



COMMISSION ON AGING
CITY HALL - COUNCIL CHAMBERS, 300 W. MAIN STREET
WEDNESDAY, MAY 12, 2021 AT 10:30 AM

AGENDA

CALL TO ORDER

ROLL CALL

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.

AGENDA ITEMS

- [1.](#) April 14, 2021 Minutes
2. City Updates Regarding Parks & Recreation - Chris Ginapp
3. Nutrition Update - Jackie Gunderson
- [4.](#) AARP Hot Topic: Boost Your Brain - Presented by Lee Lee Lee
- [5.](#) Grand Prairie Transportation Services Research
6. The Future of COA Public Programs
7. Future COA Meeting Dates & Times

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.

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 May 7, 2021.



Jaclyn Gunderson, COA Secretary



COMMISSION ON AGING
CITY HALL - COUNCIL CHAMBERS, 300 W. MAIN STREET
WEDNESDAY, APRIL 14, 2021 AT 10:30 AM

MINUTES

CALL TO ORDER

Meeting called to order at 10:28 a.m.

ROLL CALL

PRESENT

Chairman Don Smarto
Vice Chair Ann Hunter
Commissioner Freddie Evans
Commissioner Prudence Mathis
Commissioner Lorraine Rose
Commissioner Cynthia Smith
Commissioner Barbra Thomas
Commissioner Nancy Wooten
AARP Representative Lee Lee Lee

INVOCATION

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.

Invocation by Don Smarto at 10:29 a.m.

AGENDA ITEMS

1. Minutes: Motion made by Chairman Smarto to approve the March 10, 2021 Minutes, Seconded by Commissioner Mathis. Voting Yea: Chairman Smarto, Vice Chair Hunter, Commissioner Evans, Commissioner Mathis, Commissioner Rose, Commissioner Smith, Commissioner Thomas, Commissioner Wooten
2. City Update: Recreation Superintendent, Chris Ginapp gave the City update. He mentioned again that the Summit and Play Grand Adventures are open. He also spoke about the COVID Vaccination site at the Grand Prairie Theater over on Belt Line. This site is now only giving 2nd vaccinations and will close on April 28th. Lastly, he spoke briefly about the Big Event. This city-wide event will be held on April 24th. It is an event in which volunteers will assist with qualifying service projects at the homes of the people who need help.
3. Nutrition Update: Tabled until the next meeting.

4. COA Banner Design: Motion made by Commissioner Smith to approve the #4 COA Banner Design, Seconded by Vice Chair Hunter. Voting Yea: Chairman Smarto, Vice Chair Hunter, Commissioner Evans, Commissioner Mathis, Commissioner Rose, Commissioner Smith, Commissioner Thomas, Commissioner Wooten
5. Calls & Transportation for Seniors in a Weather Crisis: Commissioner Rose suggested to reach out to the other Area Agencies to see if there are any other transportation programs available through them. Commissioner Rose and Commissioner Smith agreed to reach out to Grand Connection to see what transportation programs are available and report back at the next meeting.
6. The Future of COA Public Programs: In the past, COA held presentations at the Summit during the monthly meetings. Idea is to bring presentations outside of the Summit and the City. (Example: bringing presenters into assisted living/retirement facilities and churches, etc...) More discussion about this would take place at the next meeting.
7. COA May Meeting: Motion made to meet in May (May 12, 2021 at 10:30 a.m.) by Chairman Smarto, Seconded by Commissioner Mathis. Voting Yea: Chairman Smarto, Vice Chair Hunter, Commissioner Evans, Commissioner Mathis, Commissioner Rose, Commissioner Smith, Commissioner Thomas, Commissioner Wooten.

CITIZEN COMMENTS

No citizens' comments.

Commissioner Smith asked about the new COA mission statement and any updates on that. Chairman Smarto addressed this and stated that this item did not get on the City Council agenda. He informed the commission that he would keep everyone update on this as he is updated.

ADJOURNMENT

Motion made to adjourn the meeting at 11:00 a.m. by Commissioner Mathis, Seconded by Commissioner Evans. Voting Yea: Chairman Smarto, Vice Chair Hunter, Commissioner Evans, Commissioner Mathis, Commissioner Rose, Commissioner Smith, Commissioner Thomas, Commissioner Wooten.

