

SPRING 2020

# HEIGHTS AND HILLS • at home •



## MUSINGS from our Executive Director



After 33 years at the helm of Heights and Hills, I am writing to let you know that I will be retiring from my position as Executive Director at the end of June.

It has been an amazing journey spanning more than three decades. I have been known to say that Heights and Hills and I grew up together and now the time for me to say goodbye is right: Heights and Hills has a Board of Directors that is fully engaged, passionate about the organization and committed to its sustainability; we have a staff that couldn't be more dedicated, professional, and compassionate; finally, we have a large community of volunteers and donors who believe that older adults in Brooklyn deserve to live purposeful, dignified lives and are willing to donate their time, talent and support to further our mission. With all of this in place, I am confident that Heights and Hills is in good hands and will continue to thrive.

I came to the organization in 1986 with a lot of youthful ideas, boundless energy, and a willingness to learn. Heights and Hills, then Heights and Hill Community Council, served about 100 people in two neighborhoods, and employed a hodgepodge staff of part-time older workers, one or two full-time staff members, and several student interns and volunteers. Nevertheless, the organization had a lot of heart!

Today we serve close to 5,000 older adults and their families annually in nearly one-half of the Borough of Brooklyn. Heights and Hills now has four major programs that address our mission of promoting successful aging in the community. We have a staff of 43 and are still growing, but one thing remains true as it did in 1986 – Heights and Hills still has a lot of heart!

I have always been lucky to have the support of a fantastic board and a supportive community, which made coming to work a joy. How fortunate am I to have had a job that I love all these years? For now, it is back to work!

*Judy Willig*

Judy Willig, LCSW

“One thing remains true as it did in 1986 – Heights and Hills still has a lot of heart!”



*Above, the Heights and Hill Community Council Bake Sale in 1986, and below, volunteers at our 2019 Thanksgiving dinner.*



## Volunteers Deliver Falls Preventions Kits



Emmanuel Baptist Church volunteers getting ready to deliver falls prevention kits

Falls are a leading cause of injury for people ages 65 and better but they are not an inevitable part of aging. There are proven ways to prevent them.

Over the last summer and through the autumn, teams of volunteers from Credit Suisse, Brooklyn Bridge Rotary Club, Emmanuel Baptist Church, NYU Tandon School of Engineering, 1 Hotel, Park Slope Community Church, Packer Collegiate School, Non-Profit Finance Fund, CUNY Service Corps, Intersection and MiQ assembled and delivered falls prevention kits to nearly 1,000 Heights and Hills clients.

“If falls prevention isn’t something that you’re thinking about now, I promise there is someone in your life who’s worried about it,” said Judy Willig, Executive Director at Heights and Hills.

Special thanks to Councilmember Robert Cornegy for funding this project.

## CENSUS 2020 is around the corner!

Starting in March 2020, all households will receive a postcard from Census 2020 with a unique ID number for completing the census online. Since Brooklyn was undercounted in the 2010 census, it is essential to get everyone to participate this year.

Census numbers are used to determine distribution of federal funding, as well as elected representation in Washington, DC. Continued funding of community programs, such as Heights and Hills, or the funding of new programs is based on census numbers.

Filling out your census form will only take 10 minutes and all information collected is strictly confidential and will never be shared.

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2020**

*If you have any questions regarding the 2020 Census,  
the contact number for the New York Regional Office is*

*212-584-3400 or 1-800-991-2520*

*or speak to your Heights and Hills social worker.*

## Our CAREGIVER SUPPORT PROGRAM is growing

As of July 1, 2019, our caregiver support program expanded to now include 11 of Brooklyn’s 18 community districts. Caregivers are often juggling work, caregiving responsibilities and their own families. Our Caregiver Program is available to families by telephone, in person, individually, in groups and in families based on the need. Feel free to call us for more information.



- Caregiver & Case Management Services
- Expanded Caregiver service area as of July 2019

## 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!

### SUNDAY, MAY 17 5K FUN RUN/WALK

Join our Heights and Hills 5K Fun Run/Walk in Prospect Park!

We are looking for runners and walkers to join our team to raise critical funds for Heights and Hills.

