



*“The first time I heard about Livable Communities, I said, ‘this is something I love!’”*

## LAVINIA SMITH

A Cheerleader for Her Community

Lavinia Smith, age 87, doesn't hold back when it comes to being involved in her community. A retired teacher, she loves young people and is involved in four different intergenerational programs. Lavinia has been a mentor for 22 years with the Mt. Vernon Youth Bureau; she's a tutor with the SMART program; she goes to the library to read with children as a Summer Reading Buddy, and she's a member of the Mt. Vernon Youth Bureau Intergenerational Choir. **She says that these programs are “life sustaining for us elders”.**

Lavinia is fully involved in Livable Communities. She is a Council Member for her Regional Livable Community Connection (LCC). She brings other seniors to LCC meetings and helped to bring the Mt. Vernon Youth Bureau on board as a Village. “The first time I heard about Livable Community, I said ‘this is something I love’, when I heard the words, I was thinking ‘that’s everyone, young, old and in between. That’s what everyone needs, to have a community where everyone can live and feel good about him or herself and have a home in which to live.’ This is a vision for all ages, bringing people and places together.”

Lavinia's passion for community involvement and for Livable Communities makes her one of our best cheerleaders. We thank her!

The Westchester Public/Private Partnership for Aging Services connects people, resources and places to make Westchester County a great place to live for people of all ages.



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

The Westchester Public/Private Partnership for Aging Services  
2009 Annual Report

## MAKING CONNECTIONS

Connecting People and Connecting Resources to Help Westchester County's Seniors  
Age with Independence, Dignity and Joy



## ABOUT THE WESTCHESTER PUBLIC/PRIVATE PARTNERSHIP FOR AGING SERVICES

The Partnership is a dynamic coalition of government, business, voluntary service agencies and consumers. We recruit corporations to contribute funds, underwrite specific programs or donate in-kind goods and services to our programs for Westchester County seniors. Our mission is to help seniors age with independence and dignity in their home communities.

We develop and implement innovative programs that are recognized around the country for their creative and comprehensive approaches to improving the quality of life for older adults in Westchester County. The Livable Communities initiative is the centerpiece of our efforts. By engaging Westchester residents in Livable Communities at the grassroots level, we are able to provide education and services to thousands of people county-wide. We connect people and resources.

## JUST SOME OF 2009'S HIGHLIGHTS

- The 18th Annual *Golden Harvest* took place in Tarrytown. The Partnership's major fundraiser for the year was chaired by Daniel Reingold, MSW, J.D. and Joy Solomon Esq. The following were recognized for their support of aging services: **The Golden Harvest Humanitarian Award:** Steven Schurkman, Esq., **The Golden Harvest Corporate Award:** O'Connor Davies Munns and Dobbins, LLP, **The Golden Harvest Jim Curran Leadership Award:** Janet DiFiore, Westchester County District Attorney
- The 41st Annual "Salute to Seniors" was held at the Westchester County Center. the turnout was outstanding with 2,000 seniors in attendance!
- Over 100 community groups county-wide were designated "Villages" as part of the Livable Communities initiative.
- Over 92 local educational forums were sponsored by nine Livable Community Connections, the regional hubs of the Livable Communities initiative.
- Over 400 people attended the first *Northeast Regional Livable Communities Conference* in Tarrytown.
- More than 1,200 seniors attended the National Senior Health and Fitness Day celebration held in 30 different locations throughout the County.
- *Generations*, the newspaper for Westchester Seniors, published six issues and maintained a circulation of 100,000.
- The Partnership won multiple Achievement Awards from the National Association of Counties and from National Association of Area Agencies on Aging.
- *Services Outstationed to Seniors* (SOS) provided interactive educational programs at 41 senior housing sites in the county.

Claudie Charnin, a volunteer reader

## COUNTY FACTS

Westchester County is home to over 187,000 older people—with almost one-in-five residents 60 years of age or older. With the aging of the Baby Boom population, that number is projected to swell to 230,000 by 2020. About 9,000 seniors live below the poverty level, and over 37,000 senior households have less than the income needed to afford Westchester's median rent. More than a quarter of seniors, mostly women, live alone.



Dear Friends and Neighbors,

We are so happy to tell you that in 2009 programs of the Westchester Public/Private Partnership for Aging Services thrived. We continued on the journey with our core program, Livable Communities, to empower older residents to uphold and improve the quality of life in Westchester County. We built on the intensive regional efforts of previous years to establish a widespread network of local Villages. By the end of 2009, there were over 100 registered neighborhood Villages participating in Livable Communities.

