



The City of New York

Queens Community Board 11

Serving the Communities of Auburndale, Bayside, Douglaston, Hollis Hills
Little Neck and Oakland Gardens

Jerry Iannece Chairperson / **Susan Seinfeld** District Manager

TO: All Board Members
FROM: Allan Palzer , Ad-hoc Chair
RE: Senior Citizen Committee Meeting Report
DATE: November 20, 2013

The Committee met on Tuesday, November 19, 2013. Members in attendance were: Allan Palzer, Douglas Montgomery, Eileen Miller, Susan Cerezo, Roy Guisetti, Jyothi Sriram, Incha Kim, Steve Behar, Christina Coutinho, Community Associate and Susan Seinfeld, District Manager, Karen Schwab, Samuel Field Y and Jerry Wind, Board Member, Community Board 13.

Allan Palzer presented statistical information from the U.S. Census about population growth and trends of seniors residing in the United States, NY State, NY City and Community Boards 7, 11 and 13. Karen Schwab, Director of Senior Programs at the Samuel Field Y discussed programs available for seniors: in the community; at the Y, and in Naturally Occurring Retirement Community (NORCs) (Deepdale Gardens in CB11, CAP in Whitestone in CB7, and WOW in CB13); and services provided in cooperation with Catholic Charities and Services Now for Adult Persons (SNAP) in CB 13 but available to residents in CB 11, CB7 and CB13. A summary follows.

| 2010 US Census Population | Total | Age 65+ | %of Total | |
|---------------------------|-------------|------------|-----------|-----------------|
| United States | 313,914,040 | 43,006,223 | 13.7 | 2012 projection |
| New York State | 19,570,261 | 2,681,125 | 13.5 | 2012 projection |
| New York City | 8,336,697 | 1,008,740 | 12.1 | 2012 projection |
| Queens County | 2,272,771 | 300,005 | 13.2 | 2012 projection |
| CB 7 | 253,227 | 40,658 | 16.1 | 2012 projection |
| CB 11 | 118,408 | 19,898 | 16.8 | 2012 projection |
| CB 13 | 200,796 | 27,047 | 13.5 | 2012 projection |

State population rankings are: 1. California 37.3 million; 2. Texas 25.1 million; 3. New York, 19.4 million and Florida, 18.8 million. **U.S. City population rankings** are: 1. New York, 8.2 million; 2. Los Angeles, 3.8 million; 3. Chicago, 2.7 million; 4. Houston, 2.1 million. **Countries: Japan leads the world in seniors 65+** at 23%; most European countries follow at 15%, except Germany and Italy with 20%. **“Baby Boomers”** (born 1946 - 1964) started turning 65 in 2011; their numbers will increase dramatically until 2030 when the older population is projected to be 72 million, representing 20% of the U.S. population. **U.S. Women**, account for 57% of population, over age 65 and 67% of population aged 85+. **U.S. Men**, age 65 to 74 are more likely to be married, 78% compared to 56% of women. Age 75 to 84, men 73%, women 38%. **U.S. Life Expectancy** at age 65 was lower than that of many industrialized nations: Japanese women could expect to live 3.7 years longer than US women and Japanese men, 1.3 years. **U.S. senior death rates** declined more than 50% since 1981 from heart disease and stroke, while rates for chronic lower respiratory disease increased 57% in the same time frame. Senior **Chronic** conditions differed by sex; arthritis: women 56% versus 45% for men; heart disease: women 26% versus men 37%. **End of life:** use of hospice last month of life increased from 19% in 1999 to 43% in 2009; 49% of deaths occurred in hospitals in 1989 which declined to 32% in 2009; percentage of seniors dying at home increased from 15% in 1989 to 24% in 2009. **Technology:** 50% of seniors over 65 are Internet users and a higher percentage use cell phones. Tablets and iPads used for games, brain fitness, photo viewing, music, reading, are easy to use and can be adjusted for letter size; hearing aids have improved through miniaturization; video, computer games and Skype are used for social interaction; health tracking software. **Random Notes from studies on seniors (SeniorJournal.com):** We are living a decade longer than our parents’ generation due to healthy aging. Seniors

may be significantly shortening their lives by too much time watching TV. More than half of U.S. seniors have a disability and 70% of seniors over 80. A Swedish study reports, how you live life is more critical to longevity than genetics. The poor live five years less than the affluent. Survey finds 16% of Americans, mostly women, provided eldercare in 2011.

