

City of Coral Gables

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



Meeting Minutes

Thursday, December 5, 2019

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

Motion to approve the November minutes was made by Jane Mass and second by Joan Valdes. Motion passed unanimously.

II. AAC SUPERVISOR REPORT

Prior to the start of the supervisor report, Jim Berlin wanted to boldly acknowledge Solanch Lopez and Fred Couceyro for the presentation on the City-wide survey last board meeting.

Adult Activities Supervisor Katherine Anderson then began the meeting with an update with S.O.F.I.A, the South Florida Institute on Aging. She says although they are a great resource, they are based out of Broward. She has reached out to them and is still waiting on a response via email.

In the meantime, with trying to continue where prior AAC supervisor left off, Katherine has decided that the AAC will start fresh and has reached out to representative Cathy Black of the AARP Age Friendly Communities and Isabel Riviera of Urban Health Partnerships to gain information on how to get involved with the AARP and the Miami Dade Friendly Initiative. Partnering with both should be the center's focus moving forward.

After a conference call with Isabel from Urban Health Partnerships who works with Miami Dade County, Katherine has learned that Isabel does a lot of the surveys for Dade County. Miami Dade has partnered with the AARP to create a master survey and Isabel then creates modified surveys to each individual city and who is using it. i.e. the Town of Miami lakes survey was presented to the board. Isabel has offered to work with Katherine to construct a survey that would best suit the City. She hopes to get the surveys out by March of 2020.

Edward English noted that he wants to ensure City still maintains its independence from both with these partnerships. Katherine is in agreeance.

Katherine was invited to the Age Friendly Initiative advisory board meeting and will attend to gather information on grants, partnerships, etc.

After speaking with Cathy Black from the AARP, the City would not be able to move forward with an action plan of how to continue with partnerships and certifications until the City has obtain their master plan for the accreditation purposes. This wait will prevent the City from doing double the work for similar documents needed for all accreditations. However, This should not create any gap in time with continuing with the survey process with the AARP.

Jim Berlin wanted clarification on all pending certifications that require the masterplan to be present. Katherine and Mitch explained the pending items

which included a Certified Age Friendly Community with the AARP, the City-wide Park's Accreditation, and the Adult Activities Center's Accreditation.

Coral Gables Foundation granted the Brain and Neuroplastic yoga program and a professor from LSU will come to the AAC to do a study on participants. She wrote an article in a yoga science magazine acknowledging City of Coral Gables and the Coral Gables Foundation who partnered with the study. Katherine will share with the board when the magazine is published.

The book club met with Manta in November with good attendance numbers. Manta enjoyed the reception and Katherine will share photos with the board.

Program registration for residents began December 2nd. Non-resident registration will begin December 16th.

The Annual Holiday Celebration is almost sold out, but the board have reserved tickets. They will need to let Katherine know if they will be attending and if they will be bringing a plus one. The food menu will be Italian with red and white wine. A performance trio from University of Miami will be in attendance. Holiday Sweaters are encouraged. The board will be the judges for the event.

III. NEW BUSINESS

Katherine suggested a change of date for the next board meeting due to the holiday season. The date proposed would be Thursday, January 9th, 2020 at 5:00 p.m. Jim Berlin made a motion in support of the reschedule. Celia Suarez second the Motion. Board was all in favor. Motion passed unanimously.

Jane Mass brought up her thoughts on making sure we have a plan in place for the distribution of the proposed survey for the Age Friendly Community initiative. Katherine and Mitch said it will be on the City to get the survey to the public and we will try to use different methods of delivery to reach far further than just the Adult Activity Center users. Example delivery opportunities were discussed.

Jim Berlin wanted to say thank you to Jane Mass for summarizing and submitting the annual report on behalf of the board for the last two years.

Jim Berlin distributed to board members a list of possible ideas and goals for the upcoming year that the board could focus on accomplishing or following up on. And he asked for feedback from the board on how to prioritize these goals. He also made mention of what possible expectations Katherine has for the Senior Advisory board in order to fully utilize them to push for the needs and wants of the senior citizens they represent. Jim encouraged each board member with the help of city staff, to sponsor a focus topic and present information.

Jane Mass spoke briefly on focusing on senior emergency needs and shelters and wants to see what better options are available in the Coral Gables area for its residents. Mitch spoke briefly on the new public safety building expected to house fire and police. Jane agreed to pursue the topic for more feedback for the next board meeting in January.

Julian Sevillano had expressed interest in pursuing information on a dementia friendly city recognition.

At this point, each board member selected a topic to sponsor and present to the board a progress report in the next few meetings.

The AAC will be hosting the Vice Mayor Vince Lago's town hall meeting sometime in late January. Mitch encourages the board to be present at his meeting to bring up any pending issues or topics of interest they would like to bring to the attention of the commission.

V. DISCUSSION ITEMS

The discussion topic of helping deal with the holiday blues and our seniors was brought up. Katherine shared a testimonial of an AAC participant who recently lost her husband and expressed her appreciation to the center for keeping her involved. The board discussed options and a possible open house in order to increase AAC participate and keep our senior residents active and involved. Katherine hopes with an extension in facility hours it will target the participants who still work.

Richard Thurer brought up the item of transportation to the center and to any events it will host to the board and city staff. Possible options were discussed with suggestions of Freebie, Uber or partnerships with van services. The example of Leon Medical center was given. No solution was agreed on.

Joan Valdez would like to have grief counseling return to the center. Katherine proposed an adopt-a-senior program for the 2020 holiday season which could be a way to deal with holiday depression and encourage our seniors to stay active and to have correspondence with a friend.

Julian wants to bring a guest speaker to the February board meeting to speak to the board from center of cognitive neuroscience and aging.

Jim Berlin requested Katherine to try to schedule a guest speaker from Doctors hospital or Gables Hospital to speak to the board about marketing plans with seniors. Katherine will reach out to her contact and see if she can schedule her for the March meeting.

ITEMS FROM THE SECRETARY

Next meeting will be Thursday, January 9th, 2020 at 5:00 p.m.

ADJOURNMENT

Motion to adjourn was made by Jane Mass and second by Joan Valdes. Motion passed unanimously. Meeting adjourned at 6:09 pm

NOTE