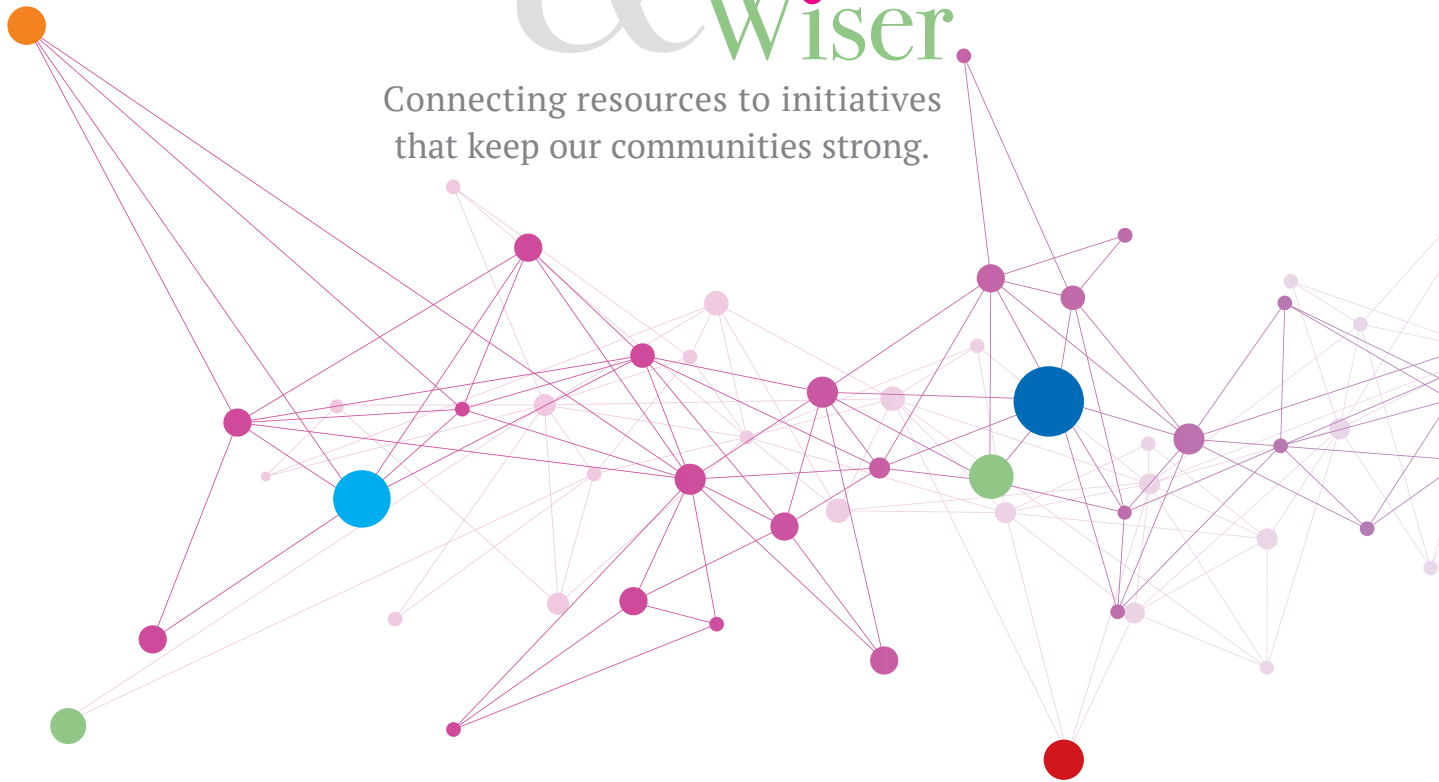


# We're Older, Bolder & Abundantly & Wiser

Connecting resources to initiatives  
that keep our communities strong.



Westchester County,  
National Award Winning  
Age-Friendly Community

**2023 ANNUAL REPORT**

# 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).



Carol Greenberg



William T. Smith, PhD

Dear Friends,

*The Westchester Public/Private Partnership (WPPP)* has connected older adults and their caregivers to resources that keep our communities strong for over thirty-two years. This year is no exception; programs and services continued to expand in 2023 and many events returned to an in person format to provide valuable information as well as an opportunity for socialization and fun. Online and telephone services and programs were also available to ensure critical needs were met in a safe and effective manner.

