



CARING TIMES
Neighborhood Groups

[Contents](#)

Downtown 1	2
Eastside Afternoon	3
MurrayHill/KipsBay	4
Upper East Side 2	6
Upper East Side 3	7
Upper West Side 1	8
Upper West Side 2	11
Upper West Side 3	13
Upper West Side 4	16
Queens	17

Click on any listing above to go there directly.

Press the HOME button on your keyboard to return to this page from anywhere.

Downtown 1



The High Line

MAY

Getting to know each other

There were some new members attending the meeting, and we took some time to get to know each other and the issues that are important to us. One member mentioned the Senior Learners Program and FIT. If you're 60 and over you can take one class for \$55.

Some of us are feeling a pull to move closer to our children who live out of state. Many of us grew up in New York City (Manhattan) and love it. We wonder what it would be like to live someplace else that doesn't have the hustle and culture of NYC.

We need to be our own health advocate. We sometimes find we resist taking certain medications. One of our members shared that when she turned 80 she would make a different decision.

There was some discussion about Medicare and the supplemental plans that are available and others which are no longer being offered.

The official topic was Mother's Day, since it was only three days away. At the age we are now, we no longer have living family. So we find we choose friends as family – and then they move away.

JUNE

How doctors treat women

One member found this interesting article on Facebook in a magazine called "Bitch" (<https://www.bitchmedia.org/article/performance-lifetime/invisible-illness-gender-and-disbelief>). It's about how doctors, especially male ones treat women. We shared stories of our experienced but don't yet have techniques of getting the medical care we deserve.

One member mentioned a class she took at The Open Center on Integrative Hypnosis. She recommended the teacher highly (Melissa Tears). Hypnosis helped take control of anxieties. You're tricking your brain to not pay attention.

There was a general discussion of our own health issues and frustrations with getting the care we need.

Eastside Afternoon



Bloomingdales

MAY

Stress in our world

How do you react to things that seem out of our control, particularly in this country we live in? There seems to be more stress in this century than ever before. How can we take control of what we can control?

Some suggestions included:

Yoga teaches you to take control of you. We can't change the news. It's about the mind. That's the most important thing you have. There are things we can do to make it better – but we can't fix the things around us.

Some members do stretching in bed before sleep like leg lifts and the bike movement. The YouTube channel has Bedtime Yoga you can watch and follow.

Maybe it's just having the ability to laugh. We all have different ways to release our stress.

JUNE

Why the Group Isn't Cohesive Enough

It was noted that although the group has been meeting since November 2017, new members are being added to the group regularly and the same members don't come to the monthly group meetings. It was suggested that the group take time to be with each other and will be getting together for Restaurant Week for a meal instead of the regular July meeting. In August it was suggested to have a gathering at Parnell's, a bar where a TTN member sings on Saturday nights as another possible way for the group to get to know each other.

Your Doctor

One of the members shared about a negative experience seeing a doctor who was recommended to her. Another passed around a book: "What Your Doctor Won't Tell You About Getting Older," by Mark Lachs. Don't rely on your doctor completely, you

have to be your own advocate. It was suggested to change doctors if they don't get back to you soon enough with results.

What do you do when your doctor no longer takes Medicare? This is becoming a common occurrence. One member shared that her doctors is switching to concierge service at a cost of \$2,500 per year. Is it worth it?

Accidents happen at home

It was mentioned that the Lenox Hill Neighborhood Center has a class on "Clutter and Making Your Home Safer." We need to remind ourselves to be careful walking around the sidewalks of the city. Our bodies are telling us that we have to change what we're doing as we are aging.

MurrayHill/KipsBay



Kips Bay towers

JUNE

Murray Hill/Kips Bay

Life Alert System

Some Life Alert systems will detect a fall; some you can wear outside your home on a necklace under your shirt. On the Alexa system (from Amazon) you dictate instructions. In the case of a fall you have to be conscious, so you can speak into it.

Aging

It seems that aging is the new normal. We need to remind ourselves to slow down. There are ways to fall correctly. If you know you're going to fall, just do it. Of course, you need to wear solid shoes to walk properly and give you good support. The Hospital for Special Surgery has classes on falling.

Wills and Executors

It was mentioned that Suze Orman has a kit to do your own will. Another member mentioned she went to a lawyer who took care of everything for a fee. She said this way she didn't have to worry about it being done correctly. Some members shared that because they have no family they are unable to do a will because they don't have someone to name as their Executor.

