

BRONX COMMUNITY BOARD NO. 8

**MINUTES OF THE AGING COMMITTEE MEETING
HELD ON NOVEMBER 24, 2009**

PRESENT

K. Pesce
A. Creaney

AFFILIATION

Cmte Chair, CB 8
CB 8

T. Durham
B. Fettman
I. Ladimer
R. Ackerson
B. Butler
B. Gil
Marvin Goodman
K. Gorup
G. Fein
L. Furman
J. Landers
F. Savage
D. Thomas
A. Shatkin

CB 8
CB 8
CB 8

Riverdale Senior Center

Riverdale Mental Health Association

Riverdale Jewish Center

1. Minutes of previous meeting reviewed and accepted as submitted.
2. Speaker, Ana Gil, Director of Geriatric Programs, Riverdale Mental Health: services are provided at the Riverdale Av. Clinic; outreach at Riverdale Senior Services and some in home visits. There is also case management and community housing. For some people, holidays produce joy and happiness. For others there are "holiday blues" with sadness and a sense of hopelessness which may be prompted by losses, health problems, expectations, neglect of the individual, financial concerns, distance from family members and negative self evaluation at year's end. Outward signs may be appetite, sleep and mood changes. If symptoms persist for more than a few weeks, professional counseling help is recommended. Some may suffer from seasonal affective disorder from diminished light which increases melatonin, creating a depressed feeling. Suggested, were getting outdoors into natural light, sitting near a window or having many lights on in one's home and doing new/different activities. Those who are truly isolated need to be identified for intervention. RMH is the only program in northwest Bronx that provides some services to the homebound. LIFENET is a telephone intervention line. If an individual is taken to a hospital emergency room, there must be a needs assessment in the community within five days. Referrals to RMH come from senior housing programs, neighbors and physicians. If an individual registers for the post office program, the mailperson will notify the building super if mail isn't picked up after one day. A growing problem is gambling among seniors.
3. Discussion and reports:
 - a. Riverdale Senior Services has developed a committee to visit facilities in our area which serve senior adults.

- b. I. Ladimer is developing a program to alert police to intervene rather than arrest those whose wandering or inappropriate behavior may be related to medical conditions.
- c. Facilities with geriatric mental health programs include Montefiore, VA, Allen Pavilion Hospital.
- d. Recent falls in the area of Riverdale Senior Services focuses on a need for improvements in curbs, sidewalks, street lights.
- e. Access-A- Ride: available for those recommended by physician and with evaluation by MTA. Transportation is also needed for those with mental health issues.
- f. AARP is doing a follow- up with its members to improve attendance at its events.
- g. An area wide list of facilities providing holiday meals open to the public is needed. Among those are Hebrew Institute of Riverdale, St. Stephen's United Meth. Church, Schervier.

Next meeting: Tuesday, Jan. 26, 2010, location to be announced.

Submitted by: K. Pesce, Chairperson