Aging.
You have questions.
We have answers.

2019–2020 DONOR REPORT
The Hebrew Home at Riverdale is a nationally recognized leader in caring for older adults. For more than 100 years, we have transformed the landscape of aging through innovation and compassion. The integration and collaboration of our pioneering departments, divisions, and services enables us to provide a holistic, safe, and healthy life to each of the older adults we serve. We help them to live their best lives.

Aging has changed dramatically over the last century. Older adults require an array of resources and assistance well beyond traditional nursing home care. That is why the Hebrew Home created a dynamic family of care, service, and housing providers to meet these needs—a family we call RiverSpring Health™. RiverSpring Health provides a range of care solutions to older adults at all income levels including nursing home care, home care, managed care, care management services, and specialized services such as elder justice and memory care. Collectively, RiverSpring Health empowers over 18,000 patients, residents, and members to live forward every day.

Who We Are

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HEBREW HOME
We are consistently ranked as one of the nation’s top nursing homes with pioneering programs and services.

CARE MANAGEMENT
We partner with families to create tailored plans of care and support for their older loved ones.

ELDER JUSTICE
We provide shelter and a holistic approach to healing for older adults experiencing abuse.

MANAGED CARE
We bring care and compassion into the homes of those who need it most.

HOUSING
We focus on making daily life easier, so our residents can focus on living a full, independent life.

REHABILITATION
We help patients get home faster, feeling better, with greater function.

HOME CARE
We make the transition from hospital or short-term facility to home as easy as possible.
Message from the Chairman and CEO

Dear Friends,

For over a century, we have been steadfast in our commitment to honor the dignity of older adults and provide them with compassionate care. We have fought ageism at every turn. We have been leaders and innovators: always ahead of the curve in designing and providing resources that ensure a safe and fully lived life for older adults. It is their right.

Over these many years, as you will read in this report, we have provided the answers to your questions. Where will I live? Who will take care of me? How will I manage my health? Who will protect me? How will I continue to thrive in a community? How do I plan for my future?

No one-size-fits all...we provide an array of individual housing options at all income levels to meet nursing, assisted living, independent, and memory care needs. We can help you at home with your healthcare needs and we help you 24/7 on campus. We help you and your families. Our innovations are one-of-a-kind that add life to our residents’ lives: a world-class Derfner Judaica Museum + The Art Collection, the Harry and Jeanette Weinberg Center for Elder Justice, the pioneer of the first elder abuse shelter in the United States, and coming soon, River's Edge. We have reimagined the future by developing the first life plan community in New York City.

It is no different today. COVID-19 affects us all and our Hebrew Home/RiverSpring community is most precarious. We have been nimble and in a myriad of compassionate and creative ways, worked to keep safe our residents and clients. We have committed a total community effort. Together, our clinical and non-clinical administrators and staff care for our residents. They are truly our healthcare heroes.

Around the clock, we are at the forefront, focused on: proper PPE and necessary medical equipment, newly initiated medical testing protocols, partnering closely with the Department of Health and CDC, instituting sanitizing and cleaning protocols. This is our new normal. We administer temperature checks to our entire community, we have created four recovering COVID floors to ensure that all of our residents receive the best of care and the individual assistance they need. Having to close the campus, we have been in continuous touch with families of our residents and have invented innumerable ways (electronic and video) for families to ‘see’ one another and be together.

At this unsettled and unprecedented moment, as in all previous moments over the last century, our mission remains constant.

It is with your ongoing generosity and friendship that we continue to honor the lives of older adults. We need you. Your support is more important now than ever. Help us answer today's questions and ensure that our older adults stay healthy and thrive.

With gratitude for your continued loyalty and support,

Jeffrey S. Maurer  
CHAIRMAN

Daniel A. Reingold  
PRESIDENT & CEO
RiverSpring Health Programs and Services

The Hebrew Home at Riverdale, a nationally recognized leader in caring for older adults, created RiverSpring Health, a dynamic family of care, service, and housing providers to meet the array of older adults’ needs. RiverSpring Health provides a range of care solutions to older adults at all income levels including nursing home care, managed care, home care, care management services, and specialized services such as elder justice and memory care. Collectively, RiverSpring Health empowers over 18,000 patients, residents, and members to live forward every day.

The Hebrew Home at Riverdale

RIVERSPRING REHABILITATION
This department is a comprehensive and interdisciplinary program of physical therapy, occupational therapy, speech and language therapy.

SKILLED NURSING CARE
We are proud to be an internationally recognized pioneer in the field of long-term care, located along the majestic Hudson River.

MEMORY SUPPORT CARE
We offer residential memory support settings for older adults that provide a meaningful and enriching life.

RiverSpring Health Plans

Managed Care

RIVERSPRING AT HOME MLTC
New York State Medicaid Managed Long Term Care Program is designed to help frail and disabled individuals remain in their own homes and live independently as long as possible.

RIVERSPRING STAR
This Medicare Advantage and Prescription Drug Plan provides special care to Medicare beneficiaries who live in a nursing home or at home but require nursing home level of care.

RIVERSPRING MEDICAID ADVANTAGE PLUS
Medicare and Medicaid Advantage Plus Plan with Prescription Drug coverage provides customized care and coordinates the benefits of both programs to eligible beneficiaries.

Living at Home

RIVERSPRING CARE MANAGEMENT
This is a concierge-based service that creates uniquely tailored plans of care for clients.

RIVERSPRING CERTIFIED HOME HEALTH AGENCY
It provides direct care services in the comfort of the patient’s home with services including skilled nursing, rehabilitation, social work, and more.

RIVERSPRING LICENSED HOME CARE SERVICES AGENCY
This agency provides comprehensive and personalized home health care services for older adults, helping to maximize individual independence at home.
Senior Housing

THE JENNY AND JOHN PAULSON RESIDENCES AT RIVERWALK
This is a premier senior apartment community that offers residential independent living with a focus on a carefree lifestyle. It provides hospitality services, cultural activities and events, spacious apartment living, gourmet meals, and transportation services.

RIVERSPRING RESIDENCES ASSISTED LIVING
This newly designed, enriched residence is composed of 69 units, 20 of which are assisted living residences, and 49 of which are reserved for residents with special needs dementia. The building will offer concierge-based services with the added additional care for residents. Occupancy to begin September 2020.

RIVERSPRING ASSISTED LIVING PROGRAM
This residential community, supported by New York State Medicaid for older adults, offers the best of both worlds—indepen dence along with extra support and personal care services.

