

**Bronx Community Board No. 8**  
**Minutes of the Aging Committee Meeting**  
**Held on 9/17/2018 at**  
**Atria of Riverdale**

<b>Present</b>	<b>Affiliation</b>
Eric Dinowitz	CB8 Committee Chair
Lisa Daub	CB8 Committee Member
I William Stone	CB8 Committee Member
Rita Lowe	CB8 Committee Member
David Gellman	CB8 Member
Marvin Goodman	CB8 Committee Member
Daniel Padernacht	CB8 Committee Member
Karen Pesce	CB8 Committee Member
Caitlyn Smith	NYC Dept. of Mental Health and Hygiene
Maritza Ortiz	Fort Independence Senior Center
<i>Other guests on sign in sheet</i>	
<b>Not Present</b>	
Georgia Santiago	CB8 Committee Member

Meeting called to order at 4:30PM by Chair E. Dinowitz at Atria Riverdale

1. Speaker C. Smith discussed fall prevention for older adults.

-History: there are approx. 300 fall related deaths annually in NYC with 50% falls occurring at home. 40% of those hospitalized go to long term care. Falls aren't considered a normal part of aging. In the period 2005-2012 falls increased across all economic levels with Staten Island having the greatest increase of fall frequency.

-Risk: age related changes, i.e. muscle weakness, gait pattern and balance, declining vision and hearing, medical conditions including Parkinson's and depression, environmental hazards indoors/outdoors, history of and fear of falling, behavioral i.e. footwear and alcohol usage, lighting.

-Resources: many provided free by the NYC (befitnyc.org and NYC Parks Dept.) or by calling 311 which can provide a home safety checklist.

-Reminders: if recommended, use cane/walker for all ambulatory activities. Have a phone within easy reach for 911 calls in event of a fall. Utilize grab bars in shower, tub, toilet area; use a shower bench, detachable shower head, nonskid bath mats since many falls happen in bathroom.

-Prevention: In addition to making home safe, exercise is the most important thing one can do to prevent falls.

2. 5/18 Minutes: approved by E. Dinowitz, L. Daub, I. W. Stone, R. Lowe, D. Gellman, M. Goodman, K. Pesce

Abstain: D. Padernacht

3. Other concerns:

-In July, 2018, Eric Dinowitz and Lisa Daub met with residents of Riverdale Senior Services and Riverdale Y Senior Center to hear issues of concern. Mentioned at Senior Citizen Center Roundtables: Independent living issues, transportation issues, need for timed traffic signals, store closures making shopping inconvenient (may be referred to Econ. Devel. Comm.). At this meeting, consideration of SHE, SCRIE, DRIE; inviting rep. of Dept. of Aging; Medicare/Medicaid eligibility.

NEXT MEETING: 3<sup>rd</sup> Tues. of October (10/16/18). Time and location to be determined.

Prepared by Karen Pesce, Acting Secretary

Submitted by Eric Dinowitz, Chair, Aging committee