

Minutes for the November 20, 2018 Aging Committee of Bronx Community Board 8  
 Location: Hudson House, 3247 Johnson Ave

Eric Dinowitz	Chair
Bill Stone	CB8
Rita Pochter Lowe	CB8
Dan Padernacht	CB8
Marvin Goodman	CB8
Kathy Dunphy	NQS Medicare
Ken Switzer	Congressman Engel
Sharon Asherman	Riverdale Y Senior Center
Sylvia Lask	Guest
Joan Rehm	Guest – Hudson House

1. Meeting commenced at 4:00. Members and guests introduced themselves.
2. Minutes from October 16, 2018 meeting approved unanimously with no amendments by Dinowitz, Stone, Lowe, Padernacht, and Goodman.
3. Discussion of Intergenerational Event
  - a. Chair Dinowitz explained that the community board received extra funding for items that include community events.
  - b. The proposal to plan an intergenerational event with seniors and teens was proposed, and ideas were solicited from committee members and guests as to what would they like to see at this potential event, as well as questions that could help clarify details of the event
    - i. Entertainment
      1. Movie
      2. Singer
      3. Dancing
      4. Performances by kids
    - ii. Games
      1. Bean bag toss
      2. Mahjong
      3. Competition between the different senior centers and the teens they work with (Riverdale Y with Dorot, RSS with Kineret, etc)
        - a. What other intergenerational programs exist at other senior centers?
      4. Mixers so seniors and teens from different areas can get to know one another
      5. What other games can youth and elderly play?
    - iii. Educational piece
      1. Different experiences from different generations
      2. May is mental health month

3. Senior centers and other organizations can share information about themselves at different tables or with presentations
    - iv. Free food
  4. Medicare presentation
    - a. **Guest Speaker Kathy Dunphy**
      - i. Represents the company that contracts Medicare in New York State and New England (seven states), National Government Services
      - ii. 100% funded by federal government
      - iii. Works with Congressman Engel's office and NYC DFTA; Ken Switzer from Congressman Engel's office also introduced himself as one of the liaisons between Engel's office and Kathy
    - b. **Major Issues in Medicare**
      - i. It is currently open enrollment and every senior can engage. They can take advantage of open enrollment every year
      - ii. Medicare is completely independent of Affordable Care Act
      - iii. Anyone who has paid 40 quarters is eligible, regardless of citizenship status
      - iv. Social security handles enrollment and sets premiums
      - v. Part A is for medical insurance, no premiums
      - vi. Part B is for hospital insurance, premium set by Social Security
      - vii. The premium changes every year. It is currently \$135/month per person for those making \$85,000 or less – this represents 70% of U.S. population
      - viii. Kathy emphasized the importance of planning to deduct from social security check, pension check, etc to pay for Medicare premiums. At age 62-64, people should start researching Medicare options and how/when to enroll
      - ix. NYC has other "Medicare savings programs" that help take care of premiums
      - x. New Medicare cards were issued to all Medicare recipients, as old cards had SSN, gender, and signature on them and could be used to steal identities
      - xi. Seniors can use Medicare.gov to determine which drug prescription plan is best for them
    - c. **Medicare and Senior Centers**
      - i. HIICAP is assistance for seniors with Medicare
      - ii. Kathy suggests that social workers at senior centers should be "HIICAP" trained – there is a test they must pass, and they will receive certification
      - iii. Medicare now works with the CDC to fund Diabetes programs at community centers like Weight Watchers and Churches. Senior centers can take advantage of this program too by going to [CDC.org/diabetesprevention](http://CDC.org/diabetesprevention)
      - iv. Kathy emphasizes that there is infrastructure to set up but it is an opportunity to invest in the health of a community
  5. Meeting adjourned at 5:00 with no old or new business