When we reflected back on 2009, we realized that there was a thread that ran through all of our work. **We make connections.** With our nationally recognized Livable Communities initiative as the hub for all our efforts, we connected older adults, their families and neighbors to one another and to resources and institutions.

- We connect local residents with each other to foster companionship and provide support.
- We connect Westchester County residents to volunteer and civic engagement activities that are personally meaningful and that strengthen the community.
- We connect experts with seniors to provide education on a range of topics geared toward improving health, lifestyle, and in-home safety.
- We connect older adults with students to serve as teachers and as learners.
- We connect with older adults to policy makers to advocate for the betterment of Westchester County.

Reading this report, you will learn about some of the exciting things that we accomplished in Westchester County in 2009. We want to thank our generous donors, volunteers and wonderful staff for making 2009 a landmark year.

Learn more about what we are doing now by visiting our new web portal, [www.livablecommunitieswestchester.org](http://www.livablecommunitieswestchester.org). If you are reading this report and are not involved, we invite you join us, alongside thousands of other Westchester County neighbors, as we continue to make our county truly a great place to live and grow old.

Thank you,

Allan D. Rosenberg, CPA, MBA  
Chairman

Mae Carpenter  
Fund Administrator

## LIVABLE COMMUNITIES –

Connecting People, Resources and Places to Make Westchester County a Great Place to Live for People of All Ages

In 2009, the Livable Communities Initiative had an explosion of activity. Thousands of Westchester residents became members of Livable Community Villages and became involved in their regional Livable Community Connections (LCCs). Villages emerged from houses of worship, condominium complexes, senior centers, schools, colleges and universities, and many more local and regional organizations and businesses. When Villages join Livable Communities, they have access to LCC staff and volunteers who show them how to set up a variety of neighborhood programs including friendly visiting, telephone reassurance, social events and intergenerational programs. **Livable Communities supports people in their desire to stay in their own homes through education, direct services, and by connecting them with neighbors and new friends.**

- By the end of 2009, the LCCs had trained and enrolled **over 100 Villages** throughout the county.
- LCCs sponsored **92 local educational forums** for regional residents.

Throughout the county, residents are actively participating in neighborhood Villages and regional LCCs. Residents...

- **Combat isolation** by establishing neighborhood friendly visiting and telephone reassurance programs.
- **Advocate** for issues important to their local community
- **Become educated** on a range of quality of life issues.
- **Socialize** at picnics, parties and dances.
- **Make new friends** to grow their personal support network.
- **Network** with professionals who provide services to help them remain at home.

*“I have enjoyed and learned from all of the presentations that Livable Communities has brought to the Senior Program at the Neighborhood House. We learned valuable information about our Medicare Rights and protecting ourselves in the community” – Resident, Neighborhood House in Tarrytown*



### LIVABLE COMMUNITIES AT WORK

In Bronxville, an older gentleman who is a member of a Livable Communities Village became ill. He lived alone. So when he came home from the hospital, neighbors from his Village took turns making him dinners and checking in on him every day.

### RESIDENTIAL FALL PREVENTION FUNDED

In 2009, United Health Group and AARP donated funds to establish a Residential Fall Program to start in 2010. Grab bars will be purchased and installed for free in seniors' home, and seniors will be trained in fall prevention.

### LIVABLE COMMUNITIES WEB PORTAL

Westchester Livable Communities website is a community resource web portal provided by AARP, the Department of Senior Programs and Services and the Westchester Public/Private Partnership for Aging Services. It provides an easy way to navigate web resources and allows visitors to fully understand Livable Communities.

LIVABLE COMMUNITIES WEB PORTAL: [www.livablecommunitieswestchester.org](http://www.livablecommunitieswestchester.org)



Kathleen doing a CarFit assessment. Learn about CarFit on page 7 of this report.

### A sample of Livable Community accomplishments:

- **Provided resources to ease hospital discharge.** The Southwest LCC in Yonkers focused efforts on educating discharge planners about resources available to patients who are going home from rehabilitation facilities. The LCC developed a 2-page guide to local services and held a special panel on discharge planning.
- **Trained seniors and youth to advocate together.** The Northwest LCC sponsored an intergenerational advocacy seminar, teaching seniors and high school students how to make change in their communities.
- **Made getting around less expensive.** The West Central LCC worked with the Town Supervisor to get four taxi companies to reduce cab fares for seniors.
- **Made getting around safer.** The South Central LCC began the advocacy process to change an unsafe intersection with a roundabout that is near two schools and that is hard for children, seniors, and people with disabilities to cross. Children and seniors, almost 20 people, completed surveys about the intersection. Results have been submitted to the city, AARP and to the Department of Transportation.
- **Spoke out to try to prevent fire department cuts.** A group of residents at a Village in New Rochelle spear-headed an effort with the Southeast LCC to petition to save the local fire department from funding cuts.