Contact Tania Kleckner  
[tkleckner@heightsandhills.org](mailto:tkleckner@heightsandhills.org)  
for more information, or visit our fundraising page to support our runners and walkers -  
[heightsandhills5k.greatfeats.com/](https://heightsandhills5k.greatfeats.com/)

### WEDNESDAY, JUNE 3 HEIGHTS AND HILLS SPRING BENEFIT

This year's benefit will honor and celebrate Judy Willig for her 33 years as Executive Director at Heights and Hills.

Please join us on Wednesday, June 3, 2020 at the BRIC Ballroom, 647 Fulton Street

*Invitation and details to follow.*

## JUDY WILLIG, EXECUTIVE DIRECTOR, TO RETIRE IN JUNE 2020

As previously announced, Executive Director Judy Willig will retire at the end of June 2020, a milestone marking more than 33 years of leadership, compassion and dedication to Heights and Hills.

A tenacious advocate for the underserved, during her tenure Judy successfully strengthened and expanded Heights and Hills' programs.

The Board has announced the formation of a search committee that, in partnership with a firm specializing in placing nonprofit leadership, will conduct a thorough search to appoint Judy's successor. Michelle Gasparil, Chair of the Board of Directors said:

**"We thank Judy for the strong foundation built under her leadership and are committed to continuing the mission of supporting those who are often invisible, isolated and frequently ignored, to age successfully and with dignity in our community. We look forward to the opportunity to celebrate Judy — her legacy of service, advocacy and successful impact is an inspiration."**

### HEIGHTS AND HILLS 2019-20 BOARD OF DIRECTORS

Michelle Gasparil <i>President</i>	Brian Ecclesine Jeffrey A. Helfgott
Deborah Juantorena <i>Vice President</i>	Scott Kleiner
Tracy Jackson <i>Secretary</i>	Ravi Ramchandani Kim Reed
Stephanie Lazarus McCormick <i>Treasurer</i>	Shannese Sutton Shana Wertheimer
Gwenn Cagann	Anne Zhu
Amanda Chessa	Judy Willig, LCSW <i>Executive Director</i>
Bevin Cohen	

## PARK SLOPE CENTER FOR SUCCESSFUL AGING welcomes new Director



We are delighted to announce that the Park Slope Center for Successful Aging has a new Director. **Matt Abrams**, MSW, was promoted to Director in December after serving as the Assistant Director at PSCSA for two years. In addition to running the

day to day operations, Matt provides individual support and help to the members as needed. He has a strong commitment to helping people through the challenges and opportunities of aging. Matt received his MSW from NYU Silver School of Social Work and came to New York from Texas by way of Alaska and Oregon. His philosophy is best summed up by this quote from Shirley Chisholm "You don't make progress by standing on the sideline, whimpering and complaining. You make progress by implementing ideas."

*For a list of monthly activities at PSCSA, please visit: [heightsandhills.org/park-slope-center-for-successful-aging](https://heightsandhills.org/park-slope-center-for-successful-aging)  
Below, a recent dance class at PSCSA.*





# HEIGHTS AND HILLS

supporting brooklyn's older adults

81 Willoughby Street, Suite 302

Brooklyn, NY 11201

718-596-8789 • [www.heightsandhills.org](http://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 & WORKSHOPS for March

#### Brooklyn Parkinson's Group Care Partner Support Group

Wednesday, March 11th 12:00-2:00

Wednesday, March 25th 12:00-2:00

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

#### Understanding Dementia

LOCATION: Heights and Hills,  
81 Willoughby Street, Suite 303

Tuesday, March 17th, 2:00-4:00

Please RSVP to CaringKind 646-744-2900

#### Family Dynamics and Caregiving

LOCATION: Heights and Hills,  
81 Willoughby Street, Suite 303

Thursday, March 26th 6:00-7:00

Please RSVP to [mmahmood@heightsandhills.org](mailto:mmahmood@heightsandhills.org)

#### Long Distance Caregiving Support Group

LOCATION: Park Slope Center for Successful Aging  
463A 7th St, Brooklyn

Monday, March 16th 6:00-7:30

**"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](http://ny.give.org)