

SENIOR CITIZENS ADVISORY BOARD

Minutes of December 5, 2011 meeting
Coral Gables Youth Center

| MEMBERS | F | M | A | M | J | J | A | S | O | N | D | APPOINTED BY |
|--------------------|---|---|---|---|---|---|---|---|---|---|---|-----------------------------------|
| Nadejda Mishkovsky | B | B | B | B | B | B | E | P | R | P | P | Mayor Jim Cason |
| Carol Brock | P | E | P | P | P | R | P | P | R | P | P | Vice Mayor William H. Kerdyk, Jr. |
| Marilyn Bruno | A | P | P | P | P | R | P | P | R | P | P | Comm. Maria Anderson |
| | | | | | | | | | V | V | V | Comm. Rafael "Ralph" Cabrera, Jr. |
| John Fisher | B | B | B | B | B | B | E | P | R | E | P | Comm. Frank C. Quesada |
| Evelyn Budde | P | P | P | P | P | R | P | P | R | P | P | City Manager Patrick G. Salerno |
| Clara Moreno | B | B | B | B | B | B | B | B | B | P | P | Senior Citizens Advisory Board |

A = Absent
 B = Not on Board at Time of Meeting
 C = Cancelled
 E = Excused absence
 P = Present
 N = No quorum
 R = Recessed
 S = Sick
 V = Vacant Position

STAFF:

Fred Couceyro
 Parks & Recreation Director

Anastasia Smith
 Recreation Specialist-Senior Services

Tricia Spencer
 Recording Secretary

GUESTS:

Katie Kreter, resident
 Coral Gables

1. Chairperson Carol Brock called the meeting to order at 5:01 p.m.
2. C. Brock welcomed resident, Katie Kreter to the meeting, as well as Board members and staff.
3. **Approval of Meeting Minutes: November 7, 2011** – A motion was made by Nadejda Mishkovsky to approve the meeting minutes of November 7, 2011. Motion was passed unanimously by the Board.
4. **Approval of Excused Absences** – There were no absences.

5. Senior Services Divisional Report

a. Report on Senior Services – Fred Couceyro

Senior Services will continue with the SHINE program and the Matter of Balance Fitness programs.

b. Senior Center Programs – Anastasia Smith

The 4th Annual Senior Holiday party will be held next week, Monday, December 12th at 11:30 a.m. The Palace, Inc. will be providing the refreshments. Two groups from the Senior Center will be performing as well as a special performance by the Singing Miamians. There will also be a recognition ceremony for the volunteers. Mayor Cason will be attending the event. Anastasia spoke with the Coral Gables Police Department in regards to if there was any minimum value for the Toy Drive; there is no minimum value. 25 people attended the Health/Fitness demonstration to learn about the program which will start the beginning of January. The Senior Center will be closed from December 19 until January 3rd, 2012. 17 people attended the Art Basel trip. We are back to our “Let’s See South Florida” series. Next month is the Redlands TAKE 2! Trip. The Flying Fingers, which is our Knit For A Cause group, they are donating items to the Lotus House. Carol Brock mentioned the 28 volunteers that are currently teaching at the Senior Center and the great job Anastasia and Letty are doing in lining up people to teach so that we can have outstanding classes; we are blessed to be living in a community that have a lot of talented and educated people that can volunteer their time.

6. Old Business

a. American Communities Survey and Information Report – Nadia and Marilyn

Nadejda Mishkovsky spoke with a few people she worked with in the past asking them about what has changed in the last few years. Nadia obtained a blank copy of the survey and found out that unfortunately, Coral Gables did not complete that survey in which the article that was distributed last month titled, “Report: Cities Make Progress to Support Aging, But Not Enough” was written about. Nadejda would like to use this as a strategic plans that we could see where the gaps are and where the rest of the country is doing well and Coral Gables is not, maybe we can work on filling in that gap. Fred Couceyro, in an e-mail, suggested finding some surrounding communities that have done these surveys, however, they are not allowed to give us that information, so we have to rule out that data. If we want to complete the survey ourselves and compare it to the rolled up data, we can do that. The people who developed this survey were thrilled to learn that we were going to use it for this purpose and thought that it was very innovative. ICMA, National League of Cities, America Planning Association, National Association of Counties and N4A developed this survey in 2005 and then in 2010. Some responses in 2005 were not really helpful because the surveys went out to the local governments.

Marilyn Bruno mentioned the Pilot Taxi Discount Program that was recently done in

2010 and the survey that was conducted by the graduate students at Florida International University. She also discussed the Needs Assessment that was done by the students of the University of Miami. Marilyn expressed her concern about surveys, adding that she prefers to ask the seniors.

Fred Couceyro said that the surveys mentioned are two different things. One is for Social Programming and the other is Recreational Programs. The Recreational Program survey can be done by using the number of participants in programming and the number of calendar mailings in which they could match up with the University of Miami's survey because they ask some of the same stuff, the only thing is that the Social Programming survey only asks the local governments whereas the Recreational Programs asks the public.

In continuation with her report, Nadejda said that a lot of things fall under the heading of "Aging in Place" or "Community Livability" for older adults such as how communities are structured, what kind of transportation do they have in place for seniors, is shopping close by, pharmacies, etc. and if it is affordable or not. She also discussed the Compendium of Community Aging Initiatives, a research that was done by the Center for the Advanced Study of Aging Services and University of California at Berkeley School of Social Welfare. They did a national survey of initiatives that are going on, some local, some nation-wide that are going on. There is an aging master plan that was done by Hillsborough County. The City of Dunedin's overall city programming and services, since they are, has a whole city of retirement aged residents. Another program covered was the State of Florida's Community for a Lifetime program, which provides small grants to jurisdictions that have been selected and approved. Coral Gables is not currently a Community for a Lifetime.

