The Search & Care Independent

HELPING OUR NEIGHBORS AGE SAFELY AT HOME SINCE 1972

Search and Care

It's Swing Time in Spring at Search and Care

Noted U.K. dance expert turns movement into connection

As we age, our hippocampus, the brain's memory and emotion hub, shrinks. But researchers found that one timeless practice can actually make it grow. They found that dance consistently helps people feel closer and more connected, forming friendships, improving memory, cardiovascular health, balance, problem-solving, strength, and cognitive ability, lowering dementia and Parkinson's risk, and boosting mood.

This March, Search and Care welcomed Dr. Peter Lovatt, known as "Dr. Dance," from the United Kingdom to bring the power of movement to participants in advance of our Annual Benefit at the Asia Society on March 5th.

A professional dancer, author, and academic psychologist, Lovatt has popularized his research on how movement transforms thinking, social interaction, and emotional well-being.

In a lively workshop, participants, sitting, standing, or joining remotely, boogied the afternoon away with smiles across their faces, learning firsthand how dance improves health and happiness. "The Dr. Dance workshop today was a truly beautiful experience," said one participant.

For the rest of the week, participants shared how much the event lifted their spirits, with many asking, "What's next?"



DR. PETER LOVATT JOINED SEARCH AND CARE PARTICIPANTS, ABOVE, FOR A DANCE WORKSHOP BEFORE HIS APPEARANCE AT THE ANNUAL SAGE SERIES FUNDRAISING EVENT IN MARCH. MORE PHOTOS NEXT PAGE

This energy carries into Search and Care's spring and summer schedule in our renovated outdoor greenspace.

The Groups program hosts one-time events and recurring activities that promote wellness and peer-to-peer support, including Tea + Creativity, Writing Group, Decluttering, and Morning Meditation.

By bringing participants together in fun, engaging, and educational experiences, Search and Care continues to build community and make aging better, together.



DR. DANCE Quick Facts

EXPERTISE

Dance Psychologist, Professional Dancer, Author, Academic, U.K. based

RESEARCH FOCUS

How movement impacts cognition, social engagement, mood

IMPACT OF DANCE

Improves memory, balance, strength, mood; lowers dementia & Parkinson's risk; fosters social connection



VICKY HAS HELPED SEARCH AND CARE CLIENTS TAKE CONTROL OF THEIR FINANCES.FOR 14 YEARS.

COMMUNITY SPOTLIGHT

VICKY & THE SEARCH AND CARE WAY

14 years. That's how long Search and Care Financial Navigator Vicky has given her expertise to the organization, serving as one of our Money Matters Financial Navigators and as an agency volunteer in numerous roles.

Vicky is a cornerstone of the agency's Money Matters Team, bringing her financial expertise to help vulnerable older New Yorkers gain control over their finances and achieve lasting financial security.

Working hand-in-hand with the Care Management Team, she ensures participants can meet their daily needs, making Money Matters one of the agency's most essential and trusted services.

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COMMUNITY SPOTLIGHT: VICKY GIVES BACK

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Her work goes beyond budgets and paperwork, she navigates complex financial challenges, supports participants with cognitive or memory difficulties, and even steps in to prevent potential financial exploitation. Her qualifications as a Certified Financial Analyst + MBA enable her to guide vulnerable older adults in managing their finances.

The results speak for themselves: in recent evaluations, 81% of participants reported that their financial situation improved after working with the program, a remarkable achievement given the many challenges older adults face on fixed incomes.

"To be quite frank, I find myself quite isolated. I truly value working on my taxes with Vicky and having meaningful interaction."

- SEARCH AND CARE CLIENT

With her blend of expertise, patience, and genuine care, Vicky transforms her years of professional financial experience into practical, life-changing support, helping older New Yorkers feel secure, empowered, and confident about their finances. From the entire Search and Care community, we are grateful to Vicky for her devotion to New Yorkers in need.



The Vicky Effect

Vicky serves as the front desk receptionist, the first point of contact and friendly face for many participants, providing comfort and support.

14 YEARS — The number of years Vicky has volunteered and served as a Financial Navigator at Search and Care.

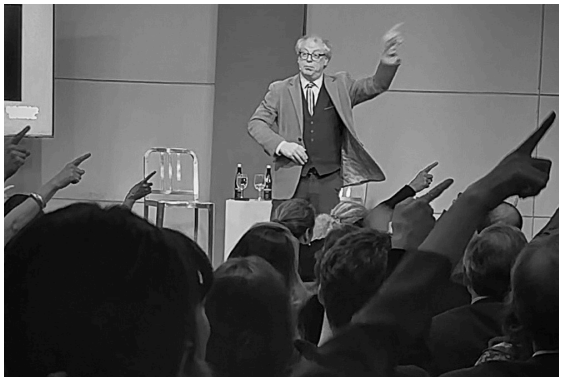
19 YEARS — The span of Vicky's career at Citi, before she brought her expertise to help older New Yorkers with us.

