

**BRONX COMMUNITY BOARD NO. 8**

**MINUTES OF THE AGING COMMITTEE MEETING  
HELD ON FEBRUARY 28, 2012  
AT THE RIVERDALE HOUSING FOR THE ELDERLY  
6477 BROADWAY**

<b>PRESENT</b>	<b>AFFILIATION</b>
Karen Pesce	Committee Chair, CB8
Tony Creaney	CB8
Tom Durham	CB8
Beverly Fettman	CB8
Marvin Goodman	CB8
Irving Ladimer	CB8
Georgia Santiago	CB8
Nancy D'Auria	Elder Serve HomeCare/Hebrew Home at Riverdale
Kathy Gorup	Classic Residence in Yonkers
Mindy Katz	MPH
Dr. Richard Lipton	

1. Minutes of previous meeting accepted as submitted.
2. **Speaker:** Dr. Richard Lipton, Principal Investigator with Mindy Kahn, Einstein Aging Study  
The study has been ongoing since 1992 with a total of 1800 subjects. The current study has 600 subjects and is funded by the National Institute of Aging (4 additional years), private donors and foundations. Participants are recruited through memory disorder clinics and mailings to Medicare recipients. No "volunteer" participants are selected. The ethnic mix is representative of the Bronx population. Incidence is increasing due to longer life expectancy.  
**Study goal:** Make Alzheimers Disease a Memory (instead of a debilitating illness).  
Signals of Alzheimers Disease which is a type of dementia: shrinking hippocampus (part of brain); amyloid level increases in brain; presence of identified genes; diminished physical activity and frailty; Vitamin B12 deficiency; diminished new learning ability; decreased attention span; Parkinsons Disease, multiple strokes, depression, etc.  
**Treatment:** no cure has been identified at this time, but the following are being studied for delaying/preventing onset:  
Increasing physical activity, i.e. walking, and mental activity, i.e. crossword puzzles, maze learning, new musical instrument or language skills.  
**Drugs to increase acetylcholine** - i.e. Aricept, which may have short lived benefits.  
Removing/decreasing amyloid level in brain; may result in negative side effects.  
Searching for genes which protect against Alzheimers.  
**Study techniques:** memory/problem solving skills; brain autopsies.
3. Agency Reports  
**Classic Residence in Yonkers:** Caregivers Support Group meets 2nd Tuesday of the month in the evening. Call for information.

**Riverdale YMHA Senior Center:** change in leadership with Nagle Street Y.

4. **Budget:** need to identify needs and programs for inclusion in next expense budget requests.
5. **NEXT MEETING:** Tuesday, March 27, 2012, 3:30 PM at Riverdale Senior Services. Speaker Regina Wallace of Hebrew Home discussing Hudson House apartments located on Johnson Avenue.

Submitted by

Karen Pesce,  
Chairperson  
Aging Committee