

## Community Board 9 – Senior Issues Committee Meeting Minutes

Meeting was called to order by the chair, Rev. Georgiette Morgan-Thomas at approximately 11:36 AM.

Agenda and Minutes from the March meeting were adopted unanimously.

Presentation: Adult Day Care program at Amsterdam House

Jay Virella, director of the Adult Day Care program and Therapeutic Activities program at Amsterdam House, presents.

This program, based at West 113<sup>th</sup> st. and Amsterdam, is run on the medical model. It provides activities: social, current events, exercise, trips, (Lincoln Center, Casinos, Movies, Parks) arts and crafts; Transit – to and from home; Medication (two nurses on staff), rides to appointments; education programming (dieticians, related to health issues and diet); Breakfast and Lunch are included plus take home food at the end of the day; vital signs check on arrival.

Because it is all in one building, patients who are in the nursing home or short term rehab can take part in the program and any one in the Adult Day Care who needs rehab can also get the care at Amsterdam House if the space is available.

Religious services are held on the weekends – nondenominational.

Program is open to all who qualify – Medicare, etc. Social worker is on hand to help.

Many participants have home health aides – they can work with your schedule. Program is 7 days a week. Minimum of 5 hours each day.

Mr. Virela asks that we help spread the word about this program.

Ms. Verna from DFTA asked about therapy:

J.V: We provide Occupational Therapy, Physical Therapy and Speech Therapy, even if you are not staying at Amsterdam House

Chair has concerns because of the case from years ago when a senior she knows needed more assistance but Amsterdam House would not accommodate her. What makes accessibility better now?

J.V: 'Not on my watch'. Reason he is director is to improve the program and because new leadership was needed. As director of both in house and Adult Day Care programming, JV works very close with Admin and Nurses.

We are a very successful nursing home with a waiting list. If no beds are available, we can't admit patients, but will do all possible to make sure that participants who qualify will get what they need.

Notes that we are seeing more rehab residents and fewer long term residents due to better health of aging population. Amst. House now has three floors for Short term rehab, up from 1 floor 6 years ago.



Chair: Is there way to prepare participant who is showing signs of deteriorating health. Health tracking?

JV: We pay attention to details. Have planning meetings every Wed., team communicates with each other and family. Ex. Of patient who wanted to reduce frequency of participation. Felt uncomfortable when begin changed (paraplegic). Spoke with family and, once situation was understood, returned to full schedule. Emphasized that they also prepare patients for returning home through education: diet, medical, etc.

Current number of participants = 80

Staff: 1 Social worker, 5 Certified Nurse Aides, 2 RN's (1 is a clinical manager), 3 activity leaders, 1 secretary – handles transportation logistics and scheduling, and Security Guards.

Anthony F. : Criteria for admittance?

Insurance, private pay (\$200/day), Medicaide, Guild Net, HMO's, DNS.

Seniors can participate on floating schedule with advance notice. Work out with insurance company through Social Worker. No same day participation. Can switch days but must be authorized.

Chair: Flexible days? Yes, but calendar is set through July, so need to plan in advance.

JV: Credentials: Bachelor and Masters in Education – History Degree.

Member: What if I go on vacation and I want my mother to stay at Amsterdam House? JV: Not sure, but will look into it.

Ms. Gilmore: How to alleviate negative attitude towards Nursing homes in general?

JV: Very personal – ours is an excellent facility in comparison to others: One of few Not for Profits that survives, Amst House is rated 5 stars, Dept of Health has rated it deficiency free. Positive reviews by patients. Is a JACO skilled nursing facility. Has its own Gym and Geri Gym. Available to seniors who participate in the program.

Ms. Gilmore: How Can I recommend this? Can my friend's daughter come visit?

JV: Once a week there is a special open house.

Ann B: What is your catchment area?

JV: Bronx, Brooklyn, Yonkers, Queens, LES.

Chair: Is there an Assisted Living Program?

JV: No longer: Harborside in Long Island.



Members: I visited 3 different people on 3 different floors. All were comfortable. I am very impressed. My sister was involved in program – very helpful. My church delivers dinners on Thanksgiving and Christmas to church members at Amst. House.

Ms. Prince: Can our committee tour Amst. House?

JV Call to schedule an open house. Anthony: Set aside date – it is our responsibility to our constituents. Can we do groups? JV Max of 10 per tour. Chair: Let's schedule two dates. Anthony: Meaningful for those of us who were critical of previous admin. Want to be supportive of what you do.

Chair: Funding. Seed funds from developers in area to give scholarships to those who do not qualify. Medicare is no help. Many are stuck in the middle. Disparity exists between services provided for Medicare and Medicaid recipients.

The Enclave – St. John's. Ask developers to donate!

JV: Notes that Enclave was supposed to be for Amst. House – handshake agreement – but at last minute St. John's gave it to someone else.

Second Presentation – Goddard Riverside Single Stop Program – Ron Guy

Ron Guy's first experience with community boards was with CB9.

