



2018 ANNUAL HIGHLIGHTS REPORT

BUILDING CAPACITY. CREATING COMMUNITY.



DEMENTIA COMMUNICATION EXPANDS OUR CAPACITY TO HELP CAREGIVERS

PSS Circle of Care staff members who are Certified Dementia Care Specialists™ became the first professionals credentialed to train family and friend caregivers of those with memory loss in *Dementia Communication Essentials*. Applying the principles of improvisational comedy and the pillars of empathy, this method equips caregivers to handle everyday communication challenges. It features real-life scenarios and considers the vantage points of both caregiver and care receiver.

PSS staff demonstrated the techniques at the New York State Alzheimer's Disease Program annual meeting in Albany for grant recipients. Presentations to New York City caregivers are underway.

(Photo at right of a Dementia Communication Essentials training exercise.)

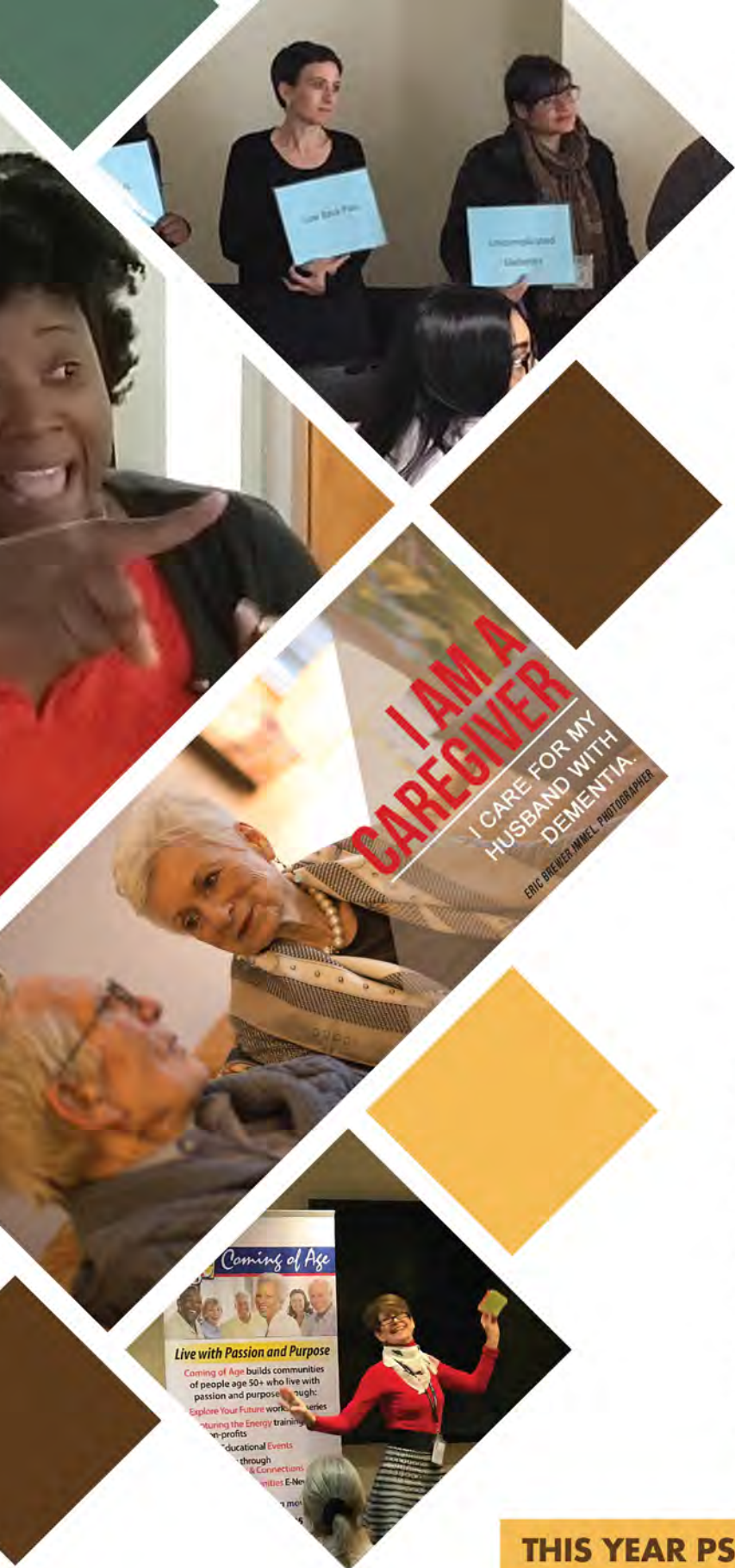


EXCEPTIONAL LEADERS SALUTED AT PSS HONORS 2018 RECEPTION

New York City Council Member Margaret Chin received the annual PSS Maggie Kuhn Award at the PSS Honors 2018 reception in May. Ms. Chin is Chair of the Council's Committee on Aging and Co-Vice Chair of the Black, Latino and Asian Caucus. Her dedication to the field of aging and social services and leadership in public advocacy exemplifies the work of the late Maggie Kuhn, whose wisdom, experience and emphasis on the power of the human spirit played a significant role in shaping the history and future of PSS. (Photo above of former PSS Board President Joan Ryan presenting the Maggie Kuhn Award to Ms. Chin.)

The PSS Circle of Care Award recognizes significant achievements in innovative programming, research, and services in the field of dementia care and caregiving. The 2018 Award recipient was the Silver Dawn Training Institute, whose mission is to help family caregivers and medical professionals. Accepting the award were the Institute's founders Catherine Braxton and Tami Neumann.

(Photo at right of Ms. Braxton and Ms. Neumann.)



THRIVE TRAINING WITH THE NYC MAYOR'S OFFICE TEACHES MENTAL HEALTH FIRST AID

Mental health problems are more common than heart disease, lung disease and cancer combined, which has prompted the NYC Mayor's office to seek to train 25,000 civilians in Mental Health First Aid through its THRIVE initiative. This teaches how to recognize the early signs and symptoms of mental illness and substance misuse, to listen without judgement, to respond to someone in distress, and to provide initial help until they can get the professional care they may need.

