



COMMISSION ON AGING MEETING
TELECONFERENCE
WEDNESDAY, FEBRUARY 10, 2021 AT 10:30 AM

AGENDA

Due to an imminent threat to public health and safety arising from the COVID-19 pandemic, this meeting of the Commission shall be held via teleconference. The members of the Commission will participate remotely via telephone. No facility shall be available for the public to attend in person. Members of the public may participate in the meeting remotely via telephone through the following toll-free phone number:

Phone Number: 1-888-585-9008

Conference Room Number: 227-883-836

The meeting will be recorded and later posted on the website in the Board's folder at:

<https://www.gptx.org/city-government/city-secretary/boards-and-commissions/boards-and-commissions-agendas-and-minutes>

Procedural rules: All meeting participants should mute their phone until it is their turn to speak. The Chairman will ask for public comments at the end of each agenda discussion and prior to any vote on the matter. If you wish to do so, please announce your name and wait for the Chairman to call on you to speak. At this time, you must state your name and address for the record. A maximum five (5) minutes is permitted per speaker. After speaking, please re-mute your phone.

AGENDA

The full agenda has been posted on the city's website, www.gptx.org, for those who may want to view this agenda in more detail. Citizens may speak for five minutes on any item on the agenda by following the procedural rules above.

CALL TO ORDER

ROLL CALL

INVOCATION

AGENDA ITEMS

1. Minutes of the January 13, 2021 Meeting
2. Standing Updates:
 - a. City Updates from Recreation Superintendent, Chris Ginapp
 - b. Nutrition Update, Jackie Gunderson

3. Community Involvement Opportunities:

a. Review reports completed by individual commissioners.

Don Smarto – connect with churches, assisted living & nursing home facilities.

Freddie Evans – get involved with community service projects.

Barbra Thomas – partner with other Area Agencies & other businesses.

Lorraine Rose – create & engage in programs that assist our population.

Cynthia Smith – connect with GPISD to be able to mentor the youth.

Ann Hunter – properly advertise and use marketing to promote the COA.

Lee Lee Lee – get information to the aging population (community outreach).

4. Formation of a New Commission on Aging Mission Statement.

5. Discuss the meeting schedule.

CITIZEN COMMENTS

Citizens may speak during Citizen Comments for up to five minutes on any item not on the agenda by following instructions in the Virtual Meeting Details.

ADJOURNMENT

If you plan to attend this public meeting and you have a disability that requires special arrangements, please call 972-237-4141 at least 24 hours in advance. Reasonable accommodations will be made to assist your needs.

LEGISLATIVE PRAYER

It is the custom and tradition of the members of the Commission on Aging to have an invocation prior to the beginning of its meetings. The invocation is directed to and offered solely for the benefit of the members of the Commission, though members of the audience are welcome to participate. However, members of the audience are not required to participate. The decision to participate is strictly a matter of personal choice and will have no bearing on any matter considered or decision made by the Commission during the meeting.

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 February 5th, 2021.



Jaclyn Gunderson, COA Secretary

MINUTES
COMMISSION ON AGING
10:30 AM

Wednesday, January 13, 2021

Via Teleconference

Members Present

Don Smarto, Freddie Evans, Lorraine Rose, Barbara Thomas, Ann Hunter, Cynthia Smith, Prudence Mathis and AARP Representative Lee Lee Lee

Members Absent – Nancy Wooten

Citizens Present – 1

CALL TO ORDER & PRAYER at 10:30 am by Don Smarto

Item 1: APPROVAL OF MINUTES - Motion was made to approve the October 14th minutes by Freddie Evans and seconded by Cynthia Smith. The motion passed with a unanimous vote.

Item 2: STANDING UPDATES

1. Updates given by Recreation Superintendent, Chris Ginapp: Prairie Lights hit record numbers this year (lower price for 2020 Prairie Lights because there was no holiday village). The 2021 MLK drive through event would take place Monday, January 18th at 10:00 AM at the Public Safety Building. COVID Vaccines are currently being offered to city employees at level 1a and level 1b. The Summit is set to reopen on March 1st. Daniel Cauthen is the new Summit General Manager. Daniel Cauthen introduces himself and informs us on the new Summit upgrades during the facility closure. (Upgrades can be found in this article: <https://www.focusdailynews.com/the-summit-grand-prairie-gets-upgrades-while-closed/>)
2. The nutrition program served 1,739 meals in October, 1,397 meals in November, and 1,513 meals in December.

