

MINUTES
Mayor's Senior Advisory Committee
September 23, 2019 – 1:30pm
Saratoga Springs Recreation Center (interim City Hall)

Members Present: Barbara Thomas, Susan Brennan, Cliff Ammon, Jay Portnoy, Ann Sheppard, Anne Trainor, Dee Sarno and Mayor Meg Kelly.

Also Present: Denise Yannaci (OFA), Colleen Kelley (Senior Center)

Excused: Jarred Littleboy, Chuck Meagher, Phil Diamond and Nancy Cameron

Minutes: Jay Portnoy moved to accept the minutes of the June 24, 2019 committee with a second by Cliff Ammon. Mayor Meg Kelly suggested some corrections to the minutes. All members present approved the corrected minutes.

Report from Arts and Recreation Committee: The committee is attending some local community meetings regarding what's new in the arts in Saratoga and attending Recreation Commission meetings. The Recreation Commission is open to any of our ideas for art happenings at the Rec Center. Cliff Ammon mentioned working with other art groups like Chamber Players, Opera Saratoga, etc. to talk about discount tickets for seniors. Also discussed some ideas about bringing a grandchild free to a concert to get young kids involved in the arts. We'll be talking with the Senior Center and ALL to perhaps work on senior art events together. The Mayor is very supportive about collaborations. These and other ideas will be discussed at the next Arts & Recreation Committee meeting.

Report from Clergy Meeting: Nancy Cameron was absent but Barb Thomas mentioned that the Clergy Meeting was held at the Saratoga Community Health Center. The Saratoga Health Center receives financial support from the Saratoga Hospital Group, private donors and community organizations.

The Center can connect patients with community services and assist them in working their way through the health care system. The Health Center is accessible and provides quality accessible health care. **Read Nancy's full report that was sent out.**

Report from Transportation Committee: Chuck Meagher was absent so Ann Sheppard reported for committee. The committee has been meeting with various housing complexes in Saratoga Springs to find out about the transportation for each site. **See Chuck's report that was sent out for the breakdown of each facility's transportation.**

Anne mentioned that the committee is going to set up a meeting with CDTA to talk about stops for seniors. Transportation is very limited. Mayor Kelly suggested the committee meet before they set a meeting with CDTA. We need to be very specific about what seniors need from CDTA. Designate places and why the need for a bus stop is essential. Also be aware of what routes CDTA already has. Inquire about CDTA Star Program. Keep asks simple. Denise mentioned that you must be within 3/4 mile of bus stop.

Housing Report: There was no Report

Report on Statewide Meeting on Mental Health: Dee and Barb attended the Regional Meeting of the Statewide Senior Action Council board held at Wesley Nursing Facility Conference Room.

Barb commented on the many services that are available through Saratoga Hospital Community Health Center, Saratoga County Mental Health Services, Mobile Crisis Services and Mental Health Association in NYS. The presenters on the panel were really wonderful and had great information to share about the support that is available for mental health problems. Physician affiliates are from Saratoga Hospital.

Major concerns are lack of providers and not enough young people entering the mental health related professions. **Please read Barb's full report that was sent out to all the committee.**

We have lots of information about the support groups, but the Senior Committee was very concerned about how we get the information out to people that need it, especially seniors who live alone and deal with depression. There were several recommendations from committee.

- Get emails of senior organizations and send out information to them
- Put information in newsletters to senior housing groups, like Raymond Watkins, Stonequist, Wesley, Prestwick Chase, and Saratoga Senior Center, etc,
- Use Office of Aging Facebook Page
- Contact local Veteran's Agency

Senior Committee will have continuing discussion on getting word out!

Comments on the Year of the Senior events at Congress Park: It was a fun and interesting event and the Office of Aging really did a great job. This was probably a one-time event.

New Business:

- Saratoga County Board Of Supervisors and the Office of Aging and The Veterans Agency present another Year of the Senior event, *Fall Harvest Festival* at Milton Town Park on Friday, October 25th from 1-4pm. There will be a Special Appreciation for Veterans. For additional information call **518-884-4996**.
- Set meeting for Transportation Committee to discuss preparation for meeting with CDTA. If you are interested in this topic, you don't have to be on the Transportation Committee to discuss next steps with CDTA.
- Also note that Mayor's Senior Advisory Committee will meet every other month and see how that works. All Sub-Committees will continue work to meet and work on their various objectives.

Minutes submitted by Dee Sarno

Next Meeting: Monday, November 25 at 1:30 at Recreation Center.

