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2015 ANNUAL REPORT



Westchester County, National Award Winning
Age-Friendly Community

Who We Are

The Westchester Public/Private Partnership for Aging Services (PPP) is an enthusiastic coalition of government, business, voluntary service agencies and consumers. We recruit corporations to contribute funds, underwrite specific programs and events or donate in-kind support to programs for Westchester County seniors and their caregivers. Our mission is to help seniors age with independence and dignity in their home communities.

We design, develop and implement innovative programs that are replicated and recognized around the country for their creative and comprehensive approaches to improving the quality of life for older adults. Westchester is an age-friendly livable community that will continue to focus on what is important to the people who live here. The Westchester Public/Private Partnership for Aging Services helps to make that happen.

Westchester County was one of the first seven members nationwide in the AARP Network of Age-Friendly Communities. Through AARP it became a member of the Global Network of Age-Friendly Cities and Communities of the United Nations' World Health Organization (WHO).



Dear Friends,

The year 2015 marks the 25th anniversary of the Westchester Public/Private Partnership for Aging Services (PPP) and the legacy of supporting the health and well-being of our older residents and their caregivers continues. Our award winning Telehealth Intervention Programs for Seniors (TIPS) is in its second year and going strong. Generous grants from the Harry and Jeanette Weinberg Foundation and Westchester County allowed the PPP to provide telehealth screenings and links to social services support to individual residents. The aim of this "High-tech meets High-touch" program is to reduce premature institutionalization of older adults, improve their quality of life and reduce Medicare and Medicaid costs. More information about our second year of the TIPS program appears further on in this annual report.

Westchester County is a livable community, and one of the first seven members nationwide in the AARP Network of Age-Friendly Communities. As part of this designation, the County is also a member of the Global Network of Age-Friendly Cities and Communities of the United Nations' World Health Organization. Our cutting-edge and award winning programs created under Livable Communities continue to be recognized both nationally and internationally as "good" and "best" practices for successful aging. Our programs are designed with the intent to add life to everyone's years. Of special note, our Caregiver Coaching approach was recognized by AARP as an "Age Friendly Inspiring Communities" program, one of only 16 across the globe to receive this award.

The PPP is pleased to promote successful aging in ways that encourage young and old to think about their lives as a continuum; understanding that informed choices help to enhance the aging process. *The MAP: My Aging Plan*, a step-by-step comprehensive guide to lifetime planning does just that. This guide helps to make the continuum of planning understandable, as well as more manageable and effective. The MAP is just one example of products designed to get individuals involved in making changes for today and tomorrow. We are proud of the PPP and its accomplishments and support of the diverse populations here in Westchester County.

For 25 years, multiple generations have worked together to promote "livability" for all ages. There are many more programs to read about in this report. Please take the time to review the contents and you too will understand why we say that for 25 years and counting, the Westchester Public/Private Partnership for Aging Services makes our communities better, safer and healthier places for our seniors and their caregivers.

With Appreciation,

Mary Beth Morrissey, Esq., PhD
Chair

Mae Carpenter
Fund Administrator

Livable Communities Leadership Caregiver

PURPOSE

2015 Highlights

Salute to Seniors

The 47th annual *Salute to Seniors* was held on May 6 at the Westchester County Center in White Plains. The theme for Older Americans Month "Get into the Act" came to life as a slide presentation recognized active senior programs across the county. The Salute also included a Health and Wellness Fair with free exams, screenings and classes provided by 17 health and wellness organizations. TIPS captured vital signs and educated attendees on health and social services. Fitness demos of Tai Chi, Yoga and a Recreational Drumming Circle got everyone moving. The 2000 attendees danced along with and enjoyed performances by the Famous Rat Pack: Frank Sinatra, Sammy Davis Jr. and Dean Martin impersonators. On stage entertainment also included Uptown Funk "Oldtown Cover" by Alex Boye and the Dancing Grannies.

More than 90 businesses, organizations and government agencies specializing in products and services for older adults and caregivers including assisted living facilities, home healthcare providers, legal services and financial firms were available to seniors.



