



NYFE Board Expands Mission

Steps up to fill service gaps to protect older New Yorkers

For over 40 years, the New York Foundation for Eldercare (NYFE) has been dedicated to helping seniors enjoy healthier, safer, more productive and dignified lives with a special focus on nursing home residents, those with limited income living in the community and frail Holocaust survivors.

This year, threats of historic government budget cuts may well shred the safety net services on which so many of our seniors desperately rely. While in some cases these threats have yet to materialize, there are already many services that have felt the pain of budget cuts resulting in steep service reductions or causing complete termination of senior programs.

Given that senior programs play such a uniquely crucial role in the lives and well-being of our older friends, family and neighbors, NYFE has determined to expand its mission and work to marshal additional community funds to support traditional programs. For the coming year, NYFE will refocus its grants and services to help address the needs of those affected by the current financial climate. It will establish a new Grant Application procedure that will enable non-profits who serve the frail low and middle income elderly to apply for funding to help defray the costs of direct services.

In addition, NYFE will also launch new, unique community programs designed to educate and empower our family and neighbors to be of greater assistance to the elderly individuals in their lives. (See inside for more details).

Please help us - if you know of worthy programs in need of assistance let us know with a phone call or email. If you wish to join in our effort please consider making a donation, volunteering or naming us in your will. For more information about NYFE please visit the new NYFE website, www.nyfe.org.

BRINGING CARING AND DIGNITY TO
OLDER NEW YORKERS SINCE 1966

*“How wonderful it is that
nobody need wait a single
moment before starting
to improve the world.”*

- ANNE FRANK

NEW YORK FOUNDATION FOR ELDERCARE

In Memory of Margaret Tietz
Formerly the Margaret Tietz Center Foundation

P.O. Box 750236
Forest Hills, NY 11375
718-261-3039
email: info@nyfe.org

Visit our website at www.nyfe.org



New NYFE Website

NYFEC will unveil its new website on or about January 15, 2012. We encourage you to visit our site and learn more about us at www.nyfe.org

Senior Hall of Fame

Consistent with NYFE's mission, our website, www.nyfe.org will have a special page devoted to honoring the special seniors in our lives. For \$10, someone can nominate a senior for the Hall of Fame and enable a special message about them to be on display on the site. In addition, for \$25 a certificate of honor will be sent to the senior, acknowledging the donor. This is a great gift for birthdays, special occasions or just as a token of appreciation and love. Check the website for details or call us at 718-261-3039.



FUNDING PROGRAMS FOR FRAIL ELDERLY

Forcheimer Fellows Program

Bringing meaningful clinical experience with older patients to new doctors

For many years, NYFE has funded a unique training program for medical students called the Forcheimer Fellows program, a pioneering training collaboration between NYFE, Montefiore Hospital and the Margaret Tietz Nursing and Rehabilitation Center. The Forcheimer Fellows program, under the supervision of Dr. Gary Kennedy, enables psychiatry students to participate in patient case clinical discussions with experienced nursing home medical staff. Another part of the program is overseen by Dr. Malik, who guides medical students to better understand the clinical medical needs of a frail geriatric population. These opportunities enable new doctors to evaluate the cases along with experienced medical staff and to learn real life, cutting edge approaches to patient care.

Geriatric medicine in a nursing home presents complicated challenges to the health professional, involving patients who may not be able to express themselves due to visual, hearing or cognitive deficits, as well as patients who are frequently taking 8-10 different medications for multiple chronic health conditions. These invaluable lessons will help make the Montefiore students better doctors in the future, while providing an additional, thoughtful layer of medical analysis and attention to each patient case at the nursing home.

Community Grants

Helping frail elderly and Holocaust survivors

NYFE funds critical programs of select non-profit organizations that provide assistance and services to older New Yorkers, with a special focus on Holocaust Survivors. In the 2010-11 time period, NYFE made it possible, by a grant given to the Blue Card organization, for Holocaust Survivors to receive a personal emergency alarm device for their use and protection. The Jewish Community Council of Coney Island also received funding from NYFE to support transportation and home care assistance for frail elderly in Brooklyn, many of whom are Holocaust survivors.

NYFE funded Dr. Gail Lowenstein, to provide a series of lectures on nutrition counseling on Long Island to help older individuals understand the changing nature of their nutritional needs due to aging.

