

TOPIC	DISCUSSION	ACTION NEEDED
Member Attendees	1. Rose Anderson, Larkin University 2. Lissette Becerra, SurfMed 3. Cristina Brito, United Way Miami 4. Blanca Ceballos, United HomeCare 5. Martine Charles, Alliance for Aging, Inc. 6. Marla Cocalis, StudentsCare 7. Rob Collins, The Miami Foundation 8. Jennifer De Gruccio, Parkinson's Foundation 9. Nattalia Earle, Urban Health Partnerships – <i>Vice-Chair</i> 10. Witson Faustin, Florida Department of Health in Miami-Dade County 11. Mariangelli “Angie” Fernandez, Miami-Dade State Attorney Office 12. Mayra Garcia, Florida Department of Health in Miami-Dade County 13. Natalie Gray, Western Atlantic University School of Medicine – <i>Presenter</i> 14. Sheila Gutierrez, Vizcaya Museum and Gardens 15. Brenda Lampon, Miami-Dade County Office of the Mayor 16. Maritza Mendoza, Alliance for Aging, Inc. 17. Lina Menendez, Epilepsy Alliance Florida 18. Jason Neufeld, Elder Needs Law, PLLC 19. Dennise Nicola, PACE/Miami Jewish Health – <i>Chair</i> 20. Anna Oirik, Right at Home Miami Lakes 21. Dayamyra Perez Fernandez, Florida Department of Health in Miami-Dade 22. Louisenie Remy, Jackson Health Roxcy Bolton Rape Treatment Center 23. Lilliana Rey, Alliance for Aging 24. Lymari Rivera, Mount Sinai Eldercare PACE 25. Danay Rodriguez-Arritola, Larkin Community Hospital 26. Natalia Shtompel, Barry University School of Social Work 27. Laurie Varona, Florida Department of Health in Miami-Dade County 28. Marjorie York, Community Action Agency (via phone call)	

Meeting Minutes
Tuesday, May 26, 2026
Microsoft Teams 2:00 p.m. to 3:00 p.m.

Welcome and Introductions	Chair, Dennise Nicola welcomed everyone and started the meeting at 2:01 p.m.. General meeting guidelines were provided for the attendees by Dennise N. and Vice-Chair, Nattaliah E. assisted with the agenda. Attendee introductions were done during <i>Partner Updates</i> , and virtual attendees were encouraged to put their contact information and any organizational updates/announcements in the chat. The meeting was held virtually via Microsoft Team.	
Review and Approval of Minutes	The minutes from the last meeting on April 28, 2026, were reviewed by the Committee members in attendance. A motion was made to approve the minutes by Marjorie Y. and seconded by Marla C. The minutes were approved unanimously without corrections.	
Previous Action Items(s)	• By September 30, 2030, the Elder Issues Committee will have a minimum of four presentations per year on key health topics for older adults including best practices, model programs, and services for this population and/or their caregivers. (Access to Care, activity #1, page 1) • By September 30, 2030, the Elder Issues Committee will host and/or support social activity/event(s) for older adults at senior living facility(s) or other gathering sites (e.g., meal sites). (Mental Health, activity #12, page 4)	Action Item(s): • Continue to plan hosted and/or supported... social activity/event(s) for older adults at senior living facility(s) or other gathering sites (e.g., meal sites). (Mental Health, activity #12, page 4)
Executive Board (EB) Update	Vice-Chair, Nattaliah E. provided the updates from the last EB meeting held on 5/11/2026, including: • The Board continues the conversation on optimal health and addressing the drivers of health. • The Consortium Strategic Plan was reviewed, the Workplan was finalized and approved by the Board. • The Board discussed the finalized bylaws and reviewed the Letter of support electronic form process. The Bylaws have been sent to Legal for review and will be uploaded to the Consortium website once available. An IT ticket will be opened to upload the electronic letter of support form to the Consortium website as well.	

	DOH-Miami-Dade is awaiting final approval of the budget for the upcoming Fiscal Year.	
Legislative Report	There were no new legislative updates available.	
Presentation: <i>How to Tame Your Telomeres-Healthy Aging</i>	EIC partner and member, Natalie Gray, Pharm.D., Western Atlantic University School of Medicine, gave a 15-minute presentation, <i>How to Tame Your Telomeres-Healthy Aging</i>, on broader topic of chronic disease prevention for older adults. The presentation highlighted the biology of aging, chronological age vs. biological age, and lifespan vs. health span. People are living longer, but with more chronic diseases. Telomeres are only one driver in cellular decline, not the only cause. Progressive telomere shortening leads to a loss of ability to regenerate. This works with other aging factors, such as, oxidative stress from chronic inflammation and poor mitochondrial function. A lifestyle that includes regular exercise, healthy diet with avoidance of alcohol, and sleep hygiene all promote healthy aging. Medical interventions like vaccination, chronic disease risk reduction (e.g., managing hearing loss, hypertension, smoking, obesity, depression, physical inactivity, diabetes, excessive alcohol consumption prevent dementia), and medication safety can all promote healthy aging. Early interventions lead to healthier aging. With the consent of the presenter, a follow-up email was sent to all EIC members on 5/27/26 after the meeting with the presenter's contact information, and presentation slides.	Action Item(s): Email your suggestion(s) for future Elder Issues Committee meeting presentations to: DNicola@miamijewishhealth.org, Nattaliah@urbanhp.org, & Mayra.Garcia@flhealth.gov.
Performance Measures in Need of Improvement (Work Plan Review)	Today's presentation by Natalie Gray, Pharm.D. will be reported towards the following two work plan activity(s): - By September 30, 2030, the Elder Issues Committee will have a minimum of four presentations per year on key health topics for older adults including best practices, model programs, and services for this population and/or their caregivers. (Access to Care, activity #1, page 1) - By September 30, 2030, the Elder Issues Committee will increase education on common chronic disease conditions in older adults (e.g., hypertension, high	

