



AGENDA

ROLL CALL

CALL TO ORDER

AGENDA ITEMS

1. October 13, 2021 Minutes
2. Welcome New Commissioner, Dexter Coleman
3. City update Regarding Parks, Arts and Recreations by Chris Ginapp
4. Nutrition Update- Eduvina Cruz
5. Transportation - Anthony Flowers from the Grand Connection
6. AARP Hot Topic - Your 5-Step Sugar Reduction Plan
7. Chairperson update - Lorraine Rose
 - a. December Meeting
 - b. Outreach Table
8. Creating new directory and updating resources
9. Next meeting is January 12, 2022.
 - a. Discuss January Planning meeting date. (January 19, 2022?)
10. Commission Procedures

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

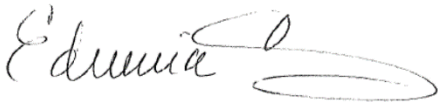
The Grand Prairie City Hall is accessible to people with disabilities. If you need assistance in participating in this meeting due to a disability as defined under the ADA, please call 972 237 8018 or email jgunderson@gptx.org at least three (3) business days prior to the scheduled meeting to request 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 November 5, 2021.



Eduvina Cruz, COA Secretary



**COMMISSION ON AGING
THE SUMMIT - 2975 ESPLANADE
WEDNESDAY, OCTOBER 13, 2021 AT 10:30 AM**

MINUTES

ROLL CALL

PRESENT

Chairman Don Smarto
Commissioner Freddie Evans
Commissioner Lorraine Rose
Commissioner Barbra Thomas
Commissioner June Owens

AARP Representative Lee Lee Lee

ABSENT

Commissioner Dexter Coleman
Commissioner Prudence Mathis
Commissioner Nancy Wooten

1. Call to order at 10:30am by Chairman Don Smarto
2. Invocation by Don Smarto at 10:31am
3. Motion made to approve September minutes by Commissioner Owens, Seconded by Commissioner Thomas.
Voting Yea: Chairman Smarto, Commissioner Evans, Commissioner Rose, Commissioner Thomas, Commissioner Owens
4. Commissioner Coleman absent tabled to next meeting
5. City Updates regarding Parks, Arts and Recreations by Chris Ginapp
 - a. Summit membership as leveled out at 3,800 getting 700 to 800 scans a day. We were at 5,500-member pre covid 19.
 - b. Capital improvement coming are new lobby furniture, new ballroom AV and new chairs for the dining room.
 - c. There will be a street and treat Halloween night at Epic Central Grand Lawn October 31st from 6p to 8p. Sneak a peek 13th annual run and walk Sat. Nov. 20 or walk and stroll Sun. Nov.21st register online.
6. Nutrition Update- Eduvina Cruz
 - a. September meals served 2,950
7. Avoiding Scams- GPPD Sergeant Justin Ross
 - a. Sergeant Justin Ross informed us 7.86 million cases of fraud are on seniors a year, 1 on 10 seniors are victims of fraud and 1 in 23.5 report it. You are not alone it happens to all of us.
 - b. Why target seniors- often retired, have nest egg, not tech savvy, life insurance and isolated. Seniors are more trusting and do not want to be rude.

