



HEIGHTS AND HILLS

supporting brooklyn's older adults

81 Willoughby Street, Suite 302
Brooklyn, NY 11201

718-596-8789 • www.heightsandhills.org

Heights and Hills CAREGIVER PROGRAM

Caregiving is hard. We're here to support you.



All meetings are free of charge. Please call **718-596-8789** to register, request information, and inquire about additional meetings.

Ongoing SUPPORT GROUPS for March

Brooklyn Parkinson's Group Care Partner Support Group

Wednesday, March 13th 12:00-2:00

Wednesday, March 27th 12:00-2:00

Mark Morris Dance Group,
3 Lafayette Ave, 3rd floor, Brooklyn

Support Group at Methodist Hospital

Thursday, March 14th 3:00-4:30

Location: Wesley House 501 6th St,
Room 3K, Brooklyn

Long Distance Caregiving Support Group

Park Slope Center for Successful Aging

463A 7th St, Brooklyn

Monday, March 18th 6:00-7:30

Telephone Support Group – All Caregivers

Contact Megan Nelson, mnelson@heightsandhills.org,
to register and for dates

Meets Thursday evenings over the phone from
7:00-8:30 pm

“I drive my husband to Movement Lab class at Mark Morris and conveniently the support group is going on at the same time. I go no matter what the weather, it is that important to me.”

Testimonial from a support group attendee



Heights and Hills proudly meets all standards for charity accountability.
ny.give.org

SPRING 2019

HEIGHTS AND HILLS • at home •



Musings... from our Executive Director

Greetings from my desk at Heights and Hills' new home at **81 Willoughby Street**. This is the third move for Heights and Hills in our 40+ years, and each move has been necessitated by a variety of factors, but the one consistent factor has been that we have outgrown each space as our organization expanded to serve more and more of Brooklyn's older adults.

During the 10 ½ years we were at our last home at 57 Willoughby St., Downtown Brooklyn changed enormously. Much like so many of our clients in Brooklyn, we have been affected by “gentrification.” We knew when we started to see high-rises surround us and trendy food establishments pop up that change was afoot.

It became much clearer three years ago when our landlord, a non-profit who rented to other non-profits at below-market rents, sold our building to an investment group. Common charges increased, non-profits moved out and renovations began in vacated offices (bringing dust and noise.) We considered renting larger space in 57 Willoughby, but the cost was prohibitive. After looking at more than 20 spaces around Brooklyn, we found the perfect space across the street at 81 Willoughby St. In fact, from my window, I can see our old office!

Our new office is in the landmarked 1898 Beaux-Arts former headquarters of New York and New Jersey Telephone and Telegraph Company. Our third-floor office accommodates our staff of 36, plus student interns and has multiple meeting rooms of varying sizes so that our staff can meet with individuals, families and groups. We have a large room for staff training, caregiver workshops and community education, and a room for caregiver support groups. We also have space to expand our new partnership with SPOP (Service Program for Older People), to two days per week (see page 2).

We welcome you to stop in and say hello.

Judy Willig, LCSW

We've moved!

Please note our new address:

**81 Willoughby Street, Suite 302
Brooklyn, NY 11201**

Our new enlarged space better accommodates our staff and has room for:

- Staff training programs
- Caregiver workshops
- Community education
- Support Groups



Delores, one of our Aging 101 Ambassadors working with kids at PS 29

HEIGHTS AND HILLS AGING 101 AMBASSADORS - NEW Volunteer Role Supporting our Intergenerational Program

This fall we welcomed a new group of volunteers in the recently created role of Aging 101 Ambassador. All aged 60 or better, passionate about combatting myths and stereotypes of aging and interested in engaging young people, they have been busy helping us pose the questions “when exactly do you become old and what does it feel like” to a diverse group of almost 500 young people ranging in age from 7 to 14 years. Aging 101 Ambassadors help facilitate our 40-minute ‘Aging 101’ workshop which challenges young people to think about what life after the age of sixty might feel like and why some - not all - older people might need support. School and community partners this year have included Girls Scout Troops 2672 & 2936, Packer Collegiate, Park Slope Collegiate, Bushwick Leadership High, Saint Ephrem Academy, PS 8, Bedford Stuyvesant Preparatory Academy, Boerum Hill International School, PS20, Berkeley Carroll School, Brooklyn Friends School, Plymouth Church and MS 88.

