

SMAC Meeting Minutes for January 28, 2019

In Attendance: Maria Amadea; Mike Awadalla; Mary Bruns (chair); Jim Donnelly; Rashida Kamara; Shirley Krohn; Lorna Van Ackeren; Ralph Dennis; Lisa Hammon; Pete Randazzo; Elaine Welch; Ken Grey; David Pitman; Cathy McCaughey (sp?); Anthony Macias, Laura Cepoi

Members Not Attending: Peter Engel; John Cunningham; Belinda Graham; Rosemary Robles; Mica McFadden

Others Attending: Amy Stice / Arrive

Call to Order: The meeting was called to order by Mary Bruns at 9:05 am.

Introductions: Introductions were made by all attendees.

Agenda and Minutes: Today's agenda was approved without change. The minutes were approved by consensus.

Elaine Welch of Mobility Matters reported on the Emergency Evacuation Procedure now in place for clients with Mobility Matters (MM), and addressed the lessons learned from the last 2 emergency fires.

Each Mobility Matters client receives a home visit from a member of MM and identifies potential hazards in the home and to review evacuation planning. Each client is then asked to review the evacuation emergency plan to understand the importance of early evacuation, and, that MM volunteers may not be there to transfer them in an emergency. They are also encouraged to register with their local police department for evacuation services.

The information from the emergency planning form is entered in computer, a hand-written copy is on file in the office, and a copy in the client's folder in the home. This form identifies location of person's home, handicaps, etc.

General Comments:

- The AAA has one-time funding to make sure that all clients will have an emergency weather radio.
- Neighborhood knowledge is also encouraged so that neighbors are aware of frail elderly living in their neighborhood.
- Need to gather emergency supplies and update supplies on a regular basis.
- Dependency on cell phones is an issue since the cell phone towers may go down.
- Elaine also shared the Pyramid of Senior Transportation Options.

There was also a discussion of a County Study that is in the planning stages pertaining to accessible transportation management. Key stake holders are meeting with groups representing seniors, low income and disabled individuals to help

identify transportation gaps and determine if we should we have another sales tax measure put on the upcoming ballot.

There was also a discussion of coordinating a SMAC event, the good, bad and the ugly! SMAC members reiterated the decision that there would not be a SMAC event in 2019. It was the consensus of the group that it would be good to have the Advisory Council on Aging sponsor the 2020 event and that each ACOA workgroup be responsible for a part of the agenda specific to their specialty and be responsible for their power point to be included in the participants take home folder There was also a conversation regarding consideration of the audience focus being mid 50 – late 60's

Potential topics identified so far;

- Retirement Planning Seminar – what to consider such as where to live – does it have the services you will need? What's good for a vacation may not be good for retirement living. Is their transportation? Healthcare nearby? How do you prevent isolation? Impact of climate change on older adults. What do you do for fun? The AARP 8 domains of an Age Friendly Community. Possible titles include: "Thinking of Aging" or "Retirement, Now What?"
- Seminar for Adult Children of Aging Parents – on how to talk to/with their parents on a plan. Including "Empowering Your Parent" - Educating the Sandwich Generation.
- Aging issues for family caregivers and the role they play in keeping people out of institutions. How might adult children and their parents talk together.
- Adult children helping their parents navigate the waters of Aging with dignity.
- Reframing Aging/Reinventing oneself after retirement. What do I want in the next phase of my life now that I don't have to focus so much on earning a living and preparing for retirement?
- Vitality. Keep Moving (People who move the most stay healthiest: Tai Chi, Transportation, Electric bikes, Keeping our Vitality, Preventing Falls.). Not how long you live, but the quality of life. What do you do for fun?
- What happens after a disaster? How do we recover?
- 2020 is an election year. What issues should be addressed?

February meeting speakers will be Kristen Visbal and Candace Collier
Overcoming Transportation Barriers. Jim will bring coffee.