JULY

Volunteering: options and experiences

One member shared that the reason she likes volunteering is that she wants to continue to learn with other adults. Another shared that she goes to Saint Peter's Church to take a class in opera. She indicated that you'll need to join the Senior Center there to participate. JASA (Jewish Association for Services) also has social services, resources and activities for all older adults (jasa.org). Another member mentioned she was attending the Senior Resource Fair that JASA is sponsoring on Wednesday, July 18th.

You can volunteer with New York Cares after attending an orientation. Many of the opportunities are one time only at newyorkcares.org. One member mentioned that she painted part of a playground one summer. Another helped people to build their resumes. Some members read books for children, another goes to Learning Ally and records books for the blind. At Literacy Partners one member facilitates conversation groups for parents.

Another member volunteers at the Morgan Library's Information Desk. It was mentioned that many of our members want to volunteer at museums and how challenging it is to get that gig. You can also cook for homeless seniors through a program at Dorot (dorotusa.org) on the west side. You could also volunteer to do home visits or take the seniors out.

Big Apple Greeters (bigapplegreeter.org) work with visitors to New York City. Visitors would be matched with friendly New Yorkers. As a volunteer you would spend 2-4 hours with your visitor.

There's a new program with the New York Public Library called Culture Pass which will give you access to 30 institutions using your library card.

Senior Planet is a technology center on 25th Street sponsored by the Department for the Aging. You have to be a member (no-charge) in order to use the services. There are classes in technical skills. Classes are run four times a year.

For those interested in politics, you could volunteer for Cynthia Nixon's campaign for Governor. Another member mentioned Empire State Indivisible (EmpireStateIndivisible.org). TTN also has a Civic Action Special Interest Group (SIG). You could get involved in the League of Women Voters.

Other members have volunteered with the Fortune Society to help formerly incarcerated with resumes and mock job interviews. More information can be found on the TTN website under the Community Impact Section. God's Love We Deliver (glwd.org) provides nutritious, individually-tailored meals to people who are too sick to shop or cook for themselves. The meals are provided free of charge. Those interested in volunteering should email volunteer@glwd.org. Another member mentioned Meals on Wheels (citymeals.org), though she didn't volunteer there.

They also deliver nourishing meals and provide warm companionship. You can receive updates about volunteering opportunities by going to their website at citymeals.org.

What value do the arts, travel, hobbies contribute to my life? Separately or collectively?

Members shared their favorite places to visit including the current exhibit at the Guggenheim Museum, the Jewish Museum, movies at MOMA, Movie Pass (available for \$10 a month), also Stub Hub for \$5. There are pop-up events around town, Lincoln Center Out of doors or you could wander around a book store. There are museums which have free hours. One member mentioned a movie group she attends through TTN.

Another member mentioned a program through the New York Public Library called Kanopy where you can stream classic cinema, indie films and top documentaries. You will need your library card number and a valid NYPL pin. You can watch these films on your TV using Roku. (Go to the ROKU home page, search Kanopy.) You can get up to 10 free movies a month. Like Netflix, the more you watch, it will become familiar with what you watch. It's divided by category – classics, documentaries, new and trending, etc. They send you an email about the new releases that month. If you're a member of PBS, you can stream through their Passport program. If you're a member of Amazon Prime you get free shipping and can stream videos not found with other streaming companies.

You can also read magazines at the New York Public Library – you never have to purchase another magazine – it's all there! A member shared that she donates her airline miles for immigrants and another gives her credit card reward points to charity at the end of the year. Check your credit card to see if they participate in this program.

Upper East Side 2



The Frick

MAY

The Five Things You Can't Live Without

JUNE

Catching Up and Summer Plans

A few handouts were given out including the CC year-end report and various free activities in NYC collected from several members.

Upper East Side 3



The Met

JUNE

If You Don't Have Children, What Do You Leave Behind?

Since many in the group do not have family members nearby or someone significantly younger to rely on, where do we turn to for help with facilitating one's personal care and finances later in life? How do we prepare now? What are the options available? It's something that many in our age group think of, but don't know where to begin.

Reference to the article on single seniors from the NY Times. (Writing a will is about who gets your stuff, but many nonparents yearn to create a legacy by nurturing and influencing the offspring of others. **If You Don't Have Children, What Do You Leave Behind?** [Read the full story.](#))

We are referred to as Elder Orphan or Aging Solo. You can develop a community in the building you live in. Members of the group shared whether they have kids and/or buddies they could call on in their building. Most of us don't. We're thinking about it. We know we should but haven't reached out yet. One member mentioned that she knows many people in her building because she's been a tenant there for such a long time.

