



AGENDA

ROLL CALL

CALL TO ORDER

INVOCATION

AGENDA ITEMS

1. June Minutes
2. City Updates by Chris Ginapp
3. Nutrition Update by Jackie Gunderson
4. New Commissioner Introductions
5. Reading of the New Commission on Aging Mission Statement:

The Commission on Aging “shall seek to promote, facilitate, and enhance the quality of life for Grand Prairie seniors by offering solutions and recommendations of programs and services to our City Council.”

6. Updates on City Transportation
7. Scheduling Previously Discussed Public Programs

Date for a presentation about elderly scams and fraud from GPPD

Dates for other COA-related presentations or activities

8. AARP Presentation - Plan Before the Crisis
9. Reminder of the COA Elections in October

Chair and Vicechair

10. Future Meeting Date & Time

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.

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

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.

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.

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 August 6, 2021.



Jaclyn Gunderson, COA Secretary



COMMISSION ON AGING
CITY HALL - COUNCIL CHAMBERS, 300 W. MAIN STREET
WEDNESDAY, JUNE 09, 2021 AT 10:30 AM

MINUTES

ROLL CALL

PRESENT

Chairman Don Smarto
 Commissioner Freddie Evans
 Commissioner Prudence Mathis
 Commissioner Lorraine Rose
 Commissioner Barbra Thomas
 AARP Representative Lee Lee Lee

ABSENT

Vice Chair Ann Hunter
 Commissioner Cynthia Smith
 Commissioner Nancy Wooten

CALL TO ORDER

Meeting called to order at 10:33 a.m.

INVOCATION

Prayer at 10:34 a.m. by Don Smarto

AGENDA ITEMS

1. Motion made to approve the May 12, 2021 minutes by Commissioner Mathis, Seconded by Commissioner Thomas. Voting Yea: Chairman Smarto, Commissioner Evans, Commissioner Mathis, Commissioner Rose, Commissioner Thomas

2. City Updates by Chris Ginapp are listed below:

Two new City Councilmen have been appointed

Steve "Junior" Ezeonu (District 8) | Kurt G. Johnson (District 6)

City Activities

- Crawfish Boil on June 12th from 10 AM - 2 PM (Farmer's Market)
- Hatch Chile Festival August 14th from 8 AM - 2 PM (Farmer's Market)
- Juneteenth Celebration on the 18th at 6 PM at Dalworth Recreation Center
- Juneteenth Parade on the 19th at 10 AM (line up starts at 9 AM)
- Daddy Daughter Dance on June 18th at the Ruthe Jackson Center from 6:30 PM - 8:30 PM (\$30 per person)

Summit Updates

- As of June 1st, the Summit started accepting new members. No day passes yet.
- Movies are back on Fridays at 6 PM and Saturdays at 12 PM.
- Nutrition Program will stay delivery/drive through this month.
- Temperature checks are now recommended and not required.
- Starting June 15th new AC units will be installed on the athletic side of the Summit. Airflow will be affected - industrial fans will be placed strategically to promote some airflow, but it will still be warm on the athletic side of the facility.

COA Updates

- The proposed mission statement is open for Council consent this month. The COA should be able to finalize their new mission statement in the next COA meeting.
- COA will be able to meet at the Summit starting in August.

3. Nutrition Update by Jackie Gunderson

- The Nutrition Program will remain a drive through/delivery service through June. Will possibly move back inside the Summit in the next couple of months.
- 1,911 meals were served in May. We are serving approximately 100-105 meals per day (Monday-Friday).
- The Summit is in need of volunteers. If you are interested, please apply by going to the link provided: <https://www.gptx.org/city-government/city-departments/human-resources/volunteer-grand-prairie>

4. Suggestions & Ideas for Public Programs hosted by the Commission on Aging

It was recognized by the commission that AARP Representative, Lee Lee Lee, is now certified as an Adult Mental Health First Aid.

Commissioner Lorraine Rose's suggestions are listed below:

- Forming a new Speaker Series, bringing informative people from Business/Government/Organizations/Culture to talk about what they do. This helps us as well as our audience to become more educated in Grand Prairie as well as DFW as a whole.
- Discuss an Outreach Program where we go and personally meet with citizens Of Grand Prairie, decide on what places we would go, set up a table, hand out information cards and represent ourselves. Examples: The Farmers Market, and Farmers Market Special Events, The Summit Special events i.e., Health fairs.
- Create wording for new COA information handout “card”, which explains what we do and advertises our “Speakers Series” to encourage participation. We can use these for various outreach programs such as activities like Health Fairs at the Summit, outreach table at the Farmers Market and other venues.

She encouraged the commission to collaborate on the following:

- Pick a date and time for our 1st “Speakers Series” (after Covid)
- Pick our first speaker/topic for the July “Speakers Series”. Create a list of speakers or topics for the rest of the year including December which could be totally different- Example: Musical Presentation by a choir (School or Church or musical donation).

- Pick out and confirm our first place/audience to hold the presentation; senior community, Church, possibly The Summit for July Depending how far along they are in opening up.
- Decide when we will set a table up at the Farmers Market (this will have to be after presentation cards are made). Give suggestions on where else we can go to set a table up.
- Decide how we will choose, and who will go and participate in these outreach programs.

