

FALL 2022

HEIGHTS AND HILLS • at home •



DEAR FRIENDS OF HEIGHTS AND HILLS,

On one of my first zoom meetings of the pandemic, someone asked each of us to share what we were looking forward to when lockdown was over. Most of us expressed that we wanted to hug someone. We knew, even just weeks in, that loneliness would be one of the most challenging aspects of the pandemic. Across our country, the need for social connection translated into a surge of people looking to help others.

At Heights and Hills, we have always incorporated volunteers into our programs. They help provide regular touchpoints with clients ensuring a web of care. They grocery shop for homebound households, make wellness calls to those not yet connected with formal services, and serve as friendly visitors making meaningful connection to older adults. For all that we do, we are always striving to do more. We want to support more older adults and their caregivers. We want to ensure that our volunteers represent the diverse backgrounds of our clients and are from all the neighborhoods that we serve. We hope YOU can help.

Let me know if you can help expand our reach. Please call me, (718) 596-8789 x304, or send an email with your thoughts, ideas, and suggestions. I really would love to hear from you.

Many thanks,

Carrie Bloss

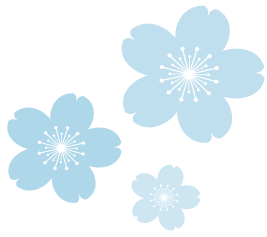
TO CONNECT AND NETWORK WITH NEIGHBORHOODS THAT ARE UNDERSERVED, WE HOPE YOU CAN HELP US IN TWO WAYS:

1 We want to connect with more leaders in the following neighborhoods to help make sure they are aware of our services: Brownsville, Bushwick, Cypress Hills, East New York, Greenpoint, and Williamsburg. If you have a connection to a community member in any of these neighborhoods, please let us know!

2 We are eager to expand our network of bilingual volunteers to work with clients whose first language is something other than English. Do you speak multiple languages? Do you have friends that do?

CLIENT STORY

Case management staff work daily to ensure clients have access to the supports that enable them to successfully age in the community. While some of the work is very straightforward, sometimes our staff must get creative to overcome challenges. Ms. R is an 81-year-old woman who lives alone at home. She has very few informal supports and relies on her Meals on Wheels deliveries. Ms. R was having difficulty receiving her meals because her doorbell was not working. Staff had tried to arrange for repairs through a non-profit program that does small home projects for older adults, but due to the pandemic there was a backlog of requests, and the client was put on a waitlist for the assistance. Recognizing that this would not solve the issue quickly, our staff purchased and installed a wireless doorbell using funds set aside for these emergencies. Ms. R is now receiving her deliveries consistently.



SPRING BENEFIT RECAP

On Tuesday May 24th, 2022, Heights and Hills held our annual Spring Benefit. Congratulations to our honorees Scott and Katie Kleiner and the Mary Ellen Critchlow award recipient, Astri Kingstone. We were thrilled to recognize their outstanding dedication to Heights and Hills and thank those of you who helped make the evening so special.

“ The Staff [of Heights and Hills] persevered through the pandemic; they are the ones who understand the needs of our aging members, they are the ones who make it possible. ”

– Scott Kleiner, H&H board member

“ We honor the staff of Heights and Hills and their incredible dedication. They are really the people who deliver successful aging in the community... we are here to thank them and to honor them to do more. ”

– Katie Kleiner, AllInBklyn member

“ The work I do would not exist if it wasn't for the tireless efforts of my fellow volunteers. ”

– Astri Kingstone, Camp Friendship volunteer

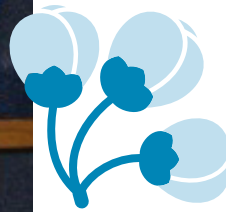




SHIRLEY'S STORY

In May, Heights and Hills lost Shirley Kramaroff. She was one of our longest served clients and will be missed by those who collaborated with her.

She was a volunteer in our programs and a donor to our mission. Shirley participated in our Pen Pal Program and delivered meals to others before becoming a client herself. She was also a member of our Handicrafters, knitting and crocheting for those in need, and was among those honored at our 2008 Spring Benefit with the Mary Ellen Critchlow award for service to the community.



We mourn the loss of this wonderful woman who was a vital part of Heights and Hills for more than two decades.

ESTATE PLANS

Please consider leaving a legacy for Heights and Hills by including us in your estate plans – it is the simplest way to ensure that those 60 and better live as independently as possible with dignity and personal choice.

For more information, please contact Monica Boway at (718) 596-8789 ext. 327.



5 SIGNS

YOU ARE A CAREGIVER FOR A LOVED ONE 60 OR OLDER:

1. Regularly check in on their safety and well-being
2. Coordinate medical care and med management
3. Help with cleaning and/or meal prep
4. Assist with bill paying
5. Provide transportation to medical appointments and social outings

Caregiving is hard. We are here to help. Please visit heightsandhills.org for more information.



HEIGHTS AND HILLS

supporting brooklyn's older adults

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Brooklyn, NY 11201

718-596-8789 • www.heightsandhills.org

MURAL PROJECT

This spring, the Park Slope Center for Successful Aging collaborated with artist **Maria Dominguez** to showcase the talents of our members. With her guidance, Center members drew on their personal lives and experiences living in Brooklyn to create individual paintings.

On June 16th, the separate pieces were connected to create a beautiful mural and we hosted an event open to the public to unveil the work.



Heights and Hills clients rely on volunteers to assist with grocery shopping, basic tech support, and friendship to combat social isolation. We are calling on our community to help us find more volunteers, particularly bilingual folks who can work with clients whose first language is something other than English. Please visit heightsandhills.org for more information.

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