A representative from the Office of New York State Comptroller searched for unclaimed funds for attendees. There's something for everyone at this great annual event.

The Golden Harvest Dance and Talent Show

The *Golden Harvest Dance and Talent Show* was a big success attracting over 700 seniors at the Westchester County Center on September 29th. Seniors performed their special talents and thrilled their peers who cheered them on during the kick-off of the talent show event. Singers, dancers, instrumentalists, group performers, magicians were all welcome. Nineteen senior performances were part of the talent show representing eight Westchester communities. Everyone had fun dancing the afternoon away to the sounds of *Stolen Moments Entertainment* who played all the music the seniors wanted to hear along with line dancing and dance instructions for the Salsa and Merengue.



The Golden Harvest Awards Breakfast

For 24 years, the PPP has recognized the stellar works of leaders in the aging network at *The Golden Harvest Awards Breakfast*. The honorees of this year's breakfast were **VNA of Hudson Valley**, *Golden Harvest Corporate Award*; **The Reverend W. Franklyn Richardson** of Grace Baptist Church, *Golden Harvest Humanitarian Award* and **Barbara Finkelstein** of Legal Services of the Hudson Valley (LSHV), *Jim Curran Leadership Award*.

VNA of Hudson Valley has a long history of providing diverse health care services to the community. As outlined by President and CEO, Michele Quirolo "Allowing people to remain in their own homes is so important, but to provide this support, it takes collaboration and commitment".

Barbara Finkelstein has been the Executive Director of LSHV since 1995 and is the first woman to head the organization. LSHV is the largest provider of free civil legal services to more than 600,000 poor and low-income individuals.

The Rev. W. Franklyn Richardson is the Senior Pastor of the historic Grace Baptist Church in Mt. Vernon, NY. He has been the head of this vibrant, diverse, multi-staffed ministry since April 1975 and it now includes more than 4000 members. A longtime community builder and organizer, Dr. Richardson has played a pivotal role in the grass roots efforts of creating affordable housing and re-establishing a cultural bridge between community and education, especially in Mt. Vernon.



2015 Highlights

continued



Senior Citizens Hall of Fame Awards Luncheon

The festive 33rd annual Westchester *Senior Citizens Hall of Fame Awards Luncheon* was held at the Marriott Hotel in Tarrytown. Former White Plains Mayor **Joseph Delfino** was the top honoree. Delfino spent over 30 years in public office serving the citizens of White Plains. He volunteers for several local community groups with an emphasis on recreation, seniors, diversity and celebrations.

The *Senior Citizens Hall of Fame* is a Westchester tradition that recognizes seniors who have generously given their time and talent to improve their home communities and the county at large. Delfino is one of 34 seniors from 18 municipalities who were inducted into the Hall of Fame.

Four seniors received Special Recognition: **Thomas Basher**, Tarrytown; **Jo Falcone**, White Plains; **John Howard**, Mt. Vernon and **Pearl Quarles**, New Rochelle. Three awardees in the "Class of 2015" are 90 years old or older. Over 600 guests were present to support their local honoree.



Smart Mobile App Development Bowl

2015 marked the first Westchester *Smart Mobile App Development Bowl* sponsored by Westchester County, Pace University Seidenberg School of Computer Science and Information Systems and the David and Minnie Berk Foundation.

Thirty teams of students presented their apps to a panel of professional judges. The apps were designed to help with the management and treatment of Alzheimer's disease and dementia for patients and their caregivers. The grand prize winners were a brother and sister team; they developed an app to help patients and their caregivers organize tasks and assign responsibilities.

Age Friendly Networking Breakfast

The second annual Age-Friendly networking event was held in March at the Atria Woodlands with a dynamic panel of representatives from the community.

The panel of "Reimagining Connections" shared ways to use the arts and intergenerational programs to support age-friendly plans. **John Migliaccio** spoke about the success of Phoenixville, Pennsylvania in driving age-friendly efforts by reclaiming the unique assets of the community's history.



