

# AGING IS LIVING

**2019**  
ANNUAL REPORT  
Westchester County,  
National Award Winning  
Age-Friendly Community



# **WESTCHESTER COUNTY WAS ONE OF THE FIRST 7 MEMBERS NATIONWIDE IN THE AARP NETWORK OF AGE-FRIENDLY COMMUNITIES OF THE UNITED NATIONS' WORLD HEALTH ORGANIZATION**

## **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 and individuals 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 Westchester Public/Private Partnership for Aging Services (PPP) continues the legacy of supporting the health and well-being of our older residents and their caregivers. This year's report is about our continued growth, highlighting the reach and impact of our innovative programs and services meeting the needs of over 200,000 older adults in Westchester County and their caregivers. Our award winning *Telehealth Intervention Programs for Seniors* (TIPS) is in its sixth year and going strong. Generous grants from the Harry and Jeanette Weinberg Foundation, Field Hall Foundation, Greenwich Hospital 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. In 2019, TIPS had 6285 contacts with older adults in Westchester. More information about our sixth year of the TIPS program appears further on in this annual report.

Westchester County is a livable community. 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. 2019 marked the launch of several exciting programs, including Next Stage Network events, WeSOAR and the RAISE Act Forum and Teach-in. The Age Friendly Networking Breakfast and Conference featured a panel discussion on "Re-imagining Technology in an Age Friendly Way". You can read more about these events in later pages of this report. We are proud of the PPP and its accomplishments and support of diverse populations here in Westchester County.

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 the Westchester Public/Private Partnership for Aging Services makes our communities better, safer and healthier places for our seniors and their caregivers.

With Appreciation,

A handwritten signature in cursive script that reads "Judy S. Fink".

Judy S. Fink, LCSW  
Chair

A handwritten signature in cursive script that reads "Mae Carpenter".

Mae Carpenter  
Fund Administrator

# 2019 HIGHLIGHTS

## SALUTE TO SENIORS

The 51st annual *Salute to Seniors* was held on May 1st at the Westchester County Center in White Plains. The theme was "Memories of Motown" and included educational workshops, an expo of service providers and great entertainment. TIPS captured vital signs and educated attendees on health and social services. Fitness demos of Tai Chi, other health screenings, fall prevention and the Silver Sneakers program got everyone moving. The 2000 attendees danced along with and enjoyed the Memories of Motown music.

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 October 29th. Seniors performed their special talents and thrilled their peers who cheered them on during the event. Singers, dancers, instrumentalists, group performers, magicians were all welcome. Everyone had fun dancing the afternoon away to the sounds of *Stolen Moments Entertainment* who played all the music the seniors wanted to hear.



# THE LIVABLE COMMUNITIES COLLABORATIVES INCLUDE 18 GROUPS MADE UP OF ORGANIZATIONS AND SENIORS WITH AN INTEREST IN SERVING THE NEEDS OF WESTCHESTER'S AGING POPULATION AND CAREGIVERS




## TRANSPORTATION FORUM

Sponsored by Livable Communities Age Friendly Collaborative (a group of 15 diverse organizations supporting older adults) the second "Getting Around Westchester" forum was designed for Senior Service providers. It included a comprehensive discussion of safety considerations and transportation options for older drivers. 8 panelists provided insight and expertise.

## CONFERENCE OF THE COLLABORATIVE FOR PALLIATIVE CARE

*The Next Generation of Palliative Care:* was the theme for the tenth annual interdisciplinary and interfaith conference about palliative care at Iona College. The conference was presented by Westchester's Collaborative for Palliative Care in partnership with Calvary Hospital, Finger Lakes Geriatric Education Center and the Hastings Center. The Collaborative is a broad-based consortium of over 50 public and private organizations including hospitals, universities, hospices, homecare organizations, medical groups and social service providers. The collaborative's goal is to promote greater understanding of palliative care in the region and across the state and to support the capacity-building of provider members and the larger community.