Item 3: SMART (specific, measurable, attainable, realistic, timely) GOALS – discuss the “how”

1. Define who we are as a commission & what we plan to do in 2021
 - a. Gain visibility in the Grand Prairie community by attending as many face-to-face activities as possible and increasing our marketing efforts.
 - b. Change the “senior” mindset into an “active adult” mindset.
 - c. Create and engage in realistic programs that assist our aging population.
 - d. Understand limitations and time constraint of the commission but utilize the strengths of one another to create meaningful active adult programs.
2. Narrowing our focus
 - a. Participate in employee community service projects (Gerald Hodges).
 - b. Engage in volunteer senior visits.
 - c. Partner with other Area Agencies on Aging (Dallas/Tarrant County) & other businesses (Grand Prairie businesses).
3. Connecting with our community
 - a. Check in with those who attend Commission on Aging meetings & those whom you meet at these face-to-face activities (sign in lists are very helpful with this).
 - b. Connect with churches, assisted living and nursing home facilities (maybe bring presentations or community outreach activities to these locations)
 - c. Mentor the youth – connect with GPISD

Item 4: COMMISSION ON AGING'S FRESH START

1. New mission statement.
 - a. Each commissioner is to gather ideas for a possible new Commission on Aging mission statement and have this prepared to discuss at the next meeting.
2. Monthly meetings
 - a. Formal meetings on 2nd Wednesday of the following months: Jan, Apr, Aug, Oct.
 - b. Informal meetings must be agreed upon by commission in the previous meetings.
 - c. Save programs, presentations, and Commission on Aging updates for formal meetings and use planning meetings to discuss new projects and assess previous projects.
3. Divide and conquer
 - a. Commissioners volunteered to research how to get more involved. A specific list is provided below.

NAME	VOLUNTEER ACTIVITY TO RESEARCH
Don Smarto	Connect with churches, assisted living and nursing home facilities (maybe bring presentations or activities to these locations)
Freddie Evans	Participate in employee community service projects (Gerald Hodges)
Barbra Thomas	Partner with other Area Agencies on Aging (Dallas/Tarrant County) & other businesses (Grand Prairie businesses)
Lorraine Rose	Create and engage in realistic programs that assist our aging population
Cynthia Smith	Mentor the youth – connect with GPISD
Ann Hunter	Marketing for the Commission on Aging
Lee Lee Lee	Sharing health information with the community (community outreach)

Item 5: ACTION ITEMS

1. Don Smarto motioned to schedule a planning meeting for February 10th at 10:30 AM. Freddie Evans seconded the motion. The motion passed with a unanimous vote.

CITIZENS' COMMENTS

No citizens' comments.

AARP Representative, Lee Lee Lee made the suggestion to have a city council representative present at 1 or 2 Commission on Aging meetings every year.

ADJOURNMENT – A motion to adjourn the meeting was made at 11:25 AM by Prudence Mathis and seconded by Don Smarto. The motion to adjourn was passed by a unanimous vote.

Jaclyn Gunderson - Reporting Secretary

DON SMARTO:

- COVID-19 currently restricts our outreach to the community.
- As the vaccine becomes more available, we should offer in person seminars (with masks and social distancing)
- The City Council room or associated meeting rooms are too difficult for Grand Prairie seniors to locate, in my opinion.
- If possible, a city van or vans can shuttle seniors to our future meetings from The Summit.
- If the Summit is not the best location for future meetings, there are many churches (some near the Summit) that can host meetings or programs.
- Assisted living facilities have rooms to accommodate special programs. (I have given three travel seminars at the former Atria facility) As health and safety improves, I suggest bringing Commission on Aging programs directly to the facilities (assisted living, rehabilitation, and senior living apartment complexes) as a service to those who reside there.
- A new mission statement should put emphasis on “responding to questions” and “directing our aging population to services”. The former statement was too broad. COA should not make facility or medical endorsements. We are not able to provide direct services.
- COA can work with churches who provide activities, food banks, and visitation to shut ins.
- COA can help facilitate Senior – Youth mentoring programs.
- Information from a reliable source is very helpful. Current questions I receive include:
 1. Where can I get a vaccine shot?
 2. How do I sign up for Medicare?
 3. What discounts are available for seniors in Grand Prairie?
 4. Is public transportation coming to Grand Prairie?
 5. How do I find a good, assisted living facility?
 6. Are there doctors that specialize in aging issues?

Most of these questions can be answered by a phone call. If the commissioners divided public questions, each could make one or two calls per month.