HUDSON HOUSE
This federally subsidized, low-income senior housing community is located in the heart of Riverdale and provides a peaceful environment with priority admission for those who have experienced elder abuse.

1880 BOSTON ROAD
This affordable, 168-unit senior housing building has 51 apartments reserved for formerly homeless seniors. It provides supportive services to ensure their health and well-being.

ARTHUR AVENUE APARTMENTS
This affordable, 177-unit senior housing building, with 53 apartments reserved for formerly homeless seniors, will provide supportive services. It is currently under construction.

Life Plan Community

RIVER’S EDGE: NEW YORK CITY’S FIRST LIFE PLAN COMMUNITY
This marks a transformative change in senior living and begins a revolution in living for Baby Boomers. The freedom afforded by our LifeCare program reduces the cost of any future healthcare needs as it secures a home for life. Live with peace of mind on the banks of the Hudson, complete with views of the Palisades and state-of-the-art amenities to live your best life.
RiverSpring Health is dedicated to helping older adults live the fullest lives they can, transforming the landscape of aging into a life-affirming and empowering experience. We set the bar for quality of life with innovative programs and services designed to meet the evolving needs of older adults. We offer a full and complete range of care solutions, including the nationally recognized Hebrew Home at Riverdale, managed long-term care, assisted living programs, senior housing, and specialized services such as elder abuse prevention, and memory care.

**The Year in Numbers 2019**

Your philanthropy makes a real difference in real lives. The average cost-per-day for care and resources for one nursing home resident is $454. The average per day Medicaid reimbursement is $305. We rely on our donors and friends to fill that $149 gap per resident, per day, and that’s before we fund all our innovative and groundbreaking programming and research that brings life into the lives of our residents. **We simply can’t do it without you.**
RESIDENT PROFILE & HEALTH CARE BED COMPLEMENT

- 402 | Residents living with Alzheimer’s disease or memory disorders
- 83 | Average resident age
- 23 | Centenarians in residence (as of February 2020)
- 23 | Holocaust survivors (as of February 2020)
- 35 | Assisted living apartments
- 234 | Memory support beds
- 79 | Subacute/short-term rehabilitation beds
- 751 | Skilled nursing beds
- 50 | Low-vision care beds

RIVERSPRING HEALTH PLANS (MANAGED CARE)

- RiverSpring at Home Managed Long-Term Care Program
- RiverSpring Medicaid Advantage Plus
- RiverSpring Star ISNP
- 23.3 million hours of personal care provided
- 15,000 members served

DERFNER JUDAICA MUSEUM + THE ART COLLECTION

- 6,259 | Visitors
- 2 | Temporary exhibitions
- 6 | School group visits
- 23 | Senior and adult group visits
- 30 | Alzheimer’s and special needs programs and workshops
- 4 | Lectures and public programs
- 25 | “Let’s Talk About Art” neighborhood programs
- 11 | Intergenerational museum programs and art tours

THE HARRY AND JEANETTE WEINBERG CENTER FOR ELDER JUSTICE

- 153,347 | Shelter days provided since inception
- 54–100 | Age range of sheltered clients
- 729 | Older adults screened for risk of elder abuse in the RiverSpring Health System
- 46 | Trainings and outreach events with
- 1,600 | Professionals and community members trained
- 726 | Hours of direct legal service provided
- 8 | Presentations at regional, national, and international conferences
- 2 | Academic publications
- 70 | Community referrals

POST-GRADUATE AND UNDERGRADUATE INTERNSHIP AND EDUCATIONAL TRAINING PROGRAMS IN PARTNERSHIP WITH:
Where will I live?

We focus on making daily life easier, so our residents at all income levels can focus on living a full life. Our array of housing opportunities meet the full range of needs and wishes of older adults. On our campus, we have multiple housing options including independent living, assisted living, and skilled nursing residences. We will soon be opening new housing—innovating a completely new approach to residential living for older adults, with memory care and assisted living needs.

Via RiverSpring Health, we also provide support to seniors to help them stay in their homes. RiverSpring Care Management, RiverSpring Certified Home Health Agency, and RiverSpring Licensed Home Health Care Services Agency all provide direct care services including skilled nursing, rehabilitation, and social work to help maximize independence at home.

Off-campus, we have concentrated on affordable senior housing. 1880 Boston Road and the upcoming Arthur Avenue Apartments provide support services for low income elder adults, with at least a third of the total apartments reserved for formerly homeless seniors.
Nearly 800 residents live and thrive in the **Nursing Home division of the Hebrew Home.** Their individualized medical needs are monitored and attended to hour-by-hour, day-by-day. Each resident lives vibrantly and fully within her and his medical constraints. Art, music, dance, theater, physical and social activity, access to our Pets By Your Side Program, rehabilitation and wellness resources, and assorted clubs and interest groups keep residents’ lives full.

“I refer my patients to the Hebrew Home... because I am impressed by how well your facility is run. It is because of people like Ms. Morris (Senior Case Manager of Assisted Living) that seniors can have happy and productive years that otherwise might have been very difficult.”

*LETTER SENT BY AN NYC PSYCHOLOGIST TO THE HEBREW HOME*

**Independent Living**

On our Hebrew Home campus, the Jenny and John Paulson Residences at RiverWalk is a premier, independent living community overlooking the Hudson River. We offer residential-style living with concierge services, cultural activities, meals, laundry, and housekeeping services. It’s a vibrant environment where residents can attend a college lecture, enjoy live entertainment, exercise in a state-of-the-art fitness center, participate in yoga or tai chi, and so much more.

**RiverSpring Assisted Living**

This is the ideal choice for older adults on campus who are still independent, but who require just a bit more help. We offer the independence of senior living communities—social activities, cultural enrichment, and fitness programs—along with extra day-to-day support and personal care. It’s the right mix of gracious living and amenities paired with a trained and caring clinical staff that helps residents with the tasks of daily living.
Subsidized Senior Housing

We believe that every older adult has the right to live in a safe, clean, and peaceful environment. Hudson House by RiverSpring Health is part of our commitment to serve our entire community. It provides affordable housing in the heart of the Riverdale community to eligible, low-income adults ages 62 and older as part of the Department of Housing and Urban Development’s Section 202 Housing Program. Applicants who have been displaced, are living in substandard housing, pay more than 50 percent of their income for rent, or who are victims of elder abuse will receive a preference for placement. We offer activities and assistance, as well as promote independence among our tenants.

