

BRONX COMMUNITY BOARD NO. 8

**MINUTES OF THE AGING COMMITTEE MEETING
HELD ON SEPTEMBER 16, 2014 AT
RIVERDALE SENIOR Services**

PRESENT

AFFILIATION

Karen Pesce	CB8 Committee Chair
Lisa Daub	CB8 Vice Chair
Anthony Creaney	CB8
Beverly Fettman	CB8
Marvin Goodman	CB8
Irving Ladimer	CB8
Georgia Santiago	CB8
Manfred Segal	Riverdale AARP/community committee member
Robert Ackerson	Riverdale Senior Center
Laura Amerman	Schervier
Sharon Asherman	Riverdale YM/YWHA
Harvey Bien	Riverdale Senior Services
Andria Cassidy	Riverdale Senior Services
Nancy D'Auria	Elder Serve
Horace Earlington	Park Gardens Rehab & Nursing
Enrie Morales	Right At Home
Lourdes Santacruz	Fiver Star Senior Living
Alvin Shatkin	Member Riverdale Senior Center
Diana Vayserfirova	Riverdale Senior Services

The meeting commenced at 3:30 PM with participant introductions.

1. Minutes of previous meeting approved as submitted.

2. **AARP** - Manny Segal, President of the local AARP chapter, presented the history of AARP and discussed changes in the local organization. AARP started in 1958 to advocate for legislation on behalf of senior citizens. With a large membership of voters, AARP is effective on issues and remains politically neutral. The local organization has seen a large drop in membership. At its' height, the chapter had 450 members and has 90 members today. Membership dues are \$10 annually which does not cover the chapter's expenses. It is believed that the decline in membership reflects the general decline in the population's interest in joining and participating in organizations. AARP provides membership leads to the chapter. Committee participants offered a few suggestions for growing membership.

3. **RSS – S.H.E.** - Andrea Cassidy presented the S.H.E. program (Strong, Healthy, Energized) which is part of Riverdale Senior Services' women's wellness initiative. The initiative expanded

this year to promote a holistic approach to a balanced life. The program includes support groups, exercise, nutrition, stress reduction, health education, and lifestyle changes. Approximately 25 women are enrolled in SHE and each sets their own goals. The program has 12 sessions and if the program is deemed successful, according to certain measurements, RSS hopes to repeat the program.

4. Briefings –

- Committee Chairperson Karen Pesce (a) shared the activities calendar from JASA senior center, (b) briefed participants on budget recommendations and the borough budget consultation with DFTA on Sept. 19th, (c) discussed the possibility and logistics of holding a joint meeting with the Health Hospitals and Social Services Committee.
- Lisa Daub provided an update on the Senior Resource Guide and gained input from participants regarding the inclusion or exclusion of fee-for-service provider listings.
- Ms. Morales introduced her home care agency which is a franchise of Right at Home. Her agency is in business for 2 ½ years.
- Irving Ladimer announced the September 22nd ribbon cutting for RSS' patio and garden.
- Ian Christner with Bon Secour's Healthy Communities initiative discussed a project concerning problem drinking and seniors. The initiative will reach out to institutions that serve alcohol and look at and share best practices. They have found that policy/environmental changes are more effective than individual education. Heavy drinking presents its' own risks, especially for seniors due to fall risks, medications, and certain health conditions. Bon Secour will share their project proposal.

Next Meeting: October 21ST, 3:30 pm at Hudson Pointe Nursing and Rehabilitation Center.

Meeting adjourned at 5:00 PM.

Submitted by: Lisa Daub, Vice Chair, Aging Committee