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## **AGENDA**

### **CALL TO ORDER**

### **ROLL CALL**

### **INVOCATION**

### **AGENDA ITEMS**

1. August Minutes
2. Nutrition Update by Jackie Gunderson
3. City Updates by Chris Ginapp
4. AARP Hot Topic - Don't Get Too Comfortable
5. Scheduling Future Programs & Presentations
6. Certificate of Appreciation for former Vice Chair
7. October Reminders

Meeting Date & Time (October 13, 2021 at 10:30 a.m. Location TBA.)

Voting for Chair & Vice Chair at the October meeting.

### **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](mailto: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 September 3, 2021.*



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*Jaclyn Gunderson, COA Secretary*



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## MINUTES

### ROLL CALL

#### PRESENT

- Chairman Don Smarto
- Vice Chair Ann Hunter
- Commissioner Lorraine Rose
- Commissioner Barbra Thomas
- Commissioner June Owens
- AARP Representative, Lee Lee Lee

#### ABSENT

- Commissioner Freddie Evans
- Commissioner Prudence Mathis
- Commissioner Nancy Wooten

**CALL TO ORDER** - Called to order at 10:31 a.m.

**INVOCATION** - Prayer by Don Smarto at 10:32 a.m.

### AGENDA ITEMS

1. A motion to approve the June Minutes was made by Chairman Smarto, Seconded by Commissioner Rose. Voting Yea: Chairman Smarto, Vice Chair Hunter, Commissioner Rose, Commissioner Thomas, and Commissioner Owens.
2. City Updates by Chris Ginapp
  - Nineteenth street is being renamed to the MLK Boulevard. A dedication ceremony will take place Saturday, August 28th at 10:00 a.m. to honor this name change.
  - Hatch Chile Fest will take place Saturday, August 14<sup>th</sup>
  - Movies on the lawn at the Epic and movies on the beach at Loyd Park are taking place.
  - GPISD started in person classes today (August 11th).
3. Nutrition Update by Jackie Gunderson
  - In June, we served a total of 2,305 meals (526 home delivered & 1,779 drive through)
  - In July, we served a total of 2,549 meals (486 home delivered & 2,063 drive through)
4. New Commissioner Introductions
  - Chairman Don Smarto introduced our new Commissioner, June Owens.
  - June worked for the City of Arlington for 17 years and has been a volunteer for the City of Grand Prairie for 5+ years. She has served on many boards such as the Taste of Arlington, the Cardboard Boat Regatta, the Arlington 4th of July Association, the PTA board in AISD, and now the Commission on Aging.
  - We all welcomed June Owens.

5. Reading of the New Commission on Aging Mission Statement:

- Chairman Don Smarto read 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

Walter Shumac, Director of Transportation, joined us to discuss transportation within the City of Grand Prairie. He informed the Commission that Grand Prairie cannot have public transportation, such as DART, because it is in our Grand Prairie Charter. Instead, our city offers a service called Grand Connection. This is a free service for Grand Prairie citizens who are at least 60 years of age or have a physical or mental disability. It is a federally funded program.

Mr. Shumac also mentioned the freeze that took place the past February and what the city has done since then to ensure citizen safety if that type of situation were to ever happen again. He informed the commission that the Service Center, located at Marshall and George Bush, will now be staffed 24/7 so that we do not miss any calls. He also said we would outsource and work with other cities in those emergency situations.

He also briefly touched on a few terms such as Traffic Impact Analysis (TIA) and Level of Service (LOS). He explained that in every city it is key to provide balance to keep its citizens satisfied and to keep the city operating smoothly.

He opened the floor for questions and the commissioners asked about getting the lit up street signs. Mr. Shumac informed the commissioners that this would be an expensive undertaking for the city. He understands the concern for driving at night, but he explained the cost of these signs, how many signs we would have to replace, and the maintenance of the upkeep. The city has discussed this venture, and will revisit this matter in the future if necessary.

Other information regarding City of Grand Prairie Transportation can be found at the link below.  
<https://www.gptx.org/city-government/city-departments/transportation-services/transit>

7. Scheduling Previously Discussed Public Programs

- Chairman Don Smarto’s presentation - "Elderly Scams and Fraud" by the GPPD scheduled for 10/13/2021.
- Commissioner Lorraine Rose’s presentation - "Writing/Understanding Your Will" by an Attorney scheduled for 09/08/2021.
- A motion was made to schedule the two previously discussed presentations by Commissioner Rose, Seconded by Commissioner Thomas. Voting Yea: Chairman Smarto, Vice Chair Hunter, Commissioner Rose, Commissioner Thomas, and Commissioner Owens.

8. AARP Presentation - Plan Before the Crisis

AARP Representative, Lee Lee Lee, gave a presentation about planning before a crisis. She explained to the commissioners that aging seldom goes down a straight path. Instead, it will hit you with a health crisis and then a financial crisis. Prepare now to minimize the impact of these type of crises. For more information see the Agenda Packet for the attached document.

9. Reminder of the COA Elections in October

- Chairman Don Smarto gave a reminder of the COA Chair and Vice Chair Elections that will take place in October.