**The Next Generation of Palliative Care:  
Integrating Palliative and  
Social Ethics of Care**  
*Honoring the Legacy of Daniel Callahan*

*Sponsored by the Collaborative for Palliative Care in partnership with Calvary Hospital,  
Finger Lakes Geriatrics Education Center, and The Hastings Center*




**Date:** Wednesday December 11, 2019, 8:30am — 4:00pm  
**Location:** Iona College, Spellman Hall, New Rochelle, NY  
**Cost:** \$95 (students: \$20)  
**Plenary Keynote:** The Troubled Dream of Life: Daniel Callahan's Legacy (9:00am—11:30am)  
**Plenary Keynote Speakers**

- Bruce Jennings, MA, Adjunct Associate Professor, Vanderbilt University Center for Biomedical Ethics and Society; Senior Advisor, The Hastings Center
- Joseph J. Fins, MD, MACP, FRCP, The E. William Davis, Jr., M.D. Professor of Medical Ethics; Chief, Division of Medical Ethics & Professor of Medicine, Weill Cornell Medical College, NY
- Mildred Z. Solomon, EdD, President, The Hastings Center

**Moderator and Discussant:** Mary Beth Morrissey, PhD, JD, MPH  
**Discussants:** Thomas V. Caprio, MD, MPH, MS, CMD, and Christopher Comfort, MD

Palliative Care is a radical and transformative approach to care for persons with serious illness and at end of life. Through lectures, panel discussions, and case presentations offered by experts in the field, this convening seeks to provide palliative care education to health, aging and allied professionals across New York State. The program aims to raise awareness about the push to expand the boundaries of palliative care and to integrate palliative and social care within a global framework of ethics and ethical practice. Goals for workforce development will be examined. The conference will offer ample opportunities for networking and dialogue with colleagues across the professions. See full program (coming soon) for details on afternoon sessions.

**To register:** <http://www.event.com/4/gboas0>  
**Questions:** [LauraM\\_Robinson@urmc.rochester.edu](mailto:LauraM_Robinson@urmc.rochester.edu)

# 74 LEADERS WERE INDUCTED INTO THE SENIOR CITIZENS HALL OF FAME

## 2019 HIGHLIGHTS CONTINUED

### SENIOR CITIZENS HALL OF FAME AWARDS LUNCHEON

The festive 37th annual Westchester *Senior Citizens Hall of Fame Awards Luncheon* was held at the Marriott Hotel in Tarrytown. **Sister Alice Conrad** of Mt. Vernon and **Vincent Greco** of Armonk received top honors.


*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. Conrad and Greco are one of 74 seniors who were inducted into the Hall of Fame. Over 780 guests were present to support their local honorees.




*2019 Senior Citizen Hall of Fame inductees.*





  
THE 6TH ANNUAL  
LIVABLE COMMUNITIES AGE FRIENDLY NETWORKING  
BREAKFAST & CONFERENCE

**TECHNOLOGY REIMAGINED  
IN AN  
AGE FRIENDLY WAY**



**WHEN:** THURSDAY, MARCH 28, 2019  
10:00AM – 12PM

**WHERE:** WESTCHESTER COUNTY CENTER  
LITTLE THEATRE  
158 CENTRAL AVE, WHITE PLAINS

**KEYNOTER • STEVEN B. KATZ,  
AMBASSADOR FOR AGING 2.0 LOCAL  
GREENWICH, CT & PANEL DISCUSSION**

**CONTINENTAL BREAKFAST  
FREE PARKING  
RSVP & SPONSORSHIP –  
914-813-6263  
JQS@WESTCHESTERGOV.COM**

**SAVE THE DATE**

## AGE FRIENDLY NETWORKING CONFERENCE

The sixth annual Age-Friendly networking event was held in March at the Westchester County Center with a panel of speakers on Technology Reimagined in an Age Friendly Way. The event featured Steven B Katz, Ambassador Aging 2.0 as the keynote speaker. Panelists included Mark Britton, President and Founder TellaBoomer Telecare Services, Lorraine Voytke, Director of Connect Through Tech Programs, DOROT and Dr. David Putrino, Director of Rehabilitation Innovations at Mt. Sinai. Rabbi Michael Goldman served as the conference moderator. This event was sponsored by the Age Friendly Collaborative.



