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## THE URBAN HEALTH MATTERS BLOG

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## AGE-FRIENDLY SEEN & HEARD

If you see something great,  
say something!

Tweet about it at:  
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# Aging Well in NYC

*The latest on aging happy and healthy in New York*

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Dear Friends,

I've just returned from an incredible trip to Brisbane, Australia, for the International Federation on Ageing Conference. It was inspiring to hear from so many colleagues around the world engaged in similar work—many of them having replicated elements of Age-friendly NYC.

Back home, we've been privileged to hear from 700 older people in Queens and Brooklyn about what they love about the city and where they would like to see improvements. We are sharing this information with our partners on the City Council and in the Mayor's Office.

The Commission's Working Groups are also off to a great start under the leadership of Nora O'Brien-Suric and Gordon Campbell (Public Safety), Carol Raphael and Bob Kaufman (Professions), Kathryn Haslanger and Ed Mills (Housing), and Jennie Smith-Peers and Jimmie Holland (Media, Arts, and Culture). Each group is in the process of developing an action plan for the next year. More information to come in upcoming issues of this newsletter!

Finally, if you are doing any age-friendly work or you see something age-friendly, please let us know and post it on social media using [#agechamp!](#)

Regards,

Lindsay Goldman, LMSW  
Deputy Director, Healthy Aging  
The New York Academy of Medicine

# AF-NYC News

## NEW IN THE NEIGHBORHOOD

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*Age-friendly NYC seeks to effect change at the neighborhood level and is working to create an age-friendly initiative in every community district by 2017.*

### **The Academy Listens to the Community**

This past spring, we conducted consultations and surveys in Bushwick, Brooklyn, Astoria, Queens, and Williamsbridge, Bronx in collaboration with Council Members Reynoso, Constantindes, and King. Some notable findings include:

In Coop City, participants reported very high levels of community engagement, and many noted that they were more engaged now than in their younger years. They identified many local resources for older people, but said that younger people in the community are disenfranchised. Older residents of Coop City are eager to serve as a resource to younger residents, including children and young parents and would welcome more intergenerational contact.

In Astoria, participants mentioned that arts, cultural and recreational activities are cost prohibitive, even with senior discounts, leaving many older people to rely on senior centers for social engagement and participation. Though beloved by participants, senior centers were thought to be underfunded and to have limited programming and hours as a result.

In Bushwick, participants were very concerned about access to affordable and accessible housing in their neighborhood. They were very active in tenants' associations and valued housing-related social interactions. Council Member Reynoso will use the feedback we collected to inform his neighborhood's participatory planning process for rezoning.

We worked closely with community-based organizations such as JASA, Selfhelp, Catholic Charities of Brooklyn and Queens, and the Ridgewood Bushwick Senior Citizens Council. If you or your organization would like to be an age-friendly neighborhood champion, [contact us](#), and we'll tell you how to get started!

### **Big Splash!**

We had a great time at the kick off to the Senior Splash program at Thomas Jefferson Pool here in East Harlem! Learn more about [Senior Splash](#) here or find a neighborhood pool that participates near you.

## AGE-FRIENDLY NEW YORK CITY COMMISSION AT WORK

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Through our Housing working group, under the leadership of Kathryn Haslanger and Ed Mills, we will be developing a strategy to disseminate the Mayor's Office's recently published "[Aging in Place Guide for Building Owners: Recommended Age-Friendly Residential Building Upgrades](#)." The guide was created under Local Law 51 of 2015, introduced by Age-friendly Commission ex-officio members, Council Speaker Melissa Mark-Viverito and Chair of the Council Aging Committee Margaret Chin. The Housing working group will also be exploring ways to incentivize the guide's recommendations to improve existing housing stock to better support an aging population.

## ADVANCING AGE-FRIENDLINESS IN NYC AND AROUND THE WORLD

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At the IFA Conference, I presented on our report "[Resilient Communities: Empowering Older Adults in Disasters and Daily Life](#)" alongside Gail Kohn, who heads up Age-friendly DC. The New York Academy of Medicine helped to launch Age-friendly DC in 2013, and having learned from our Hurricane Sandy experience, Age-friendly DC has included Emergency Preparedness and Resilience in their strategic plan. I also presented on Age-friendly NYC: Phase 2 Implementation which focused on sustainability through political change, as well as DOT's efforts to reduce senior pedestrian injuries and fatalities.

While away, I also learned about a successful initiative in the UK and Australia called [Casserole Club](#) which matches volunteers who cook with older people who don't. More than 7,000 people have signed up to share home-cooked meals with their neighbors.

## AGE-FRIENDLY PARTNER SPOTLIGHT

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At The [Center for Healthy Aging](#) run by the Urban Health Plan, older people in the South Bronx receive comprehensive clinical care in an environment that addresses the broader determinants of health. The Center provides older patients on-site access to medical specialists, mental health professionals, a food pantry,

healthy cooking programs, pharmacy, as well as dental care. Their patient centered care philosophy acknowledges the culture, language and community of their patients. Jaime Torres, DPM, the VP of Community Relations & Partnerships, serves on our Age-friendly Professions working group.

## AGE-FRIENDLY SEEN AND HEARD

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In this section, we will be giving shout-outs to age-friendly people, places, programs and policies!

If you see or hear something age-friendly, say something! [Contact us](#) and we will broadcast your great find on social media, or you can tweet it to: [#AgeChamp](#)

This month's age-friendly shout out goes to Samantha Telle of ShopRite on Staten Island, whom we met while doing Age-friendly Business outreach in Council Member Rose's district. Samantha is one of more than 120 Registered Dietitians who advise customers for free at ShopRite stores in New Jersey, New York, Pennsylvania, Connecticut, Delaware and Maryland. On Staten Island, she splits her time between all three ShopRite stores and works with older adults to educate them about making healthy choices while food shopping, as well as preparing well-balanced meals. Congrats to Shopright for being an [#agechamp](#)!!! Go to Shoprite's "[Find a Store](#)" page and search for a retail dietician in your area.

## NEW POLICY ASSOCIATES

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Joining the Age-friendly NYC team at The New York Academy of Medicine:

**Amanda Li** is a Junior Policy Associate under the Project 55 Fellowship program. She recently graduated from Princeton University in 2016 with a B.A. in Ecology and Evolutionary Biology and a minor in Global Health and Health Policy.

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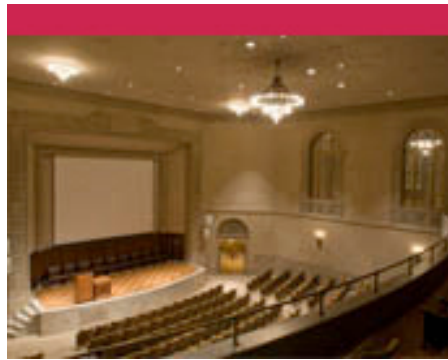
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### **About The Academy**

The New York Academy of Medicine advances solutions that promote the health and well-being of people in cities worldwide.

Established in 1847, The New York Academy of Medicine continues to address the health challenges facing New York City and the world's rapidly growing urban populations. We accomplish this through our Institute for Urban Health, home of interdisciplinary research, evaluation, policy and program initiatives; our world class historical medical library and its public programming in history, the humanities and the arts; and our Fellows program, a network of more than 2,000 experts elected by their peers from across the professions affecting health. Our current priorities are healthy aging, disease prevention, and eliminating health disparities.

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