



COMMISSION ON AGING
THE SUMMIT - 2975 ESPLANADE
WEDNESDAY, OCTOBER 09, 2024 AT 10:30 AM

AGENDA

CALL TO ORDER

ROLL CALL

INVOCATION

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.](#) Welcome New Commissioners
- [2.](#) Minutes of July 10,2024 Meeting
- [3.](#) Elections for Chair and Co Chair
- [4.](#) Parks, Arts and Recreation Report
- [5.](#) Nutrition Program Report
- [6.](#) Commission on Aging Annual Event Report
- [7.](#) Commission on Aging Annual Planning
- [8.](#) EnterTextHere

CITIZEN COMMENTS

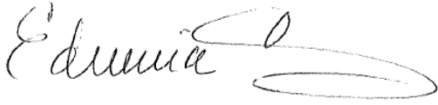
Citizens may speak during Citizen Comments for up to five minutes on any item not on the agenda by completing and submitting a speaker card.

ADJOURNMENT

The meeting room 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 972-237-4148 or email ecruz@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 October 4, 2024.

A handwritten signature in cursive script, appearing to read "Edivina", followed by a large, stylized flourish or loop.

Edivina Cruz, COA Secretary



CITY OF GRAND PRAIRIE COMMUNICATION

MEETING DATE: 10/9/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Freddie Evans, Chair

TITLE: Welcome New Commissioners

RECOMMENDED ACTION: None



CITY OF GRAND PRAIRIE COMMUNICATION

MEETING DATE: 10/09/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Freddie Evans, Commission on Aging Chair

TITLE: Minutes of July 10,2024 Meeting

RECOMMENDED ACTION: : Approve



COMMISSION ON AGING
THE SUMMIT - 2975 ESPLANADE
WEDNESDAY, JULY 10, 2024 AT 10:30 AM

MINUTES

CALL TO ORDER

C0-Chair Dexter Coleman called meeting to order at 10:30am.

ROLL CALL

PRESENT

CO Chair Dexter Coleman
 Commissioner Barbra Thomas
 Commissioner Vance Roper
 Commissioner Salvador Sosa
 Commissioner Stephanie Jumper-Moreno

ABSENT

Chair Freddie Evans
 Commissioner Prudence Mathis
 Commissioner Mattie Packer

INVOCATION

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Co- chair Dexter Coleman asked for a silent prayer.

AGENDA ITEMS

1. Minutes of the April 10, 2024 Meeting

Commissioner Stephanie Moreno made a motion to accept the April 10, 2024 minutes seconded by Commissioner Vance Roper all in favor.

2. Parks, Arts and Recreation Report

Summit General Manager Halima Baquedano reported Epic Central activities Valin Franklin on July 14th from 8p to 9:30p at the Jam Box. August 10th Back to School kids Fest Noon - 3pm, September 14 & 15 Art Festival Saturday 12p -7p Sunday 12p - 6pm. Check Website for more activities

3. Nutrition Program Report

Eduvina Cruz, Recreation Supervisor reported meals served April 1,983, May 1,895 and June 1,799.

An Application must be completed to partake in the meals. You must be 60yrs or better and live in Dallas County the application is good for a year. You can ask to meet with Eduvina Cruz or Margie Prest to complete the application.

4. Commission On Aging Annual Event Report

Commissioner Dexter Coleman report 15 people attended the Power of Mentoring presentation held on June 20th. the panelist one from Score and the other from 360 Foundation shared their experience and how mentoring changes lives whether you are receiving or giving of your time to help someone.

The presentation was listed on our Newsletter, flyer at the front table and our newsletter is also on the website. Grandfunp.com/thesummit.

5. AARP Hot Topic

Lee Lee Lee was not present so presentation tabled to next meeting in October 9, 2024

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.

Dr. Janet Nash wanted to know if we would offer the presentation more than once time so if someone is not able to attend they can at a later date.

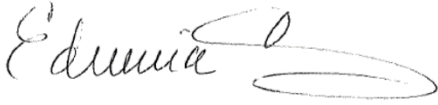
ADJOURNMENT

Meeting adjourned at 11:30am by Commissioner Dexter Coleman.

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 972-237-4148 or email ecruz@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 July 5, 2024.

A handwritten signature in cursive script, appearing to read "Edivina", followed by a large, stylized flourish or loop.

Edivina Cruz, COA Secretary



CITY OF GRAND PRAIRIE COMMUNICATION

MEETING DATE: 10/09/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Freddie Evans, Commission Aging

TITLE: Elections for Chair and Co Chair

RECOMMENDED ACTION: approve



CITY OF GRAND PRAIRIE COMMUNICATION

MEETING DATE: 10/09/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Halima Baquadano, Summit General Manager

TITLE: Parks, Arts and Recreation Report

RECOMMENDED ACTION: None



CITY OF GRAND PRAIRIE COMMUNICATION

MEETING DATE: 10/09/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Eduvina Cruz, Recreation Supervisor

TITLE: Nutrition Program Report

RECOMMENDED ACTION: None



CITY OF GRAND PRAIRIE COMMUNICATION

MEETING DATE: 10/09/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Freddie Evans, Commission Aging

