

JPAC Action Report

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Older Adults Need Physical Exercise!



In previous *JARS* this writer has written about mental health and brain exercising. Today I would like to share with you some thoughts about the need for physical exercise. As some of you know, I am a life-long tennis addict and consider this interest to be a major part of my life. As advocates for older adults, we cannot be effective unless we are in reasonably decent mental and physical health.

A recent SeniorJournal.com article states that "Senior citizens continue to ignore professional advice on the need for exercise and a healthy diet." A Center for Disease Control report says that "despite the proven health benefits of physical activity, one-third of older adults are not taking part in any leisure-time physical activity." The CDC statistics also indicate that one-fifth of older adults are obese, which is defined as at least 30 pounds above average recommended weight. Dr. Patricia Barry, Executive Director of the Merck Institute of Aging and Health, a non-profit organization funded by the Merck Company Foundation, states that "in order to insure that our aging population does all it can to stay healthy and independent, and to reduce risk of disabilities, we as a nation must do more to translate knowledge about healthy behaviors into action."

What exercises are most beneficial for older adults? Aerobics, walking briskly, jogging or running, bicycling, dancing, swimming and utilizing fitness equipment, all to help condition heart and lungs, relieve tension and stress and also enhance mental abilities. A recent study suggests that regular exercise can dramatically reduce the risk of colon cancer.

- Woody Goldberg
Brooklyn Coordinator



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Message from Director... Molly Krakowski



Hello JPAC members,

We have a lot of exciting events and activities coming up and I hope that we will see a big outpouring of members! We start off the month with a dance for universal health care, an issue that many of our members have been fighting for over the years. If you don't get enough exercise at Hunter, there is Age in Action the following week! Next, Building Community: A Conference Addressing Geriatric Mental Health Awareness & Advocacy, our second annual conference on this important issue. This conference is sure to be fantastic. We are conducting a workshop at the Geriatric Mental Health Alliance conference this year as well.

If you are still looking for exciting opportunities to get involved and volunteer, we have an incredible program in June, the JASA Volunteer Ventures Expo: The Best Volunteer Opportunities for Your Second Act! Please come participate and bring friends. We are so pleased to offer these programs free of charge and look forward to seeing you there! There are also openings on the JPAC Advisory Committee. If you would like to be considered, please contact our office at 212-273-5262.

-Molly Krakowski

IFSA Update



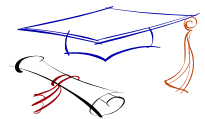
IFSA Spring '07 Session is in Full Swing!

Wow! It's May already! The IFSA Spring '07 session is now entering it's 8th session. The class is going well. We have 27 students from diverse background who live in various parts of the city. Their interests vary from affordable housing, universal healthcare and volunteerism to promoting HIV awareness in adults 50 and older.

Our guest instructors continue to be very informative, as well as dynamic. Anne Foerg, a former JPAC intern, gave a superb lesson on how to run an effective meeting. Anne, like all the instructors we have had thus far, truly succeeded in arousing the students interest and furthered their understanding of organizing for social action.

IFSA remains successful thanks to the commitment of the instructors, current students, IFSA steering committee and other IFSA graduates that show their support .

***The Spring '07 graduation date has been changed from
May 31st to Friday, June 8th.***



If you know someone who is interested in attending IFSA next semester, please contact me at 212-273-5261 or baribidesi@jasa.org

- Bola Aribidesi
IFSA Director



JPAC '07 Membership Recognition Page...

JPAC continues to thank and recognize all of our members and organizations that continue to support JPAC by paying their annual dues.