- c. Financial trend- Tampering with your will or documents, Identity theft, phishing, mail theft and home visits. Be careful not all scammers are strangers some are family members or home health care. Do not open the door to anyone you do not know. Trust but verify always.
 - d. Virtual trends- phone calls, emails, online relationships. Do not give out our personal information over the phone to anyone always call the main number not the phone that just called you. Do not click on links sent to you go to google and confirm information.
 - e. Safety tips- use lock on your mailbox, use door camera, check credit report(annually)
 - f. Sign up for free alerts for property fraud alerts with your local county tax office, use lock credit reset password with each bureau annually. Sign up with your bank for text or email alerts when your card is used.
 - g. Use complex passwords and do not keep them next to your computer and when doubt call 911 or non-emergency number 972/237/8700 Report any suspicious activity or person. For more information on fraud contact Sergeant Justin Ross 972/237/8887 or email jwross@gptx.org.
8. AARP Hot Topic: Make Your Money Last
- a. AARP Representative Lee Lee Lee informed us on how to make your money last by finding out how many more years you have to live. 28% of American's 50 or older underestimate their life expectancy. "Your life expectancy is the foundation of your planning" Make a spending plan that goes the distance by using one or more retirement-income calculators to get an idea. Review your health coverage yearly, identify guaranteed ways to cover basics like food, housing no matter what happens.
 - b. Ask for help if you are struggling don't overlook the benefits that are out there. Contact your local Area Agency on Aging to see if you qualify for senior tax property exemption or assistance with utility payments.
 - c. Protect what is yours by safeguarding your assets from scams. Financial scams against seniors has increased during the pandemic. Report any financial pitch or scam call. You should always name a power of attorney. Someone that can make financial decisions on your behalf should you become incapacitated.
9. Election of Officers
- a. Nomination for Chair
 - i. Lorraine Rose nominated herself. June Owens seconded nomination.
 - ii. Don Smarto nominated himself and Barbara Thomas seconded the nomination
 - iii. Commissioners had secret ballot and ballots were read out loud by Eduvina Cruz and confirmed by Chris Ginapp. Lorraine Rose was voted chair by majority vote.
 - b. Nomination for Vice Chair
 - i. Lorraine Rose nominated Freddie Evans and seconded by June Owens with no other nominations vote was unanimous.

CITIZEN COMMENTS

No citizen comments.

EXECUTIVE SESSION

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- (2) *Section 551.072 "Deliberation Regarding Real Property"*

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

ADJOURNMENT

Motion made to adjourn at 11:38am by Commissioner Owens, Seconded by Commissioner Thomas. Voting Yea: Chairman Smarto, Commissioner Evans, Commissioner Rose, Commissioner Thomas, Commissioner Owens

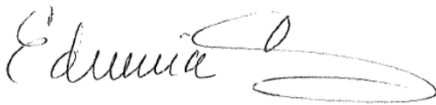
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MESSAGE OF RELIGIOUS WELCOME

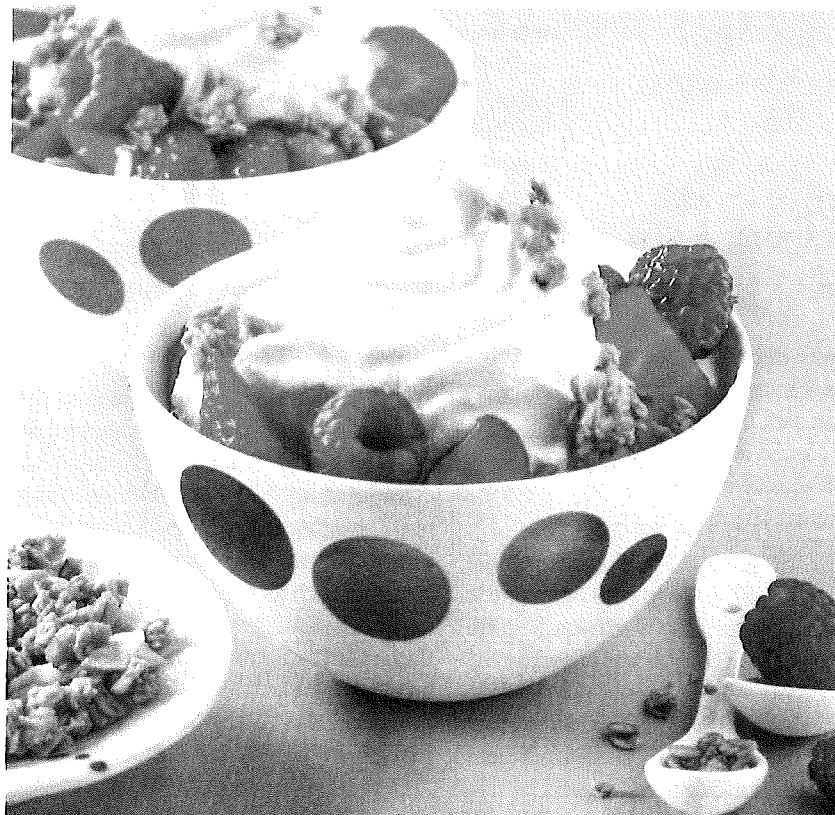
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Certification

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 8, 2021.



