**Elder Issues Committee/Mayor’s Initiative on Aging**

**Minutes**

Tuesday, June 30, 2020  
Zoom Meeting  
[https://us02web.zoom.us/j/81241978282](https://us02web.zoom.us/j/81241978282)  
(meeting ID: 812 4197 8282)

<table>
<thead>
<tr>
<th>TOPIC</th>
<th>DISCUSSION</th>
<th>ACTION NEEDED</th>
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</thead>
</table>
| Members/Attendees | 1. Marjorie Epstein Aloni, Tri County Senior Resource Referral Network  
2. Teri Arvesu, Miami-Dade County, Office of the Mayor  
3. Bernal Fontal, Camila, United Way of Miami-Dade  
4. Retha Boon-Fye, Miami-Dade County Board of County Commissioners, Office of Community Advocacy – Presenter  
5. Cindy Brown, JCS/Lambda Living – Vice-Chair  
6. Wilson Faustin, Florida Department of Health in Miami-Dade County  
7. Jose P. Fernandez, Performance Consulting Group, Inc.  
8. Mariangeli “Angie” Fernandez, Miami-Dade State Attorney Office  
9. Francis Garcia, Miami-Dade Fire Rescue  
10. Mayra Garcia, Florida Department of Health in Miami-Dade County  
11. Michelle Glenn, City of Miami  
12. Monica Gonzalez, Epilepsy Florida  
13. Blanca Hernandez, Caballero Rivero  
14. Wendy Kirby, Kirbycare Senior Placements  
15. Luis Mejer, Jr., 24/7 Nursing Care, Inc.  
16. Rita Montes (on behalf of Corrine Markey, The Seniors’ Answer)  
17. Jason Neufeld, Elder Needs Law, PLLC  
18. Michael Pearson, Alliance for Aging, Inc.– Chair  
19. Christine Pelea-Pena, Epilepsy Florida  
20. Marcia Pinck, Mental Health Association of Southeast Florida  
21. Nancy Rivera, HRI-CART, LLC – Captioner  
22. Belissa Rodriguez, Simply Healthcare Plans  
23. Solina Rulfs, University of Florida/IFAS Extension  
24. David Saltman, FIU College of Public Health & Social Work  
25. Marcia Sapoznik, Sapoznik Coaching Services |
## Welcome and Introductions
Chair, Michael Pearson, welcomed everyone and started the meeting at 2:05 PM. The meeting was held virtually via Zoom due to the ongoing coronavirus COVID-19 situation. As meeting host, Vice-Chair, Cindy Brown, provided general meeting guidelines for attendees. Attendees were called upon to introduce themselves.

## Review and Approval of Minutes
The meeting minutes from the last meeting on May 26, 2020 were reviewed by the Committee members in attendance. A motion was made to approve the minutes by E. Sierra and seconded by A. Tavss. It was mentioned that the monthly meetings will continue to be held virtually until further notice due to COVID-19.

## Previous Action Items(s)
Continue planning timeline for work plan activities and presentations- Vice-Chair, C. Brown, mentioned that based on a review of the Elder Issues Committee (EIC) Work Plan 2019-2024 and the progress made on activities and presentations to date, the Committee is on track and it looks like the specified deadlines for items do not need to be adjusted.

## Executive Board Update
Vice-Chair, C. Brown provided the update from the last Executive Board (EB) meeting held virtually on 6/8/2020. In today’s meeting Chat box, she shared the list of community resources compiled during the EB meeting.

## Legislative Report
Chair, M. Pearson shared that yesterday the Governor signed budget with some vetoes, including some cuts for educational/STEM programs, some local programs like Easterseals; overall, the budget provides for funding of senior services.

## Presentation: Mindfulness for Caretakers and Caregivers
Retha Boone-Fye, Program Director, for the Black Affairs Advisory Board, of the Miami-Dade County Board of County Commissioners, Office of Community Advocacy, gave an interesting and engaging 15-minute presentation on mindfulness for caretakers and caregivers. According to Jon Kabat-Zinn, mindfulness is defined as “awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.” Essentially Mindfulness allows us to pay immediate, all-consuming attention to our Mindfulness Resources for Caregivers and Caretakers: Miami Dade County Community Action & Human Services [www.miamidade.gov](http://www.miamidade.gov)
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<th>Present Moment; to take a ‘mini-vacation’ from our daily lives. Mindfulness training is designed to help participants increase their ability to live fully in the present moment. The ability to be present and aware is a powerful counteraction to the common tendencies of reliving past events or worrying about potential events. This ‘mind set’ is a powerful tool which leads to less stress, increased well-being, sharper insight while enabling us to tune into one’s ‘inner essence.’ Caregivers or service providers can practice mindfulness to help reduce the resentful feelings that can arise from caretaking; this can help reduce the negative physical and/or mental stress-related side-effects. Ms. Boone-Fye even included a mindfulness “practice sit” exercise with the attendees that lasted a few minutes. A mindfulness resource list was shared (see right column).</th>
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| Performance Measures in Need of Improvement (Work Plan Review) | Vice-Chair, C. Brown, led discussion on the following:  
* Revise timeline considering postponed & future presentations-timeline development will continue as needed at future meetings to guide work plan activities, presentations and scheduling.  
* By September 30, 2020, there will be a minimum of four presentations per year on best practices and model programs of topics related to Elder Issues (Strategic Priority: Health Equity)-to date, there have been four (4) presentations (on 10/29/2019, 1/28/2020, 2/25/2020, and today’s date) so we have met the minimum four per year due by September 2020. | Action Items:  
* Continue timeline development for work plan activities and presentations. |