The Livable Communities Collaboratives are made up of 18 groups of organizations and older adults volunteering to educate and provide awareness of topics important to seniors. Efforts in 2023 included expansion of the “Essentials of the Smart Phone” presentations, and events like the Livable Communities Village Meet and Greet, the Village Fair and the Senior Hall of Fame.

Our award winning Telehealth Intervention Program for Seniors (TIPS) continued to provide service in multiple formats for service delivery based on participants’ needs. TIPS in person services continued to expand with a total of 14 sites in Westchester County open in 2023. TIPS at Home Tech ensured seniors continued to monitor their physical well-being by providing monitoring equipment so participants can check and report on their vital signs in the safety of their home.

New in 2023, the *Care Connections Program* was created to provide essential assistance to family and other unpaid caregivers. This program provides for care navigation to develop a short term and long term plan based on the caregivers and the care recipient’s needs as well as two workshops to help caregivers understand and define their caregiving role.

Also new in 2023, the *Live Well & Age Well: The Planning Ambassadors for Aging Program* is designed to help residents plan for a successful quality of life in the future. The program was launched mid-year 2023 and included assessment tools to assist in planning for a satisfying and positive experience as one ages.

You can read more about all of these programs and services in this report. We are proud of the WPPP and its ability to connect resources and expand services in 2023 and beyond.

With Appreciation,

A handwritten signature in black ink that reads "Carol Greenberg".

Carol Greenberg  
Co-Chair

A handwritten signature in black ink that reads "William T. Smith Ph.D.".

William T. Smith, PhD  
Co-Chair

# Highlights 2023

## Senior Citizens Hall of Fame

The 41st annual Senior Hall of Fame was held virtually on December 1, 2023. The achievements of the Hall of Fame honorees show the importance of people giving back to their communities and to each other.

Sixty-one residents were inducted into the Hall of Fame with top honors going to Dr. Carol Beverly Allen of Greenburgh and Janice Lubin Kirschner of Somers. This esteemed group of honorees and all those who attended virtually were delighted with the program and the opportunity to celebrate in a safe and enjoyable manner.



Dr. Carol Allen



Janice Lubin Kirschner

## Livable Communities Collaboratives

The Livable Community Collaboratives are made up of 18 groups of organizations and seniors volunteering to focus on and advocate for a specific topic important to older adults. The Collaborative specific subjects include everything from Age Friendly Livable Community Sustainability, Alzheimer's and Dementia, Caregiving, Elder Law, Hunger and Technology. During the pandemic, these groups mobilized and partnered with one another to continue to deliver programs and services to Westchester residents in a safe yet effective manner. A few of these efforts are highlighted here.

## The Livable Communities Village Meet and Greet

Livable Communities hosted a Village Meet and Greet on June 15, 2023 at the Helen Andrus Benedict House in Hastings-On-Hudson. Kristen McManus, the Associate State Director of Advocacy for AARP New York, gave a presentation entitled, "*Livable Communities in Action: Advocacy for All.*"



Photography: John Rizzo





### **Livable Communities Village Fair**

Over 150 participants attended the Ninth Annual *Celebrate Aging Livable Communities Village Fair* at the Mount Pleasant Community Center in Valhalla. This upbeat event showcased products, services and resources from 23 local exhibitors to assist seniors and their caregivers. In addition, the interactive room offered an opportunity to get a TIPS screening, a chance to learn about the essentials of the smart phone and an opportunity to work on an art project with *ArtsWestchester's ArtsMobile*. Other exciting activities included a performance by the Scarborough Singers, an exercise segment led by Offutt Porter and Salsa dancing with Josie Lariccia.