We talked about the Life Alert system. It seems you can now wear it outside the home. A member mentioned having an I.C.E. (in case of emergency) number in your phone. When you call 911 on your landline, the dispatcher knows your address. This may not be true on a cell phone.

In some cases, members related that they would call their doormen in case of an emergency.

It was suggested to develop relationships with a variety of people of all ages.

Carry your medications with you.

Who will pay your bills when you become unable to do so?

All your important papers should be kept together including your will, long term care policy (if you have one).

Resources mentioned included The Village to Village Network. (According to their website <http://vtvnetwork.org/>, Village to Village Network helps communities establish and manage their own Villages.). SeniorCare.com was also mentioned. (An interesting statistic on their website (<https://www.seniorcare.com/directory/ny/new-york/>) indicated 31% of the seniors in NYC live alone.) About 1.4 million seniors live on the UES with 8 million population in NYC. Medicare is cutting back. AARP has information on their website.

We talked about how we never really thought about other people helping us. It was noted that members of the group are interested in volunteering to help others. Many want to be a docent in a museum but expressed disappointment that the waiting list is so long. It was suggested to look elsewhere like Dorot, the Innocence Project, teaching ESL at the English-Speaking Union and at certain libraries, like the one on 59th Street. They also have ESL classes.

It was mentioned that the library on York and 77th Street is looking for volunteers. It was suggested to check their bulletin board. They are also accepting book donations. You can purchase books for \$1-\$3 in their basement. (Note: NYPL lists the Yorkville Library at 222 East 79th Street - <https://www.nypl.org/locations/yorkville.>)

Upper West Side 1



Fairway Market

JUNE

Women and Power

Mary Beard, in discussing patriarchy, notes that women's voices are regarded as a kind of plague; manly voices are much preferred. The public power structure is male, and women have an uneasy relationship with it.

In counterpoint to The Handmaid's Tale (Atwood), Naomi Alderman's novel, The Power imagines women acquiring "electrostatic ability" through which they are able to control male victims. This imaginary idea suggests that traditional power relationships are capable of change.

The group cited recent examples of powerful women: Margaret Thatcher, Madeleine Albright, Ruth Bader Ginsburg. A recent documentary of the latter focuses on her unwillingness to be silent -- voiceless. Gloria Steinem urges the recognition of the full humanity of men AND women.

President Obama remarked that there was no limit to what a woman could do today; And way back when, Eleanor Roosevelt noted "A woman is like a tea bag. You never know how strong she is until she gets in hot water."

Women are running for office in record numbers -- even in Texas -- and are demanding to be "heard."

But of course, there is research that suggests that **young girls have strong voices, but become uncertain and reticent when they enter adolescence** (Gilligan). Do men fear women's power and thus have to silence them?

One group member is heartened, however, by the powerful women's voices coming out the Parkland shooting incident recently. One in particular was very articulate and refuses to be silenced. These students are leading a national movement, and many of them are women. On the other hand, the Santa Fe, Texas shooting victims did not stand up to be heard. We thought there might be a class and/or regional difference in play.

Although there is greater representation of women in public life, one member noted that **women's voices tend to be regarded as untrustworthy. Not credible.** We discussed how McNeil/Lehrer became Judy Woodruff/Gwen Ifill; big change! But in the "not so fast" department, a member claimed to find those female voices something less than powerful. She feels they lack mastery of political/economic issues (unlike Katy Kay of BBC America or Amy Goodman of Democracy Now) and play nicey-nice -- domesticating all issues like good moms, happiest when they are presenting human-interest dimensions. A member noted that Judy plays the "fair arbiter" role in an attempt to appear rational and even-handed. One member agreed but felt these women were not comfortable wearing the mantle of authority. She feels we are a "colonized" group (socialized into subordination) and that we exhibit features of that identity even when we inhabit public power roles.

In addition, there's no question women as a group continue to be **underrepresented in the media.** For one member, the Table of Contents of the influential magazines like Harpers, The Atlantic Monthly, The New Yorker, the New York Review of Books, tell the tale with their long list of Paul, John, Steve, Sam, and Bill bylines. Women in Cannes demonstrated recently about the dearth of films made by female directors. No doubt we are underpaid and underrepresented throughout public life. A member noted there was a clear stop sign. Men don't want to give up the power.

