



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

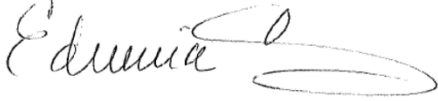
Citizens may speak during Citizen Comments for up to five minutes on any item not on the agenda by completing and submitting a speaker card.

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.

A handwritten signature in black ink, appearing to read "Eduvina", with a large, stylized flourish extending to the right.

Eduvina Cruz, COA Secretary



**CITY OF GRAND PRAIRIE
COMMUNICATION**

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

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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 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.

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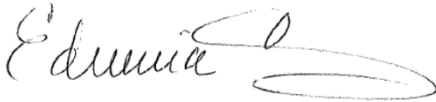
ADJOURNMENT

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



**CITY OF GRAND PRAIRIE
COMMUNICATION**

MEETING DATE: 01/10/2024
REQUESTER: Eduvina Cruz
PRESENTER: Halima Baquedano. Summit General Manager
TITLE: Parks, Arts and Recreation Department Report
RECOMMENDED ACTION: None



**CITY OF GRAND PRAIRIE
COMMUNICATION**

MEETING DATE: 01/11/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

PRESENTER: Eduvina Cruz, Recreation Supervisor

TITLE: Nutrition Program Report

RECOMMENDED ACTION: None



**CITY OF GRAND PRAIRIE
COMMUNICATION**

MEETING DATE: 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



**CITY OF GRAND PRAIRIE
COMMUNICATION**

MEETING DATE: 01/10/2024

REQUESTER: Eduvina Cruz, Recreation Supervisor

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

TITLE: Challenges and Benefits of Starting Over Presentation

RECOMMENDED ACTION: None

The Challenges and Benefits of Starting Over

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

A new year usually inspires a renewed commitment to a healthier lifestyle or an effort to start a new hobby or make other little changes you've been putting off. But what about the kinds of big changes that amount to a new start?

Maybe you've retired to a new state or overcome a serious illness. Or perhaps you are dealing with divorce or the passing of a longtime spouse or partner. Starting over, even later in life, can seem both overwhelming and exhilarating. There are, however, ways to think about a new chapter that can take some of the fear out of the equation while allowing you to embrace the positive opportunities that lie ahead.

The key is to start small and slow, explains Massachusetts General Hospital psychologist Louisa Sylvia, PhD, assistant director of the Deussen Family Center for Bipolar Treatment Innovation. For example, if you were to start a



With early notice of the coming year, often you get a sense of opportunity to give your life a new perspective.

regular walking routine, you might begin by walking a block or two, rather than aim for a mile on the first day. You might also find that it helps to stay within your comfort zone, at least at first.

"Get support in starting something new," Dr. Sylvia says. "For example, join a group and have a friend start with you. And start with your strengths. If you like exercise, start walking. If you like music, try learning a new instrument. If you need to play chess, join a chess club."

While trying a variety of new things and pushing yourself outside a comfort zone in life might seem exciting to some people, you may also find that too much change too fast might dull your enthusiasm before you really get started. "If you start too big and become overwhelmed then you can begin to think that starting something new is too hard and that you cannot do this," says Dr. Sylvia. "This is why it is very important

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ANTI-HYPERTENSIVE MEDICATION USE MAY LOWER DEMENTIA RISK

Having high blood pressure is a well-established risk factor for dementia, but a recent study found that actively treating hypertension with medications led to a 13 percent lower risk of dementia. The study, published in the European Heart Journal, combined data from five large randomized, double-blind clinical trials involving more than 70,000 older adults. The findings showed that a drop of about 10 millimeters of mercury (mmHg) of systolic pressure and 4 mmHg of diastolic pressure was associated with a significantly lower risk of dementia diagnoses. High blood pressure stresses blood vessels over time, causing them to become thicker, stiffer, and

narrower. As a result, there is a reduction in the amount of blood carrying oxygen and nutrients reaching the brain. This can affect brain health and brain function in numerous ways. While blood pressure-lowering medication can be helpful in managing hypertension and reducing dementia risk, the researchers emphasized the importance of maintaining a lifestyle that also promotes healthy circulation. Factors such as maintaining a healthy weight, engaging in regular exercise, having a balanced diet, and not smoking are among the chief recommendations for greater cardiovascular and cerebrovascular health. www

STARTING OVER

As you begin a new year, you may feel a sense of opportunity to give your life a new perspective. But what about the kinds of big changes that amount to a new start?

Maybe you've retired to a new state or overcome a serious illness. Or perhaps you are dealing with divorce or the passing of a longtime spouse or partner. Starting over, even later in life, can seem both overwhelming and exhilarating. There are, however, ways to think about a new chapter that can take some of the fear out of the equation while allowing you to embrace the positive opportunities that lie ahead.

The key is to start small and slow, explains Massachusetts General Hospital psychologist Louisa Sylvia, PhD, assistant director of the Deussen Family Center for Bipolar Treatment Innovation. For example, if you were to start a regular walking routine, you might begin by walking a block or two, rather than aim for a mile on the first day. You might also find that it helps to stay within your comfort zone, at least at first.

"Get support in starting something new," Dr. Sylvia says. "For example, join a group and have a friend start with you. And start with your strengths. If you like exercise, start walking. If you like music, try learning a new instrument. If you need to play chess, join a chess club."

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One important reason to try things slow and easy at first is that even with an excellent attitude, it's easy to become unbalanced and short-circuit your best intentions. Settle into a general sensation, particularly for people coming back from a serious injury or illness, slow and steady goes for the first year in a long time. The knowledge that you may not be as sharp and fit as you once were can be a powerful deterrent to making new moves. Likewise, years of doing things a certain way can make it difficult to create new patterns of thinking.

"I often see that fear and motivation are barriers for older adults wanting new things," Dr. Sylvia adds. "As our bodies and minds age, we become more afraid of doing and learning new things. In regards to motivation, it can be helpful to change routines that we have had for a year or a decade or more."

To help ramp down your fears or doubts, take some time to identify what's holding you back. Be honest with yourself. Once you have identified an obstacle, you can begin to address it.

If you're worried about your health following heart surgery, have a frank conversation with your doctor about what's safe and appropriate to do when it comes to physical activity. If meeting new people on

your new day, the risk level is not too high. Start with a small, low-risk activity and gradually increase it. For example, if you're worried about your health following heart surgery, have a frank conversation with your doctor about what's safe and appropriate to do when it comes to physical activity. If meeting new people on

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