Marilyn added that there are grants available to communities, so if you identify a project or program there is federal funding for that; there are also many pilot projects available.

Nadejda also discussed an example of a funding opportunity titled, "Translational Research to Help Older Adults Maintain their Health and Independence in the Community. The National Institute on Aging (NIA) and the Administration on Aging (AoA) were accepting applications for translational research that moves evidence-based research findings towards the development of new interventions, programs, and tools that can be used by community-based organizations to help elderly individuals remain healthy and independent, and living in their own homes and communities.

Marilyn commented that she would be interested to have the City of Coral Gables advertised as a destination for seniors as opposed to Miami-Dade because it is a more quiet, tranquil community, things retirements would want as opposed to the hustle and bustle sections of Miami-Dade.

Marilyn said that we first need a Senior Center before we start applying for these grants. Without a Senior Center how can we even represent anything in a survey because these things are temporary.

Fred said that the research has a finite amount of time that is valid. The offerings we have now will not be the same four years from now. What needs to be concentrated on is what we want to accomplish because there is a big scope of things that are available, some are realistic, some are not; narrowing of focus will be helpful to Fred. In terms of the goals of the City is to continue to make this community more livable for the Seniors and to provide as many services as we can possibly provide to them and this is the knowledge base for that.

Carol Brock said that there were many grants being given out that the Senior Board wanted to go after but because we do not have a permanent Senior Center or a permanent address, where we are in control of our own programming, we were ineligible.

Marilyn added that if you take a look at the public which is the strategies of the City, the Seniors are at the back. Senior Activities are not on anybody's radar until we find a Senior Center.

c. Senior Center Update/Interim Woman's Club

Carol did not find out any information about the City's criteria when searching for a Senior Center. Fred said that right now, they are looking at all possibilities and encourage the Board to give any possibilities to them and as they go through that process that is when the criteria will start to play. The simple functionalities such as parking or the ability of have a parking space, but it is such a wide range now that it is being looked at.

There was a discussion about the Interim Woman's Club since Somerset Academy will be able to increase their enrollment of more students. If that passes we will need an interim solution until the new Senior Center they would like to talk to us and the City Manager about using the Women's Club. Fred agreed the Women's Club will work for some programs, depending on logistics; we could use it but it would not alleviate the situation.

d. Cultural Affairs Program Report

The program went very well; there were about 10 people there for breakfast representing different cultural groups throughout the City not just Coral Gables. There was also a reporter there from the Miami Herald's Music and Arts program. Carol briefly gave an overview about it and Letty spoke about the programs, the music and socialization through culture and arts to that committee. We got a lot of good feedback from these different organizations who now have more of an awareness of what we are doing at the Senior Center. They wanted to help us in any way that they could. There were a couple of people there who write columns and have a media attachment to them said that they haven't done anything to promote the senior center and its programs in our columns and on the radio, but are going to. There are also opportunities doing some cross promotions with different groups at the center. For example, Gallery operators on Ponce De Leon said why we don't do an outing to our gallery where you bring a small group of

the seniors with refreshments, it could be like a mini tour.

Marilyn inquired about e-mail addresses that Anastasia can have to place them on our mailing calendar list and Golden Gables newsletter.

7. New Business

a. Alliance for Aging County Transportation Initiative

Carol spoke to Jerry Santiero at the Rotary Club and he said that the county has a new transportation initiative unlike what we did with the Taxi Pilot Program. It may be something we want to look into. The Alliance for Aging are giving out a grant to seniors for the sole purpose, for example, if you want to ask your neighbor to take you somewhere but didn't have the money, you can get money from the grant to pay for this.

Marilyn is very skeptic about this program because of fraud and liability and prefers to use STS.

b. Alliance for Aging Safe Steps – Nadia

It is a bi-lingual education and awareness building program that the Alliance For Aging is offering by putting out PSAs to inform drivers to be aware because we have a lot of older adult pedestrian traffic crashes in Miami-Dade county and also educating older adults on how to be careful when walking across the streets.

Carol suggested that this would be a good program to use with our seniors in conjunction with the City of Coral Gables Police Department.

8. Open Items

Fred spoke with the Assistant City Attorney about the Sunshine Law and she said that if there was a meeting, even if there was a Committee it would be applicable to the Sunshine law and needs to be made public. You would need a week or several weeks prior to the meeting to post meetings.

Nadia mentioned a research/publication she did with a colleague on active living for older adults to encourage physical activities; we could discuss that topic at one of our lunch/lectures. Carol agreed that this would be very beneficial to seniors.

Marilyn discussed the ReServe Miami program for retirees age 55 and older who would like to work part-time. It pays \$10.00 per hour and is a great opportunity for seniors.

Marilyn would like to schedule monthly Strategic Plan Sub-Committee meetings the first Monday of every month at 4:00 p.m. in the conference room.

Evelyn Budde made a motion to have the Board on a hiatus in January and schedule the next meeting for February 2012. Motion was unanimously passed by the Board.

Anastasia mentioned that she received a call from Dr. Schiff, he said that he received several phone calls about the 2012 Art Show and he wanted to make some recommendations. Anastasia distributed copies of this.

9. **Date and Time of Next Meeting**

The Board will be on hiatus in January. The next Senior Citizens Advisory Board meeting will be held on Monday, February 6, 2012 at 5:00 p.m. and will be held at the Coral Gables War Memorial Youth Center located at 405 University Drive, Coral Gables.

The Strategic Plan Sub-Committee meeting will be held on Monday, January 9, 2012 at 4:00 p.m. at the Coral Gables War Memorial Youth Center located at 405 University Drive, Coral Gables.

10. **Adjournment**

The meeting adjourned at 6:21 p.m.