



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

2014

Upcoming Events

Senior Housing Seminar
Joe Breed, Executive Director
of St. Margaret's House.
January 21, 2014 at 1:30
Church of the Holy Trinity

Downsizing Seminars:
Strategies for Organization.
January 28 & February
11, 2014. 1:30-2:30pm
Church of the Holy Trinity

NYU School of Dentistry
February 18 & 19, 2014
Church of the Holy Trinity

NY Legal Clinic: Life Choices
March 4th & 18 2014, 1:30pm
Church of the Holy Trinity

Reiki Healing
March 18, 25, April 1, 8, & 22
10:30-11:30 am
House of the Redeemer

Meet the Author
Sally Severson, *Lily, Duchess
of Marlborough*
March 26, 2014 2:00pm
Brick Church 62 East 92nd St.

How To Beautify Your Home
April 4, 2014
Rosemary Bakker
Time and Venue TBA

New York City Fire Museum
April 23, 12:30pm

**For further information and to
RSVP please call 212-980-1700**

**Wayne Bardin, Peggy Dineen and
Margot Slater honored as
2013 New York Treasures**

On October 3, 2013, Health Advocates recognized three outstanding community leaders C. Wayne Bardin, Peggy Dineen and Margo Slater as our 2013 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.

Wayne Bardin is a physician and a former member of the research staff at Rockefeller University. Peggy Dineen is an attorney, and past President of the New York Junior League, and Margot Slater, a life long volunteer, is currently an active volunteer at Mary Manning Walsh. All are role models who inspire us. They have given years of combined service to a wide range of volunteer, civic and charitable causes that benefit all New Yorkers, including the increasing number of older adults.



LIVING COMFORTABLY AND SAFELY AT HOME PROGRAM

A primary focus of HEALTH ADVOCATES is to give program participants the information and tools to stay in their own apartment 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 that it reduces the chance of falls by encouraging an organized and simply furnished space. Our new Downsizing Program encourages techniques to support that effort with speakers on *Paper Management* and *How to Get Started*.

**VISIT OUR WEB SITE
WWW.HAFOP.ORG**

TO SEE OUR MONTHLY
CALENDAR AND PROGRAMS



Balance & Flexibility Exercise



Spring Luncheon



Wallet ID



Alexander Technique



Housing Lecture

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

Health Advocates continues to promote healthy aging to more than 780 older adults. In 2013 the number and variety of exercise



Visit to the Space Science Center

classes has grown to 14 classes in ten different city locations six days a week,

One of the most talked about and interesting of our *City Visits* programs was our recent tour of the NYC Center for Space Science Education. Many New Yorkers don't know about it, because it's a new and unsung suc-

cess story in the NYC public education system. The Center is a joint effort by the Department of Education and the Challenger Foundation to honor the Challenger astronauts who died .

Participants made a very special visit to the Grolier Club, a rare book library, to see the *Garden Club of America* exhibition. The Curator gave us an in depth tour of the exhi-

bition and the history of the Garden Club.



Visit to the Grolier Club

Other recent trips have been to the Federal Reserve, the New York Public Library, Greenwood Cemetery, the Museum of Tolerance, St. Bartholomew's Church, the Masonic Lodge, *The Society of Illustrators* and other venues. These city visits help our participants learn about their wonderful city and enjoy each others company!

As part of our Downsizing Program, we have participated in two church and street fairs where our participants can sell items they love but no longer need. The fairs have been very successful as well as great fun!

Our Equipment Exchange Program offers gently used donated wheelchairs, walkers, shower chairs and canes to our participants at no cost.

FROM THE EXECUTIVE DIRECTOR By Nancy Houghton

In 2013 we began a weekly exercise and meditation program at the Mercy Center on East 143rd Street in the Bronx. The Center



Downsizing Group discuss strategies for home organizing

shas wonderful programs. The participants there are enthusiastic and serious about promoting their healthy aging. We continue to encourage all our participants to take advantage of a free home safety visit to discuss grab

bars and other modifications that will make their home safer, and are proven to prevent falls.

The Cornerstone Society is our new planned giving program to assure a future for the programs Health



Meet the Author Presentation

Advocates provides to our ever growing participants. Please contact our office at 212.980.1700 to join us in building the **Cornerstone Society**. We look forward to welcoming you as a new member.

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

Meet a Few of Our Fabulous Volunteers

Monique Lemoine comes from Brooklyn every Tuesday to oversee the morning spirituality group, the afternoon nutrition, healthcare and senior-topic information classes – as well as the popular Tai Chi class. Previously, Monique worked in the foreign exchange department of the Bank of Tokyo. Retired now, she has been a devoted and important part of Health Advocates.



Marguerite Hartley was a mainstay of the Health Advocates office for many years, dealing calmly with phone calls and needs. Now she signs in participants for the Monday arthritis exercise class at Madison Avenue Presbyterian Church, answers questions they have about upcoming events and distributes information to keep them up to date.



Colette Markey volunteers each Friday answering the phone and calling participants to confirm their attendance at our *City Visit program* that visits NYC places of interest.

Pat DeJohn, former registrar at NYU, is a familiar face at the Wednesday and Thursday exercise classes. For several years she helped behind the scenes researching and organizing the tours members take to City Visits, museums and historic houses in New York City that our members appreciate so much



Yvonne Arramon trained at France's renowned Cordon Bleu, and came to the U.S. as an au pair. She quickly and successfully resumed her career as a professional. We are grateful for her expertise and skills helping with *Jazz on the Terrace* and with Nutrition workshops.



Marguerite Yates was recognized as a *Health Advocates Treasure* in 2011. As a Board member she has hosted our past five *Jazz on the Terrace* events. Weekly she organizes and participates in our Friday Bridge sessions. She looks forward to being active and involved: "I have met so many new friends – and it's fun!"



We are fortunate to have students from **St. Vincent Ferrer School** volunteer in the office every afternoon and help at our various events.



John O'Neill is helping make our equipment exchange program possible. He picks up donations and delivers requested equipment to participants. This program is an important part of our efforts to help older adults age with vitality and independence at home.

Four wonderful volunteers—Pat Norton a bridge volunteer, Monique Lemoine, is in charge of our Tuesdays programs, Viktoriya Shchupak teaches nutrition and Helen Richman helps get our monthly calendar ready for mailing. Thanks to all!



Roberta Kirwan has been a volunteer for Health Advocates for two years. She contacts faith-based communities and mails information about our programs to them each month.



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 -11:00am. *Chair Yoga*, Thursdays 2:00-3:00pm, Saturdays 11:00 - 12:00pm. *Matinee Movie*, Saturdays at 12:30pm.



HEALTH ADVOCATES
FOR OLDER PEOPLE

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www.hafop.org

HEALTH ADVOCATES 27TH ANNIVERSARY GALA CELEBRATION

We honored community leaders Cardinal Egan, Herbert Kurz, and Gwendolen Wade as 2012 *New York Treasures*. More than 200 supporters gathered October 2nd 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. The event was co-chaired by Board member Nancy Carr and Advisory Board Member Jeri Sedlar who arranged a splendid event.



HEALTH ADVOCATES 28TH ANNIVERSARY GALA CELEBRATION

We honored community leaders Wayne Bardin, Peggy Anne Dineen, and Margot Slater as 2013 *New York Treasures*. Supporters gathered October 3rd 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. The spectacular event was co-chaired by Daniell Dineen Earls and Shain Schley.