# 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 320 villages in the network with over 267,400 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

**18**

Livable Communities Collaboratives

**200**

Members of the Speakers Bureau

**422,295**

Livable Communities Connecting with Seniors

**147**

People joined a HeLP Workshop

**320**

Villages in the network with 267,400 members

**193**

Matches between caregivers and coaches

**670**

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

**6**

Livable Communities Coordinators



# THE CAREPREP WEBSITE IS DESIGNED TO MEET THE EVER INCREASING NEEDS OF FAMILY CAREGIVERS

## CAREPREP WESTCHESTER [www.careprepwestchester.org](http://www.careprepwestchester.org)

This comprehensive website is committed to helping people prepare for the journey ahead... caregiving. It is designed to meet the ever-increasing needs of family caregivers. The website has extensive online resources including webinars on demand, links to information and quizzes. Caregivers can access this information at any time it is convenient for them. A number of webinars are available on the website including: "The RAISE Act Forum and Teach-in"; "Paying for Long Term Care"; "Medicare 101"; "Keys to Driving Safely" and "Tax Information for Elderly Residents".



## LIVABLE COMMUNITIES VILLAGE FAIR

Over 200 participants attended the seventh annual *Celebrate Aging Livable Communities Village Fair* at the Mt. Pleasant Community Center in Valhalla. This upbeat event showcased products, services and resources from 35 local exhibitors for seniors and their caregivers to learn about. In addition, the interactive room offered an opportunity to work on art collages, get a TIPS screening and search for unclaimed funds.

Other exciting activities included Tai Chi and Line Dance sessions as well as a jazz ensemble performance by the Lois Colombo Trio. This free event was enjoyed by all, coordinated and sponsored by the Livable Communities Connections.



# PRELIMINARY FINDINGS INDICATE AN AVERAGE OF 30% TO 35% REDUCTION IN HOSPITAL READMISSIONS AND EMERGENCY ROOM VISITS



## THE TIPS PROGRAM

*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. Undergraduate and graduate 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 was awarded continued funding from the Harry and Jeanette Weinberg Foundation. Additional funding was provided by the Field Hall Foundation, Greenwich Hospital and Fannie Mae. Thanks to the support from a dedicated team from Westchester County Department of Senior Programs and Services (DSPA), Pace University and the PPP Board there are multiple sites up and running in the county as well as in Pennsylvania, Maryland, New Jersey and Connecticut. Preliminary findings indicate an average of 30% to 35% reduction in hospital readmissions and emergency room visits.

The Partnership Innovation for Older Adults Program is a continuum of geriatric, mental health, substance abuse and telehealth services and is delivered in partnership with Family Services of

Westchester, The Lexington Center for Recovery and DSPS with funding from the N.Y.S. Office of Mental Health.

The program’s unique combination of telehealth monitoring services and wrap-around social services has made it a notable contribution to the health and wellbeing of participants and serves as a new model for the delivery of community health and social services.





## HEALTH FOR LIFE PROGRAMS (HeLP)

We want to help seniors get healthy and remain healthy. HeLP does just that by offering free workshops designed to help people (or their caregivers) manage their chronic conditions such as arthritis, high blood pressure, diabetes, cardiovascular disease and stroke. Over 147 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 and by Zoom or telephone.

## RAISE FAMILY CAREGIVERS ACT

Livable Communities and the Caregivers Collaborative held a Forum and Teach-In on the RAISE Family Caregivers Act on January 11th at the Ambassador Scarsdale. Featured speakers included Maria Alvarez, Executive Director, NY Statewide Senior Action Council, a representative from NY State Office for the Aging and David McNally, Associate State Director, AARP. This free advocacy event drew a standing room only crowd and provided a forum for learning, information exchange and advocacy.





## SENIOR LAW DAY

The 20th Annual free event featured 22 workshops on elder law topics including *Take Charge: Planning in Advance for Your Health Care*. Free 15-minute, one-on-one consultations were available 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 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 available online. 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.