Coming soon...

Opening in the fall 2020, we will be inaugurating a completely renovated residence. We have created 69 new assisted living apartments; 49 of which will be specific to memory care. Each resident will live in his or her own individual apartment—fully equipped. Additionally, there will be internal common and social areas as well as gracious outdoor space. The focus is on residential living in an active community.

Arthur Avenue Apartments

Arthur Avenue Apartments, opening later in the year, are our new affordable housing development with services for low-income older adults. It joins our 1880 Boston Post Road residence, serving a similar population. It will be a safe, comfortable, and caring alternative model of living for low-income and once-homeless seniors.

This energy-efficient development promotes health, fosters independence, and features support services provided by the Hebrew Home at Riverdale team. Services include activities that promote socialization, life skills training and maintenance, education and fitness-based instruction groups, nutritional education, cooking, meditation, and music therapy.
It is rare in a long-term care community to have an in-house medical department and an on-site lab. The Hebrew Home’s in-house doctors and nurses are at work 24 hours a day, seven days a week. In addition, our on-site lab affords us more rapid diagnosis and treatment. Our skilled nursing department is constantly innovating to keep residents and patients healthier and more comfortable with a personal touch and cutting-edge systems and protocols. We strive for personalized and individualized care of each of our residents on campus at the Hebrew Home.

RiverSpring Health Plans include a Medicaid Managed Long Term Care Plan (MLTCP), Medicare Institutional and Dual-Eligible Special Needs Plan, and a Medicare and Medicaid Advantage Plus Plan. Our innovative solutions make it possible for individuals with chronic conditions and disabilities to function at home with additional support. Our staff—half of whom are clinicians—are expert in improving the lives of our clients. Together they reduce preventable hospitalizations, help patients remain safely in their homes, provide care coordination to optimize adherence to the care plan, and support mental and behavioral health.
“I would like to take a moment to let you know how thankful I am for you [Hannah in Social Services], Stalin [Unit Clerk], and the 6th floor team. My father has some complex medical issues and you are always there to help us figure out appointments, transportation, and many other issues. I would also like to thank Eileen and the nursing staff who worked on Thanksgiving Day. It was a difficult day for my father and I. He fell ill rather quickly. Trini in PT and Eileen swept in and helped us tremendously.”

MERIT GRAM WRITTEN BY A GRATEFUL DAUGHTER OF A RESIDENT

On campus at the Hebrew Home, we are continuously implementing the most current and innovative protocols to optimize the care of our family members.

ReDS™ Vest

Developed by the Israeli Defense System, this application is for Chronic Heart Failure (CHF) patients and is used for early detection of lung fluid volume changes. It is a game-changer for identifiable, pre-symptomatic management of CHF. It is appropriate for both Systolic and Diastolic Heart Failure and it provides immediate, actionable information. Here’s how it works: there are two sensors in the vest, one on the right posterior thorax and one on right anterior thorax. It takes a 90 second reading on the patient while the patient is laying down. This application provides real time data and has greater accuracy than x-ray or ultrasound. It is comparable to a CT scan. At the Hebrew Home, baseline readings on the ReDS™ Vest are taken on admission. Patients are monitored twice weekly unless the need is higher. The results are added to the medical record immediately for the patient’s doctors to review. The doctor is notified immediately if the readings indicate the need for immediate intervention.
RiverSpring Health Plans and Managed Care has several initiatives that respond to the mental and behavioral health needs of its members:

Robopets
RiverSpring recently purchased a supply of robopets—mechanical cats and dogs that respond to touch by purring, meowing, or rolling over. Robopets stimulate conversation, can trigger fond memories of past pets, and can ease loneliness, which is especially important for some of RiverSpring's members who feel alone, are anxious, or have dementia. For example, Mrs. D. was withdrawn and unwilling to undertake daily tasks that she was capable of performing, like paying bills. She frequently complained to RiverSpring's member services line about minor matters, a sign of her desire for additional personal contact. When a member services representative visited Mrs. D.'s home and brought her a robopet cat, Mrs. D.'s reaction was instantaneous. She “knew” it was a male cat and proceeded to name and pet him. Mrs. D.'s daughter reports that Mrs. D. now engages when visitors come to the house, immediately asking them to “see my Casey.” She is again willing to undertake daily tasks of which she is capable. RiverSpring has witnessed similar gratifying reactions to robopets by other members.

Exercise
RiverSpring has developed a chair-based home exercise program. Mr. G. is homebound and, although he has the support and company of a home health aide, had been generally disengaged and depressed. He has physical infirmities and spends most of his time at home watching TV. RiverSpring Care Management staff trained his home care aide to do the exercise program with Mr. G. and the aide now reports a significant elevation in Mr. G.’s mood.

Call Bell Response Time Continues to Improve
A new call bell report system implemented in 2018 saw continuous improvements in 2019. Call bell response time has improved with staff reaching an average of 95% compliance with call bell protocols. Patient room call bells are answered within five minutes and patient bathroom call bells are answered within three minutes.

Pioneering the Use of Medical Marijuana
At the Hebrew Home, we have led the way for the use of medical marijuana, identifying it as a novel approach to improve symptom management and quality of life. Our introduction of an innovative Medical Marijuana program has led to significant decreases in prescription medication use, most notably a reduction in opioid usage. On one resident floor alone, there was a 75% reduction in pharmaceutical intervention. One resident was suffering multiple seizures, despite receiving the maximum dosages of medication. Once the medical marijuana program was put into practice for her condition, her seizures decreased dramatically.

“CNA Ms. Vinolia has treated patient Mr. S. like family. It was so helpful with his ongoing recovery. CNA Mr. Joseph is such a dignified man who treats everyone with his gifts of kindness and respect. The Hebrew Home and their residents are blessed to have them.”

MERIT GRAM WRITTEN BY A PATIENT’S FRIEND, PRAISING THE WORK OF TWO CERTIFIED NURSING ASSISTANTS IN THE RESNICK BUILDING
Engaging Members to Improve Outcomes

We regularly hold intensive care management meetings with senior clinical managers from all disciplines. The objective is to combine our expertise to help resolve difficult situations with members. In this case, a member with schizophrenia was pregnant and has diabetes. While she was accepting aide services for personal hygiene, she was refusing nursing services. The team brainstormed about new ways to engage her. Looking at her picture on file, the team noticed that she wore colorful costume jewelry, and they suggested the nurse bring some inexpensive earrings with her when she visited. That made a connection with the client and she is now accepting nursing services and working to maintain her health.