	cholesterol, arthritis, obesity, type 2 diabetes, cancer, heart disease, COPD, and asthma). (Chronic Disease Prevention, activity #9, page 3) Chair Dennise N. also led follow-up discussion on the following measure: • By September 30, 2030, the Elder Issues Committee will host and/or support social activity/event(s) for older adults at senior living facility(s) or other gathering sites (e.g., meal sites). (Mental Health, activity #12, page 4) • Suggestions discussed at EIC meeting in March were as follows: ○ Host event(s) at • County's congregate meal sites at Senior Centers (Susan H., NAMI Miami-Dade County). • Arcola Lakes Senior Center, 8401 NW 14 Ave, Miami, FL 33147, operated by MDPROS (Nattaliah E., UHP). • Miami Lakes City Hall (Anna O., Right at Home Miami Lakes); provided contact: Rosario Navarro, 786-417-5996, Rrass89@aol.com. • Sculpture Garden for older adults in partnership with Miami Design District could host; they have activities, like yoga & art in the park, or partner presentations; English, Spanish & Haitian Creole (Carmen Ramos-Watson B/Adaptable). ○ Possible activities • Presentations on Medicare Fraud Prevention by Lilliana Rey, Alliance for Aging; could host a raffle for a few of seniors to receive promotional items. • Miami Dementia Care & Cure Initiative Taskforce is hosting a 1-hour Memory Café at Aventura Branch of MDPLS in May; Alliance would like to participate in planning (Martine Charles, Alliance for Aging). • Updates on vaccines & any aspect of vaccination by Gordon M. Dickenson, M.D., UM School of Medicine.	
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	• Suggestions discussed at EIC meeting in April were as follows: ○ Cristina Brito with the United Way of Miami, and Co-Chair of the Consortium for a Healthier Miami-Dade (Consortium) suggested the EIC could support an event being organized by Miami-Dade Age-Friendly Initiative for a Wellness Day at Oak Grove Park on Sunday, June 28, 2026, from 8AM to 3PM (TBA), along with support of Food & Nutrition for All and the Consortium Executive Board. The event will feature a food giveaway, and partner organizations could promote their programs and services via tabling. It was agreed that this event would be an effective way to provide some type of social activity for older adults already gathered in one location. ○ Jennifer DeGruccio said the Parkinson's Foundation would be <i>happy to help promote and participate</i> this event and could <i>do an exercise demo or a morning stretch</i>. Suggested <i>each vendor should be asked to donate a gift card, so it helps you have raffle items</i>. ○ Dennise suggested drafting a survey to email to EIC member listserv to collect ideas and sponsor organizations to help with food, volunteers, raffle prizes, etc. • Additional suggestions discussed at today's meeting on May 26 included: ○ Nattaliah provided updates that the Miami-Dade Age-Friendly Initiative Wellness Day at Oak Grove Park on Sunday, June 28, 2026, from 8AM to 3PM (TBA), has sufficient community partners committed to participate at the event, however, EIC could support by helping promote the event for older adults and their families. ○ Dennise encouraged members to put their name & organization in the chat if they would like to be part of an EIC hosted and/or support social activity/event(s) for older adults at senior living facility(s) or other gathering sites. The following six members expressed interest during the meeting in the chat: • Lymari Rivera, Mount Sinai Eldercare PACE, lymari.rivera@msmc.com.	
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Meeting Minutes

Tuesday, May 26, 2026

Microsoft Teams 2:00 p.m. to 3:00 p.m.

