



Promoting healthy aging through Wellness, Home Safety and Exercise programs since 1985

2015

Upcoming Events

Advanced Photography
February 3, 10, 17, 24, 2015
10:00 am

Fall Prevention
Brookdale Center,
Hunter College
February 13, 2015
9:00 am -12:00 noon

Museum of Biblical Art
Sculpture in the Age of
Donatello
February 25, 2015
1:00 pm

Downsizing Seminars:
With Langley Danowitz
March 3 and 10, 2015
1:30-2:30 pm
Church of the Holy Trinity

Yeshiva University
Museum
March 18, 2015
2:00pm

Making a Graceful Exit
End of Life Planning
March 25, 2015

Reiki
March 25, 31, April
7, 14, 21, and 28 2015
10:30-11:30 am
House of the Redeemer

National Academy
April 22, 2015
1:30 pm

LIKE US ON 

HAFOP- Health
Advocates for Older
People

**Whitney Armstrong, June Costikyan
and Father Angelo Gambatese
Honored as 2014 New York Treasures**

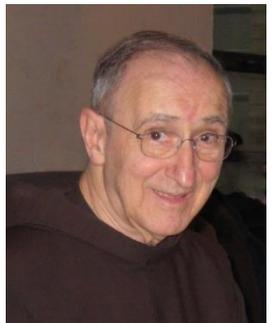
On September 3, 2014, Health Advocates recognized three outstanding community leaders, Whitney Armstrong, June Costikyan, and Father Angelo Gambatese as our 2014 New York Treasures. We honor them for their years of tireless giving and outstanding accomplishments. We honor their resolve, motivation and dedication to continue their outreach to do the hard work needed for a better community, city, and world.

Whitney Armstrong is on the Board of the Women's Prison Association, and has been a member of the Junior League of the City of New York for more than 57 years. She also volunteered for the Foundling Hospital, and served on the Boards of the Children's Art Carnival, the Vanderbilt Branch of the YMCA and the National Horse Show.

June Costikyan's role models were her parents, whose dedication and support of social charities and their alma maters were important in fostering June's interest in helping others. June has served on the vestry of the Church of the Heavenly Rest, and was active in the Shelter and Outreach Committees. She served on the board of the Jericho Project and has been a Health Advocates Board member since 2011.

Father Angelo Gambatese joined the Order of Saint Francis at age nineteen and was ordained. After twenty years in education, he took on roles in counseling for individuals suffering from AIDS and addiction disorders at Straight & Narrow. As the Pastor of St. Stephen of Hungary Parish, he welcomed homeless men with a shelter, and created a tolerance series. He now serves at St. Bonaventure Parish and at Straight & Narrow.

All are role models who inspire us. They have given years of combined services to a wide range of volunteer, civic and charitable causes that benefit all New Yorkers, including the increasing number of older adults.



THE MANY BENEFITS OF VOLUNTEERING

We know that volunteering is an excellent way for services to stay involved with each other, to meet and make new friends, and to learn about new organizations in the city. Each year we participate with The Volunteer Referral Center to present two programs that invite five non-profits to talk about their organizations and what volunteers can do to provide services that benefit all New Yorkers. Volunteering provides a richness.

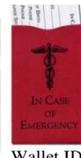
VISIT OUR WEB SITE
WWW.HAFOP.ORG
TO SEE OUR MONTHLY
CALENDAR AND PROGRAMS



Balance & Flexibility Exercise



Harvest Lunch



Wallet ID ICE Packet



Abyssinian Towers



Housing Presentation

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

Health Advocates continues to promote healthy aging through free exercise and wellness classes and home safety visits to more than 800 older adults six days a week, 52 weeks a year. Beginning this January our newest exercise class is at Church of the Transfiguration on East 29th Street. This brings the number of weekly exercise classes to fourteen in nine different locations in 2015.

As part of our *Downsizing Program*, we had a table at the Church of the Heavenly Rest Christmas boutique so participants could sell items they no longer need. This is part of our focus to manage an organized home. The fair was very successful as well as great fun!



Having fun at the June barbeque at Church of the Epiphany

Our summer barbeque in June in the garden at Church of the Epiphany and our Harvest Lunch in November at St. Vincent Ferrer Church are always fun, giving seniors a chance to enjoy a lunch out with friends. Community volunteers

provided entertainment and high school students from St. Vincent Ferrer served lunch to the seniors

Seniors continue to enjoy Joe Breed's interesting travelogue presentations with beautiful pictures and interesting dialogue most recently about his trip to Antarctica.

Our series of beginning photography and advanced photography have been very popular. The series of five classes include one class held in the park to teach techniques of taking pictures outdoors.

Alex Tchassov is teaching our ballroom dancing class on Friday afternoons from 4:15-5:15 at Church of the Holy Trinity. He is extremely talented and knows how to put the class at ease. In the summer Health Advocates Board member Marguerite Yates hosted a supper with dancing on her terrace for participants of the dancing class.

Bridge is popular on Friday afternoons! Twenty five to thirty players enjoy a social afternoon with friends as well as having fun playing and mastering a difficult and challenging game! An excellent exercise for the mind!



2 participants celebrate their 90th birthdays at our bridge class

FROM THE EXECUTIVE DIRECTOR By Nancy Houghton

Encouraging positive mental health and strong physical health are important parts of our Healthy Aging Program. Staying engaged and involved with family, friends and our faith-based community helps us age successfully. We have workshops that focus on mindfulness and living in the present, discussing how our thought patterns affect how we look at situations. By thinking about what is happening in the present without over-worrying about the past or the future, we are better able to maintain a positive, optimistic outlook.



