



# Manhattan Community Board 9

Serving Hamilton Heights, Manhattanville and Morningside Heights

## SENIOR ISSUES COMMITTEE MINUTES

TUESDAY, MARCH 5, 2015

### Committee Members

Ernestine Welch, Co-Chair **LOA**

Anthony Fletcher, Co-Chair & Interim Chair, **Present**;

Barbara Marshall, **Present**; Carole Singleton, **Present**; Martin Wallace, **Present**

### Public Members

G. Wanda Capan, **Excused**; Laenoria Conyers, **Excused**; Inez Woodhouse, **Excused**; Cora Gilmore, **Present**; Ruther Miller, **Excused**; Lillian Doctor, **Present**; Nazareen Robinson, **Excused**

**Other Attendees:** Verna Arthur, DFTA; Jocelyn Valentine, DFTA; Christopher Daigle, Hamilton Grange Library; Anne Payne; Zonia Bucknor; Craig Himmons, Hamilton Grange Senior Center; Jully Merino, Columbia University Office of Community & Government Affairs; Ameenah Muhammad; Ayana Rockett, Goddard Riverside Single One Stop, Marion Hills

The meeting was held on Tuesday, March 3, 2015 at the George Bruce Library, 518 West 125<sup>th</sup> Street, New York, 10027.

**Anthony Fletcher**, Co-Chair and Interim Chair called the meeting to order at 11:20 A.M and requested the attendees to introduce themselves.

The Agenda was adopted as it is and minutes were accepted with any necessary corrections, which may be submitted to CB#9 district office at a later date.

### Reports:

#### NYC Department For The Aging:

Jocelyn Valentine, Nutrition Consultant stated that last month was the Heart Disease and Black History Month and indicated that this March is Women's History Month. She spoke on the causes of Heart Disease and Colon Cancer. She stated that heart disease is the number killer in the United States and risk factors are high cholesterol and smoking. The medical conditions and lifestyle choices can also put people at higher risk for heart disease – diabetes, overweight and obesity, poor diet, physical inactivity and excessive alcohol use.

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### **The Heart Attack Symptoms are as follows:**

- Chest pain or discomfort
- Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach.
- Shortness of breath
- Nausea, lightheadedness, or cold sweats

Ms. Valentine cited that high blood pressure [hypertension] is the leading cause of stroke. The Harlem Hospital has dedicated a stroke center and dedicated ambulances for stroke victims. She added that Harlem Hospital has a Hip-Hop Stroke Center – Public Health Education Center developed by National Stroke Association in partnership with Harlem Hospital to teach schoolchildren key stroke concepts and motivate them to deliver the message to their families and adult caregivers. She touched on different nutritional diets such as dash diet [dietary to stop hypertension], Mediterranean and Anti Inflammatory diets.

**The Mediterranean Diet** is originally inspired by the traditional dietary patterns of Greece, Southern Italy and Spain. The principal aspects of the diet include proportionally high consumption of olive oil, legumes, unrefined cereals, fruits and vegetables.

**Anti-Inflammatory Diet** it is not intended for weight loss but intended to provide steadily energy, plenty of vitamins and minerals, essential fatty acids needed to optimum health. Here are the basics of the anti-inflammatory diet are eat lots of fruits and vegetables, minimize saturated and trans fats, eat a good source of omega 3 fatty acids, such as fish or fish oil supplements and walnuts, limit intake of refined carbohydrates such as pasta and white rice, avoid refined foods and processed foods, eat lots of whole grains, and use spices that have shown to have an anti-inflammatory effect such as turmeric, ginger, curry etc.

**Colon Cancer:** President Bill Clinton official dedicated March as the National Colon Cancer Awareness Month. Colon cancer occurs in the colon or the rectum. The colon is the large intestine or large bowel. The rectum is the passageway that connects to the colon to the anus. Colon cancer is treatable when discovered early; screening is the number one way of reducing the risk of colon cancer. Colon cancer can be prevented by eating diet with more fiber.

Verna Arthur stated that DFTA is charged to supervise senior centers and senior centers should register with DFTA. An ombudsman will be sent out check out the senior centers.

### **Manhattan Community Board No. 9:**

Eutha Prince, District Manager reported that Ms. Ernestine Welch is in the hospital at St. Lukes Hospital and she has a card for all members to sign. She stated that CB9's office is open to the community and is located at 16-18 Old Broadway. If one has a complaint or need assistance they should contact the board. She made an announcement that on Thursday, March 5<sup>th</sup> the Uniformed Services and Transportation Committee will hold a Public Hearing to discuss the NYC Department of Transportation Proposed Pedestrian Safety Improvement Project and encouraged everyone to attend for their voices to be heard. The Public Hearing will be held at Broadway Housing Communities, 583 Riverside Drive, 7<sup>th</sup> Floor [at corner of West 135<sup>th</sup> Street], and 6:30 p.m.

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### **Old Business**

#### **Columbia University Office of Community and Governmental Affairs:**

Jully Merino reported that seniors and the disabled can use the MTA senior and disabled reduced Metrocards identification cards on the Columbia Shuttle Bus. She encouraged seniors to contact the Manhattan Community Board No. 9 office with any complaints regarding the shuttle bus and urged that seniors should note the time, day, and the route of the bus when making the complaint so that the University can address the complaint to the right driver.

#### **CB9M Board and Senior Issues Committee Member:**

Martin Wallace gave an update on the upcoming Senior Forum. He stated that Ms. Prince provided him with the Elected Officials calendar and based on the calendar May 22<sup>nd</sup> and April 4<sup>th</sup> are the only dates available when the elected officials are not in Albany. Therefore the committee had to choose which date will be suitable to hold the Senior Forum. The committee decided that Friday, May 22<sup>nd</sup> will be the best day to hold the Senior Forum. Martin Wallace was to request meeting space at Amsterdam Nursing Home for May 22<sup>nd</sup> and report back in April.

### **New Business**

#### **Riverside Goddard One Stop Program:**

Ayana Rockett reported that Goddard Riverside Harlem One Stop is located at 140 West 140<sup>th</sup> Street and offers assistance with the following:

- Food Stamp Enrollment and Re-certification
- Medicaid Enrollment
- Senior Citizen Rent Increase Exemption [SCRIE] and Disability Rent Increase Exemption [DRIE].
- Medical Savings Program
- Tax Prep
- Legal Consultation (by appointment)
- Financial Counseling (by appointment)

All services are free, friendly, confidential, one on one and available to individuals and families in the Harlem community. If you need assistance please call (212) 234-3481.

#### **Announcements:**

- Manhattan Community Board No. 9 Uniformed Services and Transportation Public Hearing on NYC Department of Transportation Proposed Pedestrian Safety Improvement Project, Thursday, March 5<sup>th</sup>, 2015 at Broadway Housing Communities, 583 Riverside Drive, 7<sup>th</sup> Floor @ 6:30 p.m.

**Adjournment:** The meeting was adjourned at 2:00 P.M.

**Note:** The next meeting is Tuesday, April 7<sup>th</sup> 2015, George Bruce Library, 518 West 125<sup>th</sup> St

**Prepared by: Hlezphi Zita, Community Associate**