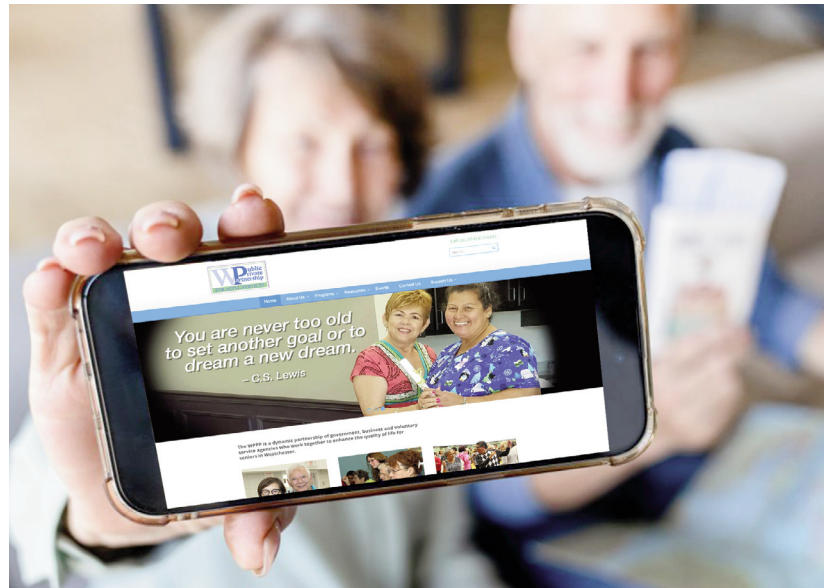


Photography this page: John Rizzo

# Highlights 2023

## The Essentials of Your Smart Phone

This in-person presentation, delivered to senior sites and buildings, is designed to assist older adults in the navigation of their smart phone and/or device in a safe and effective manner. Topics include subjects like “Wi-Fi”, personalization, apps and consumer considerations. One on one instruction and virtual formatting are also available. There were 16 of these events in 2023 that served over 195 people.



## Senior Law Day

The Senior Law Day Collaborative continued as an in person event held outdoors at Ridge Road Park on September 28. Over 200 older adults attended the event and professionals volunteered their time to provide over 30 one on one consultations. Short presentations on topics like:

“Understanding the Westchester Courts” and “What Retirees Need to Know About Social Security” were also available to the attendees. The Senior Law Day Collaborative also continued to provide frequent virtual webinars on different topics.

## The Collaborative for Palliative Care

In 2023, the Collaborative for Palliative Care moved to an online virtual format, offering interdisciplinary post-graduate Certificate Program workforce education and training for New York's aging and health professionals, including social workers, psychologists, health and hospital administrators, ethicists, and attorneys. Education and training are also designed to expand support to the generalist-level workforce, such as those working in DSPS and the Livable Communities network.

Education and training content areas include aging, health and public health policy, humanism and reflective practice, gerontology and palliative care, ethics, and community-based advocacy and research. Certificate Program training also includes content addressing the impact of COVID-19 in a post pandemic environment upon vulnerable populations, including nursing home residents and persons with disabilities, and related issues concerning eliminating systemic racism and increasing equitable access to care.



### Salute to Seniors

In honor of Older Americans Month in May, this popular event continued in an “in-person” format. It was redesigned as three regionally located outdoor events to promote a safe experience for attendees. All venues were tented and featured exhibitors with programs, services and screenings especially designed for older adults along with a DJ to keep everyone moving and dancing. Admission and parking was free and all those who registered received a free box lunch. The events were very well attended and participants were delighted with the outdoor experience and to attend at a location convenient to them.



# Livable Communities

A Vision for All Ages

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 (LCCs), the Livable Communities Villages and the Livable Communities Collaboratives. The 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 six 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 home-owners and apartment associations. We now have 381 villages in the network with over 387,080 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 and advocate for issues important to their area of focus.

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  
*Impact*

**200**  
*Members  
of the Speakers  
Bureau*

**381**  
*Villages in  
the Network*

**677,658**  
*Livable Communities  
Connecting  
With Seniors*

**6**  
*Livable  
Communities  
Coordinators*

**27**  
*Caregiver  
Coaches*

**2500**  
*Website Hits  
Per Month*

**CARE Connections**  
[www.careprewestchester.org](http://www.careprewestchester.org)

New in 2023, the Care Connections Program was created to provide essential assistance to family and other unpaid caregivers. Supporting an older adult can be both stressful and overwhelming to families, often resulting in significant financial, emotional and physical challenges. This program provides for care navigation to develop a short term and long term plan based on the caregivers and the care recipient's needs. Other resources include Building Better Caregivers, a six week workshop for caregivers supporting family members with memory impairment, and the Caregiver Relationship Contract course which helps caregivers navigate their caregiving role. Care baskets are also available at no charge to offer resources and stress relief items to help caregivers de-stress, relax and recharge. The CarePrep website:

([www.careprewestchester.org](http://www.careprewestchester.org))

provides online access to webinar recordings, resources and other tools that caregivers can access virtually at any time convenient to them.