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.

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 9, 2021.



Jaclyn Gunderson, COA Secretary

David Adler, PhD, co-author Henry Emmons, MD Staying Sharp (Touchstone)

Following brain training exercises are easy and good for you:

- Learning a second language can help your brain process information better and help you focus more sharply so you avoid distraction.
- Writing in the color red binds into our memory better than other colors.
- Play Ping-Pong to improve brain function by activating specific neurons.
- Close your eyes, once visual distractions are removed, your brain can focus more efficiently.
- Using your non-dominant side to tackle a daily task or two is a great way to challenge your brain in new ways.
- A healthy blood sugar is less than 100 after fasting will help prevent dementia.
- Meditation may slow Alzheimer's progression and decrease production of the stress hormone, cortisol, within the brain.
- Eat avocado. It contains medium-chain fatty acids which increase your brain power by reducing inflammation.
- Talk to your doctor about a daily low-dose aspirin that could be right and safe for you.
- Fall-proof your house.
- B-vitamins lower homocysteine (an amino acid), which is linked to dementia.
- Regular aerobic exercise can actually increase the size of your hippocampus – the part of your brain that helps you learn and remember.
- New experiences allow the brain to flex like a muscle.
- Adult coloring books can ease stress as well as put you in a meditative frame of mind.
- Eat your omega-3's (fatty acids found in salmon and other cold-water fish) once a week. This helps spur structural brain changes that boost memory.
- Fresh research from Texas A&M University found that resveratrol, an antioxidant found in red wine improve memory, mood and learning capacity.
- Munch peanuts – packed with cognition-boosting resveratrol. Others: pistachios, grapes, red and white wines, berries, & dark chocolate.
- The National Sleep foundation recommends 7-9 hours per night for adults 18-64, 7-8 hours adults 65 and older.

May 12, 2021

Adult Senior Transportation for Grand Prairie, TX Residents

Prepared by Lorraine Rose

214-281-1168

After researching transportation for Grand Prairie Adult Seniors, the following are the findings.

1. **Catholic Charities** -provides Grand Prairie Residents with Medical Appointment transportation; 1 time per month, starting at \$2.50 one way.
2. **Community Council of Greater Dallas** provides a long range of service options and a *Get a Ride* Guide, serving a 15 County North Texas region. Senior Adults living in Tarrant and Dallas County Service Area are included- They give eligible person (s) a referral to MY RIDE of North Texas and offer a free *Get A Ride* Guide.
3. **My Ride North Texas** ...a collaboration of 90 organizations led by the Community Council of Greater Dallas and Dallas Area Agency on Aging...provides information and transportation resources to older adults/people with disabilities.
4. **Care.com**-one of many agencies that provide personal caregivers for transportation purposes; Find a caregiver that matches your needs - **transportation**, groceries, errands, and more. Background Check Options Reviews and References. In-depth Profiles.
5. **The Grand Connection**-The city's "Grand Connection" transit system serves those who are at least 60 years of age or have a physical or mental disability. It is located in Grand Prairie TX, serving those in Grand Prairie TX, cost is \$1.00 each way.
6. **American Cancer Association**
(see prepared info)

American Cancer Society Transportation

Due to public safety concerns related to COVID-19, your American Cancer Society is not currently setting up or coordinating patient rides to cancer-related appointments. We will update this message as conditions change. For other ACS support, please reach out to us via Live Chat, or call our Cancer Helpline at 1-800-227-2345.

Rides Save Lives

Transportation shouldn't be a roadblock to cancer treatment. Even with help from family and friends, sometimes patients have trouble getting every ride they need. We're here to help. We have several transportation assistance programs all across the country and can connect you to the best option for your situation.

Our Road To Recovery program provides rides to and from cancer-related medical appointments for patients who otherwise might not be able to get there. If you or someone you love needs a ride, we may be able to help. Based on eligibility and availability, we'll match you with volunteer drivers.

Our Road To Recovery volunteer drivers donate their time and the use of their vehicle so that patients can receive the life-saving treatments they need. Volunteers determine their own schedule based on availability and preference. Many say that they enjoy helping members of their community and benefit just as much as the patients do!

(copied from Site)