- I suggest an internal guideline paper so we do not exceed protocol of what advice we can give and not give.
- Visibility is key. We need to be seen at events where seniors congregate. (Example: Helping to serve meals at The Summit)

FREDDIE EVANS:

Assignment - Participate in community service projects.

“September Seniors”

The month of September will be identified as “September Seniors.”

Promoting Activities in September (designate a day in each week)

- Partner with Dubiski Career High School Graphic Department
 - Work with the Graphic department to design the artwork for “September Seniors”
- Compile a list of merchants that are still offering discounts (unfortunately see what business are still open from the original list). Chamber will let us know as we get closer to time to see what business are willing to offer discounts to seniors.

These are the September Activities:

The Entire month – Senior Discounts

- Partner with Chamber of Commerce
- Partner with Dubiski Career High School Culinary and Graphic Department
- Partner with Grand Prairie Police Department
- Partner with The Summit
- Partner with Area Agency on Aging (Dallas Area Agency on Aging)

Week 1: Grand Prairie Police Department (Senior Safety)

Week 2: Dubiski Culinary Department (Healthy Eating)

Week 3: Activities/Exercise (Promoting The Summit)

Week 4: Area Agency on Aging (Dallas Area Agency on Aging) - Medicare Benefits Counseling – Medicare/Social Security

September Seniors will become a yearly event in the city of Grand Prairie!

BARBRA THOMAS:

Assignment - Partner with other Area Agencies on Aging (Dallas/Tarrant County) & other businesses (Grand Prairie businesses).

I reached out to the

1. Dallas Area Agency on Aging
2. The Tarrant County Agency on Aging
3. Tarrant County Aging and Disability
4. United Way of Tarrant County – Area Agency on Aging

Most of the offices are closed because of the pandemic and have an answering machine taking messages. I left voice messages and received 1 callback from Dallas Area Agency on Aging. Right now, they make their presentations are by Zoom meeting and everyone is welcome to participate. They are sending me the monthly schedules of presentations. For others that I checked on they seemed to come out to make a presentation as requested.

My Suggestion to increase attendance for these presentations is to offer an incentive for attendance. An example is to somehow earn points for attendance that can be used toward classes, services, food, purchases at the gift shop, etc. at the Summit (once it reopens).

Presentations can be offered during the day and also in the evening which will allow working Seniors or members of the Summit to attend the presentation.

LORRAINE ROSE:

Assignment- Create and engage in realistic programs that assist our aging population.

As allowed, continue with the informal programs/speakers from area agencies and the City of Grand Prairie which were taking place at the Summit monthly before the pandemic. These forums not only provided the senior population attending with information, but also informed the COA commissioners, aiding them in helping seniors when we are out working in other areas for the commission. Additionally, we should take advantage of the Summit's joining population to spread the word about COA and the City Council. Each Commissioner would again be assigned a month for a speaker of their choice to come and speak. Our AARP Representative, Lee Lee Lee could continue her tips and information if she wishes.

Engage in citizens at large by attending activities throughout the city as Barbra Thomas and I had previously been doing. We had many ideas and questions by families and children of aging parents that we were able to visit with and give or find information for as well as seniors themselves. Having a table with our COA tablecloth, treats, and literature to hand out was well received. By noting and keeping results of our conversations, we were able to go back and record outcomes and numbers of people we talked to. It is also a way of connecting agencies and outreach programs with seniors who need help.

CYNTHIA SMITH:

Leveraging the Power of Seniors

Proposal - Identify or create programs that integrate the knowledge, work experiences, skills, abilities, and life experiences of senior citizens with Grand Prairie students to improve literacy and academic achievement of underperforming students. These programs allow Senior Citizens to make a meaningful difference in their town and improve socialization with peers leading to happy and healthier adults.

Value & Benefits

For the Senior Citizen:

- According to Nationalservice.gov, senior citizens who volunteer experienced the following benefits:
 - 88% of older adults reported less feelings of isolation after two years.
 - 78% said they felt less depressed two years later.
 - 84% reported better or more stable health.
 - 71% reported an improvement in their companionship status.
 - 32% reported improved health after two years.
 - 45% of retirees state they want to work with young people...and may learn technology and innovations from them.

For the Student:

- Accelerates literary achievement, problem solving skills.
- Provides an opportunity to get to know older adults and counter negative perceptions and stereotypes of senior citizens.
- Other benefits from a relationship with a positive role-model include:
 - 52% less likely to skip school.
 - 46% less likely to use illegal drugs.
 - 27% less likely to use alcohol.