### PROFILE IN VILLAGE LEADERSHIP

When Dr. Kathleen Golisz, Professor of Occupational Therapy at Mercy College, learned about Livable Communities, she asked her dean if the School of Health and Natural Sciences at Mercy could be a Village. “We saw it as an opportunity to collaborate with our health and wellness programs.” Kathleen is on the advisory committee of her regional LCC. She says, “I am the ‘mayor’ of the Village. I bring information to the college from the LCC meetings.” Mercy College is very active in Livable Communities.

Faculty and students do health promotion education through the LCCs; students paired with seniors in the Walkability survey conducted on Westchester intersections; the college's Communications Disorders Program has hosted discussion groups with seniors about communications issues, such as hearing loss; Mercy implemented the county-wide CarFit program described on page 7, and the College offers space for events and meetings.

With greater involvement with their older neighbors, Mercy students have been learning about aging in place, disability prevention and advocacy; they actively promoted state funding for an Alzheimer's Center. When Kathleen saw the Village slogan, “Educate + Advocate + Collaborate = Positive Formula for Change”, she knew she wanted her College to be involved and she made that happen.

## A COACH AND CAREGIVER FORM A STRONG CONNECTION

Kevin Smith, age 46, along with his wife, Marcia, signed up to be volunteer Caregiver Coaches, having learned about the program through their church. Kevin was drawn to L3C by childhood memories of witnessing the strain of his grandmother's "senility" on his parents.

"The training gave an awareness of things to look out for when dealing with a caregiver. I learned how to comfort the person without being directive, help open his mind as to what his options are. We talk every other week. I give him the breaks he needs when he has stress and needs someone to talk to. If he calls in the middle of the week, I know that he is stressed. Most of the time we talk, we don't talk about things that are heavy. It's a great relief to take our minds off of what's going on around us and give us a moment to breathe. I know that I have a friend that I'll have for the rest of my life."

Lawrence Cunningham, age 51, is concerned about both of his parents. His 85 year old father is primary caregiver for his 80 year old mother. She is bedridden and has dementia. Lawrence wants to make sure that his father can maintain his health, while his mother receives the care she needs.

"The program gives someone to bounce things off of. When you talk to family, there's an emotional agenda. He doesn't have the emotional attachment and we've now become friends. You think you're on this island, but you're not. You know that there are other people going through the same situations. I become stressed out by worrying about what will happen. My mother has diabetes on top of the Alzheimer's and the fall. When I talk to Kevin, I get a new perspective and a new outlook."



Lawrence (right) says with Kevin "I get a new perspective."

*"Caregivers often feel conflict between the act of love that is caregiving and guilt over feelings of personal sacrifice. In most cases, caregiver coaches just listen."* – Mae Carpenter

## LC3 THE LIVABLE COMMUNITIES CAREGIVERS COACHING PROGRAM – Connecting Volunteers in Support of Family Caregivers

2009 saw the birth of a new program, the Livable Communities Caregiver Coaching program (called "L3C"), in which volunteer Coaches provide support to family caregivers of older adults. L3C is a partnership between the PPP, the Westchester County Department of Senior Programs and Services, and Fordham University's Ravazzin Center on Aging.

In 2009, 26 Caregiver Coaches were trained; a new class was enrolled for 2010 and caregivers in need of support were recruited and matched with Coaches. The Ravazzin Center developed a training curriculum that is implemented by volunteer professionals. Coaches meet monthly to discuss specific issues, experiences, ideas and concerns. In early 2009, Lawrence Cunningham and Kevin Smith were matched by the L3C Program Director, who saw that they had a lot in common. Their relationship exemplifies what the program is about.

## CONNECTING FOR A SAFER COMMUNITY

An important part of the Livable Communities philosophy is that a community is livable when it is safe. To that end, we have taken a multi-pronged approach to enhancing senior safety, with educational and safety activities integrated into the Livable Communities approach.

### Increased safety for older drivers

Implemented by Mercy College, the CarFit program assesses 12 points of how seniors sit in their cars; expert evaluators look at such items as seat and mirror position. A proper fit maximizes driver safety. Over 75 individuals county-wide had a CarFit assessment in 2009.

### Getting around Westchester safely

More than 100 village members from around the county attended the Good to Go Conference conference on mobility options for all ages. Participants brainstormed issues such as older driver safety, public transportation, and mobility gaps. Recommendations were forwarded to local communities.