St. Vincent Ferrer High School volunteers at the Harvest Lunch

Weekly discussion groups such as the Junior League health seminars on Saturday morning provide information to help make choices. These young volunteers also provide the venue for intergenerational conversation that gives Health Advocates' participants the opportunity to share their points of view with others. Another opportunity to discuss topics of interest is our new "Ted Talks" program that

presents speakers on a variety of topics that can afterwards be discussed among the attending group.

Because of our participants interests to learn about available housing our Advisory Board member Joe Breed has presented several programs in 2014 on *How To Navigate Senior Housing in New York City*. He spoke at East 60th Street in July and at the Abyssinian Baptist Church on East 135th Street in December. Joe has developed a "business plan" that he distributes to seniors who attend that draws on his vast knowledge of housing in New York City.

Our pet program helped arranged private transport out of state to safe affordable housing for a participant and her beloved cat, both were facing eviction. We worked with a partner agency to make this happen.

The Cornerstone Society is Health Advocates' planned giving initiative to assure a strong future for our free exercise, home safety, and wellness programs that benefit the ever growing older number of New York City adults as they age. We hope you will join us in this worthy effort.

We thank all of our many faith based and community partners, including the individuals whose generosity has helped us provide free programs that benefit older adults.

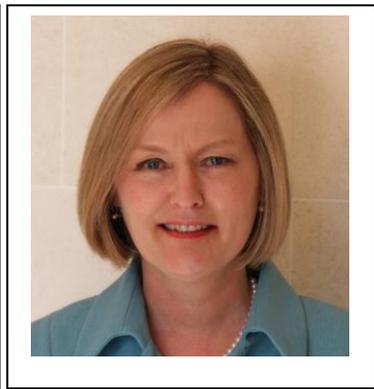
Meet Our Therapeutic Home Modification Team



John O'Neill, makes a real contribution to seniors who need walkers, wheelchairs, shower chairs, or canes. In 2014 he has distributed more than 101 pieces of equipment to the participants in our program and to other seniors in the community. This program helps older adults age with vitality and independence. He works with program participants to support their efforts to downsize and manage an organized and simple environment.

John O'Neill
Equipment Exchange
Program Coordinator

Rosemary Bakker, is an interior designer and gerontologist. She has been a leader in promoting smart technologies to optimize the health, function, and well being of the 50-plus. She consulted on universal design and wellness for a variety of living situations, including single family homes, senior housing, and healthcare facilities. She works with health care, aging service professionals, housing experts, and the Alzheimer's Association.



Rosemary Bakker
Health Advocate's Therapeutic Home
Modification Coordinator

LIVING COMFORTABLY AND SAFELY AT HOME PROGRAM - A primary focus of HEALTH ADVOCATES is to give program participants support to stay in their own apartments safely and to age in place in their neighborhood for as long as they wish. Our *Home Safety Program* and *Living Comfortably and Safely at Home Program* provide the support they need. An important part of the program is home visits that reduce the chance of falls by suggesting modifications such as grab bars and encouraging an organized and simply furnished apartment. Our new *Downsizing Program* provides specific techniques to support that effort as well as hands-on help with getting started on the process. Our Equipment Exchange Program provides gently used equipment such as wheelchairs, walkers, shower chairs, canes free to our program participants and other community seniors.

Meet Our Exercise Instructors



Steve McCann
Bridge
Friday, Noon-4:00 pm- *Holy Trinity*



Thula Bui
Tai Chi
Tuesday, 3:00-4:00 pm- *Holy Trinity*



Alex Tchassov
Ballroom Dancing
Friday, 4:15-5:15 pm- *Holy Trinity*



Lillian Kates
Arthritis Exercise
Certified by Arthritis Foundation
Tuesday, 10:30-11:30 am- *Church of the Transfiguration*
Friday, 11:00-12:00 noon- *Holy Trinity*



Kim Clay
Alexander Technique
Certified by Barbara Brennan
School of Healing
Thursday, 10:00-11:00 am- *Holy Trinity*



Lynn Crimendo
Arthritis Exercise & Chair Yoga
Certified by Arthritis Foundation
Wednesday, 12:30-1:30 pm- *Mercy Center*
Thursday, 2:00-3:00 pm *Our Lady of Peace*
Friday, 2:00-3:00 pm-*Abyssinian Towers*



Vicki Rothkind
Strengthen and Tone
Certified by Arthritis Foundation
Monday, 10:30- 11:30 am- *Madison Ave. Presbyterian*
Wednesday, 11:00-12:00 noon- *5th Ave. Presbyterian Church*

Weekly Activities *Arthritis Exercise*, Mondays, 10:30-11:30am, Wednesdays 10:30-11:30 and 11:00-12:00pm, Fridays 11:00-12:00pm, *Tai Chi*, Tuesdays 3:00-4:00pm. *Alexander Technique* Thursdays, 10:15-11:15am. *Bridge*, Fridays 12:00 noon- 4:00pm. *Junior League Seminar Series* Saturdays 10:15- 11:00 am. *Chair Yoga*. Thursdays 2:00-3:00pm. Saturdays 11:00-12:00pm. *Matinee Movie*. Saturdays at 12:30pm.



HEALTH ADVOCATES
FOR OLDER PEOPLE

1233 Second Avenue | New York, NY 10065
www.hafop.org

HEALTH ADVOCATES 29TH ANNIVERSARY GALA CELEBRATION

We honored community leaders Whitney Armstrong, June Costikyan, and Father Angelo Gambatese as 2014 *New York Treasures*. More than 200 supporters gathered September 30 at the Yale 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. The event was co-chaired by Board members Wendy Wade and Daniel Entwistle who arranged a splendid event.

