



MINUTES
COMMISSION ON AGING
THE SUMMIT
2975 Esplanade, Grand Prairie, TX 75052
March 11, 2020
10:30 A.M.

Members Present

Don Smarto, Freddie Evans, Gary Hill, Lorraine Rose, Barbara Thomas, Carlton Adams, Ann Hunter and AARP Representative Lee Lee Lee

Members Absent – Steve Overton and Nancy Wooten

Citizens Present – 12

CALL TO ORDER- at 10:30 am by Carlton Adams

PRAYER – at 10:31 am by Don Smarto

APPROVAL OF MINUTES - Motion was made to approve the February 12th minutes by Gary Hill and seconded by Don Smarto.

STANDING UPDATES

- a. Nutrition program Update – 1,848 meals served in February. Updates provided by Jaclyn Gunderson.
- b. Summit Updates - Chris Ginapp, General Manager at the Summit, gave the Summit Updates. He mentioned Don Smarto's film, *A Faith Journey*, and the success of this film at the Summit this past weekend on March 6th and 7th. Over 100 people attended these showings. He also told the audience that we have the Summit R&B Dance this Saturday March 14th. Over 70 people are signed up as of today. Chris also invited the audience to attend the St. Patty's Day party at the Summit this Tuesday, March 17th. The final Summit update was the facility updates currently taking place. From now until mid-May the Summit will have some parking closure due to necessary maintenance. After this construction, the Summit expects to get some additional handicap parking spaces, as well as more parking in general. Once Chris completed the Summit updates, Don Smarto asked him if there are any procedures put into place due to COVID 19. Chris responded to this by saying we will follow the City of Grand Prairie's protocol for emergency situations if it comes to that. Erin Hart, Assistant Director of Operations, interjected and stated that meetings are being held weekly at City Hall with the Office of Emergency Management and Environmental Quality to further discuss the potential and unique protocols for each center within the city. However, COVID 19 is still considered low risk by the city at this time.
- c. COA Updates –
 1. Update from our new Assistant Director of Operations, Erin Hart: Erin explained the transition of positions within the Parks and Recreation department of Grand Prairie. Anna Doll, the previous Deputy City Manager, retired. Cheryl Deleon moved into that Deputy City Manager position, Duane Strawn moved into the Director of Parks and Recreation position, and she (Erin Hart) moved into the Assistant Director of Operations position. There is a lot of transition still to come, but that is all for now.
 - a. The introduction of Nancy Wooten postponed to our next meeting.

2. Chairman Carlton Adams reminded the commission and the audience of the upcoming planning meeting on March 18th, 2020. The Chairman also introduced the addition of the speaker card for the citizens who would like to make a comment during the meetings. These cards will give the commission easier access to review and address citizens' concerns.
3. Commissioner Freddie Evans relayed the information she received from the training sessions recently attended. She told the commission and the audience to protect yourself from social security scams. She also gave a handout that had the dates of several training opportunities. These training opportunities give the senior population a chance to educate themselves on the dangers of scams and the beneficial resources that can be made available to them such as diabetes screenings, mammograms, Medicare trainings, etc...

PRESENTATIONS

- a. The Senior Source presentation was presented by AGE Director Lynda Ender. The Senior Source has been around since 1961. For over 55 years The Senior Source has worked to improve the quality of life for older individuals in the greater Dallas area. Lynda Ender addressed many programs that improve the quality of life for our growing older population. These programs are implemented to assist, protect, and connect older adults. Some of the programs she mentioned include the senior companion program, the caregiver support program, financial coaching, insurance counseling, money management, the foster grandparent program, and so many more... The Senior Source is geared toward "making older, better." To learn more about what The Senior Source has to offer please visit their website at <https://theseniorsource.org/what-we-do/>.
- b. Lee Lee Lee shared her AARP Hot Topic: *7 Essential Nutritional Super Foods*. The 7 essential nutritional super foods Lee Lee discussed were berries, red, orange, and yellow produce, citrus, grapes and tree fruits, starches, turmeric and garlic, and cruciferous vegetables. To learn more about the benefits of each of these you can go to https://www.eatright.org/food/resources/national-nutrition-month?rdType=short_url&rdProj=nnm_redirects&rdInfo=nnm. Note: The secret to a healthier YOU is buying and eating the rainbow. March is National Nutrition Month, so "eat right, bite by bite."

CITIZENS' COMMENTS

No citizens' comments.

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

Jaclyn Gunderson - Reporting Secretary