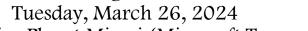


### MAYOR'S INITIATIVE ON HEALTHY AGING AND LIVABILITY

## Meeting Minutes





| TOPIC                 | DISCUSSION  | ACTION NEEDED |
|-----------------------|---|---------------|
| Members/Attendees     | 1. Tara Auclair, United Way Miami   |               |
| (*attended virtually) | 2. *Carmen Baker, Miami-Dade Public Library System                        |               |
|                       | 3. *Cindy Brown, JCS/Lambda Living  |               |
|                       | 4. Ed S. Cooke, Gray Panthers - Guest                                     |               |
|                       | 5. *Deborah [last name?], unknown   |               |
|                       | 6. Kebrina D'Andrade, Senior Planet Miami - Presenter                     |               |
|                       | 7. *Nattaliah Earle, Urban Health Partnerships                            |               |
|                       | 8. Witson Faustin, Florida Department of Health in Miami-Dade County      |               |
|                       | 9. Raissa Fernandez, Healthy Little Havana (on behalf of Islara X. Souto) |               |
|                       | 10. Luis (Luigi) Ferrer, FDOH STD/HIV Program - Presenter                 |               |
|                       | 11. *Frances Garcia, Miami-Dade Fire Rescue                               |               |
|                       | 12. Mayra Garcia, Florida Department of Health in Miami-Dade County       |               |
|                       | 13. Dawn Gardier, Florida International University                        |               |
|                       | 14. Susan O. Holtzman, NAMI Miami – Vice-Chair                            |               |
|                       | 15. Cesar Mendez, Senior Planet Miami - <i>Host</i>                       |               |
|                       | 16. Dennise Nicola, PACE/Miami Jewish Health                              |               |
|                       | 17. *Lucy Pena, My Psychiatrist   |               |
|                       | 18. *Cindy Perez, Florida International University                        |               |
|                       | 19. Carmen Ramos-Watson, B/Adaptable - Guest                              |               |
|                       | 20. *Louisenie Remy, Jackson Health Roxcy Bolton Rape Treatment Center    |               |
|                       | 21. *Maikel Ruiz, New Health Partners                                     |               |
|                       | 22. Eddie (Eduardo) Sanchez, United Way Miami                             |               |
|                       | 23. *Stacey Silver, Mom's Meals   |               |
|                       | 24. Angelique Suarez, Senior Tech Connect                                 |               |
|                       | 25. *Allan Tavss, Miami-Dade County Parks, Recreation and Open Spaces     |               |
|                       | 26. *Carmen Teixeira-Parry, Alliance for Aging, Inc.                      |               |
|                       | 27. Serena Thompson, Jewish Community Services                            |               |
|                       | 28. Dianna Valenzuela, Public Partnerships                                |               |
|                       | 29. Marjorie York, Community Action Agency                                |               |



