



**“It’s easy to make a buck.
It’s a lot tougher to make
a difference.”**

- Tom Brokaw



HEIGHTS AND HILLS
supporting brooklyn’s older adults

**“When I spend my lunch
hour volunteering, I come
back to work with an
empty stomach but a full
heart”**

*-Former Heights and Hills
Volunteer*



**Volunteering at
Heights and Hills**

**For more information, please
contact us:**

**Heights and Hills
57 Willoughby Street, 4th
floor
Brooklyn, NY 11201**

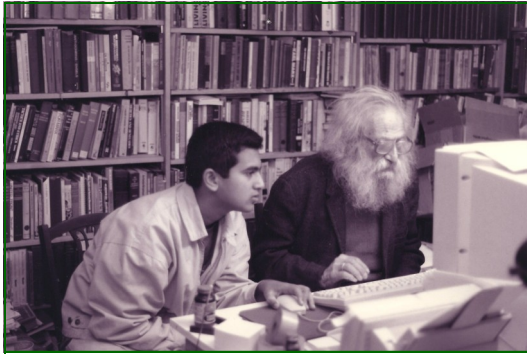
**(718) 596-8789 • tel
(718) 403-0346 • fax**

**gkatz@heightsandhills.org
www.heightsandhills.org**



57 Willoughby Street, 4th Floor
Brooklyn, N.Y. 11201
www.heightsandhills.org

ph (718) 596-8789
fx (718) 403-0346
info@heightsandhills.org



Heights and Hills

Since 1971, Heights and Hills has helped people live out their older years on their terms — independently and with dignity.

We connect older adults and their caregivers with the services, support and information they need to age in place in their own homes and neighborhoods in Brooklyn.

For some, just a little help can make all the difference. Others need more comprehensive services, which we identify and coordinate. Whatever the need, we are there to help. And all of our services are provided free of charge.



Volunteer Opportunities

Ongoing Involvement With Clients:

- Friendly Visiting
- Telephone Reassurance
- Escort to Medical Appointments
- Heights and Hills Handicrafters

One-time Tasks for Clients:

- Set up a DVD Player, Computer, Other Electronic Devices
- Shred Mail
- Hang Drapes
- Move Furniture
- Conduct Minor Home Repairs
- Change a Light Bulb, Fuse, etc.
- Shovel Snow, Rake Leaves, etc.
- Serve or Deliver Thanksgiving Dinner

Administrative Opportunities:

- Clerical Assistance
- Management Assistance



Heights and Hills is looking for volunteers to visit homebound seniors who live in:

Bedford	Gowanus
Stuyvesant	Park Slope
Boerum Hill	Prospect Heights
Brooklyn Heights	Prospect Lefferts
Carroll Gardens	Gardens
Cobble Hill	Red Hook
Crown Heights	Remsen Village
East Flatbush	Sunset Park
Farragut	Windsor Terrace
Fort Greene	Wingate