| Recognition of Improved Performance | • Resumed monthly meetings and held first virtual meeting in May.  
• There were 27 attendees at the May meeting held via Zoom. |
Partner Updates

- Marjie Aloni & Marcia Pinck shared details about the next Tri County Senior Resource Referral Network/Broward Coalition on Aging collaborative meeting on 7/9/20 at 8:30AM; for additional information email: marjiealoni@gmail.com or BCOA-president@bcoafl.org.
- Allan Tavss, Program Coordinator, Miami-Dade County Parks, Active Older Adults Program, shared his contact: phone:786-372-9701 or email: tavssa@miamidade.gov.

Jewish Community Services of South Florida, The Lambda Living Online program of JCS allows for LGBT and other seniors to participate in a variety of online classes and activities. Classes include Yoga, conversational Spanish, Low-impact aerobics, Men’s and women’s groups, Financial seminars and more. Participation and membership are free. To sign-up for daily reminder emails (not required) and to access the events calendar visit: https://jewishcommunityservicesofsouthflorida.wildapricot.org/.


Healthy Baby Taskforce-Tune into the Facebook Live event June 11th, 2020 at 3 PM on the Live Healthy Miami Gardens @LiveHealthyMG Facebook page. Tune in to
the second segment of the Community Breastfeeding Masterclass Series, Dads Too! to learn about tips and ways to support the role of fathers helping their partner in the breastfeeding process. For Healthy Baby Taskforce Activities: 
https://www.healthymiamidade.org/committees/florida-healthy-babies/
For Live Healthy Miami Gardens Breastfeeding Masterclass Series: 

- M. Garcia shared the latest COVID-19 resources from the Florida Dept. of Health in Miami-Dade County, the CDC, and including the Age-Friendly Initiative Resource Guide: https://agefriendlymiami.org/home/covid-19-age-friendly-resources/.
- Camila Bernal shared United Way of Miami-Dade in partnership with 7 agencies have been processing applications that were submitted to the Miami Pandemic Assistance Program, meant to give assistance to households impacted by COVID19. A total of 6,637 requests were received. 1,120 requests were approved so far, the average assistance provided per household is $716.20 and the number of older adults 60+ assisted is 650. https://portal.unitedwaymiami.org/Volunteer/QuickSearch.jsp.
- Eddie Sierra, South Florida Seniors in Action has a grocery delivery program for the elderly and the community at large affected by COVID-19. Residents in need of groceries living in the City of Miami Beach; to be added to delivery roster send e-mail to Director@SouthFloridaSeniorsinAction.org or call Carolina Cuadros at 305-305-1113. Volunteers needed to bag groceries Tues-Wed-Thurs -Sat; for more info call Ms. Cuadros.
- Christine Pelaez-Pena, Community Resource Specialist, Epilepsy Florida, shared her contact: cell: 772-485-6577, email: cppena@epilepsyfl.org. Call for virtual training on Seizures in Seniors.
- Marcia Pinck, Mental Health America, shared her contact: Marcia@mhasefl.org, 954-746-2055 x 125. Seth Line warm line has extended hours 10am-10pm M-F and
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<th>Sat 10am-5pm. Anyone feeling isolated, lonely, in need or resources or just someone to talk to can call at 954-578-5640.</th>
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<td>• Luis Mejer, 24/7 Nursing Care, shared his contact: cell 305-525-1495</td>
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<td>• Solina Rulfs, Food Systems Specialist, UF/IFAS Extension Family Nutrition Program, shared her email: <a href="mailto:solina@ufl.edu">solina@ufl.edu</a></td>
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<td>• Belissa Rodriguez, Simply Healthcare Plans, email: <a href="mailto:brodriguez1@simplyhealthcareplans.com">brodriguez1@simplyhealthcareplans.com</a></td>
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<td>• C. Brown (on behalf of Teri Arvesu) shared that cloth facemasks are available to seniors through the public housing and other organizations; for more info contact: <a href="mailto:Ana.Busse-Arvesu@MiamiDade.gov">Ana.Busse-Arvesu@MiamiDade.gov</a>.</td>
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**Adjournment**

Chair, M. Pearson adjourned the meeting at 3:03 PM.

**Next Meeting**

The next Elder Issues Committee meeting will be held virtually on Tuesday, July 28, 2020, 2:00-3:00 PM via Zoom.