

TOPIC	DISCUSSION	ACTION NEEDED
Member Attendees	1. Rose Anderson, Larkin University 2. Joe H. Baldelomar, Alzheimer's Association – <i>Presenter</i> 3. Cristina Brito, United Way Miami 4. Rebecca Capogreco, WellMed Charitable Foundation 5. Blanca Ceballos, United HomeCare 6. Martine Charles, Alliance for Aging, Inc. 7. Jennifer De Gruccio, Parkinson's Foundation 8. Nattaliah Earle, Urban Health Partnerships – <i>Vice-Chair</i> 9. Mariangelli "Angie" Fernandez, Miami-Dade State Attorney Office 10. Mayra Garcia, Florida Department of Health 11. Natalie Gray, Western Atlantic University School of Medicine 12. Sheila Gutierrez, Vizcaya Museum and Gardens 13. Susan O. Holtzman, NAMI Miami 14. Fabimaelsie Jean, Deedco Gardens 15. Tammy Key, City of Miami Springs 16. Lina Menendez, Epilepsy Alliance Florida 17. Barbara (Barby) Morales, United Senior Consultants 18. Dennise Nicola, PACE/Miami Jewish Health – <i>Chair</i> 19. Dayamyra Perez Fernandez, Florida Department of Health in Miami-Dade 20. Franchine Peters, Roxcy Bolton Rape Treatment Center 21. Lilliana Rey, Alliance for Aging 22. Danay Rodriguez-Arritola, Larkin Community Hospital 23. Angelique Suarez, Senior Tech Connect 24. Lily Suazo, Jewish Community Services of South Florida 25. Dianna Valenzuela, Public Partnerships 26. Marjorie York, Community Action Agency (via phone call)	
Welcome and Introductions	Chair, Dennise Nicola welcomed everyone and started the meeting at 2:00 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 May 26, 2026, were reviewed by the Committee members in attendance. A motion was made to approve the minutes by Angie F. and seconded by Marjorie Y. 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 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) • 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 6/8/2026, including: • The Board continues the conversation on optimal health and addressing the drivers of health. • Updates were shared regarding important legislative updates, and the Board reviewed the potential impacts along with potential solutions. • The Consortium website now has the updated 2026 Electronic Form Request under "Forms." • DOH-Miami-Dade is currently awaiting final approval of the budget for the upcoming Fiscal Year.	
Legislative Report	Vice-Chair, Nattaliah E. provided legislative updates related to older adult population.	
Presentation: <i>Building Brain-Healthy Habits</i>	EIC partner and member, Joe H. Baldelomar, Psy.M., Alzheimer's Association Southeast Florida Chapter, gave a 40-minute presentation, <i>Building Brain-Healthy Habits</i>. The presentation highlighted the following 10 healthy habits for your brain: 1. Control Your Blood Pressure 2. Manage Diabetes 3. Maintain a Healthy Weight 4. Be Smoke-Free 5. Get Moving 6. Eat Right 7. Sleep Well 8. Challenge Your Mind 9. Stay in School 10. Protect Your Head The anatomy and function of the brain and neurons (nerve cells) was reviewed, as well as the effects of Alzheimer's Disease, the most common form of dementia, on the brain. Other forms of dementia including Vascular, Lewy Body, Frontotemporal Degeneration (FTD), and mixed pathology were reviewed. The	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.

	importance of the brain-heart connection was emphasized: "What's good for our hearts is good for our brains." It's never too early or late to take action for brain health. Tips to eat healthy were provided. It was emphasized that life-long learning with cognitive engagement builds new neural connections in our brains. Suggestions to help challenge our mind included try strategy games, do puzzles, learn a language, and explore new hobbies. Getting out of your comfort zone can make your brain work hard for better brain health. Protecting your head with regular use of seatbelts and sports helmets can prevent head injuries, like concussions which can lead to short- and long-term brain injury and problems like dementia. The home environment should be organized to minimize the risk of falling, and home projects should keep safety in mind. Other factors being studied as contributing factors to memory loss, cognitive decline and/or dementia, include hearing and vision loss, air pollution, alcohol abuse, and stress. Strategies for success in maintaining brain health include setting flexible goals, including others, using rewards that work, speaking positively, and habit tracking. Additional resources can be accessed via phone 24/7 Helpline at 800-272-3900, locally at www.alz.org/findus, support groups, and the Alzheimer's Association Community Resource Finder at www.alz.org/crf. With the consent of the presenter, a follow-up email was sent to all EIC members on 7/14/26 with the presenter's contact information, and presentation slides.	
Performance Measures in Need of Improvement (Work Plan Review)	Today's presentation by Joe H. Baldelomar, Psy.M., will be reported towards the following work plan activity(s): • <i>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)</i> Chair Dennise N. also led follow-up discussion on the following measure to plan a social activity/event for older adults:	

