

HEALTH ADVOCATES FOR OLDER PEOPLE

Phone: (212) 980-1700 Fax: (212) 980-1717 www.hafop.org

Tools, Techniques & Support for Healthy Aging



Winter 2012 Newsletter

Upcoming Events

Bed Bug Prevention

With Claire Guerette
January 10, 2012 at 1:30
Church of the Holy Trinity

Senior Housing Guidelines With Joe Breed

January 31, 2012 at 1:30 pm
Church of the Holy Trinity

Nutrition Program

Save Money, Eat Healthy
January 24, 2012 at 1:30 pm
Church of the Holy Trinity

Tour of the Public Library Main Branch

Centennial Tour
February 13, 2012 at 11:30.

How Do I File My Taxes

February 14, 2012 at 1:30pm
Church of the Holy Trinity

Meet the Author

*Brooke Hayward
Haywire*
March 6, 2012 at 1:30 pm
Church of the Holy Trinity

Reiki

March 27, April 3, 10, 17, 24,
2012, 10:30-11:30 am.
House of the Redeemer
7 East 95th Street

Meet the Author

*Sarah Cedar Miller
Transforming Central Park*
March 27, 2012 at 1:30 pm
Church of the Holy Trinity

Please call the office to RSVP

EMERGENCY PET CARE SERVICE PROGRAM



VISIT OUR WEB SITE
WWW.HAFOP.ORG

TO SEE OUR MONTHLY
CALENDAR AND PROGRAMS

INFORMATION TO HELP SENIORS MAKE CHOICES SEMINARS TO DISCUSS OPTIONS FOR CRITICAL DECISIONS



Memory and Aging Seminar

In addition to exercise and wellness programs, Health Advocates focuses on presentations that give facts and details that older adults need to make informed decisions. Today there is an overload of information, both true and false, from multiple media, making choices confusing and difficult.

Data from a recent survey of our 600 program participants gave us direction on what information is most needed and these results have been integrated into our programs. One highlight was the seminar on the need for pneumonia, flu and shingles vaccines given by the New York University School of Nursing.

We schedule programs about critical issues that require extensive research to find what best suits an individual's unique needs. These cover a wide range: Medicare, part D prescription drug plans, and supplemental insurance given by the Department for the Aging; a housing seminar given by Joe Breed, Executive Director of St. Margaret's House; and presentations with designer Elizabeth Murray on *Living Comfortably and Safely at Home*.

All provided tools to assist seniors in wise decision-making.

THE FOCUS CONTINUES ON HEALTHY AGING HEALTH, WELLNESS, AND LIVING INDEPENDENTLY

In 2012 Health Advocates will begin an emergency pet care service program for participants who are experiencing personal, family or medical challenges. This is a joyous initiative to help older people for whom pets are truly beloved family, in some cases the only family they have. We are truly grateful to the anonymous donor, who appreciates the importance of pet companions to their owners.



Balance & Flexibility Exercise



Spring Luncheon



Wallet ID



Alexander Technique



Housing Lecture

WHAT'S HAPPENING AT HEALTH ADVOCATES FOR OLDER PEOPLE Activities and Events

In 2011 Health Advocates has increased the number and variety of exercise classes and added new programs that enhance healthy aging. We are delighted that more older adults than ever are participating in exercise to optimize their aging.



Arthritis Exercise

We provide exercise classes six days a week. Three weekly classes – chair yoga, arthritis relief, and yoga/zumba – have thirty to forty participants on a regular basis. Reiki, Tai-Chi, and Alexander Technique classes are also appreciated.

We are expanding our programs to more neighborhoods. A series of computer classes was held at the Abyssinian Towers at 50 West 131st Street. We provided a seminar on Health Care Proxies, Living Wills, and Power of Attorney and a seminar on arthritis prevention and management at the Church of the Intercession on West 155th Street.

We have made many visits to museums

such as the Muppets exhibition at the Museum of the Moving Image in Queens, the 9/11 exhibition at Ground Zero, the Fashion Institute, the Skyscraper Museum, China Institute, Gracie Mansion and the Islamic Center on the East Side.



Hewitt School Visit

Bridge on Fridays is a favorite as are the Junior League Saturday morning *Health Seminars* and the twice weekly movies. We enjoyed two outdoor picnic lunches this year on the terrace at Carnegie East House and in the Church of the Epiphany garden. A highlight of our annual Harvest Luncheon was the St. Vincent Ferrer High School students, who served lunch and enjoyed visiting with the senior guests. Volunteers are a critical component to all we offer.

In December, the Hewitt School first graders and their teachers joined us at Carnegie East House to sing holiday songs and to read their favorite books to the older adults.

All of these make up a compelling range of programs.