81% — The percentage of Money Matters participants who reported improved financial situations after working with the program.



DR. DANCE

Dr. Peter Lovatt Brings His Joy to NYC

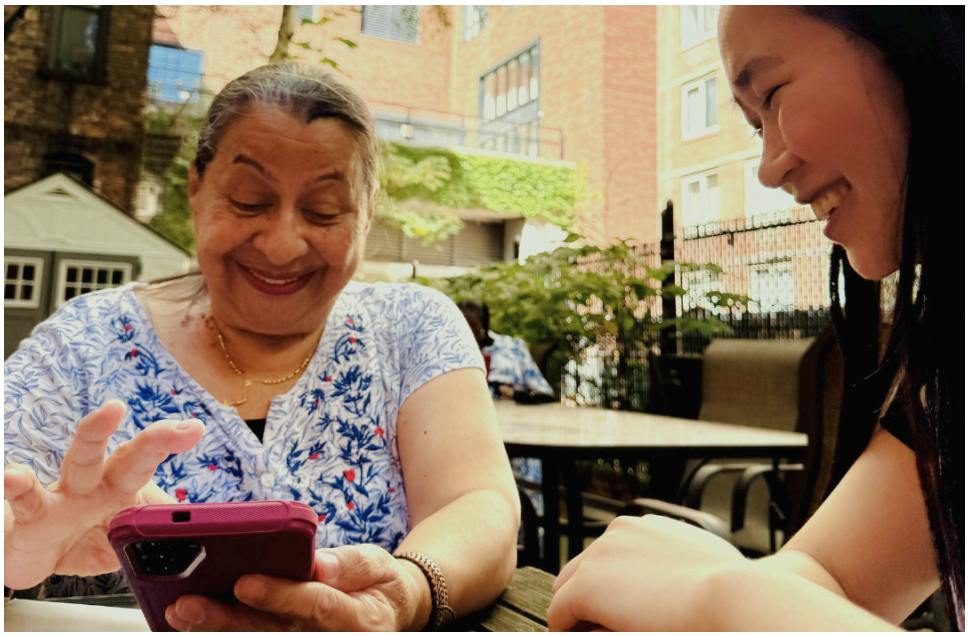








CLOCKWISE FROM TOP L, DR. PETER LOVATT GUIDES GUESTS AT THE ANNUAL SAGE SERIES BENFIT; TWO SEARCH AND CARE PARTICPANTS ENJOY DR. DANCE; SEARCH AND CARE'S ROBIN, NIKKA FROM COUNCILMEMBER BREWER;S OFFICE, AND SC VOLUNTEER EDNA. DANCING CAN HAPPEN ANYWHERE.



FROM NUTRITION COUNSELING TO COMMUNITY PARTNERSHIPS, SEARCH AND CARE'S APPROACH TO FOOD SECURITY IS HANDS-ON AND HOLISTIC, MEETING PARTICIPANTS WHERE THEY ARE AND SUPPORTING HEALTHIER, MORE INDEPENDENT LIVES.

Feeding Wellness, Together

Improving Food Security Through Innovation

It has been an impactful season for our Food and Nutrition Program at Search and Care. Food insecurity is on the rise for older New Yorkers in our service areas, rates are as high as 25%, while over half of all households receive SNAP, the government's food assistance program which will see $186 billion in budget cuts over the next 10 years.

With the unique challenges that come with aging in place already making adequate nutrition difficult for many older people, Search and Care has created innovative solutions to food insecurity. These programs and collaborations are designed to ensure older adults have enough food and have the variety, nutrition and culturally appropriate options that make it possible to thrive.

These programs include our **Emergency Grocery program, Nutritionist Counseling**, and a new partnership with the **West Side Campaign Against Hunger,** launched through donor support, combining our own signature Care Management program with West Side Campaign Against Hunger's healthy food distribution service for homebound older adults. Together we provide older New Yorkers struggling with food insecurity with an integrated, holistic model needed to address complex needs that is novel in our service area. Search and Care ensures they receive benefits and entitlements critical to meet daily needs, as well as one-to-one nutrition counseling to design healthy meal plans and tailor diet based on personal needs and chronic conditions, in addition to groups and events around best nutrition practices.

Kitty, our Community Nutritionist, recently received her Master's and achieved her Registered Dietician certification. We are thrilled to celebrate this and grateful for her work with our community. Kitty is providing meal-planning, supplement suggestions, facilitating groups and introducing strategies for older adults encountering new limitations. Her expertise ensures long-term food security and healthy eating for our participants.