Intergenerational Program Options

Senior Citizens Interacting with Students

- AARP Foundation Experience Corps
 - Tutors who devote 4 – 15 hours per week for a school year, focusing on literary skills development at the K – 6 levels
 - Training, primarily on reading, is provided to each volunteer, with additional training on child development, tutoring and behavior management.
- Jumpstart
 - Curriculum focused on preschoolers in under-resourced communities to provide individualized attention before they enter kindergarten, giving them the critical academic and social skills—the ‘jumpstart’—they need to succeed.

Students Interacting with Senior Citizens

- Bessie's Hope
 - Matches schools and other youth groups with nursing home and assisted living residents. The youth gain self-esteem, respect for others, life skills and academic skills, and the elders receive companionship, intellectual stimulation, and the chance to feel useful.

Discussion & Go Forward Approach

- Questions:
 1. Is there agreement on leveraging an existing program; or is the desire to build our own?
 2. Is there a preference on age group? Some programs focus on early childhood, others on middle or high school.
 3. Is there interest on working with schools to establish programs within senior centers or nursing homes?

ANN HUNTER:

1. Website- needs update with pictures with team
2. Facebook on Summit, Nikki will put us in Events where it stays long as to not get lost in streaming.
3. Pipeline information on meetings or info we want to give them or to direct them to our website.
4. Need printed signs to be put on bulletin boards in Retirement villages to give info about our meetings so they can be bused.
5. Printed cards to be handed out in Church Senior classes to be buses or groups go together for meetings.
6. We could use Instagram but most elderly don't use it.
7. Some stores will let us put small cards at a register to advertise us
8. Same things about some restaurants will let us leave small card.
9. Continued tables and info given out at Farmers Markets
10. Tables can be set up at local events if allowed by host. Usually Summit when they open for events will allow tables for COA.
11. Fliers or brochures could be made on computer paper to hand out in our churches where we go to the Senior Dept.
12. Everyone wearing badges while out and about advertises COA.
13. Jorja Clemson has a radio spot that she might allow a member or two to share about COA on her show. She has done this before.
14. Cole Humphreys my councilman has a podcast regular show, and he might have one of us as a guests and share.

LEE LEE LEE:

Assignment – Community Outreach

1. Add any COA info (fliers) to Summit lunch pick up.
2. Ask GP Chamber of Commerce for discounts for GP seniors from their businesses.
3. Request a table set up at the library (Conover) for month of February, April, June, October, & December) – “Ask me about COA.”
4. Donate Food for GP Food Bank (When time is safe, COA members can participate in GP events like charity walks, read to residents in nursing homes, etc....
5. Connect with Habitat for Humanity in their GP projects.

NANCY WOOTEN:

I have researched several different websites of COA's from various states. I looked at mission statement, goals, services, programs, and activities. You will find examples of mission statements below and suggestions for the GPCOA website. I did not make any changes to our COA mission statement at this time. Although, I do believe changes need to be made.

I have more information about programs and activities I will be happy to share at the meeting.

Mission Statements:

- Juneau, Alaska- Ensure the dignity and independence of older citizens and to assist them to lead useful and meaningful lives through planning, advocacy, education, and interagency cooperation.
- Wood County, OH- Provide services and programs which empower seniors to remain independent and improve the quality of their lives.
- Mecosta County, MI- Support Seniors 60+ to remain in their own homes, maintain independence, health, dignity, and self-respect.
- Texas Health and Human Services- Area Agencies on Aging (AAA)- Provide services and information for older citizens (60+) that will ensure their wellbeing, dignity, and choice.

Provide services and information to support family caregivers.

- Grand Prairie, Texas-1. Serve as a focal point for all concerns and local problems faced by Grand Prairie's aging population; recommend solutions for improved delivery and coordination of available services; and advise the city council on topics affecting the city's aging population in areas in which the city has legislative authority to address them. 2. The city of Grand Prairie will provide an environment where all citizens, regardless of age, have the opportunity to participate in all aspects of the city, enjoy the journey in place, and Live Life Grand with dignity for all their days.

Suggestions to Add to Website

- Mission statement
- Provide information about programs and activities for month.
- Provide a calendar of meals for the month and location for meals.
- Members of COA
- Contact phone numbers and emails.

PRUDENCE MATHIS:

Most mission statements fall between two and four sentences and are not more than 100 words. Ultimately, your mission statement should be just the right length to get your point across, and it should be designed to be an internal document that tells how you inspire your team to achieve your company goals. Google 9/20/19

According to Chris Bart, professor of strategy and governance at McMaster University, a commercial mission statement consists of three essential components:

- Key market: the target audience.
- Contribution: the product or service.
- Distinction: what makes the product unique or why the audience should buy it over another.