Edivina Cruz, COA Secretary



Your 5-Step Sugar Reduction Plan

Even food that seems good for you can pack in the sweet stuff. How to cut back—painlessly.

Baking (and eating) sweets became a pandemic habit for many of us. And while it may have been a great quarantine hobby, most people need to examine just how much sugar they're eating. According to the Department of Agriculture, adults get an average of 68 grams (17 teaspoons) of added sugars every day—those added to foods, not the ones naturally in them. In contrast, the American Heart Association's upper limit for women is 25 grams (6 teaspoons) a day; for men, it's 36 grams (9 teaspoons).

"Added sugars can easily add a lot of calories to your diet," says Frank Hu, MD, chair of the department of nutrition at the Harvard T.H. Chan School of Public

Health, often without you realizing it. For instance, if you had a small Strawberry Coolata from Dunkin' as an afternoon treat and a bottle of Pure Leaf Lemon iced tea with dinner, you'd be consuming 400 calories—all from added sugars. All that sugar increases your risk of weight gain and obesity. "And obesity in turn is a major risk factor for diabetes, heart disease, and some types of cancer," Hu says.

Even for those who maintain a healthy weight, excess sugar can still lead to serious health conditions. The risks may be especially hazardous for older adults. "Too much sugar in older adults' diets contributes to all components of frailty [a syndrome that manifests as reduced

strength and physical function]," Hu says. A 2020 study published in the journal *PLOS Medicine* involving 70,000 women over 60 found that those who had more than two sugary drinks a day were 32 percent more likely to become frail compared with those who didn't.

HOW SUGAR AFFECTS YOU

When you eat table sugar—sucrose, which is a combination of glucose and fructose—it causes a quick spike in your blood sugar and in the secretion of insulin to help metabolize it. "If you consume too much sugar, your insulin stays elevated for extended periods of time," Hu says. That makes insulin less effective in controlling blood sugar, which can lead to diabetes. In addition to table sugar, fructose is in high-fructose corn syrup (used in sodas and other sweetened foods). It's metabolized in the liver, where it increases fat production and storage. "Too much fat in the liver leads to chronic inflammation [a risk factor for heart disease and some cancers], high cholesterol, insulin resistance, and liver disease," Hu adds.

The sugars found naturally in fruit and dairy products don't have the same negative effect and are lower in fructose than sugary processed foods. "In fruit, that sugar is bound up in the fiber, vitamins, and other nutrients," says Andrea Dunn, a certified diabetes care and education specialist at the Cleveland Clinic Section of Nutrition Therapy. "And because the sugar is digested along with the fiber, it's absorbed into the body more slowly." That means you don't get the same spikes in blood sugar and insulin as you do after eating a food with added sugars.

EASY WAYS TO EAT LESS

Trying to get down to the recommended level of sugar all at once can feel overwhelming. Follow this plan and you can easily reduce your sugar intake over the course of a few weeks while still indulging your sweet tooth on occasion.

STEP 1: Know how much you eat. "Take a look at what treats you have during your average day, and be mindful of how it adds up," Dunn says. Notice habits you

PHOTOS: FROM LEFT: TINA NURRA/PHOTOCUISINE; GETTY IMAGES

might be able to adjust—such as always grabbing a doughnut when you buy a cup of coffee in the morning, reaching for a sugary pick-me-up in the afternoon, or having dessert every night. Cutting out just one of those each week will help with your overall sugar intake.

Then focus on how sweet your food tastes. “So many foods—even savory ones like bread and salad dressing—contain added sugars, and that’s trained our taste buds to expect that sweetness in nearly everything we eat,” says Rachel Cheatham, PhD, an adjunct assistant professor at the Tufts Friedman School of Nutrition Science and Policy. As you cut back, “you may start to notice that things like cake taste overly sweet, and that foods you never thought of as sweet—like carrots and apples—have a pleasantly sweet taste,” she says. As you become more aware of the sweetness in foods, your preferences will begin to shift.

