

CITY OF CORAL GABLES ADVISORY BOARD ON DISABILITY AFFAIRS
 CORAL GABLES YOUTH CENTER – CONFERENCE ROOM
 WEDNESDAY, NOVEMBER 4, 2015, 8:00 A.M.

- MEETING MINUTES -

| MEMBERS | S | O | N | D | J | F | M | A | M | J | J | A | S | O | N | APPOINTED BY: |
|------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----------------------|
| | 14 | 14 | 14 | 14 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | |
| Sally Baumgartner | E | P | P | P | P | P | P | P | * | * | * | * | P | P | P | James C. Cason |
| Patricia Sowers | P | P | P | P | P | P | P | P | * | * | * | * | P | P | P | Patricia Keon |
| William Beckham | E | P | P | P | P | P | P | P | * | * | * | * | P | P | P | Vince Lago |
| Richard Whittington | P | P | P | P | P | E | P | P | * | * | * | * | E | P | P | Frank C. Quesada |
| Marie-Ilene Whitehurst | | | | | | | | | | | | | P | P | P | Jeannette Slesnick |

P – Present
E – Excused Absence
A – Absent
(-) – No Appointment
(*) – No Meeting

STAFF:

Lorena Garrido, Public Works Department

GUEST:

1. Janine Lutz, Founder of the LCpl Janos V Lutz Live to Tell Foundation

CITIZEN ADVISORS:

2. Bonnie Blaire
3. Katie Kreter

CALL TO ORDER:

Ms. Baumgartner called the meeting to order at 8:04 a.m.

MEETING ABSENCE: None.

MEETING MINUTES APPROVAL:

- **October 7, 2015 Meeting Minutes**

Mr. Beckham moved to approve the October 7, 2015 meeting minutes. Mrs. Sowers second the motion. The minutes were unanimously approved.

SECRETARY'S REPORT:

Ms. Garrido informed members of the upcoming Bi-Annual 2015 Boards and Committees Ethics Seminar on Friday, November 6th. The seminar will be held at the Youth Center – Theater at 9 am.

BOARD-RELATED COMMISSION ITEMS: None.

CITY UPDATE: None.

BOARD MEMBERS REPORTS:

Ms. Kreter reported that the new Adult Activity Center is underway. Mrs. Sowers stated that the C.I.L. is not quite ready to present to the Board on what their plans are for the Youth Center's satellite office.

PROGRAM:

Ms. Lutz stated that she started this organization in memory of her son, who served in the front lines of Iraq and Afghanistan. At the same time Mrs. Sowers handed information regarding the ADA and how protection for veterans differ under the Uniformed Services Employment and Reemployment Rights Act (USERRA) and a ADA Guide for Returning Service Members with Disabilities. In addition, Mrs. Sowers stated that there are certain training programs available for Police and how to interact with veterans with Post Traumatic Stress Disorder (PTSD). She suggested information on this training is provided to the City's Police Department.

Ms. Lutz discussed that veterans' suicide rate is more than 22 per day. She said the key is recognizing depression and understanding that some medication trigger suicidal tendencies. She started this organization in order to make others aware of these signs and to make a difference. She reached out to her son's friends who served with him and asked how they are living with their depression and they all basically said the same thing: not going to take the "zombie dope," they will not speak to a psychiatrist who has never walked in their shoes, and having conversation with a battle buddy, in a home, is what releases their pressure. With this information, Ms. Lutz decided to start a "buddy-up program" for veterans to meet on a local level. Meetings are monthly, in which veterans can share their war stories and their information to keep in touch. She explained a Family System in which tells their loved one a color to identify how they're feeling: Code Green – everything is ok; Code Yellow – feeling anxious, irritable angry. Something has triggered their Post-Traumatic Stress (PTS) and they need space. Family and friends cannot take it personally and they have to give me my space and time to re-group; Code Red – feeling fully blown PTS and need help. Call battle buddy now to buddy up! This system can be used for anyone as a suicide prevention system.

Advisory Board on Disability Affairs
November 4, 2015 - Meeting
Continued

OLD BUSINESS: None.

NEW BUSINESS: None.

ADJOURNMENT:

The meeting adjourned at 9:04 a.m.

NEXT MEETING:

Wednesday, December 2, 2015, 8:00 am to be held at the *Coral Gables Youth Center's 2nd Floor Conference Room.*