



HEIGHTS AND HILLS

Supporting Brooklyn's Older Adults

COVID-19 Response
April 10, 2020

Dear Friends,

I hope this finds you well and staying healthy.

Heights and Hills has settled into week 3 of working remotely. There are some signs that social distancing is working to slow the rate of coronavirus in New York State. However, news that COVID-19 disproportionately affects low income neighborhoods adds another layer of vulnerability for our clients, many of whom have underlying medical conditions, to develop COVID-19.

Our top priority - make sure Brooklyn's older neighbors continue to receive the services they need to stay healthy, safe and connected throughout this crisis.

Here is a short update:

Case Management

- Home delivered meals continue.
- All clients continue to receive check-in calls to assess their emergency needs and respond to them.
- Our waitlist has ballooned to 436. We are busy assessing their needs. Many have reached out to us because of COVID-19 and may not need our services after the crisis passes.

Caregivers

- All caregivers continue to receive check-in calls for ongoing support.
- Telephonic support groups and webinars on Zoom have replaced in-person programming. Please visit our [website](#) for details.

Park Slope Center for Successful Aging

- Members are now receiving home delivered meals.
- We have initiated Meals-on-Heels for members who may benefit from additional meals.
- All members continue to receive check-in calls from center staff to check on their health, food needs and give them center updates.
- Last week Yoga, Tai Chi, Qi Gong and Meditation resumed via Zoom and conference calls for center members. We'll be adding Aging Transitions, Storytelling and Creative Writing next week.
- Members are also receiving instruction on how to use Zoom to boost participation.

Volunteer Program

- Volunteers continue to deliver shelf-stable emergency food packages to our case management and caregiver clients, and Meals-on-Heels to center members who are unable to buy food.

- Volunteers are making calls to check-in on waitlist clients.
- Plans to launch a 'virtual friendly visiting program' and an extension of our appointment companion program to help older adults with shopping and errands are underway. Stay tuned.

HOW YOU CAN CONTINUE TO HELP

- **Volunteer** – our website has the most up to date information on what volunteers can do and how you can help. [Click here to VOLUNTEER](#)
- **Donate** –Because of ongoing concerns about gathering in large groups, we made the decision to cancel our Spring Benefit. This means that **we will need your support more than ever. Your donation will help Brooklyn's oldest through this difficult pandemic.** Please consider making a donation today. Thank you! [Click here to DONATE](#)
- **Join our Virtual 5K run/walk** on May 17th - Calling all runners and walkers! If you are looking for a way to stay fit while you practice social distancing, join our virtual 5K team and support Heights and Hills at the same time. This is a perfect excuse to get out, exercise and give back to Brooklyn's oldest neighbors. Contact tkleckner@heightsandhills.org for more information or [SIGN UP here](#)
- **Don't forget to fill out your 2020 census**

GOING FORWARD

Check-in calls to all of our clients, center members, caregivers and those on the waitlist will continue.

Volunteers will continue to be deployed as needs develop.

Any updates will be posted on our [website](#), so please refer to it often.

We hope you and your families stay safe and healthy.

All my best,



Judy Willig, LCSW
Executive Director

P.S. Check out these recent articles featuring Heights and Hills during the Coronavirus pandemic - [Bklyner](#), [Time Out New York](#), [City Limits](#) and [Wall Street Journal](#).