### Members Present

*Indicates member participated via conference call

1. Marjorie E. Aloni, Miami Jewish Health
2. Teri Arvesu, Miami-Dade County, Office of the Mayor
3. Gabriela Blaylock, Town of Cutler Bay*
4. Camila Bernal, United Way of Miami-Dade
5. Cindy Brown, JCS/Lambda Living – *Vice-Chair*
6. Rebeca Capogreco, WellMed Charitable Foundation*
7. Blanca Ceballos, United HomeCare
8. Carmen Centeno, MDPLS
9. Rob Collins, HOPE, Inc.
10. Stephanie De La Piedra, Florida PACE Centers/Miami Jewish Health
11. Witson Faustin, Florida Department of Health in Miami-Dade County
12. Michael Fliegler, Grand Court Lakes Independent Living
13. Frances Garcia, Miami-Dade Fire Rescue
14. Mayra Garcia, Florida Department of Health in Miami-Dade County
15. Blanca Hernandez, Caballero Rivero
16. Steven Linde, Segal Linde PLLC
17. Maria Machado, Miami-Dade County, Office of the Mayor
18. Corrine Markey, The Seniors' Answer
19. Luis Mejer, 24/7 Nursing Care, Inc.
20. Paola Menoscal, Florida Department of Health in Miami-Dade County
21. Michael Pearson, Alzheimer’s Association – *Chair*
22. Leyanee Perez, Nicklaus Children’s Health System – *Presenter*
23. Dori Rodrigue, Miami-Dade Fire Rescue
24. Isabel Rovira, Miami-Dade Age-Friendly Initiative*
25. Solina Rulfs, University of Florida/IFAS Extension
26. Marcia Sapoznik, Sapoznik Coaching Services
27. Allan Tavss, Miami-Dade County Parks, Recreation and Open Spaces*

### TOPIC

1. Marjorie E. Aloni, Miami Jewish Health
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**Welcome and Introductions**
Chair, Michael Pearson welcomed everyone and started the meeting at 2:05 PM. The meeting was held at Stephen P. Clark Government Center, 111 NW 1st Street, 29th floor, Suite 29A, Miami, FL 33128. Everyone introduced themselves.

**Review and Approval of Minutes**
The meeting minutes for June 25, 2019 were reviewed by the Committee. A motion was made to approve the minutes by Marjorie York and seconded by Cindy Brown.

**Previous Action Item(s)**
- Chronic Disease Subcommittee for Dental Care for Elders forum event planned for 2019 (TBA).
  - Jorge Vazquez, DMD, Dental Director at Solstice Benefits with geriatric dentistry experience, presented on dental care of elders at EIC meeting on 6/25/2019 hosted at United HomeCare in Doral. This presentation was recorded by the son of Blanca Ceballos, Community Liaison at United HomeCare (host).
  - Pending-consider if recorded presentation can be used as an educational video on the topic of dental care for elderly. Possible target audience could include hospice and nursing home care providers, actual seniors, especially those at adult day care facilities.
- Pending-scheduling of a follow-up Subcommittee meeting.
- Plan community event tailored to networking professionals (TBA)
  - Possibly on a Monday or Tuesday in September or October 2019 at a Doral area bar/restaurant-additional details to follow.

**Executive Board Update**
No update available as the Executive Board did not meet this month.

**Action Item:**
- Get video recording file of Dr. Jorge Vazquez’s dental presentation at United HomeCare on 6/25/19.
- Follow-up with David Saltman &/or Francis Fernandez (workgroup co-leads) or other workgroup members regarding scheduling the next Chronic Disease Subcommittee meeting (TBA).
- Plan community event tailored to networking professionals (TBA)-collaborate with Marketing & Membership Committee.
<table>
<thead>
<tr>
<th>Legislative Report</th>
<th>Chair, Michael Pearson mentioned that the Florida budget was approved with increased funding to Alzheimer’s and other senior services.</th>
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| Presentation: *Nutrition for Healthy Aging* | Leyanee Perez, RD, LDN, Community and Wellness Dietitian at Nicklaus Children’s Hospital gave a very interesting and informative presentation about how healthy eating supports healthy aging based on the USDA’s Dietary Guidelines for Americans. The presentation was based on five overarching guidelines:  
1. Follow a healthy eating pattern across the lifespan.  
2. Focus on VARIETY, nutrient density, and amount.  
3. Small shifts in food choices-over the course of a week, a day, or even a meal-can make a big difference.  
4. Limit calories from added sugars and saturated fats, and reduce sodium intake.  
5. Support healthy eating patterns for all. |
| Performance Measures in Need of Improvement | • Plan community events tailored to networking professionals, elder community, and caregivers (2/year).  
  o Plan an event tailored to networking professionals possibly on a Monday or Tuesday in September or October 2019 at a Doral area bar/restaurant-additional details to follow.  
  o Raise awareness of safety measures to decrease the rate of deaths from unintentional falls; Falls Prevention for Older Adults speaker is scheduled for October EIC meeting. |
| Recognition of Improved Performance | • June meeting on 6/25/19 was hosted at United HomeCare location in Doral and there were 40 attendees present (30 members/10 guests).  
• The dental presentation by Jorge Vazquez, DMD at the June meeting was videotaped. |
| Partner Updates | • Corrine M. spoke of her business/newsletter *The Seniors’ Answer* and the various services for elderly and their families, e.g., personal life management |
and patient care advocacy. Contact Corrine@theseniorsanswer.com 305-646-1833 for help, questions or additional information.