TITLE: Commission on Aging Annual Event Report

RECOMMENDED ACTION: approve



CITY OF GRAND PRAIRIE COMMUNICATION

MEETING DATE: 10/09/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Freddie Evans, Commission Aging

TITLE: Commission on Aging Annual Planning

RECOMMENDED ACTION: approve



CITY OF GRAND PRAIRIE COMMUNICATION

MEETING DATE: 10/09/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Lee Lee Lee, AARP Representative

TITLE: AARP Hot Topic: Tame the Flame of Inflammation

RECOMMENDED ACTION: none



Inside

Quick-Cooking Grains Measure Up. These easy grains are just as nutritious as conventional grains. **2**

Update: Arsenic in Foods. Arsenic contamination in the food supply is still a concern. **3**

Let Food Be Your Medicine. What you put on your plate is powerful therapy. **4**

Dress Up Your Salad with the help of our nutrition comparison of storebought salad dressings. **5**

Satiety-Boosting Foods. *EN* lists the top foods that will help keep you feeling full. **6**

Dive into Farmed Fish. Look for the best farmed fish for a sustainable, healthy option. **7**

Garlic: For Flavor and Health. Include this potent allium in your daily diet. **8**

Just In

Too Much Salt Harms Organs

Even if you are not “salt sensitive,” meaning that salt intake does not affect your blood pressure, eating too much salt may still damage your blood vessels, heart, kidneys, and brain, according to scientists at the University of Delaware. In this review of the evidence on salt and health, they found that high salt intake may impair the endothelium (inner lining of blood vessels involved in blood clotting and immune function), increase arterial stiffness (hardening of the arteries), weaken heart and kidney function, and interfere with the sympathetic nervous system (the “flight-or-fight” response). This study further emphasizes the importance of monitoring sodium intake. The USDA recommends that healthy adults consume no more than 2,300 milligrams (mg) of sodium per day. ^{EN}

(*Journal of the American College of Cardiology*)

Tame the Flame of Inflammation

Saturate your diet with these 9 inflammation-quelling foods.

You’re probably painfully aware of the inflammation associated with a twisted ankle or a hammered thumb. But you can’t feel low-grade inflammation, which can operate in stealth mode for years until it reveals its ugly head as cancer, diabetes, rheumatoid arthritis, or heart disease. Fight inflammation with our top nine foods.

1 Broccoli. Cruciferous vegetables, such as broccoli, kale, and Brussels sprouts, are linked with lower inflammation, according to a study in the *Journal of the Academy of Nutrition and Dietetics*. Antioxidants might be behind this benefit. **► Eat more:** Work broccoli into soups, pasta dishes, stir-fries, salads, and egg dishes such as frittatas.

2 Wheat berries. While it seems everyone is ganging up on wheat these days, an *American Journal of Clinical Nutrition* study found that eating whole wheat and the polyphenol antioxidants it contains can lower inflammation.

► Eat more: Toss chewy cooked wheat berries with chopped vegetables and lemon vinaigrette for an inflammation-busting lunch salad.

3 Extra virgin olive oil. This Mediterranean staple contains oleocanthal, a naturally occurring compound with anti-inflammatory powers similar to ibuprofen. **► Eat more:** Use the oil to make homemade salad dressings as well as pesto. Drizzle over sliced tomatoes.

4 Lentils. Eating four servings of legumes, such as lentils, weekly can reduce inflammation, according to Spanish scientists. They determined that the synergy of fiber, vitamins, and minerals probably explains this benefit.

► Eat more: Serve in soups and salads, or experiment with as a replacement for ground meat in burgers and meatloaf.



5 Salmon. These fish harbor a boatload of eicosapentaenoic acid, a mega-healthy omega-3 fat that lowers inflammation.

► Eat more: Try using salmon in tacos, sandwiches, salads, and pasta dishes.

6 Grapefruit. A Harvard study showed that women with higher intakes of flavonoid antioxidants from grapefruit had significantly lower inflammation markers compared to those with the lowest intakes.

► Eat more: Try broiling grapefruit halves until darkened and then top with a dollop of Greek yogurt; or use in a salad along with onion rings and olives.

7 Brazil nuts. These giants of the nut world contain a bundle of healthy fats, vitamins, and minerals, which is why their intake is associated with reduced inflammation and improved blood lipids. **► Eat more:** Add chopped Brazil nuts to oatmeal, yogurt and salads.

8 Turmeric. A heavy hand when it comes to seasoning dishes with turmeric could partly explain why Indians who follow a traditional diet tend to have low rates of heart ailments. Curcumin, the antioxidant that lends turmeric its yellow hue, is a potent foe of inflammation.

► Eat more: Use turmeric to season soups, stews and roasted cauliflower. Steep slices of fresh turmeric in hot water for an inflammation-fighting drink.

9 Yogurt. Preliminary research suggests that the beneficial bacteria found in fermented dairy, like yogurt, may play a role in inhibiting inflammation.

► Eat more: Beyond enjoying a bowlful for a snack, use yogurt as a replacement for mayo or sour cream in items like tacos and potato salads. ^{EN}

—Matthew Kadey, MS, RD

Photo: Thinkstock