With these supports, we are working to build a community in which our most vulnerable neighbors receive the support they need not only to combat hunger, but to achieve health and happiness as they age safely in place. We are thankful to all our partners and supporters that help us to make this a reality.

Shaping the Future of Care

Client Advisory Committee Celebrates 7 Years of Impact

At Search and Care, impact on participants and community is paramount, we believe that by centering on the voices directly impacted by our services and ensuring they have an impact on program design, we can design programs that support our older neighbors in the ways they need.

In 2019, we formed our Client Advisory Committee to this end, now celebrating 7 years. Every month, a diverse group of Search and Care participants provide input on our activities and programs, and introduce personal and community concerns that help us tailor our services. They have a significant impact on the agency, including a recent idea to record our Senior Safety presentation series and ongoing Tech Talk with Alex group for asynchronous, online participation.

Our Telehealth Access Initiative, a joint partnership with Mount Sinai's Martha Stewart Center for Living and Metropolitan Hospital, entering its second year, has the Client Advisory Committee largely to thank. The Committee helped identify how telehealth, while ultimately very helpful, was causing participants headaches and actually acting as a barrier to care. The Committee's response to our larger Silver Circles program and strategies, and its input along the way, has been fundamental to the project's program design, which now brings telehealth coaching to hundreds of participants.

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FOOD INSECURITY	Up to 25% in our service area
SNAP CUTS	$186 billion cut over 10 years
OUR PROGRAMS	Emergency Grocery, Nutritionist Counseling, West Side Campaign partnership
NUTRTIONIST HIGHLIGHT	Kitty, MS, R.D., guiding healthy eating & meal planning

Search and Care

Client Advisory Committee Celebrates 7 Years of Impact

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The Committee has also been a boon for isolated participants looking to re-engage with community. “I didn’t know what to do with myself after retirement, so my friend referred me,” one participant said. “I’ve been involved in many activities ever since.”

For many Client Advisory Participants, it can be a gateway to other services. The Committee has become a supportive and safe place to discuss aging and receive peer-to-peer support. In a recent committee session, participants shared what they believed to be the most important practice to stay happy and healthy while aging: “stay occupied and keep moving,” said one participant. For many who want to give back to the agency and community, the Client Advisory Committee is just that.



PHOTO COURTESY OF PEI ARCHITECTS

THROUGH OUR PARTNERSHIP WITH THE MARTHA STEWART CENTER FOR LIVING AT MOUNT SINAI, SHAPED BY INPUT FROM OUR CLIENT ADVISORY COMMITTEE, SEARCH AND CARE IS HELPING OLDER NEW YORKERS BETTER NAVIGATE TELEHEALTH SERVICES.

Expanding Access to Care for Older New Yorkers

Search and Care’s Medical Escorting program removes critical barriers to healthcare

This October, Search and Care participant Ms. P had to get cataract surgery. With the hospital requiring a travel escort in order to have the surgery, as well as the anxiety and difficulty travelling that come with having a visual impairment, getting this necessary procedure was proving a difficult and daunting task.

Search and Care’s Outreach, PET, and Medical Escorting Coordinator Robin quickly stepped in, providing a professional Medical Escort to accompany Ms. P to and from the surgery, and the support she needed during this stressful time. “I greatly appreciate all your encouraging words and kindness,” Ms. P said. “[My medical escort] was professional, caring and supportive. I could not have enjoyed a successful outcome without your help.”

Ms. P is one of many participants the Medical Escorting program has helped in recent years. It’s critical for participants with mobility challenges, frailty, visual and/or cognitive impairments, fear and/or anxiety traveling alone, and isolated participants facing procedures which require a travelling companion. Ours is one of the few free programs of its kind in our service area.

MEDICAL ESCORTING

Quick Facts

LOCALLY

Nearly 25% of low-income NYC residents report missing healthcare appointments due to transportation barriers

PURPOSE

Safe travel & support for medical appointments

WHO WE HELP

Frail, homebound, visually or cognitively impaired participants

OUR IMPACT

Through our program, hundreds of older New Yorkers gain access to critical healthcare annually

Consequently, the program has become one of Search and Care’s most impactful, facilitating access to critical healthcare and providing support and companionship for hundreds of older New Yorkers.

Part of our larger Community Health Access Initiative, the program is a key part of our holistic approach to reduce gaps in health access and make our community livable for all.

Moving forward, impact on participants will remain at the center of the program and larger initiative

“I just wanted you to know how pleased I was with my escort,” said one participant. “[She] was wonderful, so caring and smart! Many, many thanks for all your help.”

SCAN TO FOLLOW

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STAY IN TOUCH

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