It was noted that unlike England we have had **no female head of state.** A member thought that part of the issue is **our political system.** Thatcher could be

elected in a unitary state with a parliamentary system. The US has many states and a general election. That makes it harder.

There has been much discussion of eliminating the two party system through rank ordering of candidates on the ballot. "If no candidate had a majority of first-place votes, then the candidate with the fewest first-place votes would be eliminated. Voters who preferred that candidate would have their second-choice vote counted instead. The process would be repeated until you get your winners." (David Brooks, One Reform To Save America)

<https://www.nytimes.com/2018/05/31/opinion/voting-reform-partisanship-congress.html>

It was felt Betsy DeVos has a strong voice; perhaps paid for, others opined.

We are reminded of the representative, Melissa Hartman of Minnesota, who refused to apologize for her criticism of her male colleagues who thought so little of the testimony of their female counterparts that they stayed in a back room playing cards throughout. She would not be silenced or back down.

And of course, Ruth Bader Ginsberg, Cynthia Nixon, Zephyr Teachout are all impressive players in the current political landscape.

Do we think our own voices have increased in volume and/or influence?

One member noted that would be "increased from nothing!" Recently a relative recognized her for the first time. Another quipped that she knows a great voice teacher. And there are online electronic voices to be reckoned with. There seems to be evidence that this is a medium that empowers, perhaps because gender identity (and other identities!) are not immediately visible.

Someone mentioned **the women supporting Trump**, and another commented they are not in touch with themselves but saw envy: do they resent the modern liberal women of the two coasts? Is it really that simple someone asked? She noted how we look down on them as deplorables; or are they a marginalized group (with little impact)?

A recent article on "Tradwives" "The Housewives of White Supremacy," articulated their "counter-values,"

<https://www.nytimes.com/2018/06/01/opinion/sunday/tradwives-women-alt-right.html>

On a more positive note, **partnership marriages** seem on the upswing: RBG notes that her tax lawyer husband is the one who made her career possible. Unlike men in the 1950's, men from the younger generation are likely to admire their partner's intelligence, a member observed. Another wondered whether that was partly a feature of the two-career marriage. If both partners have to work in order to have a middle-class lifestyle, you would be stupid not to want as intelligent a contributor as you could find. When did this shift occur? It was often perceived as

part of women's desire for independence/a job; however, in the late 20th century, it became absolutely necessary.

We closed the meeting with another quote from Mary Beard: at the end of the day, it's a question of "who owns society."

Upper West Side 2



116th St. Subway Station

MAY

Spontaneity; do we have less of it as we age, and how do we compensate/cope?

The general consensus of the group was that although our capacity for spontaneous activity has diminished, usually for practical reasons, our coping mechanisms are rich and varied. Many of us "do not go gently" into this phase of our lives; some are pretty angry, but the sense of the group was that we can and do manage.

Here are some of the "fixes" suggested:

- For diminishing strength and balance, use handrails, always.
- Carry heavy loads in a backpack, or carry lighter loads, both for maintaining endurance and for balance.
- Plan extra time for getting ready to go out, and to get where you are going.
- Consider use of a Kindle instead of lugging around a pile of library books.
- Hold on to the wall or be seated when pulling on pants.
- Feel your feet as they move, or "talk to your feet" as a way of being better grounded.
- Be aware that feeling more tentative or more anxious is also an emotional and intellectual issue.
- Move around more as a strategy for building stamina, avoiding depression. Get out of the apartment, for sure by 1 p.m., to take a walk, do errands. Have a destination in mind.

Some more helpful suggestions:

- Use delivery services for as many things as possible, i.e. Fresh Direct and others.
- Task Rabbit is a source for all sorts of assistance—at a price.
- Getting older is more expensive; some of us are budgeting more for services, less for meals out and new clothes.

- Take ride services and/or cabs to get where you need to go if stairs and the subway are no longer an option.
- Try a shopping cart for schlepping stuff you really shouldn't be carrying.
- Divide your tasks into smaller chunks and think about geography; is the drugstore near the cleaners? Do those two things one day; save others for another day.
- Never use a ladder!! Everyone had a bad story about unexpected falls from heights.
- Folks expressed exasperation over the number of doctors and doctor visits in their lives.
- Some are paring down, based on their individual tolerance for same.
- Recognize the limits of what medical folks can do; be realistic in evaluating same.
- Recognize your own limits and say "Okay, this is where I am and what I can do right now."
- Give yourself a gift by making that shift mentally.
- If you have been a nurturer in your professional or personal life, it can be troublesome having to suddenly accept help and nurture instead. Try to nurture yourself; be accepting. If you are a caretaker, be sure to nurture yourself as well, for both your sakes.