## 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 13th annual World Elder Abuse Awareness Day with discussions at



the Port Chester Senior Center. Seniors, their caregivers and other community members participated.

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.

# NEXT STAGE NETWORK TAKE AN ACTIVE ROLE IN PLANNING YOUR FUTURE



## NEXT STAGE NETWORK

The Next Stage Network launched in 2019 and is designed to help individuals take an active role in planning for their future, make life more meaningful, active fulfilling and connected. There is a monthly calendar of events organized into four categories: Legal and Financial Management, Living and Aging Reflectively, Nutrition and Physical Stamina; Social and Cultural Events. These activities are intended to connect people to dynamic experiences in life. The monthly calendar included in person and virtual opportunities in music, the arts, movies, professional advice and outdoor activities, most offered at no charge. This inaugural year of NSN was enthusiastically received by participants and hosting organizations.

## WeSOAR

This series of classes, offered under the auspices of the Next Stage Network, promotes a better understanding of the key components of well-being as we age. Each class, led by a different expert speaker, covered topics such as Creativity and the Arts, Downsizing, Dealing with Grief and Loss, the Importance of a Sense of Purpose. Participants and speakers found the topics and interaction with one another inspiring and motivating.



# 2019

## STATEMENT OF FINANCIAL POSITION

As of December 31, 2019 and 2018

	2019	2018
<b>ASSETS</b>		
Cash and Equivalents	\$ 591,207	\$ 584,065
Grants Receivable	214,460	384,420
Prepaid Expenses	18,412	
<b>Total Assets</b>	<b>\$ 824,079</b>	<b>\$ 968,485</b>
<b>LIABILITIES AND NET ASSETS</b>		
<i>Liabilities</i>		
Accounts Payable and Accrued Expenses	\$ 65,697	\$ 188,618
<b>Total Liabilities</b>	<b>65,697</b>	<b>188,618</b>
<i>Net Assets</i>		
Without donor restrictions	507,983	406,478
With donor restrictions	250,399	373,389
<b>Total Net Assets</b>	<b>758,382</b>	<b>779,867</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$ 824,079</b>	<b>\$ 968,485</b>

## STATEMENT OF ACTIVITIES

As of December 31, 2019 and 2018

	2019			2018
	Without Donor Restrictions	With Donor Restrictions	TOTAL	
<b>REVENUE AND SUPPORT</b>				
Grants		\$ 976,077	\$ 976,077	\$ 580,670
Contributed Facilities and Services	\$ 366,720		366,720	386,244
Program Services	133,893		133,893	153,520
Special Event				
Interest Return, Net	38		38	38
Contributions	29,204		29,204	795
Net Assets Released from Restrictions	1,099,067	(1,099,067)		
<b>Total Revenue and Support</b>	<b>\$ 1,628,922</b>	<b>(122,990)</b>	<b>\$ 1,505,932</b>	<b>\$1,121,267</b>
<b>EXPENSES</b>				
Program Services	\$ 1,308,634		\$ 1,308,634	\$1,268,747
General and Administrative	218,783		218,783	199,302
<b>Total Expenses</b>	<b>\$ 1,527,417</b>		<b>\$ 1,527,417</b>	<b>\$1,468,049</b>
<b>Net Change in Total Net Assets</b>	<b>101,505</b>	<b>(122,990)</b>	<b>(21,485)</b>	<b>(346,782)</b>
<b>Net Assets at Beginning of Year</b>	<b>406,478</b>	<b>373,389</b>	<b>779,867</b>	<b>1,126,649</b>
<b>Net Assets at End of Year</b>	<b>\$ 507,983</b>	<b>\$ 250,399</b>	<b>\$ 758,382</b>	<b>\$779,867</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 good 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 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

Telephone 914-813-6435, Fax 914-813-6296

For more information about all the innovative programs and services that are available, please visit our website: [www.westchesterpartnership.org](http://www.westchesterpartnership.org)

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