Andrade, George & Kathy
 Bader, Burt
 Balderacchi, Mary
 Bokser, Sylvia
 Bonilla, Raquel
 Cannella, Valerie
 Chasan, Dr. William & Evelyn
 Dawson, Lorrain
 Deyrup, Astrith
 Dubin, Helen
 Eagen, Pat
 Fisher, Florence & Stanley
 Fisher, Isabelle
 Friedberg, Nettie
 Gonzales, Larry
 Hoffman, Sigmund
 Imperato, Mary

Iszard, Audrey
 Judd, Jacob
 Judge, Bernice
 Kaplan, Frances
 Keegan, Shirley
 Konyha, Stephen
 Korman, Miriam
 Lewis, Patricia
 Levy, Beatrice
 Little, James
 Lovell, Louise
 Mackie, Mattie
 Mangual, Rochelle
 Matthews, Geraldine
 Palumbo, Philip
 Pepin, Eleonore
 Perkins, Lillian

Pittman, Margrit
 Pomponio, Faith
 Reese, Nathaniel
 Reich, Ilana
 Robinson, Marlene
 Robinson, Sylvia
 Rodgers, Shirley
 Ross, Tova
 Seiler, Roslyn
 Seymour, Martha
 Solomon, George & Shirley
 Thompson, Charles
 Uslaner, Selma
 Wallach, Judith
 Wasserman, Germaine
 Watson, Mildred
 Weaver-Smith, Caroline
 Williams, Mamie

JPAC Would like to thank the following organizations for continuously supporting JPAC by paying their annual membership dues:



- AARP
- Disabled In Action of Metropolitan NY
- Eileen Dugan Senior Center
- Hope of Israel Senior Center
- Hudson Guild Senior Services
- NY Public Library Retirees Association
- Retirees Association of DC 37
- Staten Island Inter-Agency Council for Aging
- United Neighbors of East Midtown, Inc.
- YM & YWHA of Washington Heights & Inwood, Inc.

OWL/GNY's newsletter will not be included in this month's newsletter. Please look for more news from OWL in the June issue of the *JPAC's Action Report*.

OWL/GNY wishes All "Mothers & Grandmothers" a very **Happy Mother's Day!**

**Please ask your organization to join JPAC!
 Call Tasha Forsythe at 212-273-5262 or email
 tforsythe@jasa.org to request an application.**

JPAC 2007 City Priorities

Funding for Senior Services

JPAC joins with the Council of Senior Centers and Services (CSCS) in calling for permanent funding for senior services in the budget.

Baseline of \$9.2 million for senior services in Budget

- \$4.5 million for senior meals – 35 cents more per meal
- \$4.0 million – operational costs of vans - \$7800 per vehicle
- \$750,000 – senior center rents

New Initiative - \$2.3 million

- \$2.3 million – additional funding for rent at senior centers

Transportation

JPAC joins the Transportation Alternatives campaign to create more Elder Districts throughout the City.

Create Safer Streets for Seniors

- Retime pedestrian signals to reflect a walking speed of 2.5 feet per second.
- Give extra, exclusive crossing time of five to nine seconds on all corners.
- Repair street and sidewalk imperfections to prevent falls.
- Install pedestrian ramps at all curbs.
- Install curb extensions.
- Install audible, accessible pedestrian signals at all crossing.
- Where street widths exceed 90 feet install pedestrian refuges or medians and median tips.

Make New York City Subway System More Accessible:

Press the MTA to construct more elevators from the ground level to the station's platform.

Community Based Services

- **Expand Services and Financing for Naturally Occurring Retirement Communities (NORCs).**

Housing

- **Improve the Inclusionary Zoning Model** to require thirty percent be affordable housing and include housing for the elderly.

Health Care

Nutritional Support for New York Seniors

- Create a Senior Benefit card to enable older adults to purchase healthy foods at a discounted price.

JPAC 2007 State Priorities

Health Care

Improve New York State EPIC Program:

- Increase income eligibility to \$42,000 for singles and \$60,000 for couples, **A.1648** and **S.582**.
- Allow seniors to retain eligibility after an increase in a private/public pension or Social Security, **A.1396** and **S.511**.
- Set fees and deductibles for married couples at a level that is no greater than for single individuals of comparable income, **A.1654** and **S.118**.
- Expand EPIC coverage to persons with disability, **S.2258**.