**Livable Communities Caregiver Coaching (L3C+)**

The Livable Communities Caregiver Coaching (L3C+) program trains volunteers to help family caregivers better care for an older or disabled person. The one-on-one support coaches provide enables caregivers to make more informed decisions to meet the many challenges and responsibilities they face. It uses telephonic delivery so coaches can provide uninterrupted

service to caregivers. The latest version of the program includes additional resources and information in light of the pandemic. Caregivers are grateful for the one on one attention and support from their coach. As rapport builds, the caregiver feels more comfortable talking about their challenges and seeking assistance.



Photography: John Rizzo

## The TIPS Program

TIPS in person services continued to expand with a total of 14 sites in Westchester County open in 2023. These sites used the classic “in-person” approach to capture vital signs on a weekly basis.

TIPS at Home Tech ensured seniors continued to monitor their physical well-being by providing monitoring equipment so participants can check and report on their vital signs in the safety of their home.

TIPS in Touch ensured seniors continued to monitor their physical well-being as well as reduce social isolation for those who remained at home to protect their health. Trained social work students made weekly phone calls to check on their overall wellness. These conversations served as a critical connection point, linking older adults with available services, providing a check in point on physical and mental status and an opportunity to socialize across generations.

Though the students don’t capture vital signs, they could ask five questions that are predictive for hospitalization. If seniors said that they didn’t feel well or answered “yes” to any of the questions, the student made a referral to the telehealth nurse who checked in and assessed next steps. Students were also trained to complete the Patient Activated Measure of patient engagement in healthcare and wellness behaviors. TIPS in Touch participants responded positively to these telephone reassurances and students (with appropriate oversight) made referrals as needed.

The project received funding from the American Rescue Plan to open new sites as well as additional funding sponsored by Congressman Jamaal Bowman’s Community Project Funding. Funding was also provided by the Field Hall Foundation and Westchester County.

## Living the Later Years

In recognition of the continued need to communicate, connect and share in new ways, four issues of the “Living the Later Years” newsletter were published in 2023. This allows older adults without access to technology to learn about valuable services and programs available to them. It also includes helpful phone numbers and details of upcoming events that can be safely enjoyed at home or, weather permitting, outdoors. The publication is mailed to over 130,000 households reaching over 200,000 Westchester residents age 60 and older. Available in both English and Spanish, many recipients value the newsletter since no technology is needed to use it!

## Elder Abuse

A special program in recognition of World Elder Abuse Awareness Day was held on June 15. The event focused on the myth and realities of asking for help. The virtual presentation drew on the expertise of several co-sponsoring organizations including the Senior Law Day Collaborative, Westchester County Department of Senior Programs and Services, Westchester Library System, the Office of the District Attorney-Westchester County, Family Services of Westchester and Pace Women’s Justice Center and the Westchester County Department of Social Services. This event is held annually as an International UN observance, recognizing that abuse of the elderly is an increasing and serious problem as longevity increases.

## Health for Life Programs (HeLP)

The Health for Life Programs (HeLP) offer free workshops to help older adults and their caregivers better manage their chronic conditions such as diabetes, arthritis, high blood pressure and the like. The workshops are offered in person at senior centers, senior housing buildings, houses of worship, libraries and other centers

where older adults gather. The workshops are also available virtually and by telephone. The sessions focus on practicing techniques to deal with pain, fatigue and to help increase physical activity, healthy eating and other tools to better self-manage health.



**WPPPP**  
Public Private Partnership

# LIVING THE LATER YEARS

**A Message from the WPPPP Board**  
The Board of the Westchester Public/Private Partnership Membership Fund for Aging Services invites you to attend one of the many upcoming in person events outlined in this newsletter.

**A Message from the Fund Administrator**  
The Westchester Public/Private Partnership Membership Fund for Aging Services in partnership with the Westchester County Department of Senior Programs and Services wishes you a safe and enjoyable Fall.

We also hope that you will attend one or all of the special upcoming events included in this issue.

Fall is also Medicare Open Enrollment Season so please be sure to read more about this further on in the newsletter.

**A Message from the County Executive**  
Dear Friends,  
Thank you for reading this latest edition of “Living the Later Years,” a Westchester County newsletter designed to provide valuable information to assist you in your daily life.

We are very proud of the robust programs and services we offer to our seniors and their caregivers – which all help to improve your quality of life in our County.

We encourage you to join in the activities and programs described in this newsletter to help you age comfortably and independently in Westchester. And, to ensure you remain healthy and safe, please make sure you are up to date on your COVID and Flu vaccinations.

Wishing you a happy and healthy autumn!