White House 2015 Conference on Aging

The national conference took a different approach this time and worked to engage local communities as well as "grassroots" champions. Live video streaming and an active social media presence connected community "watch parties" to the conference. The PPP surveyed the county via the 18 Livable Community Collaboratives and reached consensus on the following priorities:

- Integration of medical and social services to provide seamless systems and reduce fragmentation of care.
- Heightened focus on prevention strategies and care planning for Alzheimer's and dementia patients and their caregivers.
- Investment in public health policy and research to inform decision making at the community level to support healthy aging.
- Elder Justice including development and education of the workforce and resources and supports for caregivers.
- More robust education for older adults about long term services and supports.
- Retirement security including education about options, particularly for underserved populations, well in advance of age 65.

2015 WHITE HOUSE
CONFERENCE
on AGING



Telehealth Intervention Programs for Seniors

The TIPS program delivers remote patient monitoring targeting low income older adults with high health risks. TIPS also includes access to a variety of social services for aging adults. College students are trained to conduct the sessions providing the “high tech meets high touch”



approach with an intergenerational flavor. The program is offered in congregate settings. The project is in year 2 of the 3- year funding awarded from the Harry and Jeanette Weinberg Foundation. Thanks to the support from a dedicated team from Westchester County Department of Senior Programs and Services, Pace University and the PPP Board there are seven sites up and running in the county as well as two in Scranton, Pennsylvania.

This program was awarded the 2015 n4a Aging Achievement Award in the Technology category by the National Association of Area Agencies on Aging. This award brings national attention and recognition for Westchester County’s efforts to improve the health and wellbeing of its seniors and reduce health care costs to Medicare, Medicaid and individual participants. The program’s unique combination of telehealth monitoring services and wrap-around social services has made it a notable contribution to the health and well-being of participants and serves as a new model for the delivery of community health and social services.