JUNE

Laughter

A funny thing happened at the USW 2 Caring Collaborative in June: EVERYONE LAUGHED!

The host led the lively laugh-fest. Jokes, both oral and written, carried the evening. One guest was laughing so hard while reading a joke that words failed her. She recovered and we laughed, too. Another guest would have been a good stand-up comedian. She spewed oral joke after oral joke with perfect timing to gales of laughter. Another favorite for the funny-bone was videos of pets acting silly.

The host got serious and asked, "What makes us laugh?" We never answered, but Freud studied jokes and their relation to the unconscious. There are several types of laughter including contagious laughter, the stifled laugh at the worst of times, and the awkward laugh believed to cover insecurities.

We often find our own things to laugh about. But if you're lacking, there's an online laughter university, online laughter groups, laughing yoga, et al.

The most recent AARP magazine is devoted to laughing. And New York magazine recently reported on "the most popular course at Yale." It's how to be happy.

Upper West Side 3



West End Avenue

APRIL

Finding Meaning and Happiness at Our Age

Attendees read the New York Times article by Jane Brody: **Finding Meaning and Happiness in Old Age** <https://nyti.ms/2GLqf8B>

Our host opened the meeting with a quote from a poem by Langston Hughes: *What happens to a dream deferred? Does it dry up Like a raisin in the sun?*

Jane Brody cites Dr. Marc Agronin: *When we become unable to pursue the roles and passions of our younger years, we can tap into our past for strength and inspiration. We can try something new that is either an extension of what we did before or that takes us in a new direction.* For example, Henri Matisse made fabulous cut paper creations when his declining health prevented him from painting.

Several members reflected on how their early experiences enabled them to continue to stay resilient and flexible: attending a predominantly male college, spending a summer alone in Paris at age 17, working at IBM; making a successful move to work in NYC after growing up in small-town Pennsylvania.

However, one member felt the article didn't tell her anything new. She thinks re-inventing yourself is not always a decision directly related to aging. People at mid-life or even earlier can face the same choices due to illness or other changes in their circumstances.

We moved on to day to day challenges at our age. Members expressed frustration at everyday interactions that reflect *agism*:

Noticing that the age choices in an on-line survey end at age 60; being described as the *Elderly* woman in exam room #3 at the doctor's office; or a cashier fidgeting as you look for change in your wallet.

Most of us are grateful when a younger person offered us a seat on the bus, but we want to be viewed as *older*, not *OLD*.

Society also emphasizes anti-aging. In the last 20-30 years the focus has been on visible issues related to aging, with pressure on otherwise healthy older women to appear younger by fixing their wrinkles and greying hair.

We are avid consumers of Health newsletters and often are too-frequent utilizers of health care services. A new book by Barbara Ehrenreich, "Natural Causes: An Epidemic of Wellness", investigates this idea.

We appreciate that there is much more attention to aging now, due to the bulge of baby boomers becoming older all at once. There is more attention to the challenges of living alone.

We are grateful to be living in a city that provides stimulation and convenience for women of our age, although the cost is substantial.

MAY

Medical Resources, Tips and Recommendations

The benefits of having all your doctors affiliated with the same hospital/health system:

- MDs can more easily share your medical information, especially if they utilize the same electronic medical record (EMR)
- You will be consistently be referred to the same hospital for inpatient care
- Screening exams, e.g. mammogram, bone density, be performed on the same equipment, and reports of prior exams will be available to MDs interpreting current images

The advantages of considering a group practice when seeking a new primary care practitioner include:

- The ability to go to the same office even on a day when your personal MD is off, and receive care from a doctor who has access to your records
- A group is also more likely to offer Saturday or evening hours
- Attendees reported that they had good experiences with Primary Care/Internal Medicine MDs at these groups:
Weill-Cornell at 12 West 72nd Street
Mount Sinai Doctors at 200 West 57th Street

Consider enrolling in a Geriatric Multispecialty Center if you are 75 or older

Members recommended:

- The Martha Stewart Center for Living at Mount Sinai
<https://www.mountsinai.org/patient-care/service-areas/geriatrics-and-aging/martha-stewart-center-for-living>
- The Wright Center at Weill Cornell <https://weillcornell.org/wrightctr>

SHINGRIX The new shingles immunization is available now. It is intra muscular and can be painful for a few days following the injections (two doses are required), but

the injection discomfort is mild compared to the pain of shingles. Medicare covers the medication and the injection at pharmacies. Costs vary greatly, and in doctor's offices can be much more expensive. Ask your provider the cost beforehand.

