



Midtown East



Ed Koch Bridge

October 2014

Making the Most of a Doctor's Visit

At the October meeting members addressed the topic in both general and personal terms. The lively discussion that followed covered these points:

- Patients need to be proactive during visits with MDs.
- Have a prioritized list of questions.
For example: When surgery is recommended ask why, how often and how many of these surgeries the doctor has performed and number of successful outcomes.
- Online reviews of MDs can be biased. Amongst the ways to get unbiased advice regarding MD qualifications are checking the resources available on the TTN website.
- What should you do if online information on how to use a prescription differs from what your MD recommended.
- Members reported good experiences with two providers.
 - Pasteur Pharmacy
 - City MD on E.86th St
- Flu shots - Some people have allergic reactions to the preservatives in them. Flu shots without preservatives are available.



All members agreed on the importance of giving support to those reluctant to seek needed medical help.



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December 2014

Future Housing Plans and How to Pay for Them

At our December meeting, members discussed various housing options. These are the issues addressed:

- Where/how to get help if one wants to remain in their current independent living situation.
 - ✓ Contact Caring Collaborative
 - ✓ For reliable paid help it's best to get a personal recommendation. A certified home health agency does not guarantee a good experience.
- Sharing a home with someone you know; living with family.
- Resources for living in a community for older adults
 - ✓ NORCs (Naturally Occurring Retirement Community)
 - ✓ TTN –CC website link to PDF that describes how to create a “Vertical Village.”
 - ✓ Guide to Retirement Living Source Book provides information about a number of communities with different levels of care. Website: <http://www.retirement-living.com>
 - ✓ A November 29, 2014 New York Times article about “virtual villages.”
- Long Term Care
 - ✓ LTC is expensive; policies vary. Check carefully for specific coverage and qualifying conditions.
 - ✓ New York Long Term Care Partnership insurance may be more affordable.
 - ✓ Premium discounts are possible through membership in some groups/organizations.

