

MINUTES
COMMISSION ON AGING
THE SUMMIT
2975 Esplanade, Grand Prairie, TX 75052
January 8, 2020
10:30 A.M.

Members Present

Don Smarto, Gary Hill, Lorraine Rose, Barbara Thomas, Carlton Adams, Steve Overton and AARP Representative Lee Lee Lee

Members Absent – Freddie Evans, Ann Hunter, and Robert Murphy

Citizens Present - 7

CALL TO ORDER- at 10:31 am by Carlton Adams

PRAYER – at 10:35 am by Don Smarto

CITIZENS COMMENTS – No citizens’ comments.

APPROVAL OF MINUTES - Motion was made by Don Smarto to approve the December 11th meeting and December 16th planning meeting minutes and seconded by Gary Hill.

STANDING UPDATES

- a. Nutrition program meals for December – 1,851 meals served stated by Eduvina Cruz
- b. Summit Updates - Chris Ginapp, General Manager at the Summit, spoke of some exciting events, trips and programs at the Summit. Members of the Summit have an opportunity to go on a Western Caribbean cruise in November 2020 and a Mavs Basketball Game this January. The Summit is hosting a Comedy Show on January 11th for members and guests aged 21 and older. Chris also mentioned a new Ballroom Dancing Program held at the Summit FREE for members every Monday at 10:30 am. Lastly, the Summit will be selling Hamilton tickets for \$100-\$130 starting January 14th.
- c. COA Updates
 1. Lorraine gave the update on Outreach Activities. She mentioned that having a table at the Farmer’s Market, and two of Grand Prairie Health Fairs has resulted in 250 new contacts for COA. Comments to the commission from citizens were mostly positives about the City of Grand Prairie, but concerns (mainly about the amount they pay in property taxes) were addressed as well. Carlton Adams mentioned that these tables have been the most effective way to communicate the COA charge which is to “focus on the concerns of the senior population and address these concerns.”
 2. Carlton announced the documentary that will be showing on January 18th, and introduced Don Smarto who shared a sneak peak of the film, “A Faith Journey.” Don shared that “A Faith Journey” is centered on his life, and how he is the only one in his family who escaped a life of crime. His hope is that “God gets all the glory” in the end.

PRESENTATIONS

- a. Gay Lynn Broom described the different Senior Opportunities that are offered in GPISD.
 - She mentioned **Social Opportunities**: Senior Privilege Gold Card. This “Gold Card” gives anyone 62 or older access to two free lunches every year (one in April and one in November),

and gives you free admission to GPISD sponsored plays, concerts, and athletic events. (For more info you can visit <https://www.gpisd.org/domain/11884>).

- Gay Lynn also spoke about **employment and volunteer opportunities**: substitute teaching and the “Handprint on Hearts” mentoring program.
- Other **volunteer opportunities**: helping with mock interviews or career days, being a guest speaker or project evaluator, or signing up with the “All Pro Dads” mentoring program. For more information you can visit <https://www.gpisd.org/domain/46> or contact Gay Lynn Broom.

b. AARP Hot Topics: Lee Lee first discussed what you need to do if the prescription drug you use has been recalled.

1. First, check with your pharmacy.
2. Have the drug’s name and the lot number available when you call.
3. You can also call the FDA consumer line at 888-463-6332.
4. Talk to your doctor if your prescription drug has been recalled, but do NOT stop taking the medication unless instructed by your doctor.

The next topic Lee Lee discussed was four ways for better health.

1. Avoid Sugars and refined grains. Stick to a plant-based Mediterranean – style diet.
2. Be active throughout the day. Let your body burn fat between meals.
3. Consider Intermittent Fasting (IF)
4. Do not smoke or eat at nighttime.

Lee Lee then explained the benefits of IF.

1. Decreased insulin level – facilitates fat burn.
2. Increased Human Growth Hormone – facilitates fat burn and muscle gain.
3. Increased cellular repair
4. Increased brain health

Disclaimer: FYI only, check with your doctor before starting IF.

COA COMMISSIONERS’ QUESTIONS

a. Questions were answered by Chairman Carlton Adams.

1. Minutes taken in each COA meeting go to council. If there are any specific concerns from citizens about the senior population that the COA does not know the solution to, the commissioners can decide to take the issue to council.
2. The Summit and the Summit staff as well as the COA commissioners are responsible for providing information and referring citizens.
3. When citizens have concerns they can express them in any of the meetings. Once these concerns are expressed the commissioners can provide an answer to that particular citizen at a later time (Not during the meeting).

ACTION ITEMS

A motion to set the next Strategic Planning Meeting on March 18, 2020 was made by Lorraine Rose and seconded by Gary Hill.

ADJOURNMENT – Motion made to adjourn meeting at 11:45am by Don Smarto and seconded by Gary Hill.

Jaclyn Gunderson - Reporting Secretary