



MINUTES

CALL TO ORDER

Called to order at 10:31 a.m.

ROLL CALL

PRESENT

Chairman Don Smarto

Vice Chair Ann Hunter (left early at 11:20 a.m.)

Commissioner Freddie Evans

Commissioner Prudence Mathis (left early at 11:10 a.m.)

Commissioner Lorraine Rose

Commissioner Cynthia Smith

Commissioner Barbra Thomas

AARP Representative Lee Lee Lee

ABSENT

Commissioner Nancy Wooten

Message of Religious Welcome

As many of you are aware, we customarily begin our meetings with an invocation. This prayer is intended for the benefit of the board members and is directed to them and not the audience. Those who deliver the invocation may reference their own religious faith as you might refer to yours when offering a prayer. We wish to emphasize, however, that members of all religious faiths are welcome, not only in these meetings, but in our community as well. The participation of all our citizens in the process of self-government will help our fine city best serve the good people who live here. Employees and audience members are welcome to pray or not pray, and this choice will have no bearing on any vote made by the board.

Prayer at 10:33 a.m.

AGENDA ITEMS

1. Minutes: Motion made to accept the minutes by Commissioner Mathis, Seconded by Vice Chair Hunter. Voting Yea: Chairman Smarto, Vice Chair Hunter, Commissioner Evans, Commissioner Mathis, Commissioner Rose, Commissioner Smith, and Commissioner Thomas
2. City Updates:
 - Proposition A for the \$75 million dollar bond has passed. This bond will go toward downtown revitalization and new construction in Grand Prairie.
 - Two council members are in a runoff | Greg Giessner & Jeff Wooldridge. Election will be held June 5, 2021 between 7:00 a.m. and 7:00 p.m. Early voting will start May 24th.
 - Splash Factory behind Charley Taylor is having a grand reopening on May 28, 2021 at 1:00 p.m. FREE Kona Ice & special guests.

- Over 50% of the Summit members have returned. The Summit currently has 2,700 members. Some Summit programs have returned (pottery, crochet, billiards, shuffleboard), but not all. The City will reassess adding new Summit amenities every 30 days.
 - COA will meet at the Parks Administration building and/or City Council Chambers until further notice. There is currently a vacancy on the Commission on Aging. The City is working with Jeff Copeland to make a decision to fill this vacancy. Proposed COA mission statement is in the Mayor's hands.
3. Nutrition Update: There were 1,933 meals served in March and 2,050 meals served in April. The nutrition program will remain a drive through/delivery service until further notice.
 4. AARP Hot Topic: Boost your Brain and keep your mind sharp presentation given by AARP Representative, Lee Lee Lee. This presentation was prompted David Alter, PhD, and co-author Henry Emmons MD Staying Sharp (Touchstone) | Ways to boost your brain & stay sharp:
 - Learn another language. This can help your brain process information better and help you focus by avoiding distractions.
 - Write in Red. The color red binds into our memory better than other colors.
 - Play Ping Pong. This activity activates specific neurons associated with brain health.
 - Close your eyes every now and then to remove visual distractions.
 - Use your non-dominate side to challenge your brain in new ways.
 - Maintain a healthy blood sugar. This can slow or even prevent dementia.
 - Meditate. This can lower the stress hormone (cortisol) in your brain.
 - Eat avocado. Avocado contains medium-chain fatty acids, which reduce inflammation.
 - Fall proof your house.
 - Get your B-vitamins.
 - Regularly perform aerobic exercise. This type of exercise can increase the size of your hippocampus (part of the brain that helps one learn & remember).
 - Add adventure to your life - new experiences allows your brain to flex like a muscle.
 - Get some coloring books. This activity can lower stress and put you in a meditative frame of mind.
 - Eat omega-3s once a week. This helps spur structural brain changes that boost memory.
 - Resveratrol is an antioxidant that can improve memory, mood, and learning capacity. (Research from Texas A&M University.) You can find this antioxidant in red and white wine, munch peanuts, pistachios, grapes, berries and dark chocolate.
 - Get plenty of sleep. The National Sleep foundation recommends 7-9 hours per night for adults 18-64 and 7-8 hours for adults 65 and older.
 - Never stop searching for new information. This improves your neuro circuit and keeps your brain sharp.
 - Create social connections, never stop being curious, and try to keep a positive attitude. These things can improve brain health and assist your brain to adjust to any changes.