### MAYOR'S INITIATIVE ON HEALTHY AGING AND LIVABILITY

Meeting Minutes Tuesday, March 26, 2024



| In the absence of Chair, Marjorie Aloni, Vice-Chair, Susan Holtzman welcomed             |   |
|--|---|
| everyone and started the meeting at 2:05 PM. The meeting was held at host site,          |   |
| Senior Planet Miami, located at 317 NW 28 <sup>th</sup> Street, Miami, FL 33127, with an |   |
| option to join virtually via Microsoft Teams for those unable to attend in person.       |   |
| Vice-Chair, Susan H. provided general meeting guidelines for attendees. Attendee         |   |
| introductions were done during Partner Updates, and virtual attendees were               |   |
| encouraged to put their contact information/organizational updates in the chat.          |   |
| The minutes from the last meeting on February 27, 2024, were reviewed by the             |   |
| Committee members in attendance. A motion was made to approve the minutes by             |   |
| Cindy B. and seconded by Tara A. The minutes were approved unanimously                   |   |
| without corrections.   |   |
| • Continue timeline development for work plan activities (ongoing).                      | Action Item(s):   |
|  | <ul> <li>Walk for Your Health in 2024</li> </ul>  |
|  | event at Arcola Lakes Park on   |
| <u> </u>   | Saturday, April 6 <sup>th</sup> from 10AM-  |
| <u>-</u> 0   | 12PM.   |
|  |   |
| • •  |   |
| Parks305).   |   |
| o create a map with identified underserved areas.  |   |
| • Walk for Your Health in 2024, the intergenerational walk event will be hosted by       |   |
| ,  |   |
|  |   |
|  |   |
|  |   |
| families can participate as well. It will feature a health and wellness resource fair    |   |
| in a dedicated space inside the park office with about ten community partners            |   |
| 1 1  |   |
| about their organizations. The MDPROS representative and EIC member, <b>Allan</b>        |   |
| Tavss, Active Older Adults Program Coordinator, can be contacted for                     |   |
| specific event coordination. Arcola Lakes Park, located at 1301 NW 83 Street,            |   |
|  | everyone and started the meeting at 2:05 PM. The meeting was held at host site, Senior Planet Miami, located at 317 NW 28th Street, Miami, FL 33127, with an option to join virtually via Microsoft Teams for those unable to attend in person. Vice-Chair, Susan H. provided general meeting guidelines for attendees. Attendee introductions were done during <i>Partner Updates</i> , and virtual attendees were encouraged to put their contact information/organizational updates in the chat. The minutes from the last meeting on February 27, 2024, were reviewed by the Committee members in attendance. A motion was made to approve the minutes by Cindy B. and seconded by Tara A. The minutes were approved unanimously without corrections.  • Continue timeline development for work plan activities (ongoing).  • The following activities under Chronic Disease, p. 12, need to be completed by September 30, 2024, the Elder Issues Committee will  • organize a walk to encourage elder adults to increase physical activity.  • partner with the Children Issues Committee to increase the percentage of adults who are at a healthy weight.  • create a campaign to increase awareness of physical activity (e.g., Parks305).  • create a map with identified underserved areas.  • Walk for Your Health in 2024, the intergenerational walk event will be hosted by Miami-Dade Parks, Recreation and Open Spaces (MDPROS) at their Arcola Lakes Park location on Saturday, April 6th, 2024, from 10AM to 12PM. The walk event is meant to encourage physical activity for older adults in collaboration with the Consortium's Children Issues Committee (CIC) so that children and their families can participate as well. It will feature a health and wellness resource fair in a dedicated space inside the park office with about ten community partners tabling to provide health resources and program service information to attendees about their organizations. The MDPROS representative and EIC member, Allan Tavss, Active Older Adults Program Coordinator, can be contacted |



### MAYOR'S INITIATIVE ON HEALTHY AGING AND LIVABILITY

Meeting Minutes Tuesday, March 26, 2024



|                 | Miami, FL 33147 in Liberty City area, was suggested by Allan Tavss from               |
|-----------------|---|
|                 | MDRPOS because it is in another area of need, and near Arcola Lakes Senior            |
|                 | Center, one of MDPROS sites offering Active Older Adults programs which               |
|                 | provide fitness, leisure, and social activities for adults 55 and older. Allan shared |
|                 | in the chat that he conducted a site visit at the park site yesterday and confirmed   |
|                 | there are enough tables and chairs for the health fair inside and one table to be     |
|                 | placed outside near walking path (3/4 mile loop) for collection of participant        |
|                 | waiver form (sign-in sheet).  |
|                 | • Shared copies of the event flyer, "Walk for Your Health in 2024" which features     |
|                 | the participating partner organization logos provided. A promotional email with       |
|                 | the event flyer attached was sent to all Consortium registered members on the         |
|                 | following dates: 3/6, 3/27 and 4/3/24. In addition, EIC members were encouraged       |
|                 | to use the walk and health fair flyer shared to promote the event as part of the      |
|                 | campaign to increase awareness of physical activity, the health benefits of regular   |
|                 | physical activity, and promote the County's parks and programs. Community             |
|                 | partners were encouraged to help distribute the flyer to their own professional       |
|                 | contacts and clients within their own organizations.                                  |
| Executive Board | At the time of this in-person meeting, Vice-Chair, Susan H. did not have updates      |
| (EB) Update     | from EB 3/11/24 meeting. The following updates were later emailed on 4/3/24 after     |
|                 | the meeting in a follow-up email to all EIC members:                                  |
|                 | The Worksite Wellness Committee still has a Chair vacancy.                            |
|                 | • The Executive Board had two presentations during this meeting: 1) Partnr305 &       |
|                 | F-fentanyl Overview Presentation presented by Amanda Nicol and Thomas                 |
|                 | Guerra to learn about the work they are doing in our community related to the         |
|                 | opioid epidemic, opioid-related incidents, and naloxone usage in Miami-Dade,          |
|                 | and 2) Mrs. Adebisi, Director of the Office of Community Health and Planning          |
|                 | presented the Quarterly Business Review Presentation which included quarterly         |
|                 | updates on the Consortium Committee work plans and the Community Health               |
|                 | Improvement Plan for the reporting period from Oct. 1st to December 3st, 2023.        |
|                 | • The Board continues the conversation on COVID-19, health equity, and                |
|                 | addressing the root causes of health. Updates were shared on food insecurity and      |



