

City of Coral Gables

405 Biltmore Way
Coral Gables, FL 33134
www.coralgables.com



Meeting Minutes

Thursday, February 6, 2020

5:00 PM

The Board meets the first Thursday of each month.
Adult Activity Center, 2 Andalusia Avenue, Coral Gables, FL 33134
Senior Citizens Advisory Board

CALL TO ORDER

at 5:06 pm

ROLL CALL

Present:

**Celia Suarez
Edward English
Jane Mass
Jim Berlin
Joan Valdes
Julian Sevillano
Richard Thurer**

I APPROVAL OF THE MINUTES

A motion to approve the January minutes was made by Joan Valdes and second by Celia Suarez. Passed unanimously.

II PERSONAL APPEARANCES

The evening's meeting began with Julian introducing the guest speaker from the Center for Cognitive Neuroscience & Aging, Dr. Rosie E. Curiel Cid, Psy.D. to speak to the board on the aging brain and the priorities of their research. One key goal she expressed was for the center to become a master hub of brain research to ultimately develop state of the art instruments that will help detect pre-symptomatic Alzheimer's disease and related disorders.

Dr. Rosie Curiel Cid held an extensive presentation on the several components to the research the center conducts. Components include benefits of pre-screening, participating in research studies, differences between dementia and Alzheimer's, cognitive stress tests, and she went on to answer questions the board had about the research the center conducts.

In closing with the presentation, Dr. Curiel Cid wants to make sure that our residents in the City know that the Center for Cognitive Neuroscience & Aging is available and would love to create a platform in which the center can be invited to community events to give lectures and outreach opportunities to educate our community. This would include presenting our residents with resources, research studies, clinical care, research participation. The center would also love to have our residents to become an ambassador group to inform the center on how the center can be better, on how to do things differently, to answer the questions as to what does the community wants and what they want to know. Creating this platform for education and outreach will increase enrollment into the studies to gather research. If no one participates, no one can ever cure the disease.

AAC supervisor Katherine Anderson will connect with the Center for Cognitive Neuroscience & Aging to see if they can provide a point person for event scheduling in order to start deploying some kind of educational series to benefit our Adult Activity Center and residents.

III SUPERVISOR'S REPORT

Katherine began her supervisor's report with going over a list of events that are scheduled in the upcoming months at the AAC.

Rising Stars will be Friday February 7th at 6:30 PM for a Valentine's quartet and again on April 24th.

The Freebie will be doing a free presentation on how to download and use the app on Wednesday February 12th at 2:30pm.

Autism Speaks will be using the AAC to educate businesses and train them on how to be employers for people with special needs. Free program for local businesses on Tuesday Nights.

The AAC Varsity show will be Friday February 28th at 1pm. CGTV will be at the event.

University of St. Augustine will be doing a free Fall Prevention clinic open everyone on Monday, March 16th 10:00 am.

Florida department of Agricultural and Consumer Services will hold a Scam Prevention presentation that specifically targets seniors. Will be offered in English and Spanish.

The Annual Luncheon will be Friday April 17th 1pm

CG Police will work with the AAC in offering a self-defense class in May and a Stop the Bleed course in June.

Th Miami-Dade County Age Friendly Initiative and the Florida Dementia Care will be using the AAC to offer a training for Dade County Park's staff on how to identify and help those with Dementia. Katherine thinks that this will be a great networking opportunity.

Katherine asked the board their opinion on possibly hosting a craft fair at the AAC. Vendors will be participants from the knitting and craft groups at the center selling items they have created.

Kathrine quickly went over the Vice Mayor Lago Town Hall Meeting that was hosted at the AAC.

Katherine is also working with Community Recreation Director Fred

Couceyro on the AARP Age Friendly Surveys and will give the board a copy for approval before it is sent out.

IV NEW BUSINESS

Richard Thurer met with someone from the Miami Dade Bookfair program that's hosting a Big Read event called The Memoirs/Miami Stories Workshop which is a creative writing workshop geared towards the 55+ community. The Miami Bookfair will send a writer to lead the workshop and the group will tell their story. The Miami Bookfair plans on compiling the stories to put in a master book. Katherine has a scheduled phone conference with the Bookfair and will share more information with the board next meeting.

ITEMS FROM THE SECRETARY

The date and time for the next meeting is March 5, 2020 at 5 pm.

ADJOURNMENT

A motion to adjourn was made by Jim Berlin and was second by Edward English; Passed unanimously.

Adjourned at 6:26 pm.

NOTE