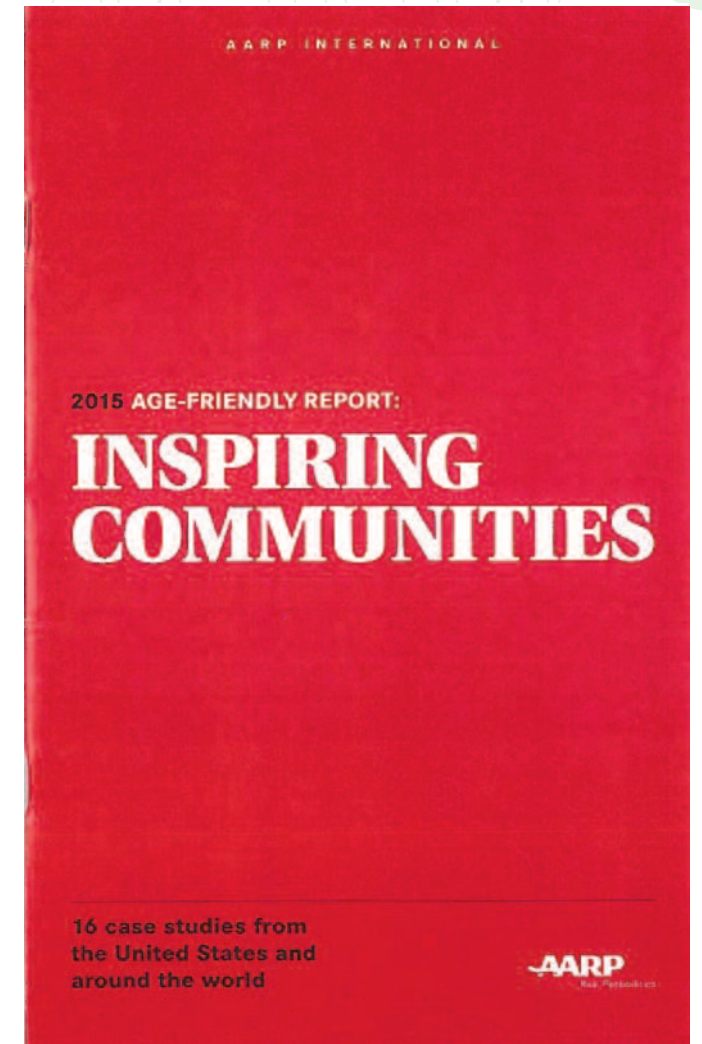


1 IN 3
OLDER ADULTS
(60+) SHOWED
ABOVE “NORMAL”
HEALTH RISKS.

Caregiver Programs

Throughout the year, Westchester County offers two caregiver programs as part of its award winning Livable Communities Initiative. One is the *Caregiver Coaching* program where volunteers are trained to provide one-on-one support to assist caregivers in making more informed decisions. This was one of 16 globally recognized programs by AARP in 2015 as an “Age Friendly Inspiring Communities” offering. This report presents a collection of age-friendly good practices that are effectively meeting the needs of older residents and their caregivers. This esteemed designation from AARP International acknowledges Westchester’s work toward becoming more age friendly and is particularly significant because of the connection to the World Health Organization’s Global Network of Age-friendly Cities and Communities.

The other caregiver program is *Care Circles of Westchester: Step Forward and Give Back*, where a group of volunteers all pitch in to assist an individual with the basic needs of daily living that cannot be met with public funds.





Impact

18
Livable
Communities
Collaboratives

49,104
Livable
Communities
Connecting with
Seniors

238
Villages in the
network with
140,000
members

162
Matches
between
caregivers and
coaches

185
Members
of the
Speakers
Bureau

810
Older adults learned
more about Health for
life programs (HeLP)

225
People joined
a HeLP
Workshop

Livable Communities **Westchester County** *A Vision for All Ages*

Livable Communities

"Where Neighbor Helping Neighbor" is a Way of Life

The goal of Westchester County's award-winning *Livable Communities Initiative: A Vision for All Ages* is to help seniors remain in their homes and their communities as they grow older with independence and dignity.

The initiative works through the grassroots Livable Communities Connections, the Livable Communities Villages and the Livable Communities Collaboratives. The Livable Communities Connections (LCCs) were established to provide local and focused support, education and advocacy. The County is diverse in many ways, that makes it essential to avoid a uniform approach to local programming. The LCCs provide information about unique regional and local priorities and are able to implement programming that is most relevant to the immediate geographical areas. There are nine regional LCCs responding and taking action on all aspects of aging.

The Livable Communities Village Approach is another grassroots component of the initiative. By definition, a village is a collective of people with like interests who gather to learn from and participate in Livable Communities activities. Ultimately through the villages, members are given education and tools so that they can take a neighbor-to-neighbor approach to looking out for one another and so that they can have a choice in shaping local policies and priorities. These are groups that we belong to – our community-based and civic organizations, houses of worship, neighborhood

associations, libraries, and even homeowners and apartment associations. We now have 238 villages in the network with over 140,000 members.

The Livable Communities Collaboratives include 18 groups composed of organizations and seniors with an interest in serving the needs of Westchester's aging population and caregivers. The goals of the LC Collaboratives are to: (1) improve coordination of services (2) reduce duplication and fragmentation of services (3) share information and resources to fulfill common group needs, such as training and community education forums and (4) include a wider variety of organizations in the network to serve seniors. The LC Collaboratives meet throughout the year to organize and implement services.

Since we know that at least 90% of all older adults would like to remain in their homes as they age, we recognize the need to harness formal and informal systems to support this wish.



Livable Communities Village Fair

Over 150 participants attended the third annual *Celebrate Aging Livable Communities Village Fair* at the Mt. Pleasant Community Center in Valhalla. This upbeat event showcased products, services and resources from 41 local exhibitors for seniors and their caregivers to learn about. In addition, the interactive room offered health screenings from Telehealth Intervention Programs for Seniors (TIPS), flu shots from Walgreens, healthy smoothies and massage therapy. Complete benefit assessments were also available to see if seniors could benefit from any support services.