To conclude, Lee Lee recommends to laugh, love, learn, and live life to the fullest every chance you get.

5. Grand Prairie Transportation Services Research: Don Smarto mentioned that the City Council would be speaking on Grand Prairie's transportation services in their next meeting.

Lorraine Rose gave an update on her research of the transportation services of Grand Prairie:

- Catholic Charities - offers a once a month medical transport at \$2.50 each way.
- My ride North Texas - services to find you a ride.
- Care.com - personal caregivers / paid program
- Grand Connection, Go-go Grandparent, Uber Assist

Lorraine's research pointed out that transportation is limited in Grand Prairie. She pointed out things to consider: What kind of transportation are we wanting to offer | medical, disaster, leisure? Are we liable? A lot more research needs to go into this. An alternative idea could be developing a transportation system could be possibly putting together a neighborhood watch program instead. Looking out for your neighbors is a feasible mission, whereas providing transportation has many liabilities.

Item tabled until the City Council makes their comments, suggestions, and/or recommendations at their next meeting.

6. The Future of COA Public Programs: Don Smarto opened up to discussion on programs hosted by COA.

- Cynthia Smith said she would like the programs to be prior to the COA meetings or following the meetings so that guests coming in to view the presentation do not feel obligated to stay for the entire meeting.
- Lorraine Rose stated that she likes the COA programs and presentations because they allow the commissioners as well as citizens to learn new things.
- Barbra Thomas liked the idea of holding programs and presentations at other locations - nursing homes, assisted living facilitates, recreation centers, churches. etc...
- Freddie Evans mentioned she would like everyone to be safe throughout this. Don Smarto followed that and said that there is no strict timeline on this, but that COA would follow necessary protocols when deciding to host programs outside of the COA meetings.

Don Smarto asked all commissioners to send in topic ideas for different COA programs/presentations to discuss at the next meeting.

Possible trail run for hosting programs at other facilities was mentioned - TBD.

7. Future COA Meeting Dates & Times: Meeting dates & times will be decided at each meeting. Motion made to have a planning meeting on June 9, 2021 at 10:30 a.m. by Commissioner Rose, Seconded by Commissioner Evans. Voting Yea: Chairman Smarto, Vice Chair Hunter, Commissioner Evans, Commissioner Mathis, Commissioner Rose, Commissioner Smith, and Commissioner Thomas.

CITIZEN COMMENTS

Citizens may speak during Citizen Comments for up to five minutes on any item not on the agenda by completing and submitting a speaker card.

June Owens commented and said that she has applied to be on the Commission on Aging. She also stated that she has been a volunteer for five and a half years and hopes to assist in the Commission on Aging programs in the near future.

EXECUTIVE SESSION

The Commission on Aging may conduct a closed session pursuant to Chapter 551, Subchapter D of the Government Code, V.T.C.A., to discuss any of the following:

- (1) Section 551.071 "Consultation with Attorney"*
- (2) Section 551.072 "Deliberation Regarding Real Property"*
- (3) Section 551.074 "Personnel Matters"*
- (4) Section 551.087 "Deliberations Regarding Economic Development Negotiations."*

ADJOURNMENT

Motion made to adjourn the meeting at 11:38 a.m. by Commissioner Evans, Seconded by Commissioner Thomas. Voting Yea: Chairman Smarto, Commissioner Evans, Commissioner Rose, Commissioner Smith, Commissioner Thomas

The Grand Prairie City Hall is accessible to people with disabilities. If you need assistance in participating in this meeting due to a disability as defined under the ADA, please call 972 237 8018 or email jgunderson@gptx.org at least three (3) business days prior to the scheduled meeting to request an accommodation.

Certification

In accordance with Chapter 551, Subchapter C of the Government Code, V.T.C.A, the Commission on Aging agenda was prepared and posted May 7, 2021.



Jaclyn Gunderson, COA Secretary