

Subject: Age-friendly NYC Newsletter | September 2016

HTML



Aging Well in NYC

The latest on aging happy and healthy in New York

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THE URBAN HEALTH MATTERS BLOG

Bedford Stuyvesant's
Secret Weapon: Older
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AGE-FRIENDLY SEEN & HEARD

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Dear Friends,

First and foremost, Happy Healthy Aging Month! In celebration, we hope you'll get your [recommended vaccinations](#).



On September 13th, I had the privilege of speaking on a panel alongside Age-friendly Commission Member and Executive Director of the Bronx Council of the Arts, Deirdre Scott, at the *Atlantic Live* event, [The New Old Age](#). We spoke about what makes NYC a great place to age and what we're doing to address some of the challenges. One of the most interesting panels of the morning was on the representation of older people in modern film. Stacy Smith, founder and director, The Media, Diversity and Social Change Initiative, Annenberg School for Communication and Journalism at USC presented her [research](#) on the depiction of older adults in 100 recent films; and Academy, Tony, and Emmy Award winner, Ellen Burstyn, spoke eloquently about the limited and often stereotypical roles open to older actresses. You can watch the event [here](#).

Here at the Academy, we're doing our part to change the conversation around aging. On September 28th, we're hosting a [very special panel](#), celebrating a diverse group of older activists, including our own Ed Lewis. They will talk about their ongoing work to break barriers, catalyze social change and work for a healthier, more equitable world, while showing younger activists how they can do the same.

Our speakers are:

Ed Lewis, founder of Essence Communications, Inc., and co-chair of the Age-friendly NYC Commission.

Aisha H.L. al-Adawiya, the founder of Women in Islam, an organization of Muslim women which focuses on human rights and social justice

José Angel Figueroa, poet, essayist, and educator who

writes about the Latino experience and contributions in the United States.

Sandy Warshaw, a women's rights and LGBTQ activist.

Terry Williams, a mental health activist and author of *Black Pain: It Just Looks Like We're Not Hurting*.

We're also pleased to be partnering with Storycorps to record the oral histories of these and other longtime activists, which will be entered into the Library of Congress permanent record.

Finally, we've launched our new website. Check out the new and improved agefriendlynyc.org.

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.

East Harlem is getting a new walking trail to promote physical activity and social connection.

The trail is the outgrowth of the [East Harlem Neighborhood Plan](#), a great example of participatory, age-friendly planning. Initiated by City Council Speaker Melissa Mark-Viverito, the plan engaged older people through community visioning sessions, incorporated recommendations from the East Harlem Age-friendly Action Plan, and refers to older people through every section of the document. We look forward to working with the Speaker's Office, Community Board 11, and all of our other community partners on implementing other aspects of the plan.

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

Executive Director of Gouverneur Health and Age-friendly NYC Commission Member, Martha Sullivan, recently presented on Age-friendly NYC to the NY Society for Ethical Culture. Thanks to Martha for spreading the word, and thanks to Ethical Culture for taking an interest in the work.

ADVANCING AGE-FRIENDLINESS IN NYC AND AROUND THE WORLD

The Academy is pleased to be hosting a delegation of city officials from The Hague looking at the intersection of aging and accessibility on September 23rd. We will be introducing them to some of our city and nonprofit partners, sharing our Age-friendly

NYC experience, and learning about their efforts to make city life more inclusive of older people and people with disabilities.

Earlier this month, we spoke to a group of grantees funded by the Taub Foundation and the Grotta Fund for Senior Care to implement the age-friendly communities model in multiple towns and cities in New Jersey. They had all just finished assessing their neighborhoods and were eagerly moving into the action phase to improve the quality of life for older residents. We look forward to hearing their progress.

AGE-FRIENDLY PARTNER SPOTLIGHT

AARP recently released their new e-book [Where We Live: Communities for All Ages](#) to highlight more than 100 initiatives launched by mayors nationwide to make communities more inclusive. Age-friendly NYC is pleased to have been included for work initiated by Mayors Bloomberg and de Blasio.

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](#)

[Wellness 65+](#) is a program of Rite Aid Pharmacy that helps promote health and wellbeing in older adults. The program provides health and wellness themed events the first Wednesday of every month, including information on vaccinations, screenings, chronic disease management, smoking cessation, skin care protection and free pharmacy consultations- all available in multiple languages. The monthly events include coupons for selected products and discounts.



As a private, independent philanthropic organization, the Academy relies on the generosity of individuals like you to further our mission. Please consider making a donation to support our work.



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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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