Care Coordination to Permit Adherence to the Care Plan

Mrs. L., a kidney transplant recipient, contacted RiverSpring because coverage for a Medicare Part D transplant-related medication she had been taking for eight years had been denied. The physician was unable to obtain the coverage, despite his conviction that Mrs. L.’s transplanted kidney was at risk without it. RiverSpring’s care management staff took responsibility for working with Mrs. L.’s outpatient pharmacy, traditional Medicare, and her Medicare Part D sponsor to understand the coverage options and impact of different decisions. The resources, skills, and perseverance of RiverSpring’s care management team resulted in no-cost Medicare coverage for the medication. As a result, there has been no added risk to Mrs. L.’s transplanted kidney, and the risk of costly hospitalization is reduced.
How will I manage my health?

Social Services is a hub which unites many departments throughout the Hebrew Home. Each of our patients and residents has a member of the Social Services team to champion their care and coordinate the array of therapeutic services offered from each of our departments. Our discharge planners help move our patients back into the community and we run multiple support groups for families and residents.

Our rehabilitation units feature best-in-class expertise. The Hebrew Home and NewYork-Presbyterian created the first co-branded rehabilitation services program. We have a similar partnership with Montefiore Hospital. The hospital provides medical staff coverage to the co-branded units. On the campus of the Hebrew Home, we are an innovator in the fields of rehabilitation and wellness. RiverSpring Rehabilitation specializes in short-term inpatient rehabilitation for a wide variety of major health conditions. Our program gives patients of any age or medical status access to our dedicated physicians, nurses, physical therapists, occupational therapists, speech language pathologists, dieticians, and social workers that are specifically trained in individualized care management. We accept patients from all major medical centers and community hospitals in the tri-state area.

The Hebrew Home’s Research Division continues to be a thought leader in the field and is actively involved with more than 30 federally funded studies. Our research projects span the spectrum of issues facing older adults—including cultural biases in healthcare research—and provides the basis for many of the innovative programs and protocols we develop and utilize.
Advancements at the Hebrew Home in 2019:

- This year we started an Alcoholics Anonymous (AA) group for residents at the Hebrew Home who have long-suffered with alcoholism and have been longtime members of AA groups in the community. In response to requests for this support, we meet weekly, with the residents serving as leaders and moderators of the group. They are incredibly grateful to the Social Services department for responding to this need in the Hebrew Home. As one resident said, “alcoholics are not suddenly cured by entering a nursing home. We will always continue to need meetings.”

- Other established programs that continue to thrive include a well-attended support group for families of residents with dementia that meets once a month in the evenings, as well as voter registration. This year our social workers registered more than 100 new voters and continue to work diligently to ensure that every resident is able to exercise their right to vote.

- Our Resident Council is stronger than ever with the representatives advocating on behalf of all residents of the Hebrew Home. They were particularly proud of their advocacy in protesting Medicaid cuts through a letter-writing campaign, and encouraging an increase in Saturday programming.

We continue to work with partners to extend our reach and share our knowledge. We supervise MSW students from both Columbia University and the Wurzweiler School of Social Work at Yeshiva University. Our staff works closely with the hospice team both at the Hebrew Home and at Calvary to provide the best possible end-of-life care for residents and their loved ones. We are also active participants in the Forchheimer Committee, which specializes in end-of-life care.
How We All Work Together to Find the Answers…

Medical/Nursing/Rehabilitation

Ms. J. had been a vibrant, active woman her whole life. However, over the past few years she had several cardiac events that derailed her lifestyle, leaving her isolated and frail. In the course of six months, she had been hospitalized four times due to exacerbation of her Congestive Heart Failure (CHF). Each hospitalization affected her physical abilities, emotional well-being, and ability to care for herself.

Ms. J. was admitted to RiverSpring Rehab after her most recent 10-day hospitalization. She required assistance with her mobility, had significant edema in her legs, and was using oxygen. The RiverSpring Rehabilitation team completed a comprehensive evaluation to develop Ms. J.’s personalized plan of care. The RiverSpring Medical Staff managed her medication profile and implemented the use of our ReDS™ Vest.

While the common standard of practice in the management of CHF had always been adjusting medication based on the daily monitoring of an individual’s weight, the ReDS™ Vest has changed this disease’s management significantly. Ms. J. said that with a weight gain of just two or three pounds, she noticed she had more difficulty breathing. By the time she would get in touch with her doctor, her situation would require immediate attention—hence her multiple hospitalizations. The ReDS™ Vest is able to detect fluid changes through sensors before a weight change is noticed.

Our medical team was able to stabilize Ms. J.’s medication regimen as well. This eliminated the need for additional hospitalizations, reduced her anxiety, and maximized her ability to recover through rehab. The ReDS™ Vest has become a powerful tool to assist our physicians in stabilizing any resident who enters the Hebrew Home with fluctuating CHF needs. Thanks to the entire RiverSpring Rehab team, Ms. J. has learned how to successfully manage her CHF. She has been home for six months without any hospitalizations, better understands her medical issues, and feels in control of her health.

Rehabilitation 2019

RiverSpring Rehabilitation is integral to and essential in short-term inpatient rehabilitation for a wide variety of major health conditions like heart attack, stroke, and total joint replacement. We accept patients from all major medical enters and community hospitals in the tri-state area. We feature best-in-class expertise resulting in superior outcome measures.

In 2019, our discharge planners discharged more than 1,000 patients safely back into the community. Our team works together to ensure patients receive the needed home care and equipment, and have a thorough discharge plan in place for a safe return home.

We continue to perfect and expand our clinical capabilities that now include state-of-the-art:

- ReDS™ Vest
- STAT Chest X-rays, EKG, and Dopplers in 4 hours
- IV Lasix Administration including Lasix push
- LVAD Management
- Medication Management Program
- Therapy Services seven days per week
- Comprehensive Nutritional Education
- Onsite Laboratory open seven days per week
- CHF Clinical Pathways

“Thank you for caring for my mom while she was recovering from Coronary Artery Bypass Graft and Aortic Valve Replacement at the Hebrew Home. Your intervention and revision of her care protocol was probably the single most effective treatment which allowed her to feel better, get stronger, and ultimately, return home to independent living.”

