



# Women of DISTINCTION

HONORING WOMEN IN NEW YORK

*Nancy Houghton*

Nancy Houghton is a passionate advocate for older adults who has worked in the field of aging for more than 30 years, and spent countless hours serving the community as a volunteer.

A longtime resident of the Upper East Side in Manhattan, Ms. Houghton joined the nonprofit organization Health Advocates for Older People (HAFOP) in 2001, and currently serves as its Executive Director. HAFOP promotes safe and healthy aging through programs designed to facilitate independent living, physical well-being, and greater social interaction. HAFOP provides free classes and presentations to over 1,500 older New Yorkers each year, offering 22 weekly exercise and wellness classes, informational seminars, and social activities in 14 locations, as well as online. In addition, HAFOP provides free home safety assessments and gently used assistive equipment to older adults in the community.

Before joining HAFOP, Ms. Houghton was the Housing Coordinator at the James Lenox House, an affordable housing residence for older adults on the Upper East Side. She also served as the Executive Director of the Annie Rensselaer Tinker Association for Women, a foundation that assisted hundreds of retired women struggling financially to continue to live in their homes with independence, safety, and dignity.

Previously, Ms. Houghton was the Registrar and Exhibition Coordinator at the Grolier Club, America's oldest and largest society for bibliophiles and enthusiasts of the graphic arts. There, she installed nine rare book exhibitions each year.

A lifelong volunteer, the New York Junior League named Ms. Houghton as their Outstanding Sustainer in 2018 for her many years as a devoted volunteer to the organization. She was particularly honored for the 17 years she spent focusing on early childhood development issues, teaching free classes to new parents and their children during the first three years of life. She also has been an active member of the Church of the Heavenly Rest for many years, volunteering in various programs, including Altar Guild. The Volunteer Referral Center honored Ms. Houghton at their 30th Anniversary Gala.

Ms. Houghton earned a Bachelor of Science in Nutrition from the University of Alabama and a Master of Arts in Psychology from New York University.

***Nancy Houghton was selected as a  
2024 Women of Distinction honoree by Senator Liz Krueger***

