

COMMITTEE FOR CONCERNS OF THE AGING MINUTES

Thursday, January 3rd, 2019

At Riverstone Senior Life Services

Committee Members:

Present: Mary Anderson, Chair; Fern Hertzberg, Asst. Chair; Rabbi Yosef Kalinsky

Absent:

Excused: Norma DeCandido, Public Member

Board Members:

Guests: Ann McCosh; Elizabeth Cohn, Hunter College “All of Us”; M. Dejesus Towne; Danelis; Imogene Hooker; Giovanni Feliciano, NYC Parks; Danyung Almonte; Ilana Dunner, Director Riverstone Senior Life Services; Melissa Abreu, Social Worker @ Riverstone Memory Center

Meeting called to order at 10:45 AM by Mary Anderson, Chair. Welcome extended to all. Introductions made.

(1) Presentation made by Elizabeth Cohen, PhD, RN about “All of Us” research program. The goal of this research is to help researchers understand more about why people get sick or stay healthy. This is part of the Precision Medicine Initiative which is healthcare based on you as an individual. The hope is that 1 million or more people from all over the US will join the program so research reflects the diversity of the country. This is a cohort study of all types of people including all minorities, people living in rural and urban areas, all socio-economic areas, and social determinants. The most exciting thing is that healthy older adults are included in this program, where in other research programs, older adults are excluded unless they have a specific disease. How to join was explained and instructional information flyers in English and Spanish were made available. The computer part of the Application process is made available at libraries where staff is trained to assist people to log on to the program. Already, over 9,000 people are enrolled in NYC; 300, 00 in the nation are enrolled.

(2) Presentation made by Melissa Abreu, Social Worker from the Riverstone Memory Center about their Alzheimer’s and Caregivers programs.

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(3) Presentation by Giovanni Feliciano from NYC Parks & Recreation about available programming at Highbridge Park for seniors. Schedule passed out. Also, flyers given out for a special Senior Fitness Day at Highbridge Recreation Center on Friday, January 25th from 10 AM to 1 PM. A Parks Membership Card is not necessary for this event – it is free for all. The goal is to encourage older adults to get active and to get fit.

(4) Evaluation: As per new CB12 Chair, Richard Lewis, participants at meeting were asked to give feedback about the meeting. Several gave positive feedback, feeling presentations were interesting and worthwhile and that they liked the meeting.

(5) New Business: Suggestion that CB office be asked that committee minutes and agendas be sent to all Senior Centers. Plan is to get list and request this to be done.

(6) Next Meeting: Will be on February 7th at 10:30 AM at Our Savior's Atonement Lutheran Church, 178 Bennett Avenue.

Respectfully submitted,
Mary Anderson, Chair