

**BRONX COMMUNITY BOARD NO. 8
MINUTES OF THE AGING COMMITTEE MEETING
HELD ON SEPTEMBER 19, 2017 AT
RIVERWALK APARTMENTS – RIVERSPRING/HEBREW HOME AT RIVERDALE**

PRESENT

Lisa Daub
Irving Ladimer
Karen Pesce
Rita Pochter Lowe
Georgia Santiago
I.W. Stone
Sharon Asherman
Francine Scherer
Kiomarelis Cabrera
Margaret Donato
David Gellman
Marvin Goodman
Suad Hassan
Deborah Messina
Enrie Morales
Peter Swanson
Ronnie Zackman

AFFILIATION

CB8 Committee Chair
CB8 Committee Member
CB8 Committee Member, CB8 Secretary
CB8 Committee Member
CB8 Committee Member
CB8 Committee Member
Community Committee Member, Riverdale Y
Community Committee Member, Resident
Hebrew Home at Riverdale
CB8
CB8
CB8
NIDC
Hebrew Home at Riverdale
Right at Home
Riverdale Senior Services
Riverdale YM/YWHA

Not Present:

(None)

The meeting commenced at 3:35 PM.

Introductions

- Chair thanked our hosts at RiverSpring Health / RiverWalk Apts.
- Two congratulations: (1) Hebrew Home celebrates its 100th anniversary, and (2) Mr. Goodman celebrates a milestone birthday
- Participants introduced themselves

Speaker Topic – Living with Dementia – Living at Home

Opening remarks by L. Daub: Programs tend to use the term “memory care” since the term “dementia” is frightening and carries a stigma. We are not talking about help for forgetfulness. A diagnosis of dementia - Alzheimer’s or other forms - is life-changing for the individual and for their loved ones. People tend to keep this private and self-isolate – but like healthy living at all ages and health status, it is important for people impacted by dementia to stay socially engaged and use their body and mind at a comfortable level throughout their lives

RiverSpring at Night

Ms. Messina showed a video and led discussion to introduce the Night program, the first in the country to provide an array of services for elders who are awake at night while providing needed respite for caregivers. This is a medical model program offering physical therapy, social services, music, recreation and relaxation therapies, meals, personal care, and with access to medical staff and dietician. Program serves around 25-27 people who would otherwise qualify for admission to a nursing home and is generally paid by Medicaid. Insurance determines the number of nights covered, The Night program, operating from 7:00pm to 7:30am, includes transportation. RiverSpring no longer operates an on-campus medical model day program Adult Day Activity Program (ADAP) – Riverdale Senior Services (RSS)

Mr. Swanson explained that ADAP, in its 17th year, is a social model program so the level of personal care is more limited and is generally for people in the earlier stages of dementia or who are frail and may need some support. ADAP maintains attendance from 10-12 people and provides caregivers with daytime respite and support. Clients enjoy music, dance, art, exercise, brain games, lunch, snacks, and participate in certain RSS programming. DFTA funding allows tuition on sliding scale. Program operates M-F, 10:00am to 3:30pm. Transportation is available. Many Y-SADP participants [program closed April 30th] made a smooth transition to RSS's ADAP

Right at Home

Ms. Morales, a Certified Dementia Practitioner, started the local Right at Home homecare office after retiring from a banking career and driven by her own experience as a family caregiver. Her staff of aides assists clients, ninety percent living with dementia, with activities of daily living and companionship in their home, community, assisted living residences and in nursing homes. Using the Virtual Dementia Tour, she coaches family caregivers to enhance their understanding. Staff members also receive this training, as well as techniques such as aroma therapy and gentle massage. Ms. Morales invited meeting participants to experience the Virtual Dementia Tour in her office.

Chair noted other support available in and near our district:

- Medical model day program – New Jewish Home (no longer operates social model program)
- For-profit social day programs – Medicaid MLTC
- Senior Centers with a caregiver – select appropriate activities
- Arts - Meet Me at MoMA, Cloisters programs
- Technology – e.g., CaringKind/HHaR Balance app, other apps, Wandering and other safety technologies
- Caregiver support groups - e.g., Methodist Home. Broad support from NYS funded programs, e.g., PSS Circle of Care and Alzheimer's Caregiver LINK (RAIN). Mr. Swanson noted that Sunnyside ceased Bronx operations
- CaringKind's 24/7 Helpline.
- Residential options in the community - Atria Senior Living, Five Star, and Nursing Homes

Mr. Ladimer noted the importance of getting a proper diagnosis from specialists. People are often misdiagnosed and improperly medicated

Minutes

- June 20, 2017 minutes approved (8/0/0)

Old Business - none

New Business & Updates

- Thanks to Ms. Scherer for joining Chair to tour "safe crossings" near venues for seniors – for T&T and budgets. 230th & B'way may be getting some focus. Work completed near RSS. Main problem throughout our district appears to be lack of crosswalk striping and cracks/potholes that force people to look at the ground to avoid falls and possibly miss light changes, oncoming cars, bicycles and other hazards

- Budget consultations next week. In October, CB8 budget prioritization
- Income increased from \$37,400 to \$58,400 for SCHE & DHE - exempts 0-50% of home value from real property tax
- SCRIE applications now available in CB8 office. Renewals for long-time participants are now easier with a short form. City is sending people door to door to inform and help seniors with SCRIE applications. This initiative has not reached our district
- Federal matters to keep eye on:
 - New Medicare cards with unique IDs and without SS# will be distributed starting in April through 2019 in an effort to mitigate identity theft, and
 - Impact of possible changes to immigration laws and enforcement on home health care, health industry and people needing these services. One fourth of home health aides are immigrants. In NY, nearly two thirds are immigrants (2015 data, from New York Times 9/6/17)
- Discussed Committee meeting time start at 3:30pm year round (except when meeting at Senior Centers) or continue with 2:30pm start during standard time. To be determined

The Committee will hold its next meeting on Tuesday, October 17th at 3:30pm at the Methodist Home. This is our Senior Center Roundtable with a guest from LiveOn NY

The meeting adjourned at 4:45 pm

Prepared and submitted by
Lisa Daub, Chair, Aging Committee