	• Sheila Gutierrez, Vizcaya Museum and Gardens, sheila.gutierrez@vizcaya.org. • Martine Charles, Alliance for Aging, charlesm@allianceforaging.org. • Mariangelli (Angie) Fernandez, State Attorney's Office, fernang@MiamiSAO.com. • Lissette Becerra (guest, not a registered member), SurfMed, lbecerra@surfmed.com. • Blanca Ceballos, United HomeCare, bceballos@unitedhomecare.com; can support with information for seniors and their family caregivers regarding the GUIDE and ADI programs. ○ Rose Anderson, Larkin University, randerson@larkin.edu emailed her interest in becoming "more involved in future initiatives and community activities that support older adults and caregivers." ○ Dennise suggested sending a list of potential places where we could host such an event so the interested members can choose.	
Recognition of Improved Performance	• In-person meeting hosted at Florida PACE Centers in Westchester on 4/28/2026 • 24 total attendees (13 in-person & 11 virtually) at April 2026 monthly meeting • Florida PACE Centers at Miami Jewish Health programs and services for older adults presentation by Yadira Olaguiber Soler, Community Outreach Enrollment Specialist, Florida PACE Centers at the monthly meeting on April 28, 2026	
Reminders	• Next monthly meeting is virtual on June 30, 2026, 2:00-3:00 p.m. • Remaining 2026 monthly meetings: ○ Virtual meeting on Tues., July 28 at 2 p.m. ○ In-person meeting on Tues., August 25 at 2 p.m. to be hosted at Alliance for Aging in Doral ○ Virtual meeting on Tues., September 29 at 2 p.m. ○ Virtual meeting on Tues., October 27 at 2 p.m.	Action Item(s): • The Consortium for a Healthier Miami-Dade is a collaboration between the Florida Department of Health and community partners/organizations

	○ November and December meetings to be cancelled • Join the Consortium for a Healthier Miami-Dade online at www.healthymiamidade.org/membership, and/or share this invite with others who may be interested in participating.	promoting health in Miami-Dade County; register to become a member for free online: https://www.healthymiamidade.org/membership/.
Partner Updates	• Presenter: Natalie Gray, Pharm.D., Western Atlantic University School of Medicine, NGray@wausm.education, 214-532-2713 . • Lilliana Rey, Senior Medicare Patrol (SMP) Specialist, Alliance for Aging, Inc., 305-786-1947, 305-670-6500 x11268, ReyL@AllianceForAging.org; if you have anyone experiencing Medicare Fraud, please contact me SMP Specialist SHINE at 305-670-6500 ext. 11268. • Martine Charles, Director Planning and Population Health, Alliance for Aging, Inc., charlesm@allianceforaging.org; for information about older adult programs, email Programs@AllianceforAging.org. • Marla Cocalis, Program Manager, StudentsCare which trains college students to volunteer with isolated seniors; Marla@Students-Care.org, 773-573-7328. • Dayamyra Perez Fernandez, Health Services Representative, Florida Department of Health in Miami-Dade County; shared information about the Journey to Wellness Rx prescription pads which can be requested for free online: https://www.healthymiamidade.org/forms/journey-to-wellness-rx-green-prescription-request-form.html#gsc.tab=0. • Lissette Becerra, Director of Community Outreach, SurfMed; lbecerra@surfmed.com. • Jason Neufeld, Esq, Board Certified Elder Law Attorney, Elder Needs Law, PLLC, www.elderneedslaw.com. • Rob Collins, The Miami Foundation, 305-357-2088, rcollins@miamifoundation.org. • Anna Oirik, owner of Right at Home in Miami Lakes for personal care for seniors and individuals with disabilities; visit website for more information https://www.rightathome.net › miami-lakes. • Rose Anderson, Larkin University; shared that they have a health fair on November 21, 2026, from 10AM-3PM; randerson@larkin.edu.	Action Item(s): • 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 2026 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.

**ELDER ISSUES COMMITTEE/
MAYOR'S INITIATIVE ON HEALTHY AGING AND LIVABILITY**

Meeting Minutes
Tuesday, May 26, 2026
Microsoft Teams 2:00 p.m. to 3:00 p.m.

	- Jennifer De Gruccio, Community Education & Outreach, Parkinson's Foundation Florida Chapter; jdegruccio@parkinson.org; shared guidelines for exercise for Parkinson's disease: Parkinson's Exercise Recommendations Parkinson's Foundation. - Sheila Gutierrez, Agriculture and Market Programs Manager at Vizcaya Museum and Gardens; oversees the Vizcaya Village Farmers Market; would be open to more partnerships which help get older adults to the Market, sheila.gutierrez@vizcaya.org. - Witson Faustin, Health Services Representative, Office of Community Health & Planning, Florida Department of Health in Miami-Dade County, Witson.Faustin2@flhealth.gov, 786-732-8863. - Angie Fernandez, Community Outreach-PIO, Office of the State Attorney Katherine Fernandez Rundle; fernang@MiamiSAO.com; 305-547-0724; www.miamisao.com; shared they will be updating presentations for elderly and vulnerable adults to include topic of bullying and human trafficking. - Marjorie York, Community Action Agency; shared info about upcoming Miami Beach events, including Pride Day on June 3rd. - Dennise Nicola, Director of Business Development, FL PACE Centers at Miami Jewish Health; DNicola@miamijewishhealth.org. - Nattaliah Earle, Collective Impact Manager, Urban Health Partnerships (UHP), nattaliah@urbanhp.org, 786-412-0469. - 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	Chair, Dennise N. adjourned the meeting at 3:02 p.m..	
Next Meeting	The next Elder Issues Committee meeting will be held virtually on Tuesday, June 30, 2026, 2:00-3:00 p.m. via Microsoft Teams and will feature a presentation by Joe H. Baldelomar from the Alzheimer's Association Southeast Florida Chapter in recognition of June as Alzheimer's & Brain Awareness Month.	