#### MAYOR'S INITIATIVE ON HEALTHY AGING AND LIVABILITY

Meeting Minutes Tuesday, March 26, 2024

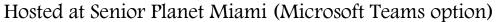


| security related to food pantries, screening questions at West Kendall Baptist Hospital, the work of American Heart Association in the community (Social Impact Fund), & Food Waste Prevention Week upcoming on April 1st – 7th.  Legislative Report  Vice-Chair, Susan H. did not have any legislative updates available, but did mention that she was informed the Mayor's office has recently hired someone (name not yet available for disclosure) to fill her former position as an advocate for older adults.  Presentation:  Senior Planet Miami  ElC meeting host, Kebrina D'Andrade, Program Lead for the Older Adults Technology Services (OATS) from AARP at Senior Planet Miami gave a 5-minute presentation on their organization, programs and services. The presentation included the mission of Senior Planet and OATS from AARP as a social impact organization which is to "harness technology to change the way we age." In addition to Miami, Florida, Senior Planet has five other geographical locations across the country: New York, NY; North Country, NY; Denver, Colorado; San Antonio, TX; and Montgomery County, Maryland. The programs available include: discussion groups, lectures, workshops, program series, 5- to 10-week courses, guest speakers, and special events designed for older adults ages 50+. They offer FREE hotline support to connect with patient agents who can answer questions like how to use Zoom, set up an email account, download an app, and more; you can also learn how to save money on your home internet bill through the Affordable Connectivity Program or find out more about upcoming classes: (888) 713-3495 from 9AM - 8 PM ET. Senior Planet sends out a weekly newsletter to inform participants of upcoming classes and newly published articles-sign up at www.seniorplanet.org/newsletter.  They also regularly send out surveys to help improve programming and measure their impact. In 2021, they launched a free social media platform exclusive to older adults which includes the following features: interest-based groups, designed for a  |                    | Theorem an aeriter Transcript (Typiere Berlin epiteri                                  |  |
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#### MAYOR'S INITIATIVE ON HEALTHY AGING AND LIVABILITY

Meeting Minutes Tuesday, March 26, 2024





Presentation: STD/HIV Prevention & Control Program 2023 Senior Activities EIC partner and Consortium member, Luis (Luigi) Ferrer, MS, Health Education Supervisor with the Florida Department of Health in Miami-Dade County gave a 15minute presentation on the 2023 senior activities of the STD/HIV Prevention and Control Program. The presentation included the latest available health statistics for the older adult population in Miami-Dade County (FLHealthCharts, 2022) related to sexually transmitted infections (STIs), HIV and AIDS. Data from the Florida Dept. of Health, Bureau of Communicable Diseases, HIV/AIDS Section, Epidemiological Profile for Area 11, Miami-Dade County (as of June 2023) related to HIV care continuum for older adults living with diagnosed HIV infection in Miami-Dade County in 2022 was also presented. Discussion included the observation that among older adults with an HIV diagnosis in 2022, Hispanics accounted for 58% of cases, and among older adults, 79% of new HIV diagnoses in 2022 were males. The data presented on was also provided in two handouts to attendees, and later shared on 4/3/24 as attachments in a follow-up email sent to all EIC members. These handouts included info & resource links for HIV screening (www.knowyourhivstatus.com), Pre-Exposure Prophylaxis (PrEP) (www.prelocator.org), and Antiretroviral Therapy (ART) (www.testmiami.org). Also, Florida HIV/AIDS Hotline:

- 1-800-FLA-AIDS (352-2437) English
- 1-800-545-SIDA (545-7432) Spanish
- 1-800-AIDS-101 (243-7101) Haitian Creole
- 1-800-503-7118 Hearing/Speech Impaired