- Teri A. announced:
  - MDC-District 3 Helpful Phone Numbers directory (copies provided).
  - Fan Drive at Helen Sawyer Assisted Living facility on Mon., 8/12/19.
  - Community Conversations-Aging in Miami-Dade County with Alliance for Aging on Wed., 8/14/19 at South Dade Government Center in Cutler Bay 10AM -12Noon in Conference room 104.
  - Mayor’s Initiative on Aging list of 2019 health and safety topic series at various MDPLS locations was distributed. Senior Safety and Health Talks by MDFR will be on the following dates/library sites: 8/15/19 2-4PM (Palmetto Bay Branch), 8/22/19 10AM-Noon (Miami Springs Branch), and 8/29/19 11AM-1PM (Model City Branch).
  - Mayor’s Initiative on Aging & Consortium for a Healthier Miami-Dade Health & Resource Fair on Sat., 9/14/19 10AM-2PM at Shrine of Our Lady of Charity. Contact Ana.Busse-Arvesu@miamidade.gov for info.
  - University of Miami Miller School of Medicine is looking for Active Older Adults to help train medical students. Contact Dr. Rose van Zuilen, the director for geriatric education, or Corinne Ferrari, the education coordinator for additional information (flyer was available).

- Michael F. announced continued availability of single one-bedroom apartments at Grand Court Lakes Independent Living for $1,500/month.

- Marjorie A. announced the upcoming dates for the Tri County Senior Resource Referral Network meetings which provide opportunity for those professionals who interact with elderly clients to come together to give and receive referrals and share resources.
**Carmen C.** encouraged visiting [www.MDPLS.org](http://www.MDPLS.org) for free programming and homebound book, video, music lending program for seniors.

**Alex Trinchet** provided updates to expand the MDFR mental health programming and use of K9 therapy dogs.

**Stephanie D.** spoke of Florida PACE Centers/Miami Jewish Health services.

**Marjorie Y.** announced:
- Thurs., 8/8/19, Sunflower Society’s art exhibit at Miami Beach Botanical Garden 6-8PM. Contact Winsome Bolt, wboltusa@hotmail.com for more information.
- Sat., 8/24/19 10AM-1PM, Women’s Equality Day Celebration at the Roxy O’Neal Bolton Women’s History Gallery at The Women’s Park.
- Fri., 9/20/19 10AM-1:30PM, International Day of Peace Celebration at Miami Beach Botanical Garden.

**Marcia S.** announced she will be again presenting on topic of stress and aging at a MDPLS site in September or October (TBA). She also shared invite to Worksite Wellness Committee’s next forum *Reducing Your Bottom Line* on Thurs. 8/8/19 9AM-12PM at United Way Center for Excellence.

**Michael P.** announced the 2019 Walk to End Alzheimer’s in November. Let him know if you are interested in forming a team.

**Cindy B.** announced that Lambda Living just submitted a grant proposal for LGBT and other seniors for virtual programming.

**Adjournment**

Michael Pearson adjourned the meeting at 3:48 PM.

**Next Meeting**

The Elder Issues Committee meeting in August is cancelled. The next Elder Issues Committee meeting will be held on Tuesday, September 24, 2019, 2:00-4:00 PM at the Stephen P. Clark Government Center located at 111 NW 1st Street, 29th floor, Suite 29A, Miami, FL 33128.