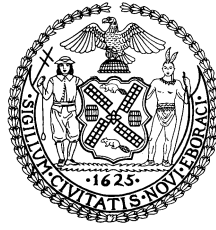


Alida Camp
Chair

Will Brightbill
District Manager



505 Park Avenue, Suite 620
New York, N.Y. 10022-1106
(212) 758-4340
(212) 758-4616 (Fax)
www.cb8m.com - Website
info@cb8m.com - E-Mail

**The City of New York
Community Board 8 Manhattan
Health, Seniors, and Social Services Committee
Tuesday, December 15, 2020 – 6:30 PM
Conducted Remotely via Zoom**

Minutes

Present: Lori Bores, Meryl Brodsky*, Alida Camp, Brian Correia, Rebecca Dangoor, Billy Freeland, Wilma Johnson, Ellen Polivy*, Barbara Rudder, Tricia Shimamura

* Public Member

The meeting was called to order at 6:32 PM.

Community Board 8M's Health, Seniors, and Social Services Committee presented a discussion on senior mental health.

Dr. Ronnie Swift, Chief of Psychiatry and Associate Medical Director at Metropolitan Hospital, discussed the psychological impact COVID-19 has had on seniors. While everyone is experiencing anxiety and fear in this unprecedented time, the pandemic has affected seniors significantly. They are both getting sick and dying at higher rates. A large percentage of seniors live alone and are experiencing isolation. Many seniors worry that their caretakers will spread the disease while others are caretakers themselves. Unable to regularly see their doctors, seniors' underlying physical conditions have gotten worse during the pandemic. All of these factors have severely impacted their mental health leaving our seniors constantly stressed, fearful, and often dealing with those emotions alone. Metropolitan Hospital, which is part of the City's Health + Hospitals system, takes care of everyone who comes to them. Currently, they are using telemedicine and in-person counseling to address each patient's individual problems. They teach coping skills and provide other support especially tailored to seniors.

Robin Strashun is the Outreach and Volunteer Coordinator at Search and Care, a small social service organizing serving the UES and East Harlem. Its mission for those over 60 is to support them so they can thrive while aging in place. Because of the pandemic, all interactions are done by phone or through Zoom. They aim to predict impediments in advance so their clients can remain at home. Their services are tailored to each client's needs – whether its financial support, grocery delivery, aid to pets, computer literacy training, pr programs to support social interaction such as book clubs and chat rooms.

Following both speakers' remarks, the meeting held a Q&A session.

The meeting was adjourned at 8:14 PM.

Rebecca Dangoor and Barbara Rudder, Co-Chairs