



# COMMISSION ON ELDER AFFAIRS

## GENERAL MEETING MINUTES

**Date:** February 11, 2022

**Time:** 12:30 p.m. – 2:00 p.m.

**Live via Zoom** <https://zoom.us/j/92154181214>

**Facilitator:** Marsetta Ray, Chair

### Board Members

Marsetta Ray, Chair, South Fulton Senior Services | Beth Cayce, District 2, Vice Chair | Mary Blake, At-Large | Ruth Lyles-Bailey, Parliamentarian, Council on Aging, West | Stephanie Fiber-Sutton, District 1 | Rosalind Elliott, District 3 | Linda Adams, District 4 | Barbara Brown, Council on Aging South | Teri Walker, District 5 (**absent**) | Jill Lindsey, District 6 | Council on Aging East (**vacant**) | Council on Aging North (**vacant**) | La Tanya D. Walker, Senior Services Representative (non-voting)

### Additional Attendees

Andre Gregory, Erica Flack, Senior Services | Ben Howard, Senior Advocate

The meeting was called to order at 12:33 p.m., with Chairperson Ray, Vice Chair Lyles-Bailey, Chair Pro-Tem Blake, Linda Adams, Rosalind Elliott, Linda Adams, Barbara Brown, Beth Cayce, and Stephanie Fiber-Sutton, present to constitute a quorum. COEA mission statement was read by Chair Pro-Tem Blake.

### Approval of Minutes

Chairperson Ray requested a to Senior Services North Fulton to our list of contractor representatives to be added to the COEA list of board members. A motion was called to approve correction and meeting minutes by Chairperson Ray. Vice Chair Cayce made the motion, and Rosalyn Elliott seconded the motion. The vote to approve the meeting minutes was taken with all present approving.

### Speaker: Arvil James, Piedmont Women's Heart Network

- Shared information about their products and services. Most of which are completely free, other than the screening with an associated cost of \$99. They offer free classes all week long that are primarily done online for women, where the average participant is age 65. Classes include strength and conditioning, yoga, and meditation to name a few. There was an interactive presentation given, which was disseminated to all COEA Members, and asked to forward to

their networks. The presentation spoke to heart disease and stroke prevention, and how genetics and environment both play a role. Risk factors were also presented. Two risks were age and the wear and tear on the heart, and family history. Exercising was discussed to help mitigate risks, as well as advising those who smoke strongly considering stopping. Other risks included obesity and overweight – and it was recognized that Georgia was deemed high risk for both. Last, but not least, making healthy choices for food by incorporating plant based foods if possible, lowering sodium intake and getting regular screening.

## **Senior Services Report**

### **Multipurpose Centers**

- Multipurpose centers have completed their first round of booster shots for seniors throughout Fulton County. To-date approximately 2200 with the help of county partners. Seniors need to be 55 year of age or older. Centers will reopen February 14, 2022. Hours vary, but will start at 9:00 a.m. Virtual programming will remain. Temperature checks are no longer given to enter centers. Until further notice, the centers will follow mask guidelines as provided by County leadership.
- Lunch will be available for purchase with limited seating in the dining area for those who'd like to sit and enjoy lunch. Frozen meals will continue at no cost to anyone 55 and older. For those needing food over the weekend should pick up meals on Friday. A robocall will be issued to those on the list that centers will reopen on the 14<sup>th</sup>.

### **Adult Day Health Program-**

The adult day programs will reopen February 22, 2022. The Adult Day Health program will continue to offer Virtual Programming, Respite Care, Home Delivered Meals and make well check calls for registered participants. Participants can come, but they must complete an assessment first. There are no participants who need outside transportation. Their transportation is prearranged. To provide services safely, ADH program will open from 9:00a.m. – 2:30 p.m., Monday – Friday. This schedule will remain in place through first quarter, then revisited to see if we can open at 7:00 a.m. – 6:00 p.m.

### **Neighborhood Senior Centers-**

No report given. An update will be provided by the next meeting. Limited information was provided about the new AmeriCorps Volunteer program. More information on that program will follow at next meeting

## Officers and Standing Committee Reports

- **Health (Beth Cayce, Chair)** – Soliciting support from members to join her committee. Ms. Brown advised she would like to support. There were communication errors with email to prevent her from connecting with Beth Cayce
- **Senior Services (Linda Adams, Chair):** Zone One Major will schedule a citizen advisory meeting during their next meeting. This will be placed on agenda for safety. Questions about Hello Fresh promo asked. An updated was provided via email to the board and members.
- **Safety/Security (Vice Chair Lyles-Bailey, Chair):** The report provided brought awareness to safety around the house for seniors. Limiting rugs that cause allergies, as well are prone for tripping
- **Technology:** No report given. However, advised there was a delay in information being uploaded to the COEA webpage. Members and guests were advised meetings are held the 2<sup>nd</sup> Friday of each month at 12:30. The link to the meetings are recurring. Members and guest were reminded that agendas are posted 7-10 days prior to the meeting.
- Chairperson Ray advised to remove old members from COEA webpage. There was an inquiry about open positions, however no definitive response was provided.
- **Civic Life:** Reminder of PBS programming for African American History Month. Home Repair service for seniors is offered through the Nehemiah Project (770) 742-0706. There may be a waiting list, but Ms. Ray was able to get plumbing problems resolved very satisfactorily. License plate renewals are available at some Kroger locations via self-service kiosks
- **Programs/Features: (Mary Blake, Linda Adams & Chairperson Ray):** Committee has speakers for February and March but was waiting to finalize summary from the COEA membership before planning beyond March. March will be an overview of senior housing options. However, the list of topics is included in the white paper along with the proposed public workshops.

## Unfinished Business

Whitepaper and senior home repairs were a topic of discussion. Members were provided a copy of the white for open discussion. Ms. Walker reminded the committee that District 5 is working on a replacement to fill their board seat.

## New Business

Stephanie Fiber-Sutton and Rosalind Elliott agreed to support Vice Chair Cayce and Barbara Brown on Health Committee. There are plans to discuss housing at the next meeting. Ms. Elliott offered to support. She serves on the board of Atlanta Housing.

## Public Comments

**Ben Howard:** Mr. Howard inquired about meetings and how they are posted on the COEA webpage. A reference to open meetings act was mentioned about posting, as well as how members will be in violation if meetings are posted timely. He mentioned board vacancies should be a standing agenda item.

Ms. Walker advise the Board they were not at liberty to respond to Mr. Howards comments, as they are comments only. Ms. Ray suggested obtaining additional information on the requirements for COEA members to help mitigate any confusion moving forward. Ms. Walker advised members to remain on the call once the meeting was adjourned to provide an update to the Board.

Meeting was adjourned.

## Next Meeting

March 11, 2022 | 12:30 p.m., virtually via Zoom