

Minutes from Committee for Concerns of the Aging

Thursday April 4th 2019 @ YM & YWHA

Committee – Present: Fern Hertzberg, Yosef Kalinsky, Mary Anderson

Board: Richard Allman **Public:** Dilem Valenzuela (NYC Poison Control), Marcie Gitlin (Director Center For Adults Living Well at the Y), Joseph Rosenbaum, Brigida Pozo, Giovanni Feliciano (NYC Parks), Sue Tarlton, Olnia De Moya, Breseydia Coux, Viera Miller, Deborah Gross, Julia Levenberg, Josefa Solano, Carmen Cerde

- Meeting began at 10:40am with all participants introducing themselves.
- Presentation by Dilem Valenzuela from NYCPCC [212-671-5782, vdilem@health.nyc.gov] about important information for all residence, but especially geared towards the aging in our community.
 - Annually Poison Control Center (USA) receives 1 Million calls to its hotline # 1-800-222-1222, for NYC the direct # is 212-764-7667. The calls are answered by trained nurses and pharmacists.
 - Unintentional poison can happen to anyone. Cleaning products, medicines, pesticides – can all be ingested, inhaled, or get in eyes.
 - Don't mix cleaning products and always keep separate from food items
 - Over the counter medicine can also be poisonous, especially when mixing prescriptions.
 - Take a picture of all of your medications so that you have it with you at all times
 - Make sure you are wearing eyeglasses and that the lights are when you take your medications – to avoid careless mistakes.
 - Smoke and Carbon Monoxide detectors must be installed in your apartments. Know the beeps on your detectors. One beep means high levels of CO not low battery. If you inhale higher levels of CO it will make you drowsy.
 - Be careful if you leave the stove on in order to heat your apartment, can be very dangerous.
 - If person is breathing call the poison center, if more acute danger call 911. You can also call poison center while waiting for EMT to arrive.
- Giovanni Feliciano – NYC Parks Department @ Highbridge Recreational Center
 - Senior fitness on Tue-Thur from 11am-12:30pm
 - Pool opens May 28th
 - Free membership
 - They also have a media lab with computers and free printing
- Old Business
 - Resolution from last month regarding accessible elevators in northern Manhattan at stations making repairs was also passed by the Transportation committee this month and will be presented to the entire board as a joint resolution.
 - Additional language was added by Edith Prentiss, who is a plaintiff in the lawsuit.
- Public Hearing on April 11th @ 6:30pm at the CB12 board office regarding proposed homeless shelter for men at 179th Street and Audubon Avenue (across from new ARC senior Center). Scheduled to open in October 2019, in the interim they are using the hotel on 181st street.
 - Please come out and express your feelings to the department of health services.
- Next meeting is on May 2nd at 10:30am
- Meeting adjourned at 12pm