



COEA MEETING MINUTES



Date: January 10, 2021

Time: 12:30 p.m., Virtually via Zoom

Facilitator: Marsetta Ray, Chair

Board Members

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

Additional Attendees

Andre Danzy, Ladisa Onyiliogwu, Senior Services | Ben Howard, Senior Advocate, Gale Starks, Fulton County Citizen

The meeting was called to order at 12:30 p.m., with Chairperson Ray, Vice Chair Ruth Lyles-Bailey, Chair Pro-Tem Mary Blake, Linda Adams, Barbara Brown, and Stephanie Fiber-Sutton, present to constitute a quorum.

Approval of Minutes

A motion was called to approve meeting minutes by Chairperson Ray. Barbara Brown made the motion, and Chair Pro-Tem, Mary Blake seconded the motion. The vote to approve the meeting minutes was taken with all present approving.

A motion was called to approve moving speaker up o agenda by Vice Chair Lyles-Bailey and Chair Pro-Tem, Mary Blake seconded the motion. The vote to approve the change on the agenda was taken with all present approving.

Speaker: Kathryn Aldridge, Social Services Coordinator, Fulton County Department of Senior Services

- Mrs. Aldridge spoke from the subject, “How to Improve Loneliness and Life Changes During the Holidays as Seniors. On a few slides, her presentation showed seniors not expressing a sense of joyfulness, happiness, but further elaborated on learning to control your space and environment. She encouraged members to think about loneliness and how to manage the types of loneliness: Social and relational, situational loneliness.
 - Loneliness is a state of mind linked to wanting human contact but feeling alone feeling sad and unhappy about being socially isolated.
 - Loneliness is a universal condition that makes a person irritable self-centered, depressed and is associated with a 26% increase in the odds of premature mortality to include, obesity and physical inactivity social isolation with about 50% increase risk in dementia
 - Loneliness or social isolation is linked to depression, and associated with 29% increase risk in heart disease and a 32% increased risk of stroke
 - Senior Services, Senior Well-Checks were mentioned where social services coordinators call to check on seniors
 - Quick Tips included: Connecting with those family members who have been vaccinated, staying connected in the community – volunteering is an option, connecting through DSS 100+ virtual classes

Officers and Standing Committee Reports

- **Health (Beth Cayce, Chair)** – No report given. Ms. Brown indicated she would like to serve on this committee, a connection hasn't been made.
- **Senior Services (Linda Adams, Chair):** No report given.
- **Safety/Security (Vice Chair Lyles-Bailey, Chair):** No report given, but emphasized staying safe during the holiday; and aware of your surroundings
- **Technology:** No report given.
- **Civic Life:** Made recommendations on how to deal with inflation; reminded members of scammers, and to contact Attorney General's office for support.
- **Programs/Features: (Mary Blake, Linda Adams & Chairperson Ray):** It was reported that Katherine Collins will attend January meeting to speak on estate planning, and February will be a focus on heart health
- **Transportation (Open):** No report given

Senior Services Report

Andre Danzy, Program Manager (Neighborhood Senior Centers), reported the following: Adult Day Health, Neighborhood Senior Centers and Multipurpose facilities are providing limited access service to include our fitness room access and lunch. Lunch is served with a limited number of participants in the buildings at all times. Senior services contract unit was awarded a grant consolidated appropriations act grant of \$313,000. Funding for home delivered meals are \$21,000. Adult Day Health Program will pilot opening test service provision of a program in January of 2022. The program will serve up to 40 participants per day each facility program days and hours will be one Monday through Wednesday 9am to 1030.

Starting January 2022, multipurpose centers will transition to start onsite classes and increase daily attendance and our facilities, as long as there is no increase in COVID.

Ladisa reported Chairman Pitts Holiday Bag Give Away. 250 bags will be distributed across each multipurpose facility to those registered participants. There are 43 open slots remaining for any participant interested. She also reported the new Director, Robin Washington, at Council on Aging, and will be working with her to fill open board slots.

Unfinished Business

Parliamentarian will be appointed at the beginning of the year, along with other board elections. 2022 Elections will take place in January. Advised all present to take bylaws and the positions up for election. Chair Ray will be working on the Whitepaper over the break.

New Business

Chairperson Ray suggested bringing a slate of candidates for January. A nomination committee was also suggested to help support elections. Chair Pro-Tem Blake, along with members Adams and Brown volunteered to support. (Inaudible message from member Linda Adams).

Public Comments

Ben Howard: Spoke to those absent members whose names are called during roll call and suggested they didn't need to be mentioned.

Next Meeting

January 14, 2022 | 12:30 p.m., virtually via Zoom