NOTE FROM THE DAUGHTER OF A PATIENT WHO ALSO SENT A DONATION TO THE HEBREW HOME IN GRATITUDE
EARLY SENSE MONITORING SYSTEM

This innovative system continuously monitors heart rate, respiratory rate, and motion, and acts as early detection of patient deterioration, pressure ulcer risk, and increased falls risk. Our Early Sense System with ES2 is used for higher acuity and higher risk residents. It is a bedside unit that shows patients' clinical parameters, alerts, and trends, and provides care teams with immediate access to information at bedside.

We are all members of a family:

Administrator on Duty Program

Each administrator from every department spends three to four weekends a year on-site assisting residents and families and our clinical staff. Each of us at the Hebrew Home (clinical and non-clinical staff) is a full community member. During our scheduled weekend, we provide knowledge, care, and helpful information to families during their visits as well as provide additional assistance to all of the Hebrew Home staff and residents.

Neighborhood Leaders

Neighborhood Leaders is a successful initiative that strengthens our community. Hebrew Home personnel from Social Services, Therapeutic Arts, and Clinical Administration have taken offices on every neighborhood throughout the Hebrew Home. They are on the floors to provide any extra support needed by staff, residents, and families. We look to integrate all members of our team, all departments; knowing that the collective can accomplish more than a siloed entity.

Research Division

Transforming the field of aging: making a difference in the lives of older adults and in the lives of the over 18,000 New Yorkers we serve daily.

The Hebrew Home at Riverdale's Research Division continues to be a thought leader in the field and is actively involved with more than 30 federally funded studies. It is currently the Data Coordinating Center for 10 projects, through federally funded subcontracts to major medical centers. These projects relate to research in the following areas: Alzheimer's disease biomarkers and early detection, cardiovascular risk factors, elder abuse, pain and palliative care, stroke, functional assessment in hospitalized elders, and falls prevention. Our research projects span the spectrum of issues facing older adults including cultural biases in healthcare research.

We are proud to be working with our preeminent research partners-investigators from Columbia, Cornell, Harvard, Mayo Clinic, Mount Sinai, New York University, and Yale. We have major roles as Research Cores or consultants to several National Institute on Aging (NIA) Centers, including the Cornell Roybal Center focused on the study of pain, the National Resource Centers for Minority Aging Research (RCMAR) focused on studies of minority elders, the Alzheimer's disease RCMAR at Columbia University, and the Mount Sinai Pepper Center focused on the study of palliative care. We are the multiple Principal Investigators to a large study of resident interactions in Assisted Living, funded by the NIA. In addition, we participate in multiple federally funded mentoring and measurement analytic projects.

In 2019, we published eight articles in scholarly journals.
The Harry and Jeanette Weinberg Center for Elder Justice

As the nation’s first elder abuse shelter, the Hebrew Home’s Harry and Jeanette Weinberg Center for Elder Justice’s innovative work focuses on five key areas: Safe Shelter, Legal Services and Initiatives, Education and Outreach, Shelter Model Replication, and Partnerships and Collaborations.

Our multi-disciplinary team advocates for and employs a trauma-informed, holistic model of service individualized for each of our clients to help them regain control of their lives.

The Weinberg team provides a multi-disciplinary response to abuse with comprehensive, wrap-around services. We strive to support the rights of all older people to be free from harm and to have equal access to systems and services.

For more information on our programs and services visit theweinbergcenter.org.
1 in 10 adults over 60 years old has experienced elder abuse, usually perpetrated by an adult child, grandchild, or other family member.

2019 New Innovations

- We implemented a Transitional Care Pilot Program providing intensive support services for newly discharged clients. This program aims to ensure clients a safe and smooth reintegration into their communities after traumatic displacement due to ongoing elder abuse.

- The Weinberg Center commissioned the RAND Corporation to conduct the first ever, comprehensive program evaluation of the elder abuse shelter model as a cost effective intervention.

- Our team created a number of trauma-informed programs and practice protocols for our clients. These will be implemented in both medical and legal contexts, intended to reduce traumatic triggers and promote grounding and healing.

2019 Accomplishments

- Since its inception, the Weinberg Center has provided over 150,000 days of shelter to older adults that were unsafe in their homes due to imminent or ongoing elder abuse. This year we held 46 training and outreach events.

- We have increased our efforts to educate professionals about the signs and symptoms of elder abuse, as well as prevention and intervention techniques. We reached 1,600 professionals including: judges, attorneys, police officers, medical professionals, social workers, doormen, and faith leaders.

- We screened 729 older adults who might be at risk of elder abuse in the community.

- Our team helped foster new elder abuse shelters throughout the country via the SPRiNG (Shelter Partners: Regional. National. Global.) Alliance, the Weinberg Center’s community of practice for the global elder abuse shelter movement.

- The Weinberg Center for Elder Justice has been named SOCIAL SERVICES ORGANIZATION OF THE YEAR by the National Association of Social Workers NYC Chapter.
The Weinberg Center in Action

84-year-old Carrie lived alone in a Bronx apartment she had owned for decades. When Rachel, a new friend she met at the grocery store, offered to move in with Carrie and help her, Carrie thought it was a great opportunity to remain independent in her beloved home. However, Rachel began isolating Carrie from her friends and family, and filled her home with garbage and stray pets. Carrie fell behind on the apartment maintenance payments and the building initiated eviction proceedings. When no one had seen nor heard from Carrie in weeks, the fire department, concerned about a heat emergency, entered her apartment to find Carrie curled in a fetal position on a bare mattress in a filthy apartment. She was malnourished and incoherent. Carrie was taken to the hospital and then transferred to the Weinberg Center.

At the Weinberg Center, Carrie received rehabilitation, nourishing food, and therapeutic services. Legal professionals at the Weinberg Center went into Housing and Family Courts, successfully evicting Rachel from Carrie's apartment and securing an Order of Protection against Rachel. While Carrie rested and healed, the Weinberg Center coordinated a grant. This money went toward paying off Carrie's apartment arrears, intensive cleaning and repairs to her apartment, and 24-hour care in her home. The Weinberg Center also assisted her in reconnecting with trusted family and friends, who would continue to assist upon her return to her apartment. With her life rebuilt and reclaimed, Carrie returned to her longtime home and community.

2020 Breakfast

Due to COVID-19, we have rescheduled the Ninth Annual Awards of Distinction Breakfast to Wednesday, September 30th at 8:15 AM at Blank Rome LLP, 1271 Avenue of the Americas, NYC.