Introduces Nancy Castillo – senior specialist with program

Located at 140<sup>th</sup> and Broadway – 9 years at current location

Services Available:

Help with Food Stamps and Medicade – will advocate for you and fill out electronic application which gets processed faster.

Scree program – must be 62/ income less than \$50,000

DREE – Persons with recognized disability SSI/SSD

Financial Counselor available on Tuesdays

Will give you free Credit Report with score

Help with Housing

Recertification for Food stamps

Medicare part B

Work with Medical Rights Center

Notary Public – no charge

Lease Reviews – MCI, calculations

Benefits

Access-A-Ride

Metro Cards

Ann B. Tax Prep Free?? Ron – Yes – Free. This year not at our site but at other places including George Bruce Library. Call for info.

Gilmore: Rent Control – Applied for SCREE? – Had to pay surcharge. I must pay 30% of my income.

Ron – Scree does not ask for money in the bank

Gilmore – Income less than \$25,000/yr. So many new landlords – Holy Land Mgmt currently – Repairs not getting done, supers don't speak English. Why am I paying Soc. Security with my pension?



Ron – We must restore Section 8

Chair – Ms. Gilmore, please set up a consultation with Ron

Library – Heather Caines presents

Mentions Tax Prep Service. AARP volunteers help every Friday from 10:30 – 2:00. Just need photo ID and SS card. Taxes are done for free that day – get there early.

Our manager is working hard to promote various programs including: Education, Social and Entertainment for adults and children – check calendar and take flyers.

This Month:

Evolution of Music – how music has developed here in America

April 30<sup>th</sup> – Motown Sound

Computer Class Instruction – Must sign up

Every Month – Intro to Internet; Mouse and Keyboard; Gmail and Google Docs; Microsoft Word for beginners; Advanced Microsoft Word for Beginners.

Ebooks for Tablet and iPad

NYPL Tech Connect – 3-5 on Tuesdays – Tech helps you out in person

More time on Computer – 5-6:30 on Tuesdays – no Tech though.

### **Movement Speaks**

Fridays – 30 people every Friday – at end of each session there is a performance.

Gilmore – want to learn about family tree - Heather: will talk with you about that.

HC Staff shapes programming at each branch.

DFTA

Ms Verna congratulates Ms. Gilmore on being Honored as one of 10 Seniors in the 5 boroughs. Ceremony to take place in Albany. There will be a luncheon, bios, journal, certificate, photo op with elected official, and tour of the state house. May 10<sup>th</sup>. All counties nominate seniors, and one is nominated senior of the year. We're counting on Ms. Gilmore. Chair: We would like to bring other seniors up to support. Chair will be going with Ms. Gilmore. Ms. Verna will check to see if this is possible and get back to us.

Ms. Prince: May 6<sup>th</sup> is deadline to apply for – Senior Employment Program. Info sessions on Monday, April 25<sup>th</sup> at Hamilton Grange Library from 2-3 pm and Wednesday, April 27<sup>th</sup>, at George Bruce Library from 2-3 pm.

Old Business:

Chair: Post office

Could not meet this month due to scheduling conflict. Checking to see when they will come – are planning to come and looking at May. We will hold off on any protests until then.

New Business



Housing Committee chair could not attend. Senior/Housing forum being planned, looking at June. No date finalized.

May is Senior Month. Looking at Riverbank State Park for Forum

Chair is concerned as Housing Committee is responsible but not here – need to take charge.

Which issues to members of Senior Issues Committee want to see addressed?

A Fletcher – Bring a Housing Lawyer to address Notices from landlord; Rights; Rent increases; HDFC; Housing Court.

Chair – HPD

Impress importance of LiNK Program

Senior currently has to be homeless to get help – we must advocate for seniors who need the help. Help people who are caught in the middle. Subsidize so we can stay here. Retirement and the rent hikes.

M Wallace: Mark Levine – support for zoning bills

Ann B: Assembly and Senate – O'Donnell and Perkins

Chair: Developer – Discuss Set asides; subsidies; Pros and Cons  
Keith Wright – Housing Committee Chair

Member – Social Security

Chair: City Finance, HPD, Taxes – Finance was something we dealt with with Mrs. Welch at previous forums.

Prince: Seniors being released to homeless shelters – online article:  
[http://cityandstateny.com/articles/policy/healthcare/nursing-homes-forcing-residents-into-homeless-shelters.html#.VwOcC8fw\\_Vr](http://cityandstateny.com/articles/policy/healthcare/nursing-homes-forcing-residents-into-homeless-shelters.html#.VwOcC8fw_Vr)

West Side Federation – Valley Lodge

Adult Protective Services? – Chair: Only help people at risk of losing housing. We must get them to do their job!

Ms. Prince: Mrs. Welch being honored in May or June. – Recommend June Meeting.

Renee Slon from Trauma Program at Mt. Sinai/ St. Lukes introduces herself. Will present at the May meeting of the Senior Issues Committee. Uses Tai Chi to help seniors with fall prevention. Flyers available.

Meeting Adjourned at approximately 1:20 pm.