Long Term Care: It is projected that two thirds of adults over 65 will require some type of long-term care options and will pay through private means for: nursing homes, assisted living, aide services, and non-skilled care. Typically, seniors need help in obtaining quality care and support. To that end, several non-profit agencies serve seniors in cooperation with each other in CB 11, CB 7, and CB 13. Two of the major non-profits are described below:

Services Now for Adult Persons, Inc. (SNAP) 80-45 Winchester Blvd, Queens Village 11427 (718-454-2100). SNAP offers homebound services to seniors: case management, medical, senior center, shopping transportation, home-delivered meals, information referral, advocacy, volunteer services, telephone reassurance, counseling, support groups, seminars and respite services.

Samuel Field Y, 58-20 Little Neck Pkwy, Little Neck 11362 (718-225-6750) Serves over 25,000 community residents annually, including services to older adults: dementia care, social adult day care; family respite, senior center, exercise classes, computer classes, socialization groups and operation and oversight of seniors living in Natural Occurring Retirement Communities (NORCs) funded by government agencies.

Early Stage Dementia Care Program, 58-20 Little Neck Pkwy, Little Neck 11362 (718 225 – 6750 ext 331) Assists people with beginnings of Alzheimer's disease or other memory disorders; meets Tuesdays and Thursdays, 10 AM to 2 PM. Charges \$50 a day. Objective is to sustain highest level of functioning, increase confidence and feelings of self-worth. Services include: support group counseling, memory enhancement, educational programs, crafts, exercise and music classes, recreational day trips, stress and anger management, telephone reassurance, senior center participation, weekly caregiver support groups, short-term family counseling, short-term individual counseling and information and referral.

Community Advisory Program For The Elderly (CAPE), 59-28 Little Neck Pkwy, Little Neck 11362 (718) 224 – 0566. Licensed by New York State Office of Mental Health. Provides counseling and psychiatric services for patients who are physically or emotionally homebound. Transportation available for a small fee. Fees are based on a sliding scale; Medicaid is accepted. A Mobile Outreach Service Team provides in-home psychosocial assessments and evaluations; psychiatric evaluation medication, assessment of health needs and referral to community resources and services. Information, referral, telephone reassurance and entitlement counseling to community residents is also offered. On-site social work, psychiatric services at Queens Central Y and Clearview Senior center are also available.

Engage, 58 – 20 Little Neck Pkwy, Little Neck 11362 (718 – 225 – 6750 ext 212) This is a volunteer program for boomers and beyond designed to affect change within the community through hands-on activities. Seniors are invited to use their skills, expertise, passion and leadership to address community issues.

Clearview Assistance Program (CAP) NORC, 163-59 17 Ave., Whitestone, NY 11357 (718 – 352 – 4157) Offers social work and nursing services, educational and recreational services for seniors 60+ living in Clearview Gardens Cooperative (CB7). Goal is to help them remain safely in their homes as long as possible. **Natural Occurring Retirement Community Without Walls (WOW), 58-20 Little Neck Pkwy (718 225-6750 ext. 540)** Similar to CAP: provides services to 1-and-2 family homes in CB13 with boundaries: Glen Oaks Village & 76 Ave. to the North; 86 Ave. to the South; Cross Island Pkwy. To the West; and Langdale Ave. to the East.

Deepdale CARES NORC, 57-17 Marathon Pkwy, Little Neck, NY 11362 (718 – 225 – 3929) provides similar services to CAP and WOW to individuals living in Deepdale Gardens cooperative located in CB 11.

Committee members discussed their own experiences with elderly family members and neighbors who need help, but will not admit it, refuse to ask or cannot because of language barrier or do not know that it is available. In the future, there will be a greater demand for volunteers to assist in such tasks as daily or weekly assurance telephone calls, shopping assistance, pet walking, reading to a senior, deciphering a bank statement or a bill, changing light bulbs, etc. It was felt that there must be more outreach to the community civics, churches and synagogues by the agencies that provide the services.