic tasks – bathing, etc.)
- **Access to social supports to prevent isolation**

More and more studies now show that **social connectedness and having purpose** are linked to increased health, satisfaction and longevity. In fact, one recent study showed that social connectedness has a greater effect on health and longevity than smoking cessation.

Heights and Hills' core programs address all six of the above areas for the thousands of people we serve each year. Our contracts with the NYC Department for the Aging cover about 81% of associated costs. It is our other programs and services, those that are not funded by government, that we'd like to highlight in this newsletter. These are the Heights and Hills activities and initiatives that focus on the last issue, social connectedness. We take great pride in the creative ways that our staff and volunteers assist in enhancing social connectedness. This is where Heights and Hills' programs really shine!

Judy Willig, LCSW

PLEASE JOIN US FOR

HEIGHTS AND HILLS' 45th Annual SPRING BENEFIT

A FUNDRAISER TO PROMOTE SUCCESSFUL AGING

MONDAY, MAY 9, 2016

6:30-8:30 PM • BROOKLYN HISTORICAL SOCIETY
128 PIERREPONT STREET • BROOKLYN, NY 11201

Honoring:

ELIZA WINANS ROSSMAN



This year's honoree epitomizes leadership, generosity and goodwill. Former Heights and Hills Board member Eliza Winans Rossman has served older adults through her own profession as a social worker and as a valued member of the board for over 16 years. We hope you will join us on May 9th.

For more information or to purchase advance tickets, journal ads or event sponsorships for this annual fundraiser to promote successful aging, call **718.596.8789 ext. 328**, email springbenefit@heightsandhills.org, or visit www.heightsandhills.org.

Upcoming Seminars and Workshops

Caring for Loved Ones When They Aren't So Loveable

Monday, May 16
6-7:30 pm
at Heights and Hills

Caregiving can be challenging, particularly if a loved one is resistant to care. Understand what may be causing your loved one's resistance, how you can encourage and engage cooperation from your loved one, and how to take care of yourself during this time.

Understanding Dementia: What You Need to Know and Where to Go

Third Wednesdays,
May 18, 6-8 pm and
June 15, 1-3 pm
at Heights and Hills

This seminar provides information on Alzheimer's disease and other dementias; discusses the different stages of the disease and what to expect; and includes an overview of caringkind and Heights and Hills programs and services and other relevant available resources.

Benefits and Entitlements for Older Adults: Seminar for Caregivers

Tuesday, June 7
6-7:30 pm
at Heights and Hills

Benefits and Entitlements seminar for caregivers focusing on Medicaid and Pooled Income Trusts, SNAP, SCRIE, and EPIC. Yes, you can have too much income and get Medicaid. Heights and Hills Benefits and Entitlements Coordinator can explain your options. No longer do you have to worry about how your loved one will receive long term care.

Support Groups

Heights and Hills Caregiver Support Group

Every Tuesday, 11-12:30 pm
at Heights and Hills

Brooklyn Parkinson Group Care Partner Support Group

2nd and 4th Wednesday
of every month at
Mark Morris Dance Center

2nd Wednesday, 12-2 pm;
4th Wednesday 1-2 pm

Caregiver Support Group

Wednesday, May 11
(and once per month
from 3-5 pm)
at NY Methodist Hospital
Wesley House, 6A
501 Sixth Street
Park Slope, Brooklyn

All meetings are free of charge. Please call 718-596-8789 for more information or to register.



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Heights and Hills proudly meets all standards for charity accountability.