For more information about becoming an **Aging 101 Ambassador** or to schedule an Aging 101 workshop, contact **Betsy Guttmacher**, Volunteer Program Director
bguttmacher@heightsandhills.org
718-596-8789

Funded in part by
New York Foundation for Elder Care
nyfe.org



Mental Health Counseling for Older Adults

Heights and Hills is collaborating with **SPOP/Service Program for Older People**, an organization that provides comprehensive mental health care to adults age 55 and older. SPOP’s flagship program has satellites throughout Manhattan and we are their first satellite in Brooklyn. SPOP is now at Heights and Hills two days a week.

For more information on how to make an appointment, please contact SPOP directly (212) 787-7120 Ext. 514

Brooklyn matriarch honored on her 90th Birthday

Heights and Hills has been helping **Jo Grinage** age successfully for over 10 years. We were thrilled to learn that at her 90th birthday party, she received word that Medgar Evers College would award her an honorary degree at graduation in May. Born in Wadesboro, NC, her family fled Jim Crow South when she was 7 and moved north to Brooklyn, New York. As a young student, Jo excelled in school and vocal performance, a passion she continued through her adult life, performing all over NYC. From 1986-1988, Jo attended Medgar Evers College and worked for 34 years as a para-professional for the Department of Education. Jo plans to march with the graduating class in May.
Congratulations Jo!



We are thankful for our volunteers!

Heartfelt thanks to the 147 volunteers who helped at our annual Thanksgiving dinner at Grace Church. This year, we served over 250 guests! We have many volunteer opportunities throughout the year, please visit heightsandhills.org/for-volunteers/

Save the dates and join us!

Please save the dates for two upcoming events that benefit Brooklyn’s oldest adults so they can age successfully in their own homes and communities!

Wednesday, March 6th

INAUGURAL Heights and Hills 2019 POKER OPEN

6-9pm@Hill Country Food Park
 345 Adams Street, Brooklyn

All skill levels are invited to play. Four tables, each with a professional dealer, for a total of 40 players, will play until there is a top finisher. Even if you don’t play poker, you can still join in the fun as a spectator. Ticket price includes entry to play or watch, as well as food and drink.

Buy your tickets online -
heightsandhills.org/poker-night-2019
 and join the fun!

Monday, May 20th

48TH ANNUAL Heights and Hills Spring Benefit

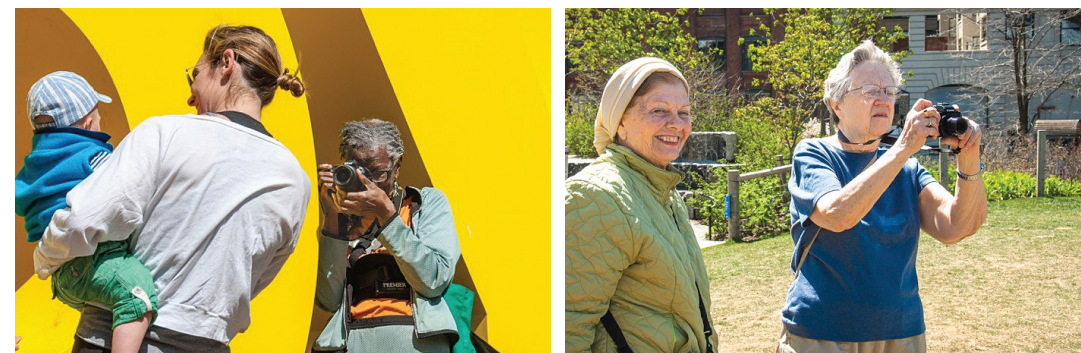
6:30-8:30pm@Brooklyn Historical Society

This year’s benefit will honor Dona Metcalf Laughlin, former Heights and Hills board member and active Brooklyn community member.

This special evening will celebrate another year of promoting successful aging in the Brooklyn community and help us to continue improving the lives of Brooklyn’s oldest neighbors. Stay tuned for further details and invitation!

NEWS from the Park Slope Center for Successful Aging Digital Photography Class

On February 12th, members at PSCSA began a 12-week Digital Photography course led by Ian Donald, a freelance photographer and musician, with funding secured by Councilmember Brad Lander through the Su CASA initiative. This class focuses on documenting the lives and communities of class participants. Basics of how to use a digital camera as well as how to frame shots, the role of light, capturing motion and other techniques to gain confidence in photography skills are covered. The class culminates in an exhibit at PSCSA of the best photographs, and will be open to the public. Some participants from past classes are shown in the photos below.



For a list of monthly activities at PSCSA, please visit:
heightsandhills.org/park-slope-center-for-successful-aging/

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