

Minutes from Committee for Concerns of the Aging

Thursday January 5th 2023

Attendance:

Committee – Present: Mary Anderson (Chair), Yosef Kalinsky (Assistant Chair), Maria Luna, James Bosley, Richard Allman. Absent: Mariam James, Nancy Matos. Public Members: Dory Garcia (ARC – Ft. Washington), Carol Weeks (Dyckman Senior Center), Elizabeth Urena (Golden Era Social Adult Day Care) Attendees: Dr. Lawrence Honig (CUIMC), Ashley Carlos (SHOPP), Diane Ashley (MJHS -Isabella Center), Miryam Rabner (MJHS), Ashton Stewart (MJHS), Verna Arthur (NY Aging), Cheyenne Morillo (Harlem Action Center), Rosie Bernard (MJHS), Ilana Dunner (Riverstone Senior Center), Leidy Jorge-Pena (STAR Senior Center), Shuli Gutman (Moriah Center)

- Chair Mary Anderson called the meeting to order at 10:40 AM. Members and Attendees introduced themselves.
- Presentation: Lawrence Honig, Professor of Neurology, CUIMC, Center for Excellence in Alzheimer's (CEA)
 - Dr. Honig presented an overview of Alzheimer's, including definitions, issues, and current activity.
 - With our overall aging population, there is a greater likelihood of these and other degenerative diseases.
 - There are many different sorts of Dementia, of which Alzheimer's is one. Dementias are marked by deterioration of intellectual function; cognitive changes; memory, language, and behavioral changes—all of which may be predecessors to Alzheimer's. Symptoms of Alzheimer's may include memory loss, disorientation, sloppy dressing, et al.
 - CEA services include clinical history, exam, neuroimaging, spinal fluid and genetic testing, and mental status testing.
 - There are recent and current breakthroughs in Therapeutics, with many trials underway and many different considerations of side effects. Current treatment includes drugs that address: non-specific symptoms; inhibition of brain acetyl cholinesterase; inhibition of brain AMDA; and amyloids. Neurotransmitter therapy is also offered.
 - Beta-amyloid clearance strategies are the only currently effective treatment. Dr. Honig offered information on other current therapies and therapies under study or development. The goal must be to have multiple treatments and strategies.
 - To request testing at CEA, contact Magnolia Jimenez, 212-305-2316.
 - In answer to a question, Dr. Honig said that there is no known connection between Covid and Alzheimer's.

- Updates/New Business
 - Our February meeting will have a presentation related to Covid and 2023
 - No more grab-n-go at senior centers provided
 - Discussion related to libraries re-opening and access to books for seniors through books my mail program
 - The Newly elected administration of CB12, Katherine Diaz is our new chair. She requested that each committee discuss its goals for the next 6 months. The discussion prompted voicing the following goals: 1. Continue Zoom meetings; 2. Address Mental Health issues; 3. Closer cooperation with NYCHA residents; 4. Discuss with Executive Board ways to disseminate information to seniors in the community

The next Committee meeting will be February 7, 10:30 AM.

The Meeting was adjourned at 12pm following a Motion to adjourn by James Bosley and seconded by Dory Garcia.