To find a care provider or to learn more about the resources available to persons living with HIV in Florida visit: <a href="www.floridaaids.org">www.floridaaids.org</a>. After today's meeting, on 3/28/24, Luis Ferrer shared in an email that his program visited the following twelve (12) senior centers in September 2023 to increase condom distribution and/or raise awareness on HIV/STD in the older population: South Miami, Perrine, Covenant Palms, Miami Gardens, Charles Hadley, Peter Plaza, Stirrup Plaza, Naranja, Culmer, Pine Wood Villas, Deedco Gardens, and Florida City. With the consent of the presenter, on 4/3/24, the presentation handouts, the <a href="www.TestMiami.org">www.TestMiami.org</a> website, comprehensive program services and online resources were shared with all EIC members in a follow-up email.

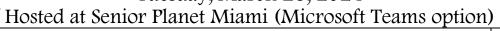
Action Item(s):

Submit suggestion(s) for future presentations at Elder Issues Committee meetings via email to: <a href="mailto:marjieealoni@gmail.com">marjieealoni@gmail.com</a>, <a href="mailto:Susan.Holtzman@namimiami.org">Susan.Holtzman@namimiami.org</a>, <a href="mailto:&Mayra.Garcia@flhealth.gov">&Mayra.Garcia@flhealth.gov</a>.



### MAYOR'S INITIATIVE ON HEALTHY AGING AND LIVABILITY

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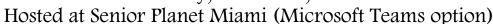


| Performance                               | Vice-Chair, Susan led discussion on the following in the EIC Work Plan 2019-2024:   | Action Item(s):   |
|---|---|---|
| Measures in Need of                       | • The following activities under <i>Communicable Diseases &amp; Emergent Threats</i> , p.   | Continue discussion and planning  |
| Improvement (Work Plan Review)            | 20, need to be completed by September 30, 2024, the Elder Issues Committee will   | for these activities at future EIC meetings.  |
|   | <ul> <li> create a plan to work with DOH HIV/STD to create a system to increase condom distribution at senior facilities (e.g., ALFs, senior centers, skilled-nursing facilities). Today's presentation by the Florida Dept. of Health in Miami-Dade STD/HIV Prevention &amp; Control Program helps meet the measure for this activity.</li> <li>invite partners (e.g., local pharmacies) to join and support their efforts to increase awareness on the prevention and control of infectious diseases. EIC members were encouraged to share an invite to join the Consortium's Elder Issues Committee with partners who could represent local pharmacies and others who could support efforts to increase awareness on the prevention and control of infectious diseases in the older adult population.</li> </ul>   | <ul> <li>Members can share this link to<br/>invite partners to join the<br/>Consortium for a Healthier Miami-<br/>Dade's Elder Issues Committee by<br/>registering for free online:<br/><a href="https://www.healthymiamidade.org/membership/">https://www.healthymiamidade.org/membership/</a>.</li> </ul>   |
| Recognition of<br>Improved<br>Performance | 28 attendees at February meeting  |   |
| Partner Updates                           | <ul> <li>Lucy Pena, <u>Lucy@mypsychiatrist.com</u>, 954-2045173 cell; intake line to make appointments: 954-906-1892.</li> <li>Cindy Brown, JCS Lambda Living, <u>cbrown@jcsfl.org</u>, 305-403-6515; shared that they have in person and online programs &amp; support groups for LGBTQ and older adults; calendar: <a href="https://jewishcommunityservicesofsouthflorida.wildapricot.org/">https://jewishcommunityservicesofsouthflorida.wildapricot.org/</a>.</li> <li>Carmen Baker, Miami-Dade Public Library System, <a href="bakerc@mdpls.org">bakerc@mdpls.org</a>; <a href="www.mdpls.org">www.mdpls.org</a>; coordinates free community events for senior citizens; go online at <a href="www.mdpls.org/events">www.mdpls.org/events</a> for more info.</li> <li>Nattaliah Earle, <a href="Nattaliah@urbanhp.org">Nattaliah@urbanhp.org</a>, 786-412-0469, shared that UHP is the coordinating agency for the Miami-Dade County Age-Friendly Initiative, focused on data gathering and sharing/capacity building/communications; invited</li> </ul> | Action Item(s):  • The Consortium for a Healthier Miami-Dade is a collaboration between the Florida Department of Health and community partners/organizations promoting health in Miami-Dade County; register to become a member for free online: <a href="https://www.healthymiamidade.org/membership/">https://www.healthymiamidade.org/membership/</a> . |