A good program for fall prevention is "**FallStop..MoveStrong**" offered periodically around the city. Go to <http://fallstop.net/>

Detailed information about **Medicare coverage for Preventive and Screening** services was also distributed <https://www.medicare.gov/coverage/preventive-and-screening-services.html>

JUNE

Are you a negative or a positive thinker?

If you're a negative thinker, are the suggestions in Jane Brody's article going to work for you?"

<https://www.nytimes.com/2017/04/03/well/live/turning-negative-thinkers-into-positive-ones.html>

The meeting host opened the discussion by noting that her personal experience with several of Jane Brody's suggestions confirmed that they were effective in helping her maintain a positive outlook. Like many other TTNers, she takes classes, supports a health-related non-profit that is important to her family, and tries hard to develop and maintain personal relationships. However, she has not been successful in practicing mindfulness, and asked group members for their own experiences and suggestions.

One member reported that when she had a period of work-related stress she was able to utilize mindful meditation for the first time. She continues to meditate daily, and recommended downloading these apps: <https://www.headspace.com/> and <https://www.calm.com/> to facilitate brief daily meditation and stress reduction.. Both apps have free trial periods.

Another member has attended meditation classes offered by many organizations around the city. She noted that the skill of individual instructors varies greatly, and offered her opinions on a few of the well-known locations..

Several other members reported that exercise has been an effective way of reducing stress and maintaining a positive outlook. Recommendations included:: Tai Chi classes.

The new Special Interest Group for TTN members who are *slow* walkers. They get together weekly for walking, talking, and a meal, and the group has room for additional women.

Some members observed that living in New York City, where residents are often described as rude, crabby, perfectionists can make it more difficult to maintain a positive outlook. Others disagreed, noting their daily encounters with kind and considerate persons.

Two members noted that spending time with a young grandson highlighted that children are more open and accepting of people as they are. Visiting with their grandchild helps maintain their well-being and positive outlook.

Upper West Side 4



Soldiers and Sailors Monument

JUNE

What is the best advice you ever were given.

The fact of the matter is the majority of the people in the meeting said they never listened to anyone else! That was surprising! One member said that she wished that she had been given more direction when she was young. Her family basically did their own thing and were not big on guidance.

Of the members who shared advice that they were given, here are the gems.

1. Never settle.
2. You have two ears and one mouth. Use them accordingly.
3. One member wishes that she had kept in touch with people from her grade school, her college and all her former lives. She said that it was a regret that no one she knows today has known her for whole life.

AUGUST

What was driving us crazy in our neighborhood?

Barking dogs that are not quieted, unwanted rooftop garden plans, death of the small shops on Broadway were a few of the topics mentioned. One member suggested that you run for the Board of Directors for your building to "fight" from within. Yes, we all know it is time consuming.

We discussed the Motor Vehicle department and the challenges of renewing a lost driver's license. Make sure you have your original Social Security card with you when you go. Yes, we said original.

Word of caution: Do Xerox the front and back of every card that you carry in your wallet. It helps if heaven forbid, you lose it.

We discussed trips to Russia, most recent and historic.

Lastly we said that the UWS has changed greatly due to an influx of residents from the suburbs who may or may not be aware that when you live in an apartment building, it is a small community, not just part of a suburb. This may be your home

but it is NOT your suburban home. You cannot just do anything you wish. One member shared that she had just written up a 4 page document of "Rules" that she had written for the condominium where she lives.

Queens



The Unisphere

JUNE

Memory and Aging

The conversation started by going through the differences between normal age-related memory changes;

- Able to function independently despite occasional memory lapses
- May pause to remember directions but doesn't get lost in familiar places
- Occasional difficulty in finding the right word but no trouble holding a conversation and symptoms that may indicate a serious problem;
- Difficulty performing simple tasks
- Getting lost or disoriented even in familiar places, unable to follow directions
- Words are frequently forgotten, misused or garbled

We then moved on to discuss the secrets to a young brain;

- Keep it active by doing puzzles, playing card games, reading, getting involved in activities that use all five senses, learning a new skill,
- Move it or lose it; exercise increases the blood flow to the brain
- Connect with others; surround yourself with a strong support network
- Think positively by making an effort to see the bright side of things

Finally, we learned some "brain games".