

Meeting Minutes for May 3rd, 2016 meeting Senior Issues Committee CB9M

Chair Morgan-Thomas called meeting to order at 11:40.

Agenda Approved

Minutes Approved

Renee Slon, from Mt. Sinai/St. Luke's Hospital Trauma Department presents.

This program has resources specifically for traumatic injuries. Has been verified by the American College of Surgeons, a national organization. This means more surgeons, staff, equipment and technology and becoming more streamlined.

Ms. Slon is the coordinator for Outreach and prevention.

Seniors make up at least 1/3 of the trauma they see – Seniors who fall
Considered trauma because seniors have fragile bones and have a much longer recovery time – falls cause major damage.

Solution:

More Activity and Exercise: Most active seniors are least likely to fall.
Activity also helps with independence, allowing seniors to stay in their homes.

These days, people are living longer, more are living past 100.

What makes this possible? What is more important – Diet or Exercise?

According to research, exercise helps maintain bone strength even more than diet.

What kind of exercise is necessary? No pain, no gain?

In China, low intensity exercise like Tai Chi is the norm – strengthens, removes disease, promotes health and delays ageing.

In India – almost no exercise is vigorous in the 'no pain, no gain' sense. This slow exercise, like yoga, improves digestion, reduces laziness and reduces incidence of senility.

American College of Medicine and American College of Sports Medicine have joined forces in an effort to get doctors to prescribe exercise as they would medicine.

Exercise:

- Reduces mortality and risk of cancer by 50%
- Reduces incidence of Alzheimers
- Reduces ALL causes of mortality
- Improves academic performance in young and old alike.

Ms. Slon reported on the last two months at Mt. Sinai:

1/3 of patients were over 65.

Falls were a huge factor: broken ribs, hips, knees, arms and head injuries.

4 per day were injured and 120 people came into Mt. Sinai in one month with a fall injury.

2 older New Yorkers (state) die in NY every day, often from preventable falls.

This is a Public Health Problem. It is also an economic problem – 1.7 billion dollars/Year.

Solutions:

Injury prevention through:

Home Modification – professionals check house for wires, bathtub, etc. fall risks

Clinical Intervention – Professional feedback about eyes, diet, anything that can contribute to a fall

Isolated Intervention – this is what Ms. Slon does.

Multifaceted – 8 week classes, 2 hours/week, covering all of the above topics.

Balance

Human beings are an inverted pendulum. Body must coordinate movement using body, brain and nerves: proprioception.

Tai Chi for Arthritis, developed by Paul Lamb, can help with this. This is an ancient form of martial art that is internal in nature, adapted to our modern condition. Every movement is thought out, regimented, learning how to breath, relax, and calm oneself.

Principals:

Continuous, slow movement with gentle resistance.

Upright Posture

Weight Transfer – no knee bending for those who are unable to do so

Internal – relaxed body and mind, breathing from abdomen.

Benefits:

- Decreased pain due to endorphin release
- Increase muscle and joint strength
- Improve breathing to lessen stress
- Increase balance with weight transfer
- Better posture
- Better memory – brain engaged with body is training for brain

Secondary benefits

- Decrease isolation, increase outlook, and increase confidence.

Questions:

Member: Diet - what if I'm taking medicine like Cumadin.

Renee S. – Talk to your doctor. Be in regular communication and follow up monthly.

Member: What about Sciatica?

R. S. Check with doctor about nerve medicines such as Neurontin. Tai Chi is OK, too.

Member: How do I get involved?

R.S.: Call me. Will hand out cards as well. I need space (Library, Church, Senior Center) minimum of 6 people. Also teach classes at the Hospital and at B'way Presbyterian at 114th and Broadway – June 7th, Tuesdays at 2:00. 8 weeks long.

Member suggests Emblem as a possible space and resource.

Member: How do I know if I've had a stroke?

R.S. Many symptoms:

Not feeling well, weakness on one side of body, bad headaches that won't go away, can't recover balance. www.stroke.org has more info. Problem is with blood not being able to get to the brain as a whole or in part. Go to a hospital immediately if you suspect a problem.

Chair: Also, discuss with your doctor and get a second opinion if necessary with all of these issues.

Renee leads group in a Tai Chi warm up!

Chair M-T: This is Senior Month! Many activities.

Reminder that Ms. Gilmore will be honored Tuesday, May 10th, in Albany.

Thanks to all of you for all that you have done and continue to do.

Elected Officials or their reps present:

Linda Guy for Sen. Perkins:

Announcing "Blazing the Trail" event (see flier) May 27th from 9:00 to 3:00.

Multiple workshops, including one on Scams and one on Emergency Preparedness. Lunch will be provided, plus massages and other pampering.

For the Emer. Prep., asks that Senior Centers and CB's help sign up seniors and submit lists to the office (sign up is being done electronically).

Member: Primaries were a mess. What is Perkins going to do about it?

L.G. agrees. Will look into it. Reminds us of four elections coming up:

June, July, September and November.

Member: Many schools opted out of contract. Don't want to make changes, mand doors, schools are not secure, principals feel put upon. Protests on the part of principals are met with hostility by the Board of Elections staff. They are rude and inflexible. Parents are not happy and feel concerned for the safety and welfare of their children. The situation is not acceptable.

D.A.'s office presents: (See Flier)

Scams – Guide to scam awareness

Lottery, evil spirits, even family members or health aides.

Meeting is adjourned at ca. 1:15pm. Minute taker had to leave and was unable to take down the last few minutes of the meeting.

Respectfully submitted by Martin Wallace, member.