#### MAYOR'S INITIATIVE ON HEALTHY AGING AND LIVABILITY

Meeting Minutes Tuesday, March 26, 2024





- everyone to join the Age-Friendly workgroup upcoming meetings; looking for speakers for the Capacity Building event planned for in May with their Lead Agency Partners some of who are present at today's meeting (e.g., United Way Miami, Florida Dept. of Health in Miami-Dade County, AARP, and others).
- Tara Auclair, United Way Miami, shared that they will be hosting another legislative summit with AARP Florida on Wed. May 15<sup>th</sup> (save-the-date) with focus on housing and to be held at Miami-Dade College North Campus.
- Marjorie York shared an upcoming event on Tuesday, April 2<sup>nd</sup> at 11:30AM, The Miami-Dade County Women's Hall of Fame Induction Ceremony at Stephen P. Clark Center in the Board of County Commissioners Chambers to honor three new Hall of Fame inductees: State Attorney Katherine Fernandez-Rundle, Congresswoman Ileana Ros-Lehtinen, and Congresswoman Frederica S. Wilson.
- Witson Faustin, Florida Department of Health in Miami-Dade County, Health Services Representative; Witson.Faustin2@flhealth.gov, 786-732-8863.
- Dawn Gardier, MIS, BA, Data Research Analyst, Florida International University College of Nursing and Health Sciences encouraged folks to join the AgeWell online registry to access information on different research opportunities and common chronic diseases for older adults: <a href="https://cnhs.fiu.edu/agewellregistry/">https://cnhs.fiu.edu/agewellregistry/</a>.
- Frances Garcia, Miami-Dade Fire Rescue, Community Assistance/Elder Links Coordinator, a referral-based program with first responders; announced sand hole collapse risk campaign in time for spring break-Twitter feed <a href="link.">link.</a>
- Serena Thompson, LGBTQ+ Older Adult Case Manager with Jewish Community Services, <a href="mailto:sthompson@jcsfl.org">sthompson@jcsfl.org</a>; offers case management for older adults (55+), community resources & emergency financial assistance; access line 305-576-6550.
- Angelique Suarez, Senior Tech Connect; <a href="www.srtechconnect.org">www.srtechconnect.org</a>; provide tech training for older adults on computer, tablets, and i-phones; also, an Alzheimer's Association volunteer.
- Nattaliah Earle, Urban Health Partnerships (UHP), Project Manager for the Age-Friendly Initiative in Miami-Dade, nattaliah@urbanhp.org, 786-412-0469; shared

• EIC members who are subject matter specialists in healthy lifestyles and health promoting topics for older adult population are asked to volunteer to submit written article and/or social media postings for 2023 calendar year; please confirm your interest, topic suggestions via email to liaison:

Mayra.Garcia@FLHealth.gov.

Written submissions are due by 15th of month prior to publish month.



### MAYOR'S INITIATIVE ON HEALTHY AGING AND LIVABILITY

Meeting Minutes Tuesday, March 26, 2024



|              | invite to upcoming Shareholder's meeting in March and in-person in May (tba);                   |  |
|--------------|---|--|
|              | looking for input on surveys for older adults.  |  |
|              | • Susan Holtzman, NAMI Miami, shared April 20 <sup>th</sup> Suicide Awareness Conference,       |  |
|              | free half-day conference; Walk for Mental Health Awareness on Saturday, May                     |  |
|              | 18 <sup>th</sup> at Zoo Miami is free to register to walk (fundraising optional but encourage); |  |
|              | NAMI Helpline 305-665-2540 (9AM-5PM).   |  |
|              | Mayra Garcia, Community Liaison for the Elder Issues Committee (EIC)/Senior                     |  |
|              | Community Health Nursing Supervisor, Office of Community Health & Planning,                     |  |
|              | FL Department of Health in Miami-Dade County, Mayra.Garcia@FLHealth.gov.                        |  |
| Adjournment  | Vice-Chair, Susan H. adjourned the meeting at 3:33 PM.  |  |
| Next Meeting | The next Elder Issues Committee meeting will be held virtually on Tuesday, April                |  |
|              | 30, 2024, 2:00-3:00 PM via Microsoft Teams.   |  |