

COMMISSION ON AGING

THE SUMMIT - 2975 ESPLANADE WEDNESDAY, JANUARY 10, 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. Minutes for October 11, 2023 Commission on Aging Meeting
- 2. Parks, Arts and Recreation Department Report
- 3. Nutrition Program Report
- 4. Commission on Aging Annual Event Planning
- 5. Challenges and Benefits of Starting Over Presentation

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 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 January 5, 2024.

Eduvina Cruz, COA Secretary

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MEETING DATE: 01//10/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Freddie Evans, Chair

TITLE: Minutes for October 11, 2023 Commission on Aging Meeting

RECOMMENDED ACTION: Approve



COMMISSION ON AGING THE SUMMIT - 2975 ESPLANADE WEDNESDAY, OCTOBER 11, 2023 AT 10:30 AM

MINUTES

CALL TO ORDER

Chair Freddie Evans called meeting to order at 10:31am.

ROLL CALL

PRESENT

Chair Freddie Evans Commissioner Prudence Mathis Commissioner Barbra Thomas CO Chair Dexter Coleman Commissioner Vance Roper Commissioner Salvador Sosa

Stephanie Moreno

Mattie Packer

Lee Lee Lee- AARP Representative

INVOCATION

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Chair Freddie Evans called for a silent prayer..

AGENDA ITEMS

1. Minutes of July 12, 2023 Commission on Aging Meeting

Commissioner Prudence Mathis made motion to accept the July 12, 2023, minutes seconded by Commissioner Barbra Thomas all in favor.

2. Welcome New Commissioners

Chair Freddie Evans welcome new commissioners Stephanie Moreno and Mattie Packer.

3. Elections

Commissioner Barbra Thomas nominated Freddie Evans for Chair. Commissioner Dexter Coleman second with no their nominations all in favor.

Chair Freddie Evans nominated Dexter Coleman no other nominations all in favor.

4. Nutrition Program Report

Eduvina Cruz, Recreation Supervisor reported 1,841 meals in November.

5. Parks, Arts and Recreation Department Report

Epic Manager Chris Ginapp let the commissioners know that Halima Baquendano, Summit General Manager will be their point of contact going forward.

Halima reported the Light Show LLuvia takes place daily starting at 5:30pm. FLight of the Monarch October 14th 12-6pm Epic Central, Street and treat will take place October 31th at City Hall parking lot on main street, Veterans Memorial Event will take place November 11th at the Veteran's Memorial Building on conover street and Prairie Lights begin November 23rd.

6. Outreach Report

Chair Freddie Evan reported that 12 people attended the Fire Safety presentation on September 13th.

Holiday Blue Presentation November 8th at 10:30am in Wings Theatre and Christmas Party with Grand Prairie show choir on December 13th.

7. AARP Hot Topic: Regular exercise reduces fall risk

Lee Lee, the American Association of Retired Persons(AARP) representative presented on how regular exercise reduces fall risk. Falls are a major treat to wellbeing, but not an inevitable result of getting older. Falls are the leading cause of fatal and non fatal injuries in people over 65.

Exercise to reduce fall risk. Studies have shown that exercise that include strengthening, flexibility and balance training 3 times a week can reduce fall risk.

Why do people fall? Pre-existing conditions like parkinson's, Multiple Sclerosis can make walking unsteady. People with Dementia and Alzheimer's have twice the risk of falls. Medications can also increase your risk of falls. It's important to discuss the role your

medications might play in your risk of falling with our Doctor. Check your home for tripping hazards, such as floor clutter, throw rugs, children's / pet toys.

CITIZEN COMMENTS

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ADJOURNMENT

Meeting adjourned at 11:09am by Chair Freddie Evans.

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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 October 6, 2023.

Eduvina Cruz, COA Secretary

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MEETING DATE: 01/10/2024

REQUESTER: Eduvina Cruz

PRESENTER: Halima Baquedano. Summit General Manager

TITLE: Parks, Arts and Recreation Department Report

RECOMMENDED ACTION: None



MEETING DATE: 01/11/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Eduvina Cruz, Recreation Supervisor

TITLE: Nutrition Program Report

RECOMMENDED ACTION: None



MEETING DATE: 01/10/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Freddie Evans, Commission on Aging Chair

TITLE: Commission on Aging Annual Event Planning

RECOMMENDED ACTION: Approve



MEETING DATE: 01/10/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Lee Lee, The American Association of Retired Persons (AARP)

representative

TITLE: Challenges and Benefits of Starting Over Presentation

RECOMMENDED ACTION: None

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he Challenges and Benefits of Starting Over

chapter of life fulfilling and enjoyable, rather than overwhelming Taking things slowly and being open to new experiences can make the next

amount to a new start? the kinds of big changes that pulting off. But what about other little changes you've been to start a new hobby or make healther lifestyle or an effort Farenewed commitment to a new year menally inspires a

whelming and exhibating. There are, however, in life, can seem both overpartner. Starting over, even later passing of a longtime spouse or are dealing with divorce or the new state or overcome a senous illness. Or perhaps you Maybe you've retired to a



zone, at least at live. helps to stay within your condest rather than aim for a calle on the begin by walking a block or ner eding watered comme ten unique first day. You might also find that it

used to play chess, join a chess club. learning a new instrument. If you briced start with you. And start with comple, Join a group and have a thing new, Dr. Sylvin says. For start walking. If you like music, try your strengths. If you like exercise, Oct support in starting some

things and picturing yourself emering a new big and become overwhelmed then you can people, you may also find that too much chapter in life might seem exciting to some is too hard and that you cannot do this," says before you really get started. "If you start too Or Sylvin. "This is why it is very important charge too fest might derail your emhusiasm segm to think that starting something new While trying a variety of new

allowing you to embrace the positive opportu-

take some of the fear out of the equation while ways to think about a new chapter that can

nities that lie ahead.

