

**BRONX COMMUNITY BOARD NO. 8  
MINUTES OF THE AGING COMMITTEE MEETING  
HELD ON APRIL 21 2015 AT  
METHODIST HOME FOR NURSING & REHABILITATION**

**PRESENT**

Karen Pesce  
Sharon Asherman  
Anthony Creaney  
RoseMary Cortez  
Lisa Daub  
Mary Gutram  
Beverly Fettman  
Jerome Leff  
Susie Loberfeld  
Enrie Morales  
Georgia Santiago  
Bill Stone

**AFFILIATION**

CB8 Committee Chair  
Riverdale Y – Community Committee Member  
CB8 Committee Member  
Health Outreach – Allen Hospital  
CB8 Committee Vice Chair  
Community Resident  
CB8 Committee Member  
Podiatrist, In Home Foot Care  
Hudson In Home Physical Therapy  
Right at Home – Community Committee Member  
CB8 Committee Member  
CB8 Committee Member

The meeting commenced at 3:30 PM.

**1. Introduction** - Participants introduced themselves

**2. Minutes** of the March 17, 2015 meeting were accepted as submitted.

**3. Speaker** – RoseMary Cortez, LCSW, Program Administrator, Director of Health Outreach, The Allen Hospital

Ms. Cortez introduced herself and provided background on Allen Hospital which is part of the 6 hospital New York Presbyterian (NYPH) system. She runs Allen's Health Outreach program along with one other staff. The goal is to enhance the social, physical, emotional and educational well being of older adults through a variety of programs. Membership and nearly all programs are free to participants. Events are announced via bimonthly postcards mailed to 4400 members. A cart helps people up the hill arriving by public transit, and vans arrive from RSS, Atria and other locations. Programs include health education on various topics, health screenings, exercise programs, art classes, social activities, physician referrals, support groups, travel, health fairs and adopt a grandparent day. Health clearance is needed for exercise program. Allen receives community input to help shape the programs. Due to space constraints, more programs have shifted from daytime to evening hours. The program partners with area senior centers.

The committee discussed the issue of domestic violence and elder abuse, and difficulties in reaching victims and providing support.

#### **4. Chair's Report**

- Ms. Pesce, Committee Chair, drafted a resolution to request that Councilman Cohen consider our district for the City's Age Friendly Neighborhood initiative. All members present approved the resolution which may be refined prior to Board presentation.
- Congratulations to Sharon Asherman and Enrie Morales who are now Aging Committee Community Members.
- Ms. Pesce will present to the Association of Riverdale Cooperatives on ways to improve the physical environment to help residents to safely age in place.

#### **5. New Business**

- Plan NYC : a 4 year plan involving all areas of NYC life and operations is being developed.
- Budget 2016/17 – DFTA is sending RFP for general use transportation for seniors. This is in addition to Access A Ride. The committee brainstormed additional needs, including improved public transportation (east/west and other), additional benches, mental health services, street paving to mitigate falls, countdown and talking crossing lights, and road line painting for improved driving visibility.
- RSS requested journal advertisement
- Bronx Opera Company is providing group discounts.

The Committee will hold its next meeting on Tuesday, May 19<sup>th</sup>.

The meeting was adjourned at 4:45 pm.

Prepared by Lisa Daub, Vice Chair  
Reviewed by Karen Pesce, Chair  
Aging Committee