STEP 2: Start reading food labels. Sugar sneaks its way into many otherwise healthy foods. Once you start paying attention you may be surprised to find, say, 5 grams of added sugars in a slice of Dave’s Killer 21-grain bread, 14 grams in a serving of Cascadian Farm Oats & Honey granola, and 11 grams in a 4.5-ounce tub of Noosa vanilla-bean yogurt. Other surprising sources include pasta sauce, salad dressing, marinades, barbecue sauce, ketchup, and snack bars. Choosing the option lowest in added sugars is an easy way to eliminate several grams of sugar a day. You won’t miss it, and that way you can save the sugar you do consume for something where it really matters.

So many foods—even some savory ones—contain added sugars, and that has trained our taste buds to expect that sweetness.

STEP 3: Check your drinks. Sweetened drinks are the No. 1 source of added sugars in the American diet. But soda isn’t the only culprit. Sweetened iced tea packs a sugary punch: A 16-ounce bottle of Snapple Peach Tea contains 40 grams of added sugars. And don’t forget about the coffee shop. Asking for vanilla-flavored syrup in your latte adds up to 20 grams of sugar to your cup; a Starbucks Grande Frappuccino contains 45 grams. Compare that with 37 grams in a 12-ounce can of cola.

Although trading sweet drinks for water is the healthiest move, it’s not the easiest. “Come up with a swap that’s as close as possible to what you’re replacing,” says Lauri Wright, PhD, RDN, chair of the department of nutrition and dietetics at the University of North Florida. “Find a way to replicate the fizz and the sweetness if you’re trying to give up soda.” She suggests trying sparkling water flavored with mint leaves, citrus, or a splash of fruit juice. For coffee and tea drinks, spices like cinnamon or nutmeg will add flavor without sugar.

STEP 4: Add your own. If you want to add sweetness to drinks or food, start doing it yourself. “Buying unsweetened

tea or coffee allows you to control how much sugar you add,” Wright says. You’re unlikely to spoon in the dozen or more teaspoons of sugar that you’d get in a pre-sweetened drink. The same holds true for foods like cereal, oatmeal, and yogurt. Buy plain versions and mix in your own sugar, honey, or syrup. See if you can gradually reduce it from 2 teaspoons to 1, then down to a half-teaspoon over the course of a few weeks.

And if a bowl of fruit seems like a sad substitute for the rich dessert you’re craving, dress it up a little. Two tablespoons of Reddi-wip contains less than a gram of added sugar but can turn fresh strawberries into something that seems more indulgent.

STEP 5: Rethink recipes. When you’re baking, experiment with using less sugar than the recipe calls for. Cutting even 10 percent will eliminate 5 teaspoons for every cup of sugar in the recipe. In some cases you may be able to reduce the sugar by 25 percent. You can also try swaps, like replacing sugar in a muffin recipe with unsweetened applesauce. “Stepping down the level of sweetness (rather than counting every gram of sugar) helps your palate adjust to less sugar and helps you crave sweetness less,” Cheatham says. When you do indulge, do it wisely. “Portion size and frequency matter,” she adds. “If it’s a treat you want to give yourself daily, enjoy just a small amount.”



LEARN

For a low-sugar treat, try our easy dessert smoothies. Go to [CR.org/dessert-smoothies](https://www.consumerreports.org/dessert-smoothies) for the recipes.

These Are Sugars, Too

Sugar comes in several disguises in foods, but your body responds to them in the same way it does table sugar. “Even if the ingredient comes from a natural source—like honey or agave

—it is still ‘added sugar’ because it doesn’t occur naturally in that food,” says Andrea Dunn, a nutritionist. Here are some sweeteners that count toward your intake of added sugars.

- Agave nectar
- Barley malt
- Brown rice syrup
- Cane sugar
- Coconut sugar
- Corn syrup
- Corn syrup solids
- Dextrose

- Fruit juice concentrate
- High-fructose corn syrup
- Honey
- Maltodextrin
- Molasses
- Sucrose

