

Committee for Concerns of the Aging

Thursday June 1st 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). **CB12 Members:** Radiah Barnes. **Public Attendees:** Diane Ashley (MJHS -Isabella Center), Miryam Rabner (MJHS), Ashton Stewart (MJHS), Ilana Dunner (Riverstone Senior Center), Rosie Bernard (MJHS), Lisa Beth Miller (Lighthouse Guild), Shuli Gutmann (Moriah), Joshua Krasner (Help Advocates for Older People), Nancy Houghton (executive director of Help Advocates for Older People), Michele Castaneda.

Meeting called to order by the chair at 10:39am

Presentation – Joshua Krasner and Nancy Houghton from Help Advocates For Older People (HAFOP), www.hafop.org / josh.krasner@hafop.org / 212-980-1700

- Goals of HAFOP: Focus on wellness, home safety and fall protection, technology training program
- Better to plan before an accident happens – it is never too early to be safe. Construction after a fall to make changes is much more difficult than beforehand
- Remove door or widen door are good options to allow more room for a walker.
- Don't use sink to get up from toilet, or a grab bar – do NOT use the sink or towel rack for leverage.
- You can cut a tub for about \$1,500.
- HAFOP makes house visits to assess home safety for the community
- Smaller tiles in bathroom or shower provide greater traction and hopefully less slips
- Rugs can be hazardous, they can move/slip and cause you to slip
- You should be able to touch the floor when you are getting out of bed, that is safest way.
- Lift-up chair should be used as last result. It doesn't leave you in upright position. Better to use your muscles with some support.
- For memory loss – better to use labels (like “hot”) for hot water faucet
- For sight loss – large letters and color contrast can be very helpful
 - Mary/Maria – these changes are necessary but not inexpensive (note, HAFOP services are free), we need to work with landlords and the broader community to have them install these items in apartments.
- HAFOP has a wonderful equipment program to share with the community for those that need 212-831-1700

- **Old Business** – Budget time will be coming. Please look at the items from last year and give thought to updating our Capital and Expense requests.
- **New Business** –
 - General meeting of CB12 in June will be Hybrid. A quorum of Board members must be physically present in person. More information and details will be sent out to members. Attendees may be on Zoom or in person. Committee meetings will remain virtual for the time being.
 - The committee recognized our long-time member, Maria Luna, for her 43 years of service to our community.
- **Future speakers** – please share thoughts on future topics/presentations for us to discuss when we return after summer break.
- **Next Meeting** – September 7th, 2023 at 10:30AM