FROM THE EXECUTIVE DIRECTOR

By Nancy Houghton

In addition to promoting healthy aging through wellness programs, we focus on the importance of encouraging positive resilience and an optimistic outlook. Everyone has difficulties and times that are challenging, but staying engaged with friends and families can help get through rough patches.

In many small ways Health Advocates works to promote a positive environment. This involves exercise, which relieves stress, tension and keeps our bodies moving and functioning optimally. Being positive encourages taking good care of oneself – including eating well, and paying attention to ones spiritual and artistic side. We all need to look forward to fun activities, hobbies and a reason for getting up each morning. This optimism helps us stay engaged and to count our blessings, enjoy our good times and to help others when possible. When difficulties do occur, it is important to accept the sup-

port of family and friends, and remain as proactive and optimistic as possible.

In 2012 we will be working with the Volunteer Referral Center that is starting a new program “Volunteering Is Ageless” whose purpose is to match volunteers with opportunities to give to others. I am always amazed and grateful for the number of our senior participants who are eager to help us make our programs as good as they can be.



Nutrition Seminar

Health Advocates was asked to participate with five other community non-profits in a series of seminars on Elder Abuse held in Harlem. As seniors are living longer, opportunities to take advantage of older adults have increased. We will be watching this.

We thank all of the many individuals and organizations who have proved to be staunch supporters and good friends in 2011.

WEEKLY ACTIVITIES

Arthritis Exercise, Mondays, 10:30—11:30am,
Wednesdays 11:00—11:45pm, Thursday 2:00-3:00pm.

Tai-chi, Tuesdays 3:00—4:00pm.

Bridge, Fridays from 12:00 am to 4:00 pm.

Zumba Dancing, Wednesdays 12:00—12:45pm.

Junior League Seminar Series Saturdays 10:15—11:00am.

Chair Yoga, Saturdays at 11:00—12:00pm.

Matinee Movie, Wednesdays at 2:00pm and Saturdays at 12:30pm.

INDEPENDENT LIVING

**Helping You Live Safely
and Independently
In Your Own Home**



Home Visit

Health Advocates' Home Safety program continues to grow, ensuring that our participants' homes are a place where they can continue to live safely and independently. This is an

important consideration for older adults as vision, hearing and balance can all decrease with age, and injuries resulting from slips, trips and falls can be serious and more difficult from which to recover. Our consultants identify potential safety hazards, evaluate mobility and daily functionality issues and recommend specific low-cost or no-cost solutions.

Additionally, we continue to collaborate with faith-based communities and social service agencies by offering free wellness programs for neighborhood seniors through our *Living Comfortably and Safely at Home* program. We present items that can make living in one's own home safer and more manageable. Those who attend can have a 'virtual' home safety visit and speak with our Independent Living Consultants about their concerns. We may suggest ways to modify their homes, such as taping down area rugs, installing grab bars in the bathroom, and using assistive devices.



Home Safety Presentation

This year we began a new initiative to recycle donated wheelchairs, walkers and canes to participants in our program who need them.

For information or to schedule a home visit, call our office (212) 980-1700.

HEALTH ADVOCATES' WISH LIST

If you have any of the following items, Please let us know
walkers with seats wheelchairs canes

**Liz Abzug Visits**

In October we were delighted to welcome Liz Abzug who founded the Bella Abzug Leadership Institute (BALI) to utilize the signature leadership skills of her mother, the late New York Congresswoman Bella S. Abzug (1920-1998). BALI mentors and trains high school and college age women in the development of confidence and skills needed to become visionary leaders as well as active and creative participants in civic, political, corporate and community life.

Liz graciously spoke and answered the questions of our participants, many of whom remembered Bella with great fondness!

PLANNED GIVING INITIATIVE

In 2012 Health Advocates will begin a Planned Giving Initiative to ensure the sustainability of our programs that benefit older adults and promote their healthy aging. Steady and sustainable resources – such as those provided by planned gifts – will ensure an ongoing stream of funding for our mission in the years to come. You will hear more from us in 2012.

New Board Members

Health Advocates was pleased to welcome three new Board members in 2011. June Costikyan, Laura Reid, and Evelyn Angevine Silla are dynamic community leaders who are already contributing their support to the mission of Health Advocates.

Health Advocates for Older People

1233 Second Avenue
New York, New York 10065

HEALTH ADVOCATES 26TH ANNIVERSARY GALA CELEBRATION

We honored community leaders Stewart B. Clifford, Peter G. Peterson and Marguerite T. Yates as 2011 *New York Treasures*. More than 200 supporters gathered September 27th at the Harvard Club to recognize their outstanding contributions to New York City and to provide funding for Health Advocates' free wellness and activity programs that benefit community seniors.