The average length of a mission statement is 29 words, with larger companies tending to choose longer statements. The most common words include “mission”, “value”, “customers”, “services”, “technology”, “help”, “quality”, and “products”. 85% talk about the company's dedication to its customers. Google 5/9/18

Tips for Creating an Effective Mission Statement

1. Do keep it short and concise. Sum up the company's mission in just a few sentences.
2. Don't write an essay. ...
3. Do think long-term. ...
4. Don't make it too limiting. ...
5. Do find out what your employees think of the mission statement. ...
6. Don't be afraid to change it.

Our current Mission Statement found in my book and dated February 8, 2017 and sent in a letter to Mayor Ron Jensen:

Serve as a focal point for all concerns and local problems faced by Grand Prairie's aging population; recommend solutions for improved delivery and coordination of available services; and advise the city council on topics affecting the city's aging population in areas in which the city has legislative authority to address them.

"To promote independence, dignity, and quality of life to the aging population and their families."
COA – Barry County Hastings, MI

The mission of the Commission of the Aging is to encourage, promote, analyze and support community programs/services intended for or impacting the wellbeing of Senior Citizens in the Town of Berlin. A major purpose of this commission is to identify relevant plans and programs providing or depriving independence, wellbeing and/or involvement in community life for Senior Citizens.

COA Town of Berlin, CT

The Council on Aging, Inc., *serving St. Clair County* is a private non-profit, non-sectarian, non-political organization which primarily coordinates programs that promote and safeguard the independence and well-being of the senior citizens (persons sixty years of age and older) of St. Clair County, of the State of Michigan by,

- Providing leadership, consultation, and assistance to interested individuals and/or groups who foster the well-being of the County's senior citizens;
- Gathering, tabulating, and studying pertinent data relating to senior citizens;
- Disseminating information about services, activities, and programs affecting the social, economic, health, and housing needs of the aging; Cooperating and planning with existing governmental and private agencies in order to develop and make available needed resources for senior citizens throughout the County; and Providing relevant activities and needed services to all interested senior citizens of the County.

In addition, the Council on Aging may determine those services, activities, and programs which with appropriate and available funding, it could offer to qualified disabled citizens of the County.

St. Clair County on COA - Port Huron, MI

The Mission of the Pomfret Commission on Aging (PCA) is to act in an advisory capacity to the Board of Selectmen and other municipal boards and commissions of the Town of Pomfret, making policy, program and operation recommendations regarding the Pomfret Senior Center. PCA will also act as an advocate for all senior issues in Pomfret and oversee the budget of Town senior appropriations and reserve funds.

Pomfret Commission on Aging – Pomfret, CT

The mission of the Governor's Commission on Aging is to facilitate and enhance the quality of life and services for all Nevada seniors through partnership with the Aging and Disability Services Division and other entities.

Nevada COA

The purpose of the Oconto County Commission on Aging, Inc. is to plan, initiate community action, and promote available support systems, to benefit the elderly in Oconto County. Our mission is to continually improve our products and services to meet and to advocate for our clients' needs.

Oconto County COA – Oconto, WI

The mission of the Riverside Commission on Aging is to enhance the quality of life for seniors in our community. We study local senior issues to learn about current programs, define future needs, and reference Best Practices. We then make recommendations to the Mayor and City Council on ways we think the City of Riverside can maintain and improve its status as a Senior-Friendly Community.

Riverside COA – Riverside, CA

The mission of the Grand Traverse County Commission on Aging is to offer home and community-based services to maintain and improve the quality of life for resident senior citizens.

Grand Traverse County COA – Traverse City, MI

The Gratiot County Commission on Aging coordinates programs and provides services that protect and safeguard the independence, well-being, and dignity of citizens of Gratiot County who are 60 years of age or older.

Gratiot COA – Ithaca, MI

The mission of the Otsego County Commission on Aging is to coordinate, provide and initiate programs, and promote the independence and well-being of older adults of Otsego County and supporting family caregivers.

Otsego County COA – Gaylord, MI

The Commission advises the County Executive, County Council, the Department of Health and Human Services (including Aging & Disability Services and the Area Agency on Aging), as well as other County departments on the interests, needs and problems of seniors in the County. The COA conducts public hearing, and reviews and comments on community policies, programs and actions which affect older persons with the intent of assuring maximum coordination and responsiveness to older persons.

Montgomery County COA – Rockville, MD

"Dedicated to serving Allegan County seniors by developing and coordinating services that support their independence."

Allegan County COA – Michigan