The Harry and Jeanette Weinberg Center for Elder Justice is privileged to honor Marilyn B. Chinitz, Esq., Partner, Blank Rome LLP and Hon. Edwina G. Mendelson, Deputy Chief Administrative Judge for Justice Initiatives.
You have questions about Aging.

We have answers.

How will I continue to thrive in a community?

At the Hebrew Home, we specialize in adding life to years. We have many programs that touch every aspect of our residents’ social and emotional lives providing opportunity for creative expression, lifelong learning, physical activity, spiritual enrichment, camaraderie, and memory care therapy. Diversity and inclusivity are a priority, and we have many activities and clubs to meet the needs of the myriad of different cultures, interests, and identities of our residents. Much of our programming is intergenerational, through local schools and with our own mighty team of volunteers. The Derfner Judaica Museum + The Art Collection allows art to play an integral role at the Hebrew Home by providing thought-provoking art discussions and lectures, as well as a beautiful environment for our residents and visitors.
Therapeutic Arts & Enrichment Programs

These programs touch every aspect of our residents’ lives and provide opportunity for continued learning, physical activity, socialization, creative expression, and memory care therapy. In 2019, the Therapeutic Arts & Enrichment Department hired a Memory Care Program manager to oversee the memory care programming and special events. We also added some exciting new community programs including Friday Ceramics, Tuesday evening Art Program, Monday evening Music Therapy, as well as Mixed Media, New York Times Discussion, and Group Drumming on Saturdays. Since you don’t have to be a kid to love a pony—we brought in a pony for an equine therapy visit! In addition, our Pets By Your Side Program continues to thrive and grow. Our birds and fish have multiplied and our dogs visit more floors and residents more frequently to provide companionship, love, and to help combat feelings of isolation.

Clubs for All

Diversity and inclusiveness are a priority in our department. It is important to provide programs for all residents, and a weekly Spanish Club helps serve a large population of Spanish-speaking residents at the Hebrew Home. Everyone is invited to attend and join in events and festivities.

The Story of Me

A new initiative called “The Story of Me” has our staff interviewing each resident (or the resident’s family) to find out the five most important things about them. We then frame the answers and post it prominently in the resident’s room to help all staff have a springboard for connection and conversation. We are dedicated to maintain the dignity of each of our residents. Our residents have individual voices and histories that must be heard and known.

Resident Artists

Alvin is a veteran of the Korean War, the former President of RKO Pictures, a graduate of Parsons School of Design, and a father of three. He is also a professionally trained designer and artist. “I have been an artist all my life,” Alvin says. “It is a vital part of who I am. I am grateful for the opportunity to continue to do what I love here at the Hebrew Home. It keeps me connected and engaged in life.”

Shirley said she had always been an admirer of the arts but “the only brush I picked up before coming to the Hebrew Home was a toothbrush.” An accomplished former model and mother of three sons, Shirley discovered her inner artist. “I had no idea that I could be an artist,” she said. “I am creating not just art, but a new me—a more alive me. Painting opened up a completely new world for me.”
NEW ADDITIONS

The collection added 32 works of art, nearly three times as many additions as the previous year. Among the notable gifts: three monumental advertising posters by the celebrated Czech art nouveau artist Alphonse Mucha, prints by photographers Aaron Siskind and André Kertész, and an abstract lithograph by the American Color Field painter Sam Francis. Audiences that cannot visit the Museum in person can now access more than 500 artworks online through the database on our website.

POETRY EVENT FOR HOLOCAUST REMEMBRANCE DAY

In May 2019, more than 100 residents and visitors attended a commemorative poetry event for Holocaust Remembrance Day (Yom HaShoah), which included readings by 11 poets. Among them was the poet and actor Géza Röhrig, star of Son of Saul (2015) and To Dust (2018). The evening included a preview screening of the award-winning short film Write Me, based on a poem by Deborah Kahan Kolb. It had a New York premiere at the New York Jewish Film Festival at Lincoln Center.

ART DISCUSSIONS AND LECTURES

Art discussions and lectures held throughout the year focused on a range of topics. A special talk co-organized with the Hebrew Home’s resident LGBTQ and Allies Group—in conjunction with the Stonewall 50 Consortium to mark the 50th anniversary of the Stonewall uprising for...
LGBTQ rights—was quite moving. The talk, entitled “Edith Isaac-Rose and Bea Kreloff: Partners in Life, Art and Activism,” by Associate Curator Emily O’Leary, shared the story of two artists who spent more than 35 years together.

The ongoing “Let’s Talk About Art” program brought the museum educator to resident neighborhoods. This program is especially meaningful for memory care floors, where residents with cognitive impairment participate in lively, engaging discussions about works of art.

EVERYONE LEARNS FROM INTERGENERATIONAL PROGRAMMING

Intergenerational programming continued to be a core component of the Museum’s mission with the Hebrew Home’s GO student volunteers visiting the Museum with residents during the summer. Conversations promoted cross-cultural exchange, education, and empowerment for visitors of all ages. Students from Salanter Akiba Riverdale Academy and Temple Beth Abraham Religious School in Tarrytown enjoyed visits to the Museum as part of their school-based projects. The Museum also welcomed visitors with special needs and older adults from day programs across New York City.

IMAGES OF ISRAEL

In the fall, the Museum featured “Leonard Freed: Israel Magazine 1967–1968,” with 50 photographs by the acclaimed American documentary photographer. Freed has been the subject of dozens of exhibitions featuring his images of Jewish life in the US, Europe, and Israel. For residents and visitors, the images provided a nostalgic return to a country many knew from travel decades earlier, triggering meaningful memories.

The Museum + Art Collection's programs are supported by The Derfner Foundation under the transformative leadership of Trustee Jay Lieberman. They are also supported, in part, by public funds from the New York City Department of Cultural Affairs in partnership with the City Council, as well as other generous contributions.