### Fraud protection training

Among the most popular presentations held at Villages throughout the county, Senior Crime Busters is a one-hour elder fraud protection program that provides tips on how seniors can stay safe and avoid scams.

### Bringing peace of mind to families of Alzheimer's patients

A free program that uses bracelets equipped with radio-frequency technology to find seniors with Alzheimer's disease who wander from their homes, Project Lifesaver expanded to serve 67 Westchester residents in 2009. There have been 12 successful rescues since the program began.

*"Our LCC is about education....  
Ninety people attended  
our program on fraud prevention  
and identity theft."*

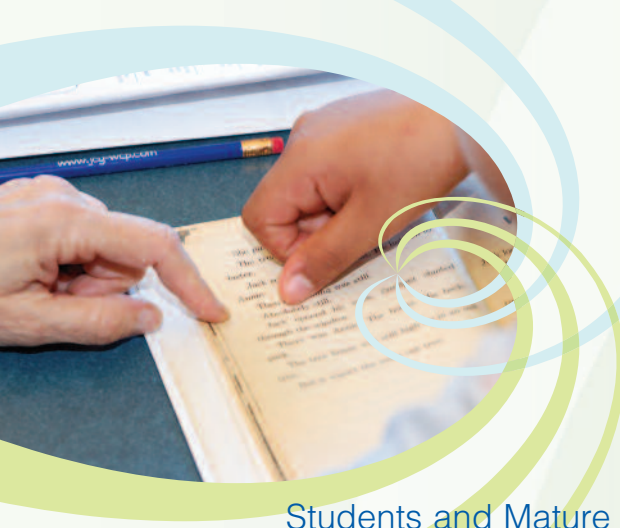
– Hannah Gross, LCC Coordinator, North West

## SAFER PEDESTRIAN INTERSECTIONS

A busy intersection in Greenburg near a senior housing development was considered dangerous for seniors and all residents to cross. Residents, local clergy, AARP and the West Central Regional LCC successfully advocated for installation of a traffic light with a countdown signal and curb cuts at the intersection.



# SHARING KNOWLEDGE AND EXPERTISE



## SMART

### Students and Mature Adults Read Together

SMART is one of Westchester's most enduring intergenerational programs. Sponsored by the JCY- Westchester Community Partners, SMART pairs older adult volunteer mentors with students reading below grade level in mentoring/tutoring relationships. In recent years, SMART expanded to include the Reading Buddies After School Program and Summer Reading Buddies. In 2009:

- Over 200 older adult volunteers provided literacy support and mentoring to over 450 students in 30 schools throughout Westchester County.
- Over 40 mentors provided homework assistance and mentoring to over 100 students.
- More than 40 summer volunteers read with 200 children at area libraries.

## SENIOR LAW DAYS

### Free legal advice and education

In 2009 the Partnership sponsored 8 Senior Law Days throughout Westchester County, including one large county-wide conference. At Senior Law Days:

- Seniors were able to have free 15 minute one-on-one consultations with lawyers specializing in aging and with financial planners
- Pace University law students helped seniors draft health care proxies at no charge
- Seniors attended workshops on a range of issues including how to choose between making a will or a trust, planning care for a loved one with dementia, and changes in NY power of attorney law

*"The level of anxiety is unbelievable. It makes me feel so good to know I'm providing reassurance during tough times."*

– Tony DeVito, Financial Planner

## PROVIDING REASSURANCE DURING THE ECONOMIC DOWNTURN

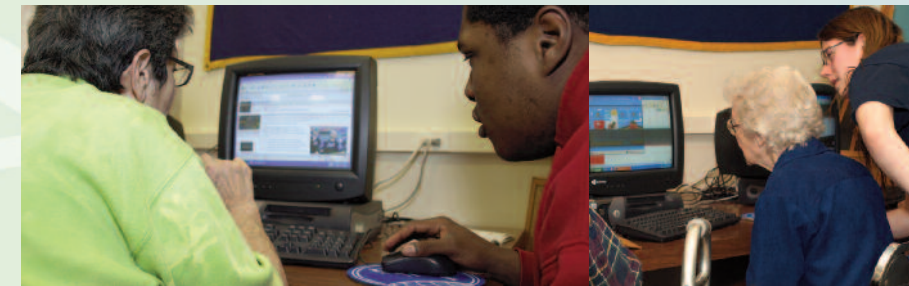
At three 2009 Senior Law Days, Tony DeVito, a Certified Financial Planner, gave workshops and provided pro-bono private advice to those in attendance. Tony observed that "the level of anxiety is unbelievable." He found that it was his role to offer reassurance to his audience and to those with whom he met privately. Questions included: "Are we able to retire?", "Should I sell my stocks and bonds?", "Do I have to withdraw from my IRA?" and "How can I help with my grandchildren's education?" With many people not having the full resources that they expected to have at retirement, Tony was able to give concrete advice to help ease the way. He says, "I'm 63. I've done well in this field and it's only right to reach out to people who wouldn't normally be in a position to seek out my services".



