



# The New York Academy of Medicine

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**Age-friendly New York City Community Forum Notes  
Rochdale Village Community Center  
Council Member Thomas White  
April 16, 2008**

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Approximate number of attendees: 160

Over half the groups indicated being in the community 30+ years

- Several had been in the area since before the Village was built or moved in when it opened

## **What they like**

- Several said they loved the area, especially the convenience and good services available
- Easy to get around
  - Everything within walking distance
  - Can walk to the community center
  - When it snows, they can still get around
- “it’s a wonderful palce.”
- “A great place to live.”
- “If there are any real estate people here, don’t come to 161 because I’m not selling.”
- RV is wheelchair accessible
- RV has a van service
- Like the NORC
- Lots of things here for seniors
- Friendly, neighborly environment: “People say hello to me on the street.”
- People ask about and check up on each other if someone is missing for a few days

## **Communication and Information**

- Community has its own newspaper and the community center has a weekly information sheet, but still people don't always know about services
- Not everyone is aware of what's going on
- More information about long term care and home health services is needed

## **Transportation**

- A handful use access-a-ride
  - Doesn't take you where you want to go within the borough; will take you to other boroughs but hard to get them to take you some place in Queens.
  - One person was told by access-a-ride to find a doctor somewhere else
  - Need seats and shelter at access-a-ride transfer points
  - Need driver to pick people up at actual store (not just one pick up spot in the mall); too difficult for many to carry packages
- About 30-50% indicate they use buses
- Good bus service - frequent
  - One exception is M85 service is limited on Saturdays
  - Bus drivers sometimes make you wait outside in all weather
- Access to LIRR

## **Housing**

- Need more senior housing -- wait lists are too long
- Need more affordable housing: rent is too high for limited income

## **Senior Centers & Community Center**

- Like the programs: jazzercise, dance, yoga
- Lunch program is good
- Staff are helpful and able to answer questions
- RV Sr center "fills a void... keeps mind, body and spirit active."
- Many people live alone and need the assistance provided by the RV Sr center
- Don't close down RV Sr Center or make cuts: "if it's not broken, don't fix it."
- No frozen meals. Microwave could affect pacemakers.
- Need somewhere to go during the day
- Services at Hindu Sr center are critical
  - Culturally appropriate food (e.g., vegetarian)

- Activities and education
- Transportation
- health services based in senior center are important and easier to access than traditional medical services (less wait time, more sensitive and caring providers): “I’m 77 but I feel 10 or 12 years old.” – in reference to getting health care at sr center
- No frozen food: “we are already old. Frozen food will make us older.”
- “God bless our senior center; it saved my life.”
- “It makes everyone happy.”
- “It’s a heaven that God provided. ... if it closes, there is no more heaven.”

### **What needs improvement**

- Neighbors are too noisy; hold loud parties that prevent residents from sleeping (especially a problem on Saturday nights, which impacts ability to feel rested for Sunday church services)
- One man very concerned about long term care (LTC)
  - Need more information about insurance and other options
  - Want choices besides nursing homes; assistance programs so people can stay in their homes
  - “I see family friends trying to assist their family members, but they don’t know where to get help.”
  - Need affordable home help
- Need to equip more seniors with alert buttons; especially people who live alone
- Emergency preparedness: some of the buildings in the complex use electronic-opening doors which could trap people inside; also an elevator malfunction could trap homebound people in their homes if an emergency were to take place

### **Outdoor spaces**

- One part of street doesn’t have any sidewalks
- A few intersections that need traffic lights – in absence of traffic lights, people are drag racing
- Need longer time on cross walks on major streets -- “I’d have to be wearing roller skates to get across in time.”
- 111<sup>th</sup> Avenue has a lot of loud commercial truck noise early in the morning; even worse since repair of a water main break