ART AND MUSEUM EXHIBITIONS FEATURED IN 2019:

From the Eastern Bloc to the Bronx:
Early Acquisitions from The Art Collection
May 5–August 25, 2019

Leonard Freed:
Israel Magazine 1967–1968
September 15, 2019–January 5, 2020

Volunteer Services

The Hebrew Home could not maintain the depth and breadth of our intergenerational programming for our residents and visitors without the tireless work of our volunteers. In 2019, nearly 300 volunteers donated nearly 41,000 hours of service. Over 200 groups from a wide variety of schools and religious organizations visited the Hebrew Home during the year. Some came with a song, a prayer, or some poetry while others listened to residents tell their life story, or read aloud. The connection between our seniors and their young visitors is often magical.
**Intergenerational Programs**

This year we began a unique intergenerational program that included visits from intellectually disabled high school students—including some students who are also physically challenged—from NYC’s District 75. This spirited group of 12 young people ranging in age from 15-18 years old has built a special bond with some of our Memory Care residents. Led by two members of our Therapeutic Arts and Enrichment staff, the weekly program is filled with music, dance, and trivia. These students are potential future HOPE (Healthcare Offers Permanent Employment) students.

The HOPE Program that began at the Hebrew Home in 1993, continues to provide a full day, 12-month vocational training program for special education students aged 17 to 21 from NYC. The goal is that these students will learn skills that will translate into real jobs. There is daily class time to review typical math and reading skills as well as life skills like budgeting and completing job applications. In addition, there is an intergenerational component where the students work with our residents to improve their communication by engaging in conversation.

Another special event this year was a visit from author Sheryl Haft, who came to the Hebrew Home to read her book, *Goodnight Bubbala*, to a kindergarten class from SAR Academy. After the reading, the group broke into four sections with a resident re-reading the book to a small group of children and then leading a discussion. Another school visit welcomed a group of third and fourth graders from Riverdale Country School who read poetry to residents.

**Volunteers from Within**

Our volunteers come from within, too! One of our residents who is a Holocaust survivor speaks to children who visit the Hebrew Home. Others act as mentors with our HOPE students. Our resident volunteers are also members of the Welcome Committee, do monthly community service projects, and staff community outreach tables for petitions and voting.

**While our volunteers give selflessly with no expectation of recognition, many were celebrated this year both by the Hebrew Home and from the greater community.**

- Lore Schloss, a 90-year-old volunteer, received our Hebrew Home top volunteer honor—The Volunteer Lifetime Achievement Award. Lore has been a volunteer at the Home for more than 18 years and has donated more than 2,300 hours. She proudly continues to volunteer in our Health Information Management Office every week!

- In the spring of 2020, our volunteer librarian Rachelle Rosenberg will be honored with the Julian Y. Bernstein Distinguished Service Award by the Westchester Jewish Council for her outstanding contribution to the Hebrew Home. Rachelle has tirelessly organized and cataloged all of the books in our Biederman Library and recommends books from our collection to our residents who love to read.

A Hebrew Home volunteer for more than 20 years, Lucy Lang received the Hebrew Home Volunteers Lifetime Achievement Award and the Everyday Hero Awards from RSVP (Retired Senior Volunteer Program) from the community service society.
How do I plan for my future?

There’s a transformative change in senior living that’s getting underway at River’s Edge—New York City’s first Life Plan Community. We’ll provide a supportive environment suited to a senior’s way of life today, and secured for a time when that may change. There’s comfort in the freedom afforded by our LifeCare program, which will reduce the cost of any future healthcare needs as it secures a home for life. Residents will live with peace of mind on the banks of the Hudson with state-of-the-art amenities to enjoy wellness, creativity, and social interaction.
NEW YORK CITY'S FIRST LIFE PLAN COMMUNITY

Introducing a revolution in living for Baby Boomers—10,000 of whom turn 65 every day. We are thrilled to announce River’s Edge, the first Life Plan Community in New York City. This all-in-one living on the banks of the Hudson River comes with breathtaking views of the Palisades and state-of-the-art amenities to live your best life.

You deserve the vibrant lifestyle you've worked and planned for, one that includes the peace of mind that makes living in New York City's first Life Plan Community so attractive. At River's Edge, you'll have a plan in place that will provide for independent living, as well as assisted living, memory care, rehab, or skilled nursing care that you may one day need. You will never have to move, regardless of how your healthcare needs change.

River's Edge will feature an indoor pool, fitness center and spa, a yoga studio, a zen garden, a sculpture garden, a sushi bar, Mediterranean café, an open grill, fine dining in a variety of terrific restaurants, doggy day care, and much more. Situated on 32 spectacular riverfront acres, River's Edge balances the urban lifestyle you know with the social and personal opportunities you expect, while giving you the confidence that your future healthcare has been as meticulously planned as the rest of your new home. Yours will be a lifestyle focused on vibrant living with endless social, educational, and cultural possibilities. We invite you to learn more about life on the Edge!

For information, please contact Helayne Scheier:
Helayne.Scheier@riversedge.org, 718.581.1901
Donors as of December 31, 2019

It is impossible to care for our residents and clients without the generosity of our friends and partners. You have stepped up for us, believing in our mission. You have trusted and encouraged us to protect and care for generations and communities of older adults. We know that it is their right to continue to live a full and vibrant life. Thank you for your confidence, kindness, and compassion.

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The new COVID-19 Relief Bill (The Care Act) includes an incentive in this 2020 tax year for charitable contributions:

Impact on Non-Itemizers
A new, one-year (2020) above-the-line deduction for cash contributions up to $300 to 501(c)(3) organizations, like the Hebrew Home, for all taxpayers (not just those who itemize deductions.)

Impact on Itemizers
For individual taxpayers who itemize deductions, the limit on deductions is suspended in 2020.

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Make a planned gift to the Hebrew Home at Riverdale

- It allows you to be more philanthropic than you ever thought possible
- Benefit from tax advantages and/or increased income for life
- Support the lives of Hebrew Home residents

Your generosity guarantees the future life of the Hebrew Home AND a full life for each of our residents.

DID YOU KNOW?

