



Dear Friends,

Happy Older Americans Month! The [Administration for Community Living's](#) theme for this May is *Age Out Loud* to “give aging a new voice—one that reflects what today’s older adults have to say.” At Age-friendly NYC, we work to amplify the voices of older people and to empower community stakeholders to be responsive to their feedback.

In recognition of Older Americans Month, help us make a difference for you, your older family members, or neighbors by raising your voice. Each week of this month, we want you to get active in one of the following ways:

1. Make City Streets Safer for Older Adults

A fall can damage an older person’s health, but you can prevent it by calling 311 or using the [311 Mobile App](#) and reporting unsafe sidewalks and street conditions, before someone gets hurt. There’s also no need for older people to stand at bus stops and other public venues. You can also increase the amount of public seating on NYC’s streets in areas with high concentrations of older people through the [CityBench](#) program. Just go to [the website](#), fill out the very short (less than one page) form and tell them why the bench is needed.

2. Talk to your Landlord or Property Owner

Your property owner may not know that they can make no- and low-cost improvements to communal space and individual units to enable people to age safely in their homes. Share our [Aging in Place Guide for Building Owners: Recommended Age-friendly Residential Building Upgrades](#) to show them the way.

3. Get Your Free Doctor Visit or Tell a Friend

Every Medicare beneficiary gets a FREE Annual Wellness visit to develop a personalized prevention plan, but there are lots of people who do not know it’s available. Call your doctor for your own visit and help get the word out. Print out our easy to distribute [postcards](#) in English and Spanish.

4. Create Your Own Age-Friendly Neighborhood

Check out our [Age-friendly Neighborhoods Toolkit](#), as well as [Age-friendly Myrtle Avenue](#), [Bloomingdale Aging in Place](#), and [Good Neighbors of Park Slope](#) for advice on how you can make your community a better place to grow up and grow older.

Send us a tweet at [#AgeChamp](#) to let us know what you did to change the world this Older Americans Month.

Regards,



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

PARTNERS

The Office of the Mayor

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AGE-FRIENDLY SEEN & HEARD

If you see something
great, say something!

Tweet about it at
[#AgeChamp](#)

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Visit the Age-friendly
NYC website for news,
events, and more!

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AF-NYC News

Growing & Aging Discussion Group

The Academy hosts its third reading and discussion group, "[Growing & Aging](#)," supported by a grant from Humanities New York. Starting on May 10, six sessions will give participants the opportunity to look at aging and longevity from many perspectives.

Using literary and historical texts, the group will examine how society's notions about aging have changed over time, how growing older changes our perception of ourselves and others, and consider where we find satisfaction in later stages of life. Readings will be drawn from two anthologies, *A History of Old Age and Literature & Aging: An Anthology*, as well as contemporary essays and articles on aging. All readings will be made available to participants to borrow at no charge.

The reading and discussion group is open to all, but limited to the **first fifteen**

participants to apply. Preference will be given to those over the age of 65 in East Harlem in keeping with our ongoing efforts to support our local neighborhood community. If you are interested in taking part, please email culturalevents@nyam.org.

Roundtable for Boomers & Seniors

Senator Liz Krueger is holding a five-part program to provide an opportunity for neighbors to come together to explore life issues that are relevant across the age span. At each session, you will hear from and engage with professionals who are knowledgeable on topics that concern the growing population of older adults in New York City. Age-friendly NYC will present in session number five— Transforming Public Policy: Making Government More Responsive to Older Adults on May 11, from 8:30 – 10:30 at Lenox Hill Neighborhood House (331 E. 70th Street). Contact Sen. Krueger's office at liz@lizkrueger.com or by phone at 212-490-9535 for more information.

Age-friendly New York City Commission at Work

Mount Sinai Geriatrician and Age-friendly Primary Care Working Group Member, Veronica Rivera, MD, was interviewed for the public access program CMS & You. She discussed the role of a geriatrician, the importance of preventive services for older people, and advance care planning. You can watch the [interview](#) on the Age-friendly website.

Age-friendly Partner Spotlight

Check out the new [Age-friendly Pharmacy](#) profile of Rite Aid on our website! Through its Wellness 65+ Program, Rite Aid offers a 20 percent discount on instore and online purchases and special health-related activities and products for older adults on the first Wednesday of the month.

Age-friendly Seen and Heard

This month's age-friendly shout out goes to The Metropolitan Museum's Met Escapes program for visitors with dementia and their care partners. Met Escapes offers classes covering the expanse of all of the Met's artwork. Monthly classes are offered with handling sessions, discussion, art making, and other interactive and multisensory activities in the galleries and in the classroom. Sights & Scents, a similar program at The Cloisters, includes collage-making, multi-sensory exploration and discussion of medieval art and gardens.

This program is free, but reservations are required. For reservations, call 212-650-2010 or email access@metmuseum.org. For Cloisters reservations, call 212-650-2280 or email cloister.programs@metmuseum.org. Find dates of upcoming programs on [The Met's website](#).

IN THE MEDIA



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The Hill

Academy President Jo Ivey Boufford, MD | May 17, 2017

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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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