Nutritional Support for New York Seniors

- Create a Senior Benefit card to enable older adults to purchase healthy foods at a discounted price, **A.898** and **S.322**.

Establish Senior Citizen Alcoholism Treatment and Demonstration Programs, A.2903.

Housing

Require lenders aided by loans under Mitchell-Lama to notify tenants of the possibility of buyout from mortgages held, which would potentially result in rent increases, **A.797**.

Expand Income Requirements for Senior Citizen Rent Increase Exemption (SCRIE) Program:

- Change the qualifications so that a senior's monthly rent can be one-fourth of their monthly income instead of the current one-third requirement, **A.825** and **S.445**.
- Change the current income limit of \$26,000 per year to \$30,000 per year, **A.1191**.
- Make 100% of Social Security income exempt from calculating eligibility, **A.1249** and **S.1326**.
- Increase the income cap for Disability Rent Increase Exemption (DRIE)

Protection for tenants against unwarranted evictions, A.2163 and Preferential Rents, A.4721.

Improve the Inclusionary Zoning Model to require thirty percent be affordable housing and include housing for the elderly.

Community Based Services

- **Expand Services and Financing for Naturally Occurring Retirement Communities (NORCs), A.1426.**
- **Create adult day services respite demonstration programs** and extend the period a caregiver can remain active in the care of elderly or disabled individuals, **A.1655**.

Transportation

Create Safer Streets:

- Authorize the Department of Transportation to survey areas with a high incidence of pedestrian accidents involving senior citizens, **A.31**.
- Introduce legislation that would make improvements to areas with a high density of seniors including repairing street and sidewalk imperfections to prevent falls.

Make New York City Subway Stations More Accessible:

- Construct elevators at all elevated stations from the ground level to the station's platform, **S.1213**.

Continuing Education

- **Make Adult Education More Available to Older Adults, A.4487.**

Voting Discrimination



Congress passed the Voting Rights Act in 1965 to safeguard African-American citizens from voting discrimination. It was extended in 1975 to “language minority” voters –for whom traditionally, English is a second language – including American-Indian, Asian-American, Alaskan-native, and Latino voters. In July 2006, Congress’ renewal of the Voting Rights Act aims to ensure that all Americans have an equal chance to vote without facing discrimination when they try to register or vote for the candidate of their choice. The efforts of Congress are supported to fulfill its role of protecting the fundamental right of citizens to vote where their own state and local governments fall short. Section 5 of the Voting Rights Act requires that certain states and counties request that Congress renew Section 5 of the Voting Rights Act for another 25 years as part of the Fannie Lou Hamer, Rosa Parks, and Coretta Scott King Voting Rights Act Reauthorization and Amendments Act.

In August 2006 the Northwest Austin Municipal Utility District Number One immediately sued the U.S. Attorney to challenge the Act. A three judge panel was convened in Washington, D. C. to hear the case. As the law now stands, prior to implementing an election law change, local and state governments must prove to the Department of Justice or a panel of federal judges that the proposed change would not have the purpose or effect of undermining the ability of minority citizens to register and vote. If the Northwest Austin Municipal Utility District Number One wins this suit, the only way minority voters would be able to stop their rights from being impeded by a discriminatory law would be to file a lawsuit and try to prove in court that the law violates their rights.

Public Citizen is working closely with nonprofit organizations who are representing other defendant-intervenors. The only states and counties that have historically used literacy tests or other devices to discriminate against minority voters resulting in low voter registration or turnout must follow this preclearance procedure. Covered areas include Texas, Alabama, Georgia, Louisiana, Mississippi, South Carolina, Virginia, Alaska, Arizona and parts of North Carolina, Florida, California, New York and South Dakota.

- Adele Bender
Queens Coordinator

Universal Healthcare Hearing

Monday, May 21, 2007

**Hudson Guild Elliott Center - 441 West 26th Street,
(between 9th & 10th avenues).**

6:30 pm (Light Refreshments) - 7pm - 9pm (Program)

For more information, please call the Gray Panthers office at 212-799-7572.