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- Advantageous tax deductions or benefits for you, your surviving spouse, and your heirs
- Fixed payments for life for a loved one
- Passing of wealth from your generation to the next with minimal tax implications

Every resident, every program, every healthcare worker, every innovative medical improvement, every residence at the Hebrew Home at Riverdale is touched by the generous support of individuals and families like you

- Include a simple gift in your Will
- Make the Hebrew Home at Riverdale a beneficiary of your life insurance
- Make a gift directly from your IRA
- Establish a Charitable Remainder Gift Annuity, a Charitable Remainder Trust, or Charitable Lead Trust and at the same time provide income for life for a loved one

For more information about how a Legacy Gift can help you to accomplish great things for yourself, your family, and generations of older adults at the Hebrew Home at Riverdale, please contact:

Patricia Weiss
718.581.1848  |  Patricia.Weiss@hebrewhome.org
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Lillian Klein  
Harry Kleinman  
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Fred and Lynn Levine  
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Lester Levine  
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Irving Lieberman  
Esther W. Liebowitz  
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Fay Lupowitz  
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Ray Ruth Mirkin  
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Viola Odenheimer  
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Seymour Price  
Robert Price  
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Thank You for Your Service

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Lisa Almonte
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Grace Amoye
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Noeline Conway-Harrington
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Kewunneyuji Daniels
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Gianni DiPaolo
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Ngalla Dixon
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Nicholas Feigelson
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Sophia Girand
Meredith Goldman
Cynthia Grant
Gershwin Grant
Jessica Grossman
Kristen Guerra
Anthony Guzman
Patricia Hagemeyer
Jaquan Hall
Tyreen Harley
Kaelen Henderson
Angel Heredia
Patricia Hess
Olivia Hilliard
Miriam Hirschhorn
Paul Hoey
Paula Holodofsky
Guy Horcasitas
John Hum
Laisha Inoa
Rashad Issakh
Christina Jacob
Ronnie Jacob
Mary Jacobs
Hiliana Jaquez
Liany Jaquez
Calvin Jimenez
Lexis Jimenez
Samantha Johnson
Ramir Jones
Divya Joseph
Navya Joseph
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Kutemwa Kasonde
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Nupur Khattri
Nicholas Kinas
Hyacinth Kirby
Jesse Koch
Dimitar Kolev
Nancy Korbin
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Mrs. Lucy Lang
Levi Langer
Eric Layton
Nicol Lederman
Miriam Levsky
Carolyn Light
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Juan Lobo
Walter Lopez
Wendy Louis
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Jeffrey Marroquin
Jewels Marshall
Amber Marte
Alberto Martinez
Angel Martinez
Daisha Martinez
Doniely Martinez
Juan Martinez
Josef Mason
Elisheva May
Tooba Mboup
Ashiyya McClurin
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Juan Melendez
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Natalie Nunez
David Nusbaum
Isaac Ohrenstein
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Isaias Ortiz
Rachel Osei
Eileen Ostrander
Frank Paccone
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Annabel Paredes
Bryan Parra Jimenez
Dominic Pascale
Mia Pedersen
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Tiana Pinckney
Odeymis Placido
Rebecca Politzer
Jacqueline Pollack
Noel Portela
Wanda Quezada
Daysha Quinones
Rebecca Quinones
Raisa Rahman
Elisbel Ramirez
Shira Rapp
Phyllis Rayman
Angela Redman
Chris Reyes
Briana Rivera
Javier Rivera
Ada Rodriguez
Gabriel Rodriguez
Kenneth Rodriguez
Kenya Rodriguez
Raquel Rojas
Sade Rolle
Tracey Rosado
Camila Rosario
Gladyss Rosario
Rachelle Rosenberg
Avigail Rosenbluth
Malkey Rosensaat
Emma Rubinstein
Jalyn Ruiz
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Margo Scheiner
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Madeline Schmuckler
Gerald Schneider
Natalie Schneider
Michael Schwartz
Nicoletta Scocia
Joy Seaman
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Lois Silvestri
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Allison Stam
Kevin Stewart
Marguerite Strauss
Zachary Suarez
Arub Tasneem
Jatnna Tavarez
Peter Tessitore
Mary Teye
Paul Thomas
Ta'ela Thomas
Jonathan Torres
Norma Trager
Rafael Troche
Doris Ullendorf
Jazmin Urena
Mekaela Vargas
Amy Vasquez
Nathalia Vasquez
Rosemary Vasquez
Vincent Verleza
Matthew Waga
Cavan Waldron
Richard Weeks
David Wetter
Lynne White
Emma Wilde
Diya Wilkinson
Jaemon Williams
Ms. Doreen Wilson
Emily Winer
Dorothy Yeamans
Andrea Yoh
Stefanie Yudell
Khadiga Zagha
Rebecca Zinger
Stay tuned...we’re laying the foundation now. Surprises to follow. See you in late 2020.
How You Can Make a Difference

Friends,

These are not usual times.

For over a century, the Hebrew Home has been at the forefront, championing the care of and resources for older adults. And, that’s not all. We have been ‘out there’ (and often, alone), asserting that our aging population matters. They are not invisible. They shouldn’t be shunted to the underside of life. In fact, their lives are full and vibrant, albeit, sometimes with physical and cognitive constraints. **We hold onto the singular perspective that their needs are not their needs alone. Their needs are our needs. Their lives are our lives. We all age.**

The Hebrew Home is a non-profit; one of the last, largest, and renowned remaining in New York City. We depend on the revenue we receive from Medicaid (over 90% of the residents and clients we serve are on Medicaid), and contributions from you, our friends. **Because of you, we have been able to offer an array of opportunities and resources to older adults, allowing them to live with dignity and purpose, while living a full life.** We have provided answers to the questions that older adults and their families need. **Annually, this requires a substantial amount of funding.**

Clearly, at this time of COVID-19, we are that much more challenged. Our residents and clients are at the epicenter of the virus. Their needs, their safety, and their care is that much more acute.

As you have read, our years of knowledge and practice have helped our RiverSpring Health and Hebrew Home staffs to mobilize, to come together to meet and anticipate the needs of our residents and clients during this pandemic.

It is with humility that I ask, on behalf of our residents, and on behalf of the entirety of our staff—our Hebrew Home healthcare heroes—that you make a gift in honor of our family of residents and clients. Your gift will literally and palpably touch a life. You will bring life to a life. **With heartfelt thanks for the extraordinary generosity of Maurice R. and Corinne P. Greenberg and the Starr Foundation, your gift will be matched. Every gift, any amount, will be matched 1:1.** Our opportunity is limitless.

Thank you to each of you listed in the pages of this Report who have so generously and kindly made a gift last year. We thank you for continuing to remember the Hebrew Home in 2020.

With enormous thanks.

Warmly,

Patricia S. Weiss  |  Vice President of Development, Hebrew Home at Riverdale

**For information on ways of giving, please contact:** Patricia.Weiss@hebrewhome.org or 718.581.1848  
**To make a gift online:** WWW.HHARDONATION.ORG
Leaderhip

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AS OF 2020
The Hebrew Home at Riverdale serves older adults of all faiths through compassionate care and vibrant community engagement. Guided by Jewish values and our non-profit mission, we advocate and celebrate a vision of empowered aging.