## GERONTECH

### College students teach computer skills to seniors

In the Gerontech program, students from Pace University and Monroe College get course credit for teaching computer skills to residents of the United Hebrew Geriatric Center (UHGC). The program, developed by Dr. Jean Coppola of Pace University, includes research on the benefits to older adults and to college students.



*"I tried my level best to make Mary aware of many different functions of the computer. But, what interested her most was the Internet and E-Mail. Her Yahoo email account is a new home for her. The password is her key, the inbox is her living room, the keyboard is the heart, and the CPU is the brain. I have sent her numerous emails expressing my joy to work with her but the smile that she brings on my face with her one liner emails are priceless. Her email makes me feel that the work that I do is making a difference in her life and as a person I cannot ask for anything better."*

– Asif Ali, Pace College student

## GERONTECH

is an initiative of the *Westchester Alliance of Academic Institutions for Aging Related Studies and Workforce Development*, a coalition of more than 20 organizations dedicated to fostering collaboration among educational institutions in response to the growing aging phenomenon, facilitating curricula that addresses aging issues, and promoting interest in careers and internships in aging services.

## AWARDS FOR THE GERONTECH PROGRAM

**2009 MetLife Mind Alert Award**  
Presented by the American Society on Aging and the MetLife Foundation for programs that help older adults maintain and enhance their cognitive and mental function in their later years.

**n4a Aging Innovation and Achievement Award**  
Presented by the National Association of Area Agencies on Aging.

**Jefferson Award for Exemplary Community Service**  
Presented to Dr. Jean Coppola for her work with the Gerontech program.



## STATEMENT OF FINANCIAL POSITION

As of December 31, 2009

	2009	2008
<b>ASSETS</b>		
Cash in Bank	\$ 405,903	\$ 369,806
Grant Receivable	96,896	105,309
Prepaid Expense	884	799
	<u>\$ 503,683</u>	<u>\$ 475,914</u>
<b>LIABILITIES AND NET ASSETS</b>		
<i>Liabilities</i>		
Accounts Payable and Accrued Expenses	\$2,478	\$5,412
Funds held as Repository	5,000	5,000
<i>Net Assets</i>		
Temporarily Restricted	496,205	465,502
	<u>\$503,683</u>	<u>\$475,914</u>

See Notes to Financial Statements

## STATEMENT OF ACTIVITIES AND NET ASSETS

As of December 31, 2009

	2009	2008
<b>PUBLIC SUPPORT</b>		
Grant and Contributions	\$ 589,243	\$ 555,800
Contributed Facilities and Services	345,457	324,443
	<u>934,700</u>	<u>880,243</u>
<b>REVENUE</b>		
Program Services	36,297	—
Special Events	87,588	79,568
Interest	188	359
Miscellaneous	43	—
	<u>124,116</u>	<u>79,927</u>
<b>Total Public Support and Revenue</b>	<u>\$1,058,816</u>	<u>\$960,170</u>
<b>EXPENSES</b>		
Program Services	\$961,749	\$864,405
Management and General	18,246	5,537
Fund Raising	48,118	38,835
	<u>\$1,028,113</u>	<u>\$908,777</u>
<b>Increase in Net Assets</b>	30,703	51,393
<b>Net Assets at Beginning of Year</b>	465,502	414,109
<b>Net Asset at End of Year</b>	<u>\$496,205</u>	<u>\$465,502</u>

See Notes to Financial Statements

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## THANK YOU to our many supporters

We at the Westchester Public/Private Partnership for Aging Services are able to do our work only 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 individual donors and volunteers.

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.,  
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Telephone 914 813 6435

#### ANNUAL REPORT CONTRIBUTIONS

**Dozene Guishard, MPS &  
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Westchester County Department  
of Senior Programs and Services  
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#### AUTHOR

**Jeanette Bressler, Ph.D., MSW,  
Bressler Consulting**  
[www.bresslerconsulting.com](http://www.bresslerconsulting.com)

#### DESIGN

**Betsy Wilkowski**  
**KELLYdesigns**  
[www.kellydesigns.org](http://www.kellydesigns.org)

#### PHOTOGRAPHY

**Rebekeh Nemethy**  
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Pictured on the cover,  
Florence Spotkov, a volunteer reader