In addition, the Margaret Tietz Nursing and Rehabilitation Center, initially established by Holocaust Survivors and which maintains its Jewish ambience, receives funding from NYFE for services that go beyond what is required by law for a nursing home. One example is the funding provided by NYFE this past year which enables Margaret Tietz to provide enhanced and frequent recreational therapy activities. These activities not only make life more interesting and fun for those residing in the nursing home, and thus promote better health, but they enable greater interaction and connectedness between resident and staff as well as between other residents. Recreational therapy can include a birthday party for the resident, music concerts, topical discussions, films and the like that bring the outside world into the otherwise stark nursing home. This kind of activity is especially valued by those nursing home residents who have no one to visit them, frequently because no friends or relatives are alive or nearby.

High School Student Programs about Aging

Teaching elder sensitivity and respect to our youth

As part of its expanded response to the changing climate for the elderly, NYFE is developing a new and unique community education and awareness program to help foster a better understanding and sensitivity in our young people to the ongoing needs of the elderly.

One of its initiatives under this program will be an essay contest for area high school students that asks students to reflect upon the needs of older individuals and how their generation may be of assistance. In order to be eligible to enter the contest a student must perform volunteer service helping one or more older individuals in either a nursing home, senior center, home visit under the auspices of an approved non profit, or other site for older individuals. An esteemed Judges panel has already been at work clarifying the criteria for selecting a winner and helping to plan the outreach to students.

A prize of \$1000 will be available to the winner. If you are interested in helping NYFE financially sponsor this event or reach your local high school please contact Amy at 718 261-3039 or atp41110@gmail.com.

Introducing Geriatric Professions

Introducing careers to our youth that help seniors

Between 2010 and 2050, the U.S. population is projected to increase 42 percent. The population is also expected to become much older, with nearly one in five U.S. residents aged 65 or older in 2030. Unfortunately, doctors, physician assistants, psychiatrists, nurses, psychologists, pharmacists, social workers and other healthcare professionals are currently in critically short supply. And, older individuals typically face complicated medical concerns that require more hands-on time from these professionals. As a result, there will need to be a significantly greater number of health care professionals with experience treating an older population just to maintain the current ratio of patient-professional. As part of its expansion in 2012, NYFE will sponsor programs that introduce our youth to geriatric professions and the personal, lifetime satisfaction that such professions offer in order to meet this anticipated critical gap in the health care system.

Health Literacy for Older People and their Families

Educating older individuals and their family caregivers on health matters

In 2012, NYFE plans to launch a community program to help empower older individuals and their families and to increase their understanding about health issues that commonly arise with age. Health professionals sometimes do not have the time to explain these health issues in practical, lay terms and patients hesitate to ask clarifying questions. A better understanding about these health concerns can make a huge difference in the daily lives of seniors hoping to remain living in their own homes. Dr. Gail Lowenstein, formerly Chief of Medicine at the Margaret Tietz Nursing Home, will be leading NYFE's program.



2010 Financial Information

In 2010, NYFE distributed \$196,776 in grants awards to help NYC seniors and Holocaust survivors. NYFE seeks to raise significant, additional funds in the coming years to better address the critical needs presented by a growing population of older individuals. A copy of NYFE's financial statement can be obtained by written request to NYFE, P.O. Box 750236, Forest Hills, NY 11375 or to the NYS Office of Attorney General, Charities Bureau, 120 Broadway, NY, NY 10271.

2010-11 Board of Directors

Ronald Elton
Michael Lissner
Eva-Maria Tausig
Michael F. Tietz





P.O. Box 750236
Forest Hills, NY 11375

Visit our website at www.nyfe.org

Please Help Support Us.

Your contribution can help support NYFE's work to assist the elderly in New York.

If you wish to make a tax deductible donation in honor, or in memory, of a loved one, kindly forward your donation to us and provide us with the name and address where an acknowledgment can be sent. Please send your contribution with the form below, in any amount, to our address:

New York Foundation for Eldercare
P.O. Box 750236
Forest Hills, NY 11375
Attention: Amy

If you wish to participate in our Legacy program and include our name in your will, please contact Amy at the address above or add our full name and address as indicated above in your will.

Donations

We thank you for your kindness and generosity in completing this form.

Name(s) of Donor _____

Address of Donor _____

City _____

State _____ Zip _____

Daytime phone no. () _____

Email address: _____

Donation amount: \$ _____

Please call Amy at 718-261-3039 if you wish to make a donation via credit card or go to our website at www.nyfe.org

In honor of: _____

In memory of: _____

Please send acknowledgment to: _____

Acknowledgment address: _____
