



AGENDA

ROLL CALL

CALL TO ORDER

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.

AGENDA ITEMS

- [1.](#) Minutes of March 8, 2023 Commission on Aging
- [2.](#) Nutrition Program Report
- [3.](#) Parks, Arts and Recreation Department Updates
- [4.](#) 2023 Annual Programming
- [5.](#) Discuss other ways to outreach to seniors
- [6.](#) Eat for a Powerful Heart

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."*

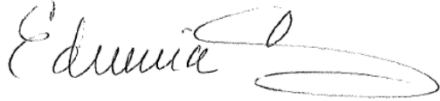
CITIZEN COMMENTS

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.

ADJOURNMENT

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 April 7, 2023.



Edivina Cruz, COA Secretary



**CITY OF GRAND PRAIRIE
COMMUNICATION**

MEETING DATE: 04/12/2023

REQUESTER: Eduvina Cruz, Commission on Aging Secretary

PRESENTER: Freddie Evans, Chair

TITLE: Minutes of March 8, 2023 Commission on Aging

RECOMMENDED ACTION: Approve



COMMISSION ON AGING CALL MEETING
THE SUMMIT - 2975 ESPLANADE
WEDNESDAY, MARCH 08, 2023 AT 10:30 AM

MINUTES

ROLL CALL

PRESENT

Chair Freddie Evans
 Commissioner Prudence Mathis
 Commissioner Barbra Thomas
 Commissioner Nancy Wooten
 Commissioner Laura Owens
 CO Chair Dexter Coleman
 Commissioner Vance Roper
 Commissioner Salvador Sosa

ABSENT

Commissioner Thomas Headen

CALL TO ORDER

Meeting called to order at 10:30am by Chair Freddie Evans

Chair called for Silent prayer

AGENDA ITEMS

1. Minutes of October 12, 2022 Commission on Aging Meeting

Motion to approve October minutes made by Chair Evans, Seconded by Commissioner Owens.
 Voting Yea: Chair Evans, Commissioner Mathis, Commissioner Thomas, Commissioner Wooten, Commissioner Owens, CO Chair Coleman, Commissioner Roper, Commissioner Sosa

2. Nutrition Program Updates

Eduvina Cruz report that 2,201 meals were served in February for the Nutrition Program.

3. Parks, Arts, & Recreation Update on Upcoming Events

Chris Ginapp introduced new Program Coordinator Shannon Nuspel, New staff also includes General Manager Halima Banquendo and bus driver Wanda Telley. reported that the water

show and loop 9 BBQ restaurant would open March 9th with more restaurants opening in the near future. Farmer's Market will open April 1st.

4. 2023 Commission on Aging Annual Program Planning

Commissioner discussed and agreed to the following programs/ presentations. Dates are tentative upon speaker availability.

May - Commissioner Dexter Coleman - "Jumpstart at 50+: Starting a Productive Buisness,Career, and Lifestyle in your Prime"

June - Commissioner June Owens- Texas Mental Health Resources by Donovan Fredricksen, PH.D.

August- Commissioner Roper- Wills Clinic

September- Commissioner Freddie Evans- Fire Extinguishers demonstration- GP Fire Department

November- Commissioner Salvador Sosa- Holiday Blues Presentation

December- Commissioner Nancy Wooten- Christmas Program entertainment by GPISD students

Discussed more target marketing for seniors, take a group picture,Send Commissioners the link to promote the Summit.

CITIZEN COMMENTS

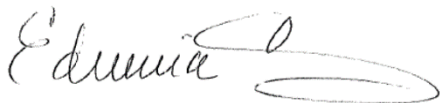
Citizens may speak during Citizen Comments for up to five minutes on any item not on the agenda by completing and submitting a speaker card.

ADJOURNMENT

Meeting adjourned at 11:12am by chair

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 March 3, 2023.



Eduvina Cruz, COA Secretary



**CITY OF GRAND PRAIRIE
COMMUNICATION**

MEETING DATE: 04/12/2023

REQUESTER: Eduvina Cruz, Commission on Aging Secretary

PRESENTER: Eduvina Cruz

TITLE: Nutrition Program Report

RECOMMENDED ACTION: none



**CITY OF GRAND PRAIRIE
COMMUNICATION**

MEETING DATE: 04/12/2023

REQUESTER: Eduvina Cruz

PRESENTER: Chris Ginapp, Senior Recreation Superintendent

TITLE: Parks, Arts and Recreation Department Updates

RECOMMENDED ACTION: none



**CITY OF GRAND PRAIRIE
COMMUNICATION**

MEETING DATE: 04/12/2023
REQUESTER: Eduvina Cruz
PRESENTER: Freddie Evans, Chair
TITLE: 2023 Annual Programming
RECOMMENDED ACTION: none