## 10. Future Meeting Date & Time

Motion made to meet at The Summit on September 8, 2021 at 10:30 a.m. by Chairman Smarto, Seconded by Commissioner Owens. Voting Yea: Chairman Smarto, Vice Chair Hunter, Commissioner Rose, Commissioner Thomas and Commissioner Owens.

**CITIZEN COMMENTS** - No Citizen Comments.

## EXECUTIVE SESSION

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## ADJOURNMENT

Motion made to adjourn at 11:50 a.m. by Commissioner Rose, Seconded by Commissioner Thomas. Voting Yea: Chairman Smarto, Vice Chair Hunter, Commissioner Rose, Commissioner Thomas, and Commissioner Owens.

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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 August 6, 2021.*



Jaclyn Gunderson, COA Secretary

# DON'T GET TOO COMFORTABLE

## 6 ways that leaving your comfort zone could make you healthier and happier

BY MICHAEL EASTER

The hardships and stress of the past 12 months led many of us to lean into comfort: daylong loungewear, a constant flow of chocolate and sinking into the sofa for a Netflix binge.

Simple pleasures can be a healthy response to hard times, but on a broader level, our epidemic embrace of ease is just one particularly big step in humanity's long trudge into comfort and convenience—a march that research increasingly ties to many of our most pressing physical and emotional health issues.

In researching my book *The Comfort Crisis*, I traveled around the world to meet experts ranging from Harvard scientists to Buddhist lamas to Special Forces soldiers—people who research, and sometimes personally experience, the benefits of discomfort. But you needn't live in a yurt to see a positive impact. These mildly uncomfortable moves can give you a solid dose of health and happiness.



### THE CHALLENGE: STAY HUNGRY

**Payoff: Reduced risk of chronic disease**

The comfort provided by noshing is an evolutionary mechanism that kept us alive by incentivizing us to overeat when life was easy, in order to prepare for lean times. Next time you feel hungry, let yourself experience that feeling for a while. Research shows that going periods without food can dial up autophagy, the process by which your body burns through dead and damaged cells that are associated with cancer, Alzheimer's disease, chronic inflammation, and higher blood sugar and cholesterol.



### THE CHALLENGE: TURN OFF THE TV

**Payoff: Lower blood pressure**

In the past few centuries, humans have increased the overall loudness of the world eightfold. Today we've become so uncomfortable in silence that half of us keep the TV on all the time just to avoid it. The problem is that noise causes our brain to release stress hormones, because in our ancient environment, loud noises signaled danger. A study of neighborhoods near airports found that antianxiety medication use rises a relative 28 percent for every 10-decibel increase the neighborhood experiences.

But turning off the TV and sitting quietly can have a huge impact, and fast: One study found that just two minutes of silence led to big drops in blood pressure.



### THE CHALLENGE: LOWER YOUR THERMOSTAT

**Payoff: Weight loss**

Many of us now live with the thermostat set at 72 degrees, experiencing temperature swings only in the brief moments we walk across a parking lot. But the cold causes our body to burn fat to regulate our core temperature and keep us warm. Researchers in the Netherlands found that cool temps can elevate our metabolism anywhere from a few percent to a whopping 30 percent, helping to cut down on obesity. Their advice: Lower your thermostat during cold weather by 3 to 4 degrees each week. This slowly pushes your comfort zone, allowing your body to adapt without unnecessary suffering. Stop once you're at 64 degrees, the optimal zone, according to the researchers.



### THE CHALLENGE: FIND A 'NATURE PYRAMID'

**Payoff: Lower stress**

The average American spends 93 percent of his or her time in enclosed buildings or vehicles. Nature can be unpredictable, and our brain prefers to keep us within four safe walls. But braving the elements is like a dose of organic Xanax.

To lower stress and tame burnout, Northeastern University neuroscientist Rachel Hopman recommends the 20-5-3 "nature pyramid": Spend 20 minutes in nearby nature (like a park) three times a week; spend five hours each month in semiwild nature (like a national park); and spend three days a year in more off-the-grid nature (like you'd find while camping or renting a cabin).

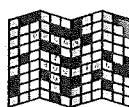


### THE CHALLENGE: WALK FARTHER

**Payoff: A longer life**

From cars to escalators, we've eliminated physical activity from our lives. Adding back 150 weekly minutes of moderate activity—like, say, gardening or a brisk walk—can reduce our risk of dying prematurely by 30 percent, according to an analysis of more than 1,200 studies.

Try doing what only 2 percent of us do: Take the stairs—or perhaps carry your groceries or park in the farthest spot—and sneak small, effortful wins into your days. Researchers found that the most inactive people see the biggest benefits from doing just a little more.



### THE CHALLENGE: BREAK YOUR ROUTINE

**Payoff: Lower dementia risk**

The human brain evolved to embrace daily routine because it's safe and predictable. But doing and learning new things forces us to focus, effectively slowing down time. (This is why time seemed slower when we were kids; everything was new and we were constantly learning.) Lifelong learning may even fight Alzheimer's and dementia, scientists at the University of Michigan say. The solution is simple: Practice doing or learning something new every single day. ☐

*Michael Easter is a regular contributor to Men's Health, Outside and other national publications.*