

140030

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## SENIOR AFFAIRS COMMISSION

Monday, November 17, 2014 – 12:00 p.m.  
City Hall – 1500 Marilla, Rm. L1EN

(Amended) PM 3:39

CITY SECRETARY  
DALLAS, TEXAS

### MINUTES

#### MEMBERS PRESENT

Trini Garza, Chair  
Marty Alvarado (Dist. 1)  
Lydia Simpson (Dist. 2)  
John L. Johnson (Dist. 3)  
Dorothy Willis (Dist. 4)  
Felix Lozada (Dist. 6)  
Betty Hooey (Dist. 7)  
Philip Shinoda (Dist. 8)  
Julie Schaar (Dist. 9)  
Irwin W. Gart (Dist. 11)  
Marlene Cohen (Dist. 12)  
Sylvia L. Benenson (Dist. 13)  
Sara Wick (Dist. 14)

#### GUESTS

Janice Thomas  
Maria Ramirez  
Armand Christopher  
Jearldine McDaniel  
Jann Horswell  
Karina Romo  
Jon F. Sanchez-Casas

#### COD STAFF

Valencia Alexander  
Vicki Smith  
Lilia Gonzalez

*Trini Garza*  
12-11-14

#### MEMBERS ABSENT

#### VACANCIES

District 5  
District 10

#### CALL TO ORDER

Trini Garza called the meeting of the Senior Affairs Commission (SAC) to order at 12:00. The meeting opened with a moment of silence. Congratulations were given to SAC member Felix Lozada for his recent marriage.

New SAC member Mr. Philip Shinoda, District 8, was introduced. Mr. Shinoda gave brief background information on himself.

#### APPROVAL OF MINUTES

The October 20, 2014 minutes of the Senior Affairs Commission (SAC) meeting were unanimously approved pending some additions and adding Sara Wick as being present at the October meeting.

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**PRESENTATION**

Jon F. Sanchez-Casas, Community Health Outreach Director, for the YMCA of Metropolitan Dallas gave a presentation on the YMCA's Diabetes Prevention Program. Mr. Sanchez-Casas discussed the benefits of diet and exercise in preventing or delaying diabetes. Highlights of the program include:

- No cost benefit for those 65 and older
- Participants must be overweight and at risk for developing type 2 diabetes
- Enables adults to make lifestyle changes that will improve overall health
- One-year community-based program

Senior Services Program staff, Lilia Gonzalez, and Mr. Sanchez-Casas have been coordinating outreach events on diabetes prevention programs. They have scheduled eight presentations this month in recognition of Diabetes Awareness Month.

**COMMITTEE REPORTS**

**Budget Committee – Syl Benenson**

Ms. Benenson reported on the items that were approved and denied on the SAC's recommended FY 14/15 budget. The new budget became effective on October 1. Ms. Benenson stated that if anyone would like to join the budget committee, they are welcome.

**Health Committee – Lydia Simpson**

Ms. Simpson reported that Age Well Live Well (AWLW) Dallas had its launch, 'Anyway, Any K', at C.C. Young (The Point) on October 17, 2014. Ms. Simpson sent letters of appreciation to all sponsors and speakers who participated in the launch.

Ms. Simpson attended an *Inspire Dallas* meeting on October 25<sup>th</sup>. Inspire Dallas provides education on how they creating a proactive strategy for planning neighborhoods in Dallas.

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Ms. Simpson and Mr. Garza attended a body, health, and mind lecture series at C. C. Young Senior Living (The Point) on November 6, 2014. There was discussion of the book To Heaven and Back by Mary C. Neal, M.D.

Trini Garza mentioned he attended a men's health conference held Saturday October 15th at Dallas Central Library sponsored by Parkland Hospital.

**Housing Committee – Bill Gart**

A very important Housing Committee meeting will be held November 19<sup>th</sup> to discuss building the foundation of what the committee is trying to accomplish. The meeting will be at 1 p.m. at City Hall 6BN conference room.

Mr. Gart attended the JCC Senior Expo on November 4<sup>th</sup>. He reported there were 67 vendors, and the event took over 6 months of planning.

**Victimization Committee – John Johnson**

Mr. Johnson reported the committee met prior to the SAC meeting today. At the meeting Amanda McMurrey, Postal Inspector for the U.S. Postal Inspection Service- Fort Worth Division, gave a very interesting presentation on preventing mail fraud, with particular emphasis on sweepstakes and free prize offers.

Other items discussed:

- Scam Jam was held on November 14<sup>th</sup> at Marcus Recreation Center. Vendors were well represented. The speakers were excellent.
- Discussion of The Senior Source Elder Financial Safety Center.
- Trini Garza requested that Valencia Alexander contact the Senior Source for a presentation about the Elder Financial Safety Center at a future SAC meeting.
- There will be no Victimization Committee meeting in December.

**Transportation Committee**

Lilia Gonzalez presented a Transportation Program update PowerPoint presentation. Highlights include:

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- A Transportation Training conference held October 21-23, 2014 sponsored by the Easter Seals of North Texas. There were 30 other participants.
- Easter Seals of North Texas has a three-year objective to expand the number of available local and regional options of which self-advocates and their allies are aware and equipped to use addressing gaps in knowledge and skills via coordinated communication and education activities.
- Next scheduled Mobility 101 training will be on February 6, 2015
- Ms. Gonzales reported on the MyRide Transportation Coalition meeting held November. The history and purpose was discussed as well as the MyRide August and November statistics.
- City of Dallas Senior Medical Transportation Program was discussed – description, criteria, and their October 2015 report.
- Mr. Garza and Mrs. Alexander attended the November Community Transportation Network meeting as well.

There was discussion about when the 5 City Council approved zip codes will be added to the City of Dallas Senior Medical Transportation Program. At this time the program has 3 drivers and 3 vehicles. If someone calls needing transportation who does not reside within the 10 current zip codes the program tries to schedule transportation for caller.

**2015 SAC GOALS**

- Sara Wick mentioned she had asked to be placed on the November agenda to discuss SAC goals. Vicki Smith responded that the SAC sets their next years' goals during the December meeting so that they can be included in the SAC Annual report which is due to the City Council at the end of January.
- A motion was made to have an all-day SAC Retreat on January 5<sup>th</sup>, 2015 in placement of the regular January meeting. The motion was unanimously approved.

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**CITIZENS' COMMENTS**

- Jan Horswell stated that she is on the AGE Council and a member of the AWLW Dallas committee. She said that all recreation centers are supposed to have some type of senior programming. She requested SAC members visit recreation centers in their district to see the type of programming available for seniors and for baby boomers.

Ms. Horswell discussed maps of senior population, etc. can be obtained at <http://www.inspire-dallas.org/>.

- Armand Christopher expressed his interest in becoming a member of the SAC. He is currently on the APS board.
- Janice Thomas mentioned attending the Veterans' Day parade on November 11, 2014. She stated she likes to take information back to the facility she resides in, Dickinson Place, to keep the seniors in that building informed.

**SENIOR SERVICES REPORT**

- Senior Services will host a Senior Holiday Dance and Brunch on December 11<sup>th</sup> at Jaycee. Zaragoza Recreation Center, 3114 Clymer St., Dallas.
- The second **MayFair 2015** planning committee meeting will be held on Friday, November 21, 2014 at 2 p.m., Dallas City Hall, 6BN conference room.
- There was discussion of changing the date the December meeting from the 15<sup>th</sup> to the 8<sup>th</sup>, due to the fact that Mrs. Alexander will not be available for the 15<sup>th</sup> meeting date.

**ADJOURNMENT**

The meeting was adjourned at 2:05 p.m.