**CITY OF GRAND PRAIRIE
COMMUNICATION**

MEETING DATE: 04/12/2023

REQUESTER: Eduvina Cruz

PRESENTER: June Owens, Commissioner

TITLE: Discuss other ways to outreach to seniors

RECOMMENDED ACTION: approve

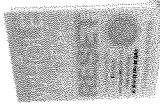


**CITY OF GRAND PRAIRIE
COMMUNICATION**

MEETING DATE: 04/12/2023
REQUESTER: Eduvina Cruz
PRESENTER: Lee Lee Lee, AARP Representative
TITLE: Eat for a Powerful Heart
RECOMMENDED ACTION: None

Eat for a Powerful Heart

AN NUTRITION PLAN FROM AARP HELPS KEEP YOU LEANER, STRONGER AND HEALTHIER BY STEPHEN PERRINE with Heidi Skolnik



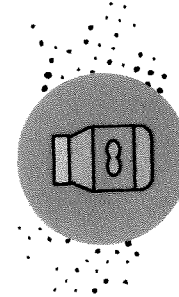
YOUR HEART doctor may ask if you're avoiding saturated fat or what you're doing to control your weight. But doctors seldom ask, "Are you taking care of your muscles?"

We lose about 5 percent of our total muscle mass every decade after age 30. But science shows that those who retain muscle as they age lower their risk of metabolic syndrome, obesity, diabetes and inflammation—all risk factors for heart disease.

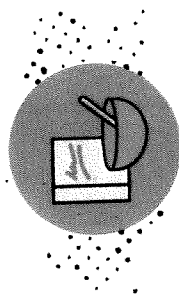
That's why AARP developed The Whole Body Reset, a program designed to stop, and reverse, age-related muscle loss and weight gain.

The primary cause of age-related muscle loss is "anabolic resistance"—essentially, we can't turn the protein we eat into muscle as efficiently as we did when we were younger. In order to overcome this resistance, we need higher doses of protein at each meal—25 grams at a time for women or 30 grams for men. Anything less than that, and your body remains in muscle-loss mode. Fat starts to win out, and heart health suffers.

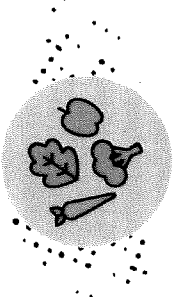
In addition to protein, we need a mix of high-fiber grains, high-nutrient fruits and vegetables, and healthy fats to keep heart-harming, fat-promoting inflammation under control. Here's your plan.



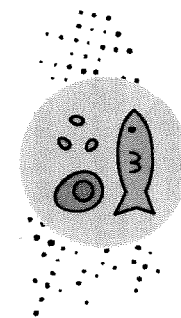
Eat 25 to 30 grams of protein at each meal: breakfast, lunch and dinner. Make sure every snack you eat has at least some protein as well (cheese on that cracker, peanut butter with that apple). Women should aim for at least 75 to 100 grams of total protein every day, while men should shoot for at least 90 to 120 grams.



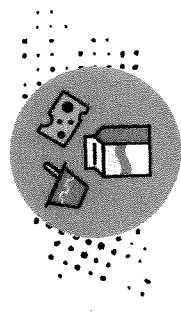
Up your intake of high-fiber grains, cereals and beans. In one study following 2,735 people, women who ate the least amount of fiber were 2.9 times as likely to die from inflammatory diseases such as heart disease. And research has found that for every additional 10 grams of fiber you eat per day, you reduce your risk of stroke by 12 percent.



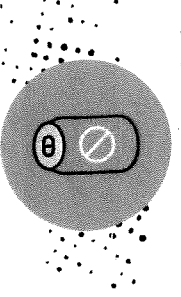
Eat more colorful fruits and vegetables. Aim for eight to 10 small servings a day. Fruits and vegetables provide fiber, as well as vitamins, minerals and thousands of micronutrients called phytochemicals. As we age, our ability to extract these nutrients from food diminishes—and that's another reason why inflammation increases.



Enjoy healthy fats and oils from seafood, nuts, seeds, olives and avocados. Two servings a day will help keep you lean and sharp, whether you're enjoying a serving of salmon, a spoonful of peanut butter, some chips and guacamole, or toasty bread dipped in extra-virgin olive oil.



Focus on fortified dairy. Worry more about getting enough calcium-rich dairy than about whether it's low-fat or not. One study found that those who ate three servings of whole-fat dairy had lower risks of heart disease and stroke than those who ate one serving. Dairy also delivers muscle-building protein.



Don't drink your calories (or chemicals). In particular, don't think you're doing yourself a favor by drinking diet sodas: They've been linked to an increased risk of heart disease, dementia and stroke. Keep it simple with filtered water, sparkling water, tea and/or coffee (it's fine to add a little milk).

BOOK: SIMON & SCHUSTER ICONS BY ELIAS STEIN