**Mae Carpenter**  
Fund Administrator, WPPPP  
Westchester County Dept. of Senior Programs and Services, Commissioner  
*Mae Carpenter*

**George Latimer**  
Westchester County Executive  
*George Latimer*



### **Live Well & Age Well: The Planning Ambassadors For Aging Program**

Developed by the Westchester County Department of Senior Programs and Services, and the Westchester Public/Private Partnership for Aging Services, *Live Well & Age Well: The Planning Ambassadors for Aging Program* is designed to help residents plan for a successful quality of life in the future. This new program

was launched mid-year 2023 and included assessment tools to assist in planning for a satisfying and positive experience as one ages. A resource guide was also developed to provide helpful websites and organizations to assist with the planning process.

# Financial Statements

As of December 31, 2023 and 2022

## Statement of Financial Position

	2023	2022
<b>ASSETS</b>		
Cash	\$ 264,476	\$ 248,449
Investments	\$ 25,727	\$ 25,625
Grants and other Receivables	1,049,054	939,618
Prepaid Expenses	79,800	93,810
<b>Total Current Assets</b>	<b>\$ 1,419,057</b>	<b>\$ 1,307,502</b>
<b>LIABILITIES AND NET ASSETS</b>		
<i>Liabilities</i>		
Accounts Payable and Accrued Expenses	\$ 182,171	\$ 298,336
Deferred Revenue	\$ 186,088	\$ 51,174
<b>Total Current Liabilities</b>	<b>368,259</b>	<b>349,510</b>
<i>Net Assets</i>		
Without donor restrictions	990,101	857,225
With donor restrictions	60,697	100,767
<b>Total Net Assets</b>	<b>1,050,798</b>	<b>957,992</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$ 1,419,057</b>	<b>\$ 1,307,502</b>

## Statement of Activities

	2023			2022
	Without Donor Restrictions	With Donor Restricted	TOTAL	
<b>REVENUE AND SUPPORT</b>				
Government Grants		\$ 1,282,908	\$ 1,282,908	\$ 1,039,555
Other Grants		41,338	41,338	72,412
Donated Facilities and Services	\$ 236,822		236,822	236,417
Program Service Revenue	157,840		157,840	90,085
Investment Return, Net	137		137	57
Contributions	11,400	12,000	23,400	15,279
Net Assets Released from Restrictions	1,376,316	(1,376,316)		
<b>Total Revenue and Support</b>	<b>\$ 1,782,515</b>	<b>(40,070)</b>	<b>\$ 1,742,445</b>	<b>\$1,435,805</b>
<b>EXPENSES</b>				
Program Services	\$ 1,515,357		\$ 1,515,357	\$1,260,377
General and Administrative	134,282		134,282	205,961
<b>Total Expenses</b>	<b>\$ 1,649,639</b>		<b>\$ 1,649,639</b>	<b>\$1,466,338</b>
<b>Net Change in Total Net Assets</b>	<b>132,876</b>	<b>(40,070)</b>	<b>92,806</b>	<b>(12,533)</b>
<b>Net Assets at the Beginning of Year</b>	<b>857,225</b>	<b>100,767</b>	<b>957,992</b>	<b>970,525</b>
<b>Net Assets at the End of Year</b>	<b>\$ 990,101</b>	<b>60,697</b>	<b>\$ 1,050,798</b>	<b>\$ 957,992</b>

# Thank You

Westchester Public/Private Partnership for Aging Services is able to do its work because of generous donations in funds, time, energy, services 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.

Voluntary contributions are welcomed so that we can continue to offer services to those we

might not otherwise reach. If you would like to support our work, please send a donation to:

The Westchester Public/Private Partnership for Aging Services

9 South First Ave. (10th floor)

Mt. Vernon, NY, 10550

For more information about all the innovative programs and services that are available or to donate online: [www.westchesterpartnership.org](http://www.westchesterpartnership.org)

## 2023 Annual Report

### Editors

**Colette Phipps, LMSW**  
Westchester County Department  
of Senior Programs and Services  
Liaison to PPP

**Marikay Capasso**  
Westchester Public/Private  
Partnership for Aging Services

### Graphic Design

**Betsy Wilkowski**  
Creative Director, KELLYdesigns LLC  
[www.kellydesigns.org](http://www.kellydesigns.org)



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[www.westchesterpartnership.org](http://www.westchesterpartnership.org)



For easy access to our website, use  
this QR code with your camera.