

Subject: Age-friendly NYC Newsletter | November 2016

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AGE-FRIENDLY SEEN & HEARD

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Aging Well in NYC

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

Dear Friends,

We kicked-off our Age-friendly NYC season of events and activities with the September 28th panel, Changemakers: Acting Up at Any Age. Our panelists Aisha H.L. al-Adawiya, founder of Women in Islam, Inc., an organization of Muslim women which focuses on human rights and social justice; José Angel Figueroa, a poet, essayist and educator who writes about Latino experiences and contributions to the United States; Ed Lewis, founder of Essence Communications, Inc., who was at the forefront of a movement to change how people perceive African American and Latina women; Sandy Warshaw, a women's health advocate through the National Older Women's League, then SAGE (Senior Action in a Gay Environment); and Terrie Williams, a mental health activist, shared stories about their ongoing work to break barriers, catalyze social change, and strive for a healthier, more equitable world.

We are living in challenging times, so it was particularly inspiring to hear from those who have prevailed over injustice and continue to fight, undaunted and optimistic. If you missed the conversation, you can watch the video [here](#).



(L to R): Aisha H.L. al-Adawiya, José Angel Figueroa, Terrie Williams, Ed Lewis and Sandy Warshaw.

The Age-friendly NYC Commission is also continuing its work to improve and expand resources for older adults all around the city. The latest project (see below) will be informed by our working group on Public Safety.

This is just one of many new activities the commission will initiate as we move into a new year. Look for our next update

in January 2017.

Regards,



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

AF-NYC News

NEW IN THE NEIGHBORHOOD

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.

Congratulations to Heights and Hills and Good Neighbors of Park Slope on their launch of [Age-friendly Park Slope](#) in collaboration with [Council Member Brad Lander](#). The Academy had the privilege of working with Heights and Hills and community organizer, James Bernard, on the project last year, and we're are thrilled to see Age-friendly Park Slope come to fruition. Check out their [new local business guide](#) which includes a point system for age-friendly features and highlights 60 businesses that earned at least eight points. A cadre of older volunteers worked to canvass and assess businesses and garner commitments for age-friendly programming during the last week of October which included wine tasting, free classes in painting, dance, and cooking, and salon services.

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.

AGE-FRIENDLY NEW YORK CITY COMMISSION AT WORK

The Age-friendly NYC Commission's working group on Public Safety will oversee a new collaboration between the Academy and the CUNY Center for Urban Research to create IMAGE-NYC, an open-source interactive map of the current and projected aging population in NYC. Funded by the Fan Fox & Leslie R. Samuels Foundation, this map will facilitate more informed planning and more equitable and localized deployment of resources for older people by government agencies, elected officials, health care and supportive service providers, researchers, and funders in New York City. In addition, by providing location-specific, relevant information, this map will help to catalyze connections within and between sectors, institutions, and individuals leading to increased social cohesion which supports aging in community and community resilience.

ADVANCING AGE-FRIENDLINESS IN NYC AND AROUND THE WORLD

In the last two months, we've compared age-friendly notes with professionals in Tennessee, Connecticut, Long Island, and Westchester and filmed a segment for Channel NewsAsia, a 24-hour television news station based in Singapore, broadcasting to the Asia Pacific and the Middle

East. We also attended AARP's Livable Communities Conference in Chicago, where a notable session focused on tactical urbanism which is when community members come together to address a neighborhood issue through a temporary solution, also known as a "pop-up demonstration." AARP has a [new toolkit](#) out to help communities organize their own pop-up demonstrations.

A great example of tactical urbanism can be found in East Harlem. To improve the streetscape and build community, artist [Naomi RAG](#) recruited volunteers to help her adorn chain link fences and trees around the neighborhood with intricately crocheted flowers and uplifting messages.

AGE-FRIENDLY PARTNER SPOTLIGHT

Enterprise Community Partners and LeadingAge New York are cohosting the upcoming symposium: [Healthy Aging Begins at Home](#). Enterprise serves on and hosts our Age-friendly NYC Commission's Housing Working Group.

AGE-FRIENDLY SEEN AND HEARD

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](#).

An age-friendly shout out to [Argo Real Estate](#) for hosting a [seminar for coop and condo board members](#) and property managers that included how to keep older tenants safe in emergencies and for disseminating the newly published [Aging in Place Guide for Building Owners](#) to their network.



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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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