Other exciting activities included storytelling, a Qi-Gong lesson, and a presentation by The Song Pipers. This free event was enjoyed by all the seniors and their families that attended.



Health for Life Programs (HeLP)

We want to help seniors get healthy and remain healthy. HeLP does just that by offering six-week peer-to-peer education designed to help people (or their caregivers) manage their chronic conditions such as arthritis, high blood pressure, diabetes, cardiovascular disease and stroke. Over 225 participants feel better and learned to take greater control of their health. These free workshops focus on techniques to deal with problems such as frustration, fatigue, pain and isolation, physical activity to improve strength, flexibility

and endurance, appropriate use of medications, communicating effectively with family, friends and health professionals, nutrition, decision making and how to evaluate new treatments. The workshops are available in both English and Spanish. In 2015, volunteer peer leaders were trained to deliver a chronic pain workshop with a similar format and partnered with another organization to offer diabetes self-management workshops.



Senior Law Day

The 16th Annual free event featured 18 workshops on elder law topics including Take Charge: Planning in advance for your health care; - Should I Use a Will or a Trust: Who's afraid of probate? What to do when someone dies; Smart Seniors/Smart Investors: Don't get scammed, plus free 15-minute, one-on-one consultations with some of the county's leading legal, financial and geriatric care experts and special help with long-term care insurance. This program empowers seniors with practical information on topics that will help them know their rights, protect their finances and plan for the future. Workshops covered everything from financial planning and health care to affordable housing, taxes, wills, trusts, and much more.

Workshops were presented in Spanish on Medicare and estate planning. The publication *Elder Law Q&A: An Introduction to Aging Issues and Planning for the Future*, an invaluable resource, answers typical legal

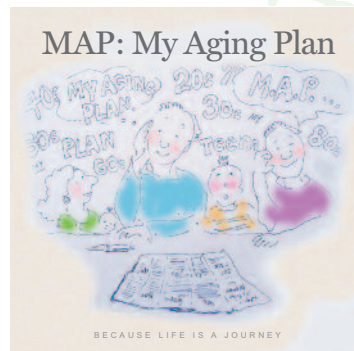


questions and is distributed to the attendees each year. The information seniors receive at this event is available in English and Spanish and can help them continue to grow older in their homes and communities.

MAP: My Aging Plan

Knowledge is power and there are few times where knowledge is more powerful or more needed – than when you plan for your later years. This includes planning for retirement. However, it also includes how you live your life in the years that lead up to the time when you no longer work.

The PPP is proud to offer MAP: My Aging Plan, a step-by-step guide on how to age successfully starting in your 20's and following through to your 80's and beyond. It identifies the tasks and issues of major areas of your life that you must address at these stages to be successful. The MAP publication will get you started. Livable Communities Coordinators provide training on using MAP throughout the County.



The Art of Caregiving Conference

Westchester County has an estimated 33,000 caregivers providing care for a loved one who is 60 years of age and older. We know that caregivers face enormous responsibilities and the Caregiver Collaborative with the support of the PPP want all caregivers to know that they are not alone in this journey. The Art of Caregiving – a conference to address the emotional and physical challenges that caregivers face in caring for loved ones of all ages – was held in November at the New Rochelle Public Library. The event's guest speakers, **Alvin and Gwen Clayton**, entrepreneurs, caregivers and active community leaders shared their experiences.



The Westchester Alliance of Academic Institutions for Aging Related Studies and Workforce Development

Day by day and week by week, the number of older Americans continues to grow. That is why the Westchester Alliance says it is critical that colleges and universities continue the work they are already doing to increase their courses on aging issues and ensure students recognize the opportunities this growth presents.

The Alliance's work is essential because whatever field people choose today – be it architecture, law, marketing or anything else – the sweeping demographic changes mean they will have greater contact with seniors in their everyday work.