Defending Our Rights to Vote

"America has always been about rights... While many nations are based on a shared language or ethnic heritage, Americans have made rights the foundation of their national identity." J. Jackson Barlow

Earlier this year, Senator Barack Obama introduced the Deceptive Practices and Voter Intimidation Prevention Act of 2007, **S.453**. This bill makes it illegal for deceptive practices to be employed in federal, state and municipal elections. It amends the Revised Statutes and federal criminal law to prohibit any person, from knowingly deceiving any other person regarding the time, place, or manner of conducting any federal election. The bill also prohibits people from knowingly misleading voters about qualifications for, or restrictions on, voter eligibility for any election.

The Deceptive Practices and Voter Intimidation Prevention Act makes an intent to prevent another person from exercising the right to vote an essential element of the offense. It creates a private right of action for any person aggrieved by a violation of such prohibition; prescribes a criminal penalty for such deceptive acts; and authorizes any person to report to the Attorney General false election information. The bill refers any pertinent matter to the Civil Rights Division of the Department of Justice for prosecution; and refers the matter to the appropriate federal and state authorities for criminal prosecution or civil action after the election. The Attorney General will be directed to study the feasibility of providing such corrective information through public service announcements, the emergency alert system, or other forms of public broadcast. It authorizes the Attorney General to establish a Voting Integrity Task Force.

Passage of this bill will ensure that violators are fined up to \$100,000 and serve one to five years in prison. Presently, this bill has received support from Senators Charles Schumer, Hillary Clinton, John Kerry, Ted Kennedy, Barbara Boxer, Dianne Feinstein, Patrick Leahy, Russ Feingold and Ben Cardin.

- Adele Bender
Queens Coordinator

Take Action!

JPAC members and other older adults need to support and advocate for the Senior Benefit card which enables older adults to purchase healthy foods and join health club/gyms at a discounted rate. This legislation is sponsored by Assembly member Steve Englebright (**A.898**) and Senator Martin Golden (**S.322**). Please call or visit your State elected officials and let them know that you support these bills!

Universal Healthcare



Universal health care has been a popular topic of discussion lately in the world of politics. This is probably due to the increasing attempts of local legislators to adjust and rearrange current health care policies. While Governor Spitzer is trying to reassign funds to certain parts of New York State's health care needs, many people are coming to the realization that we would not need to constantly make sure that children, families and older adults, have access to quality health care if we had a national plan.

Currently, 15% of Americans do not have health insurance. This amounts to about 45 million people. And whether or not a person has health insurance does not change the fact that if someone needs health care they have to deal with a system that is focused on making profits instead of focusing on patient care.

Medicare has done a great deal to help the elderly and disabled. It currently delivers universal health care to 42 million Americans. It has lower administrative costs than any private plan on the market, it has one of the highest approval ratings of any government program, and it is not a program based upon profits. With Medicare already providing universal health care coverage to older Americans, the next step should be to include all Americans in this national program.

Many organizations support the idea of "Medicare For All" and many legislators are joining in on the campaign. Governors in New Mexico, Colorado, Louisiana, Oregon, Wisconsin, Kansas and Illinois, among others, have introduced universal health plans, while other states like Michigan, North Carolina and Ohio have turned to outside consultants to come up with a feasible solution. Massachusetts, Vermont and Maine have already enacted universal-coverage plans. Beginning in July, all Massachusetts residents will have to purchase health insurance or face a tax penalty.

With enough pressure from community groups, it seems that the federal government will have to step in eventually. In May, JPAC will be joining forces with Hunter Welfare Rights Initiative (WRI) students to advocate for a national health care plan. We hope that you will join us! For more information please refer to the back of this newsletter.

- Julie Green
Student Intern

Julie's Goodbye...

It has been a great nine months interning with JPAC and it is time for me to leave. I want you all to know that I am very grateful for getting the opportunity to learn from this organization. It has been challenging for me, but I have gained so much from the experience. You have all been so willing to teach me about change and to share your experiences with me. I deeply appreciate it. I have seen so much passion and determination with this organization. Your cohesiveness is something that I think is very special.