The key is to start small and slow, explains

Compared on being

ANTIHYPERTENSIVE MEDICATION USE MAY LOWER DEMENTIA RISK

Innovation. For example, if you were to start a

Dauten Family Center for Bipolar Treatment

Louisa Sylvia, PhD, associate director of the Massachusetts General Hospital psychologisi

respekt over time, causing them to become thicker, stiffer, and of a dementia diagnosis. High bland prosume stresses bland diastalic pressure was associated with a significantly lower risk adults. The findings showed that a drap of about 10 millimeters of mercury (mm/Hg) of systolic pressure and 4 mmHg of double-blinded clinical trials involving more than 28,000 older Heart Journal, combined data from the large randomized, lower risk of dementia. The study, published in the European treating hypertension with medications led to a 13 percent I aving high blood pressure is a well-established risk fac-II av for dementic, but a recent study found that actively

recommendations for greater cardiovascular and corebovascu having a balanced diet, and not smoking are among the chief maintaining a healthy weight, orgaging in regular exercise. researchers emphasized the impartance of maintaining a in managing hypertension and reducing detrembatisk, the While blood pressure-lowering medications can be helpful can affect brain health and brain function in numerous ways blood carrying oxygen and matrients reaching the bealts, This narrower, its a newly, there is a reduction in the annurst of illestyle that also promptes healthy diredation. Factors such as

्राति दिल्ला कर्नावृह्म स्थानक दंशक्ष्मिक रह to start new distign that site sem, fouldy. Build your combilence first

Overcoming Fear

and to arear new patterns of living things a certain way can make it diffe. new moses. Likewise, years of doing ज्यान कार्य कार्यात कार्यों कर जिल्ला के माने जेंग्सीन कर tie a powerful determent in making The knowledge that you may not be eson for the first own in a bong time. injury or illnesses who are in their people country back from a sensus is a cosmal semilikoi, particularly for end your bea anientlone, Self doubt rs become interplated and short-off with an implications attributed it's casy show and days at their is that much One important reasons to take things

a year or a decade or more. change comines that we have had for mossvanism, it can be difficult to become more aired of doing and searting new shings. The Sylves says various are business for other adules burning new things, in regards to As wer beaten and mends age, we Toffern was that fear and must-

adies i what's hulding you back. Be herest with yourself. Once you have identified an obstude, you can begin to doubts, take some time to identify To help tump down your fears or

activity. If ancesing new people on ate to do when it comes to physica tor about what's safe and appropria frank conversation with your dochealth following heart surgery, lieve If you're warried about your

> folegosta cososi barnatta tils sake a selesa references introduce pass to their

pridestantal with experience steels ug with older adults may be this to other to other and strate. and is curring up tectings of war, cry and strend, then curosides talk Menages medescary. so traveling to an appointment less Medican and other invaring pender of therapius are allering telebeshh este mental bealth services are covered by than scary Keep to meed that many oble in alless majugerals, raines gin to make this transition rows ing with a therapiet. A meatal health ores leady occurs over overcate forms

Tou're Still You

or opinions have changed. edge which of your priorities, values the same time, be ready to acknowl. shape your life moving forward. At and how those things can and should Memoriaber that starting over doesn't Think about what's important to you stock of your values and priorities. mean everything has to change. Take You may also draw siseagth from the current that got you to this point

would like to be in a relationship. ynur previous selationships. You acc cake time to think about what yould like to be similar and different from If you're on your own again, but

pleat and press standing glicky im thaten tellanga father than at . may there exists essentially on constant that the his is to the laterality is a local চুক্তাৰ কৰাই ইয়াৰ একিছেট্ট কিবলৈ কোই কাই। চুক্তাৰকাৰ, ইংকাৰ্ট আনিক্ষেত্ৰী কলা চুক্তিকাৰ, কল

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Life as an Experience

entries to the third have been the best to be

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and, experiencyls, you also not like it as you the over that you the had like the enamyste, if partican the chest dub hispeda yan will barn trom it. For trying new things is an experiment. For Splats says. "No resistor what outlook is one if patemer and open mindedness. This to left people that tive entals are for what you should because on adding to your life." than the dublishments the them helpfold frings or batty s tale differently to Letermine that reason or compele gentifications, that this will bely prin

thing may help you be more willing to take chances. When things in life things firing new experiences and take some of the pressure off. New elibrosquuk een eenvilen astu 10 don'i require maper commettetents, so -ames meal so west as kinnessifie tant for our physical and mental health," Dr. Sphria says. "If you start oggazinnities, which are so impos have the chance to enjoy it too." MAN The fast give it a try mentality can Approaching any change as an

MEDS, MODD (cont. from page 6)

tional pill may be a small price to pay an ideal arrangement, taking an addieffects. While this may not seem like cation is needed to manage the side there are times when a second medithe medication can be helpful. And the dosage or the time of day you take

tial treatment for the benefits derived from that mi

of your symptoms, including when coming as possible about the detail. thase comerciations, be as forthgood resource. And when you have toe. Your pharmacut may also be a sate effects, talk with your doc-If you have any questions alout

can be difficult to describe by the they started, what (if anything) cases Sometimes muod-related side effects starting the medication. www any changes that have occurred since ment may be useful in describing lly member, or triend at the appoint individual, so having a partner, famthere, and how they make you feel.

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Sent from my iPhone