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## **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 January 10, 2024 Commission on Aging
2. Parks, Arts and Recreation Department Report
3. Nutrition Program Report
4. Commission on Aging Annual Event Report

### **CITIZEN COMMENTS**

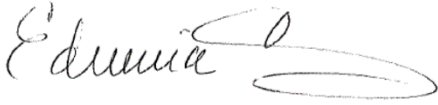
*Citizens may speak during Citizen Comments for up to five minutes on any item not on the agenda by completing and submitting a speaker card.*

### **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](mailto: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 April 5, 2024.*

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

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*Eduvina Cruz, COA Secretary*



**CITY OF GRAND PRAIRIE  
COMMUNICATION**

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**MEETING DATE:** 04/10/2024  
**REQUESTER:** Eduvina Cruz  
**PRESENTER:** Freddie Evans, Chair  
**TITLE:** Minutes for January 10, 2024 Commission on Aging  
**RECOMMENDED ACTION:** Approve

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

## MINUTES

### CALL TO ORDER

Motion was made by Commissioner Barbra Thomas to elect interim chair Prudence Mathis since chair and co chair were not present and seconded by Commissioner Stephanie Moreno all in favor.

Commissioner Prudence Mathis called the meeting to order at 10:43am

### ROLL CALL

#### PRESENT

Commissioner Prudence Mathis  
 Commissioner Barbra Thomas  
 Commissioner Mattie Packer  
 Commissioner Stephanie Jumper-Moreno

#### ABSENT

Chair Freddie Evans  
 CO Chair Dexter Coleman  
 Commissioner Vance Roper  
 Commissioner Salvador Sosa

### INVOCATION

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Commissioner Prudence Mathis called for a silent prayer

### AGENDA ITEMS

1. Minutes for October 11, 2023 Commission on Aging Meeting

Commissioner Barbra Thomas made motion to accept October 11, 2023 minutes with the correction on the September Nutrition Program meals being 1,841 seconded by Commissioner Stephanie Moreno.

2. Parks, Arts and Recreation Department Report

Summit General Manager Halima Baquedano reported that Vidora Restaurant is now open. Serious eats will open 2024. Eclipse Watch Party @ Epic Central April 8th @ 12pm, Mural Fest April 13th @ 10am.

3. Nutrition Program Report

Eduvina Cruz, Recreation Supervisor reported 1,574 meals served in December 2023.

4. Commission on Aging Annual Event Planning

Annual Planning Activities:

Commissioner Stephanie Moreno will do Leap Year Fun on February 29th at 10:30am.

Chair Freddie Evans Host Fire Safety with Dawin Case with Grand Prairie Fire Department on March 6th at 10:30am.

Commissioner Barbra Thomas will host Presentation with Visiting Nurse Association in May date to be announced.

Commissioner Dexter Coleman will host June presentation

September 19th Summit Health Fair informational table 9am - 12noon

November 13th Summit Lobby informational table 10:30am - 1pm

December 11th, Christmas Party music by GPISD students hosted by Commissioner Prudence Mathis

5. Challenges and Benefits of Starting Over Presentation

Lee Lee Lee, the American Association of Retired Persons(AARP) representative presented on the challenges and benefits of starting over. The key is to start small and slow for example if you start walking routine, you might want to start with a block or two rather than aiming for a mile. Join a group exercise with a friend. Start with your strength If you like music learning a new instrument. While trying new things picture yourself entering a new chapter of your life.

Overcoming fears one important reason to take things slow and easy. You are still you so you may draw strength from the journey that got you to this point.

Starting over means trying new things or living a little differently than you did before. No matter what happens you will learn from it.

## **CITIZEN COMMENTS**

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No citizen comments

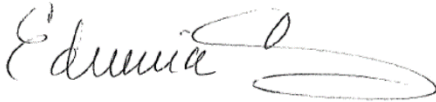
## **ADJOURNMENT**

Meeting adjourned at 11:08am by Commissioner Prudence Mathis.

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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 January 5, 2024.*



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*Eduvina Cruz, COA Secretary*



**CITY OF GRAND PRAIRIE  
COMMUNICATION**

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**MEETING DATE:** 04/10/2024

**REQUESTER:** Eduvina Cruz, Recreation Supervisor

**PRESENTER:** Halima Baquedano, Summit General Manager

**TITLE:** Parks, Arts and Recreation Department Report

**RECOMMENDED ACTION:** None

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**CITY OF GRAND PRAIRIE  
COMMUNICATION**

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**MEETING DATE:** 04/10/2024

**REQUESTER:** Eduvina Cruz, Recreation Supervisor

**PRESENTER:** Eduvina Cruz, Recreation Supervisor

**TITLE:** Nutrition Program Report

**RECOMMENDED ACTION:** None

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**CITY OF GRAND PRAIRIE  
COMMUNICATION**

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**MEETING DATE:** 04/10/2024

**REQUESTER:** Eduvina Cruz, Recreation Supervisor

**PRESENTER:** Freddie Evans, Chair

**TITLE:** Commission on Aging Annual Event Report

**RECOMMENDED ACTION:** None

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