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**NYC EMERGENCY MANAGEMENT'S LATEST 'PREP TALK' PODCAST:
EMERGENCY PREPAREDNESS FOR OLDER ADULTS**

#PrepTalkNYC {Click to listen to episode [43](#)}

December 13, 2019 — Are older adults in your family prepared for an emergency? On the latest episode of “Prep Talk,” special guests Edward Powell, community engagement coordinator at NYC Emergency Management, and Benjamin Strong, senior director of the office of emergency preparedness at the Department for the Aging, discuss the importance of establishing emergency support networks for older adults. Support networks can help individuals stay connected and informed during an emergency. The guests also talk about the agencies’ ongoing partnership to help educate seniors through outreach to the nearly 250 Department for the Aging senior centers.

“One of the most important preparedness steps is creating an emergency support network with people who will keep in touch with you during an emergency. It can be people from your house of worship or co-workers, neighbors, relatives, and friends,” **Powell** said. “No one should go through an emergency alone.”

Each year, NYC Emergency Management and the Department for the Aging collaborate to recognize a New York City senior center that made an ongoing commitment to preparing older adults for emergencies. Recently, the agencies awarded Selfhelp Innovative Senior Center in Flushing, Queens with the 2019 Ready New York Senior Center of the Year Award. Mayer Waxman, the managing director for SelfHelp Community Services, joined the show to discuss the accomplishment and highlight the center’s work connecting older adults with City resources.

“Senior centers provide social services and they’re fulfilling for older adults. There are games, sports, ping-pong, and tai chi – but once you have the people together, it is very important to take that positivity and channel it towards something productive and valuable,” **Waxman** said. “Make sure they are aware of things regarding preparedness and safety.”

You can listen to the latest [episode](#) on [SoundCloud](#), [iTunes](#), and [Spreaker](#).

Profiles

Benjamin Strong is the senior director of the office of emergency preparedness at NYC Department for the Aging. As head of emergency preparedness, his primary responsibility is ensuring the agency’s state of readiness for all-hazards emergencies that impact staff and the older adult population of New York City. Mr. Strong is a U.S. Coast Guard veteran and holds a master’s degree in public administration from Baruch College. Previously, he served as a diplomatic liaison officer at the Mayor’s Office for International Affairs and director of supply chain logistics at NYC Emergency Management. In that position he led a team tasked with



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planning, preparing, and responding to emergency incidents requiring critical commodities, personnel, and equipment.

Edward Powell is a Ready New York community engagement coordinator. He leads the strategic planning and outreach efforts focused on engaging the city’s older adults. He also assists with development and implementation of strategies to engage new partners, while maintaining NYC Emergency Management’s existing network of contacts throughout New York City. Additionally, he conducts Ready New York presentations and other related emergency preparedness events, with a focus on New York City’s older adult population.

Mayer Waxman is managing director of senior centers at Selfhelp Community Services, Inc., overseeing Selfhelp’s five senior centers, including the Selfhelp Benjamin Rosenthal-Prince Street Senior Center in Flushing, Queens. He also oversees Selfhelp’s social work intern education program. During Hurricane Sandy, he directed two teams of disaster case managers assisting victims. Mr. Waxman is a New York licensed social worker and holds a second master’s degree in forensic psychology.

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