Reports submitted and distributed prior or the 9-23-19 Meeting:

Meeting of Regional Statewide Senior Action Council, Inc, Kim Swire, president.
9-19-19 at Wesley Nursing Home

Reported by Barbra Thomas

This meeting was focused on mental health services for seniors. There were a number of speakers (spellings approximate) who had been invited to address the topic:

Saratoga Hospital Community Health Center (Hamilton Street, Saratoga Springs) Anna Bellanger, intake, spoke – for Mental Health they have 2 full time psychiatrists, and 2 part-time psychiatrists, who mainly supervise medication but also provide some counseling in a 30 minute visit. Therapy is mainly provided by MSW's. Limited to patients who have a primary care doctor in the Saratoga Hospital network. For addiction services: no referral is required, no need to have a primary care doc in the Saratoga Hospital network. They talk with walk-ins and try to connect them with some service. They see geriatric patients, but don't have a geriatric psychiatrist. Will start some groups this fall –*Seeking Safety* planned.

Saratoga County Mental Health Services – Michael Prezioso, PhD. Is the Director of Community Services for Saratoga Mental Health Services – signs “pick up orders” for people to be taken by 911 to inpatient facility (mainly if in danger of harming selves or others) and also runs the County Mental Health Clinic. County contracts with Saratoga Hospital for psychiatrist services.

Mobile Crisis Services provided by Northern Rivers (part of Northeast Parent and Child Society and Parsons). Sidney Ayotte is the Case Manager for the Mobile Mental Health for Adults. They have a Southern Team working out of southern Saratoga County, and a northern team working out of Glens Falls. Serve Rensselaer, Saratoga, Schenectady, Warren and Washington Counties (& in Albany for children only). Free service is grant funded by NYS. Teams include a licensed MH worker, MSW's, peer specialists, family advocates. Available 7 days a week. Telephone assessment of crisis and mobile visit if warranted. Provide report to ER, if person needs admission.

Mental Health Association in NYS (MHANYS) speaker's name? They provide information and referral. They have trainings available for professionals, family members, the public. They have trainings available for those who work with older populations.

Center for Alzheimer's and other Dementias (at Albany Medical Center) Mary Moller, MSW. They really concentrate on making an accurate diagnosis and ruling out mental illness and physical illnesses that present as dementia. They have the only geriatric psychiatrist in the region (a 10 county area). They are training physicians to screen their patients.

Concerns voiced by the group:

Lack of providers

Not enough young people entering the mental health related professions.

Need to provide education to young people about the many careers in the behavioral sciences.

Depression often not recognized and treated

Non Emergency Transportation Committee Meeting 8/8/19

Reported by Chuck Meagher

Members in attendance: Susan Brennan, Anne Trainor, Ann Sheppard, Chuck Meagher.

Attendees continued our review of existing methods within the city.

- County Office of the Aging Directory list was reviewed and several items of concern were discussed- limited days and time frame make it difficult to co-ordinate appointments, reported lengthy wait times for A&H Taxi.

- Committee reviewed the various Senior Housing complexes in the City and the transportation provided by each-

Westview- no transportation provided

Embury Apts- No transport but Woodlawn commons does. Embury lists "on site medical"

Kirby Village- uses city bus- stop in front of property

Prestwick Chase- has transport but facility is expensive.

Saratoga West- Public Bus only

Ray Watkins- Public Bus and walk to community health center

- Committee reviewed the April 18th 2018 letter from Mary Ellen Ryall outlining the meeting with the Sage Group and CDTA.
A copy of the letter is attached. Consensus of the discussion was to ask for an update from CDTA rep as committee members felt there were still gaps in city coverage. Ann Sheppard will contact CDTA, Chuck Meagher will reserve meeting site.
- Phil Diamond is working with Saratoga Hospital on possible transport solutions.

The monthly Clergy Meeting was held on Tuesday, Sept. 10th, 2019 at the Saratoga Community Health Center, [25 Hamilton St., Saratoga](#). Dr. Renee Rodriguez Goodemote, the Center's Medical Director and Karen McNeice, Program Director, were the presenters.

The Saratoga Community Health Center was founded 6 years ago. It receives financial support from the Saratoga Hospital Group, private donors and community organizations.

The Center provides primary, dental, and behavioral and addiction medical services to members of the entire community. The Center services to all patients regardless of their ability to pay, their insurance status, and those on Medicare and Medicaid. If needed, the Center helps patients secure financial aid. The Center can connect patients with community services and assist them in navigating their way through the health care system.

Saratoga Community Health Center strives to be holistic and patient centered. They provide education and support so that patients can participate in managing their own health care. To encourage this, the Center hosts yoga, meditation, and Reiki sessions. A nutritionist provides counseling to encourage healthy eating. The Center has a market garden behind their facility and a community plot at Pitney Farms.

The Saratoga Health Center strives to provide quality, accessible healthcare to the entire Saratoga community.

Reported by Nancy Cameron