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Special Thanks to Rutgers Presbyterian Church for its generous support and donating valuable office space for PSS' administrative offices.

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How You Can Make a Difference

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- Stay informed – visit our website and sign up for our E-Newsletter

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HEALTHY



ENGAGED



CONNECTED

Collaboration happens @ PSS

- 1 in 3 adults aged 65+ falls every year. Falls are the leading cause of fatal and non-fatal injuries for older Americans. In collaboration with **LiveOn NY**, PSS Andrew Jackson, Parkside and Davidson Centers offered **Matter of Balance**, an 8-week training. Participants learned how to view falls as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and practice exercises to increase strength and balance.
- Habitat for Humanity's **Brush with Kindness** program gave PSS Andrew Jackson and PSS Parkside a makeover and created inviting new entrances.
- Our PSS Young Adult Success Program (YASP) is rooted in collaborations with local schools and employers. In conjunction with the **Children's Aid Society**, YASP presented a "Dress for Success" Workshop for young men at Fannie Lou Hamer Freedom High School in The Bronx. Each participant received a donated brand new sport coat. Young adults also toured Emblem-Health and DKNY as part of YASP's employer field trips. This past year, 26 youth participated in YASP and were mentored by volunteer professionals.



Connection happens @ PSS

PSS has entered the digital age in full force in order to better tell its compelling story.

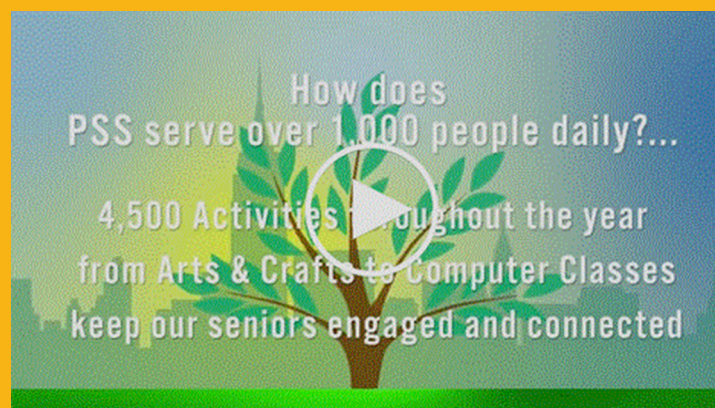
There is a brand new look to our PSS website and digital media. Each Center and Program now boasts its own website where visitors can access detailed information on specific programs, calendars, newsletters, contact information, photographs, and posts of upcoming events. Our thirteen separate websites each tell a very different story, greatly enhancing PSS' ability to target specific constituents.

Thirteen new Facebook pages, each dedicated to a specific Center or Program, allow followers to engage directly with program staff and one another.

Program and Center outreach has been enhanced via thirteen E-Newsletters. Our PSS E-Newsletter alone reaches thousands of members.

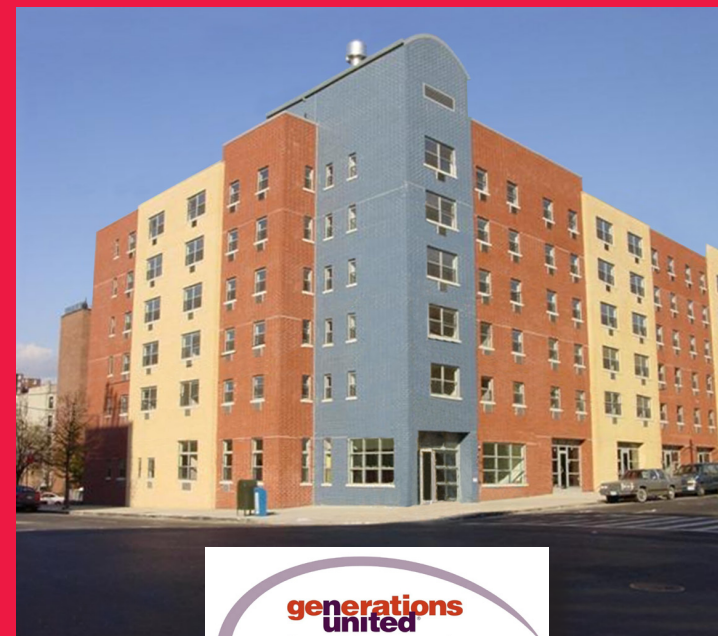
Our @PSSUSA and @COAUSA Twitter accounts, both launched in FY2015, offer our followers timely news and useful information.

Video ... A lively motion graphics video on the PSS website tells our story in 131 seconds. PSS' YouTube channel features this and other videos about our programs and the people we serve.



Caring happens @ PSS

- With additional funding from the NYC Dept. for the Aging, the PSS Caregivers Services Program doubled in size in 2015. It now provides services and support to family and kinship caregivers in both Manhattan and The Bronx.
- PSS Caregiver Services provided over 1400 hours of respite to caregivers struggling to care for an older family member or a grandchild. Respite provides temporary relief from caregiving, including in-home care, adult day services, or overnights in a nursing home. Respite for grandparent caregivers includes afterschool programs, trips, or summer camp for the grandchild.
- PSS Caregiver Services helped alleviate financial hardship for over 500 families by offering assistance with medical supplies and devices, such as walkers and canes, adult diapers, and Personal Emergency Response Systems.
- After rigorous review, our groundbreaking PSS/WSF Grandparent Family Apartments was selected this year by Generations United to receive their Program of Distinction Designation, a US benchmark for intergenerational programing.



Serving over
1,000
New Yorkers Every
Single Day

HOW DO WE DO IT?

1,700
Family and Kinship
Caregivers assisted

127,000 hot nutritious meals served in 2015

Over
1,500
exercise and
fitness classes

5,000
hours of case assistance,
information and referral

Our Grandparent
Family and
Alberta L. Alston
Apartments are
home to over
300
New Yorkers.

Over
4,700
Arts, Technology,
Educational and
Nutrition classes

Number of
People needed
to make a
difference.
1

85%
of our budget continues
to go directly to
providing services and
programs compared to
the 75% average for
nonprofits nationwide.