Chairman Don Smarto's suggestions are listed below:

Topics for Public Presentations

- Diabetes Educational Presentation
- Speaker about Home Accidents
- Memory Improvement Presentation
- Benefits of Socialization
- Living Decisions
- Planning for the Future
- Hospice
- Nutrition
- Avoiding Scams
- How NOT to be a Crime Victim
- Technology How-To Class

Commissioner Freddie Evans suggested that the COA co-sponsor and co-host, with the Summit, the Veteran's Day programs.

5. Future Meeting Date &Time

There was discussion about meeting in July, but a majority of the present commissioners did not wish to meet that month.

Motion made to hold a COA meeting on August 11, 2021 at 10:30 a.m. at the Summit Wings Theater by Chairman Smarto, Seconded by Commissioner Rose. Voting Yea: Chairman Smarto, Commissioner Evans, Commissioner Mathis, Commissioner Rose, Commissioner Thomas

CITIZEN COMMENTS

June Owens suggested that the COA create a volunteer group to assist the elderly with shopping and other errands.

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- (3) *Section 551.074 "Personnel Matters"*
 (4) *Section 551.087 "Deliberations Regarding Economic Development Negotiations."*

ADJOURNMENT

Motion made to adjourn the meeting at 11:25 a.m. by Commissioner Mathis, Seconded by Chairman Smarto. Voting Yea: Chairman Smarto, Commissioner Evans, Commissioner Mathis, Commissioner Rose, Commissioner Thomas

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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 June 4, 2021.



Jaclyn Gunderson, COA Secretary

1. Plan Before the Crisis

The storybook picture of aging looks like this: grandfather sitting comfortably in his cozy chair in his tidy home, beverage of choice at hand, his multigenerational family gathered 'round as he relates yet another folksy, but morally instructive, story garnered from his long and fulfilling life.

The alternative picture of aging looks like this: grandfather, thirsty and alone, sitting in a worn chair in his dirty home surrounded by stacks of old newspapers and magazines, unable to hear the phone ringing with a call from his frantic daughter trying to find out why he missed his doctor appointment for the third straight time.

You know which picture you want. Getting there is the trick.

Aging seldom goes down a straight path. Instead, it lurches to the right with a health crisis, then to the left with a driving crisis, then to the right with a stove-burner-left-on-all-night crisis, then back to the left with a financial crisis.

Aging forces crisis decisions that must be made under pressure, with incomplete knowledge, and against a backdrop of emotion and

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LEGAL TALK TEXAS



VIRGINIA N. HAMMERLE

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fatigue.

It does not have to be this way. You can, and should, prepare now to minimize the impact of crises. A few simple steps, done gradually and adjusted as necessary time, are the solution. These apply whether you are 25 or 95.

Get the basic planning documents in place: Medical Power of Attorney, Financial Power of Attorney, HIPAA Release, Directive to Physicians, Declaration of Guardian and a will are the minimum for every adult. Agents should be honest and willing to serve. Work through scenarios. Create checks and balances.

Organize the medical: Choose a primary care doctor who is affiliated with a good hospital and a wide network of specialists. Compile and update a history of medical

conditions and surgeries.

Keep a list of medications and review it every six months with the doctor. Read the side effects and take the contraindications seriously.

Tackle the financial: Start early. Buy only those financial products that are easy to understand and manage. Drop expensive life insurance products if there is no ongoing need to support someone else. Consolidate and simplify everything. Compare income stream to expenses, and make the hard decisions now. Move away from banks and investment companies that are hostile to seniors. Keep a list of every account and investment. Read every policy. Create a personalized timeline for signing up for benefits and pulling investments.

Bring family and friends closer: Spend time to cultivate relationships. Check out the local senior center.

Choose a knowledgeable attorney and CPA: Meet in person at least once a year.

Walk the residence and imagine living there in a wheelchair: Make changes or move. Map out scenarios for living arrangements in the event of a broken hip, stroke

or dementia. Visit assisted living and rehab facilities. Investigate home health companies and geriatric care managers.

Educate yourself on the laws and rules about Medicare, hospice, Social Security, health insurance, home health care, elder fraud, senior housing and retirement accounts.

Decide what a "long and fulfilling life" looks like and create a plan to fill in the gaps.

Wean dependents off financial and emotional support. The support will die with the senior. It is more compassionate to teach people to stand on their own now instead of suddenly leaving them bereft and needy.

We all want to age with respect, wisdom, love and dignity. You can picture it, can't you?

Virginia Hammerle is an attorney with Hammerle Finley Law Firm. She is an accredited estate planner and has been board-certified in civil trial law for 25 years. Email legaltalktexas@hammerle.com for her monthly newsletter. This column is for general information only and does not constitute legal advice.

6/27/2021

2. The benefits for 50+ that AARP successfully advocated for:

- Additional direct payments to seniors and families with adult dependents.
- More staffing and support to help nursing homes with COVID-19 cases.
- More funding for Medicaid, home and community-based service.
- Removing the cap that limited tax credits for those over the age of 65.
- More nutritional support for hungry seniors.