Colleges and universities have a responsibility to



offer such classes to educate the thousands of trained and qualified people needed to act on the opportunities, issues and challenges of the elderly now and in the future.

The Westchester Alliance's 25 members are businesses, not-for-profit organizations, colleges and universities. Such collaborations make older Americans more visible, which, in turn, galvanize awareness of the pressing need to develop national social policies on aging issues. Another priority of the Westchester Alliance is to interest college students in careers in aging services and to encourage adults to consider the "Silver Industries" for a second, or even, third career.

World Elder Abuse Awareness Day

Each year, hundreds of thousands of older persons are abused, neglected, and exploited. In addition, seniors throughout the United States lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could have been used to pay for basic needs such as housing, food, and medical care. Unfortunately, no one is immune to abuse, neglect, and exploitation. It occurs in every demographic, and can happen to anyone—a family member, a neighbor, even you. Yet it is estimated that only about one in five of those crimes are ever discovered.

Westchester County acknowledged the 9th annual World Elder Abuse Awareness Day with a documentary and discussion at the Hugh A. Doyle Senior Center in New Rochelle. Seniors, their caregivers and other

community members participated. The 20-minute documentary, *An Age for Justice: Confronting Elder Abuse in America* was viewed followed by a presentation from Gary Brown, assistant attorney general in charge of the Attorney General's Westchester regional office and statewide elder abuse coordinator. The film brings viewers into the homes of courageous seniors to hear their poignant stories about the abuse, neglect and exploitation they have experienced.

The PPP considers elder abuse to be a public health and human rights issue. Our goal is to take the abuse out of the shadows and raise the awareness of individuals, organizations, and communities to recognize the signs of abuse and know where to go for help.

Statement of Financial Position

As of December 31, 2015 and 2014

| | 2015 | 2014 |
|---|-------------------|---------------------|
| ASSETS | | |
| Cash and Equivalents | \$ 385,742 | \$ 678,149 |
| Grants Receivable | 410,509 | 823,239 |
| Other Receivable | | 2,239 |
| Total Assets | \$ 796,251 | \$ 1,503,627 |
| LIABILITIES AND NET ASSETS | | |
| <i>Liabilities</i> | | |
| Accounts Payable and Accrued Expenses | \$ 77,209 | \$ 97,871 |
| Total Liabilities | 77,209 | 97,871 |
| <i>Net Assets</i> | | |
| Unrestricted | 338,139 | 1,132,824 |
| Temporarily Restricted | 380,903 | 292,932 |
| Total Net Assets | 719,042 | 1,405,756 |
| TOTAL LIABILITIES AND NET ASSETS | \$ 796,251 | \$ 1,503,627 |

Statement of Activities

As of December 31, 2015 and 2014

| | 2015 | 2014 |
|--|---------------------|---------------------|
| REVENUE AND SUPPORT | | |
| Grants and Contributions | \$ 506,870 | \$ 1,547,895 |
| Contributed Facilities and Services | 432,158 | 339,234 |
| Program Services | 100,915 | 432,884 |
| Interest | 132 | |
| Net Assets Released from Restrictions | — | — |
| Total Revenue and Support | \$ 1,040,075 | \$ 2,320,013 |
| EXPENSES | | |
| Program Expenses | \$ 1,589,032 | \$ 1,024,586 |
| Management and General | 110,678 | 45,537 |
| Fund Raising | 27,079 | 98,688 |
| Total Expenses | \$ 1,726,789 | \$ 1,168,811 |
| Net Change in Total Net Assets | (686,714) | 1,151,202 |
| Net Assets at Beginning of Year | 1,405,756 | 254,554 |
| Net Assets at End of Year | \$ 719,042 | \$ 1,405,756 |

Thank You

Westchester Public/Private Partnership for Aging Services is able to do its work because of the generous donations in funds, time, energy, service and goods from our supporters. We extend our deepest gratitude to our Board Members, to the foundations and public funders that underwrite our initiatives, and to our individual donors, in-kind supporters and volunteers.

If you would like to support our work, please send a donation to:

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