

Subject: Age-friendly NYC Newsletter | February 2017

## HTML



## Aging Well in NYC

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

### PARTNERS

The Office of the Mayor  
The New York City  
Council  
The New York Academy  
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### AGE-FRIENDLY SEEN & HEARD

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Dear Friends,

Age-friendly NYC is off to a great start in 2017. We're working on our plans for the year which—just to name a few—will include:

- A new set of age-friendly commitments from our City partners, building on the [original 59](#) to make New York City an even more fabulous place for people to grow up and grow older.
- The launch of [Age-friendly New York State](#), part of Governor Cuomo's new focus on health across all policies, in partnership with the governor and AARP.
- Another 6-week Growing and Aging Reading and Discussion Series in the spring, as well as new cultural programs at the Academy focused on aging in NYC.
- Two conferences in the fall—Age-friendly Primary Care and Financial Wellness. Look out for our Save the Dates!

We are also pleased to support Senator Gillibrand's newly introduced [Senior Financial Empowerment Act](#) to prevent and address incidents of financial fraud and abuse against older people through a multi-pronged approach that works to educate older citizens, track prevalence and perpetrators, and encourage community gatekeepers to identify and respond appropriately to fraud and abuse. We believe this act will help to maintain the financial security and improve the wellbeing of the older population.

Last, we are delighted to have been included in Emily

Esfahani Smith's newly published book [The Power of Meaning: Crafting a Life that Matters](#). Age-friendly NYC is mentioned in the chapter on "Creating Cultures of Meaning" as an example of using policy to catalyze opportunities for belonging and participation. We hope you'll check out this fascinating book which also highlights the work of our colleagues and friends at [StoryCorps](#) and [Encore.org](#).

Regards,



Lindsay Goldman, LMSW  
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 2018.*

[Bloomingdale Aging in Place](#) (BAiP) was established in 2008 as a volunteer initiative to help older adults lead vital, connected, safe and comfortable lives as their needs change. Membership is free and open to adults living on the Upper West Side between West 96th and West 110th Streets and between Riverside Drive and Central Park West. In December, representatives from BAiP attended Age-friendly NYC's convening of volunteer-directed Aging in Place initiatives throughout the city (there are currently 6) and described their myriad activities, lectures and neighbor-to-neighbor networks currently engaging 1,100 members.

Since they have no paid staff, they've had to use resources creatively and efficiently. By organizing "Show and Go" events (anyone who is interested meets at a specific time and place), for example, they eliminated the administrative work of tracking RSVPs. They also regularly partner with local businesses and senior housing providers to host events. Perhaps most importantly, they've created a sustainability plan for the organization (a 501c3) by having a term-limited board of directors that continually engages new leadership.

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

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In 2014, the Academy published "[Resilient Communities: Empowering Older Adults in Disasters in Daily Life](#)," detailing older New Yorkers' experiences before, during and after Hurricane Sandy and proposing recommendations to improve outcomes for older people following emergencies. We are pleased that our city and private sector partners have been working to implement many of the recommendations that emerged from the report.

New York City Emergency Management, represented by Elizabeth Angeles on our Age-friendly Public Safety Working Group, recently released a [Community Emergency Planning Toolkit](#) to empower groups such as tenant or civic associations, faith-based groups, community emergency response teams, community-based organizations and community boards/coalitions to work together to prepare for and respond to emergencies. Evidence shows that most people are assisted by friends and neighbors in an emergency, and this new toolkit will help to facilitate a more informed and systematic approach to helping. We are now working to help disseminate the toolkit through our commission, city agency, and private sector networks.

## AGE-FRIENDLY PARTNER SPOTLIGHT

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The [Right to Counsel Coalition](#) (RTCNYC), which includes Age-friendly NYC partners such as AARP and LiveOnNY, and Council Members Levine and Gibson, achieved a major victory on February 12th when Mayor de Blasio and Speaker Melissa Mark-Viverito announced they are committed to passing legislation to provide legal representation, in housing court, to low-income tenants, many of whom are older and on a fixed income, in housing court. By expanding access to legal representation, this new legislation will help to prevent unnecessary evictions and maintain housing security for those who need it most. The #RTCNYC Coalition is a #agechamp!

## 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.

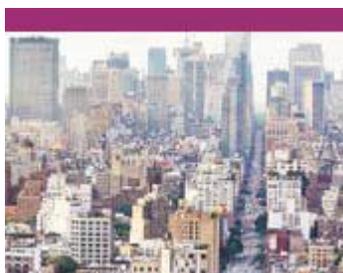
If you see or hear something age-friendly, say something! [Contact us](#) and we will broadcast your great find on social media, or you can tweet it to: [#AgeChamp](#).

[Big Apple Greeter](#) is a 25-year-old organization that



provides free tours to visitors to NYC who are interested in experiencing the “real New York” from real New Yorkers. Over the years, their “greeters,” 99 percent of whom are over age 60, have hosted over 135,000 visitors. Greeters report that they enjoy keeping physically fit, sharing NYC history, practicing languages other than English, and meeting new friends from different cultures. Big Apple Greeter inspired the [Global Greeter Network](#), and won a Certificate of Excellence Award from Trip Advisor in 2015. Big Apple Greeter is a #agechamp and a tremendous asset to the city!

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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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Age-friendly NYC

News from Age-friendly

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