

Minutes from Committee for Concerns of the Aging

Thursday December 5th 2019 @ Riverstone Senior Center

Attendance:

Committee – Present: Yosef Kalinsky, Mary Anderson, Glennis Aquino-Gil, Mariam James & Jay Mazur. **Public Members - Absent:** Carol Weeks. **Excused:** Fern Hertzberg

Public: Joan Bowen, Kayla Perdomo (Riverstone), Liliete Lopez, Patrick Johnson, Benita Martinez, Ilana Dunner (Riverstone), Selsa Cepin

- Meeting began at 10:45am with introductions by the chair
- Presentation by Joan Bowen – Disability Etiquette
 - We don't say a disabled person, we say 'a person with a disability', or the 'person who is in a wheelchair'.
 - Always address the person by name and identify yourself. Don't say "honey" or "sweetie"
 - Before attempting to help someone with a disability ask them if they want assistance.
 - Do not touch a person without asking them first – even to wipe something from their clothes or face. Do not move or touch any of their equipment without first asking permission. It is an extension of their body.
 - Let the person with a disability set the pace. Do not rush them or push them.
 - Call ahead to find out about accommodations, accessibility, and consider the weather.
 - If person is sitting in a wheelchair – pull up a chair in order to be on the same level of eyesight so that they will not have to continue lifting their head to converse with you.
 - When trying to get the attention of someone with a hearing impairment – bring yourself in front of them, or make a gesture - do not touch them. Do not shout or raise your voice.
 - When assisting a person with a vision impairment:
 - Introduce yourself - For example you can say "Hi Jennifer, this is Jim."
 - Let them hold onto your elbow to guide them somewhere, not your hand. The guider should be one step ahead.
 - Use instructions like – "we're going to make a left in 20 feet". Don't say "over there".
 - When you want to seat them, hold them by the wrist (not hand) and show them to the back of the chair.
 - Their plate is like a clock – you can say at 3 o'clock there is potatoes, at 9 o'clock meat
 - Place a drink in their hands, not in front of them, to avoid spills.

- Some prefer to use regular size stalls, not wheelchair accessible ones. Ask them in advance, don't make assumptions.
- Presentation by Lilliete Lopez, representing New York Connects – (800) 342-9871, www.nyconnects.ny.gov
 - This is a service that links children or adults with disabilities or older adults with long term services and support
 - Get answers to Medicare and apply for Medicaid
 - Personal care services – preparing meals, housekeeping, bathing, transportation, home safety, access-a-ride issues
 - Education and counseling – independent living skills, building occupational skills, supported employment
 - Health services – mental health services, substance abuse, developmental disabilities support
 - Health and wellness – abuse prevention, managing chronic conditions, building relationships
- The chair discussed the upcoming Census 2020 and its importance – each person not counted costs us \$2,600 of state funding.
 - There are many places available to assist people to fill out the forms
 - Immigration status does not matter. All residents should be counted.
- Holiday youth performance for the seniors at Isabella Geriatric Center on Saturday December 21st from 2pm-4pm– sponsored by CB12 in collaboration of the Youth & Education Committee and Aging Committee.
- Meeting adjourned at 11:55am