I also appreciate JPAC's amazing staff members and I am very sad to leave. It was a treat to be around such friendly and bright people. I want to thank everyone for having me and making me feel welcome. I wish you all the best!

- Julie Green
Student Intern





Please keep this handy



May '07

JPAC Calendar of Events

<p>2 Wednesday</p>	<p>1 p.m. - WRI/JPAC - "A Dance for Universal Healthcare" - @ Hunter College, West Building, (1st Floor Lobby). Please RSVP to Julie at (212) 273-5263. <i>A special event to promote Universal Healthcare for all!</i></p>
<p>4 Friday</p>	<p>10 a.m. - Membership and Outreach Committee (MOC) Meeting - @ JPAC for Older Adults, 132 West 31st Street, 10th Floor, (between 6th & 7th Avenues). Please RSVP to Bola at (718) 365-4044.</p>
<p>4 Friday</p>	<p>1 p.m. - Mental Health Committee Meeting - @ JPAC for Older Adults, 132 West 31st Street, 10th Floor, (between 6th & 7th Avenues). Please RSVP to Woody at (718) 934-7718.</p>
<p>9 Wednesday</p>	<p>10 a.m. - 3 p.m. - Age In Action 2007 - Flushing Meadows Corona Park. This event is sponsored by DFTA. Please call 311 for more info.</p>
<p>14 Monday</p>	<p>10 a.m. - JPAC Citywide Meeting - @ Jasa Cooper Square, 200 East 5th Street, NYC. Please RSVP to Tasha at (212) 273-5262.</p>
<p>21 Monday</p>	<p>9 a.m. - 12 Noon - Building Community: A conference addressing Geriatric Mental Health Awareness and Advocacy. Located at UJA-Federation of New York. This event is free. RSVP and registration is required. Please contact Tasha Forsythe at (212) 273-5262 for more info.</p>
<p>22 Tuesday</p>	<p>1 p.m. - Housing Committee Meeting - @ JPAC for Older Adults, 132 West 31st Street, 10th Floor, (between 6th & 7th Avenues). Please RSVP to Adele at (718) 286-1528.</p>
<p>23 Wednesday</p>	<p>5 p.m. - 7p.m. - New York is Our Home - Campaign for Affordable Rents! Please join us as we fight to preserve NYC's Affordable Housing. @ Stuyvesant Town, 1st Avenue (between 14th & 23rd Street, in Manhattan).</p>
<p>31 Thursday</p>	<p>Geriatric Mental Health Alliance Conference - Please call (212) 614-5751 for more information.</p>

Jewish Association for Services for the Aged
JPAC for Older Adults
132 W. 31st St. - 10th Floor
New York, NY 10001

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JPAC Action Report

Molly Krakowski, *JPAC Director*

Bola Aribidesi *IFSA Director*

Tasha Forsythe, *Administrative Assistant*

☎ (212) 273-5262 ☎

JPAC is funded by the NYC Department for the Aging with additional support from the Brooklyn Borough President Marty Markowitz; State Senators Tom Duane, Liz Krueger, and Eric Schneiderman; City Council Members Christine Quinn, Gale Brewer, Jessica Lappin and the Manhattan Delegation.

JPAC is sponsored by the Jewish Association for Services for the Aged (JASA)

JPAC is strictly non-partisan

**Hunter Welfare Rights Initiative
Students and the
Joint Public Affairs Committee
for Older Adults present...**



A Dance for Universal Healthcare

Featuring: Performances, contests, prizes, food, fun and a special performance by the Intergenerational Square Dancers.

The event will take place at Hunter College West Building, (First Floor Lobby), Wednesday, May 2nd from 1pm - 3pm.

*The sole purpose for this event is to promote
Universal Healthcare for All!*

For more information, please contact Julie Green at 212-273-5263 or jgreen@jasa.org