Recognizing this topic's importance, PSS hosted an all-day intensive THRIVE workshop for our staff and partner organizations. Participants received a Mental Health First Aid USA certificate good for three years. (Photo at left shows a THRIVE training exercise.)

CAREGIVERS WELCOMED MORE RESPITE CARE

Caring for a family member or friend who is chronically ill, frail, or has memory loss can be gratifying, but it can also be exhausting. Respite care can play a crucial role in alleviating the stresses of caregiving.

PSS Circle of Care's respite care program provides short-term in-home care and adult day services outside the home for the care recipient, freeing up valuable time for the caregiver to attend to other responsibilities and care for themselves.

With funding from the New York State Department of Health and increased funding from the NYC Department for the Aging, PSS Circle of Care expanded respite care to all five boroughs. This year we provided almost 23,000 hours of respite care to over 200 caregiving families.

COMING OF AGE NYC INSPIRED OVER 450 NEW YORKERS TO LIVE WITH PASSION AND PURPOSE

Coming of Age increased in-person events 50% over last year, with daytime and evening presentations by expert speakers and Explore Your Future workshops. Topics included computer literacy, earning extra money in retirement, combating ageism, elder law awareness, seeking happiness in the everyday, and utilizing your strengths.

Health and wellness expert Caroline Kohles gave a stimulating talk on brain plasticity: how exercise can enable the brain to continue to grow and expand as one ages. (Photo at left.)

Another highlight of the year was Coming of Age NYC's presentation to the United Nations NGO Committee on Aging.

The Coming of Age NYC e-newsletter now reaches over 1,000 subscribers and the national publication over 5,000.

THIS YEAR PSS PROVIDED:



Help & Support to
Over 1,000 Caregiving Families



Over 152,000
Hot Nutritious Meals



Over 10,000 Health, Arts &
Education Classes at 9 Centers



Over 100 Community
Workshops, Presentations &
Events Throughout NYC



Over 30,000 Reported
Service Hours by 287
Volunteers & Interns

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90 cents of every dollar we raise goes to providing services and programs.



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