- 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)

These were the suggestions discussed at today's meeting on **June 30, 2026**:

- Wrote in chat, "Karaoke is a great idea," and music and movement activity suggested by Rose Anderson, randerson@larkin.edu, 754-777-2642.
- Coffee and Doughnut Social, Ice Cream Social, English as Second Language (ESL) classes to bring engagement suggested by Fabimaelsie Jean; deedcosc@spm.net, 305-242-8866 x3.
- Angelique Suarez, Senior Tech Connect, offered a class on digital scam prevention and scams targeting seniors; angelique.suarez@gmail.com, 305-495-3417.
- Lilliana Rey, SMP Specialist, Alliance for Aging, offered to do a presentation on Medicare Fraud; contact: reyl@allianceforaging.org; 305-670-6500, x11268.
- Rebeca Capogreco of WellMed Charitable Foundation offered her senior site location for future events; rcapogreco@wellmed.net, 786-257-5856 office, 786-222-2113 cell.
- Sheila Gutierrez offered possible Vizcaya membership giveaway, and said she could facilitate an sensory experience on a garden topic (e.g., make an herbal tea bag), sheila.gutierrez@vizcaya.org, 305-887-2264.

The following additional suggestions were discussed at previous EIC meetings:
May 26, 2026

- Nattaliah Earle, UHP, 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, 954-709-1291. - Sheila Gutierrez, Vizcaya Museum and Gardens, sheila.gutierrez@vizcaya.org, 305-887-2264. - Martine Charles, Alliance for Aging, charlesm@allianceforaging.org, 305-671-6383. - Mariangelli (Angie) Fernandez, State Attorney's Office, fernang@MiamiSAO.com, 786-879-1765. - Lissette Becerra (<i>guest</i>, not a registered EIC 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; bceballos@unitedhomecare.com, 305-328-0875. - Rose Anderson, Larkin University, randerson@larkin.edu, 754-777-2642, 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. April 28, 2026 - Cristina Brito with the United Way of Miami, and Co-Chair of the Consortium for a Healthier Miami-Dade (Consortium) suggested the EIC	
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	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>; Florida@parkinson.org, 561-206-3156. • 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. March 31, 2026 Possible event(s) host sites: • County's congregate meal sites at Senior Centers, suggested by Susan H., NAMI Miami-Dade County; Susan.Holtzman@namimiami.org, 305-975-5293. • Arcola Lakes Senior Center, 8401 NW 14 Ave, Miami, FL 33147, operated by MDPROS, suggested by Nattaliah Earle, UHP; nattaliah@urbanhp.org, 786-412-0469. • Miami Lakes City Hall-contact: Rosario Navarro, Rrass89@aol.com, 786-417-5996, suggested by Anna Oirik, Right at Home Miami Lakes. • Sculpture Garden for older adults in partnership with Miami Design District could host; they have activities, like yoga & art in the park, or partner	
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	presentations; English, Spanish & Haitian Creole, suggested by Carmen Ramos-Watson, B/Adaptable; carmen@b-adaptable.com, 202-413-8899. 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; reyl@allianceforaging.org, 305-670-6500, x11268. • 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 this EIC social activity/event; Martine Charles, Alliance for Aging; charlesm@allianceforaging.org, 305-671-6383. • Updates on vaccines & any aspect of vaccination by Gordon M. Dickenson, M.D., UM School of Medicine; gdickins@miami.edu, 786-382-6919.	
Recognition of Improved Performance	• 28 total attendees at virtual monthly meeting on June 30, 2026 • <i>How to Tame Your Telomeres-Healthy Aging</i> presentation by Natalie Gray, Pharm.D., Western Atlantic University School of Medicine at the monthly meeting in June	
Reminders	• Next monthly meeting is virtual on July 28, 2026, 2:00-3:00 p.m. • Remaining 2026 monthly meetings: ○ 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. ○ 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.	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: https://www.healthymiamidade.org/membership/.

Partner Updates	• Presenter: Joe H. Baldelomar, Psy.M., Community Engagement Manager, Alzheimer's Association, jhbaldelomar@alz.org, 786-761-5524; https://www.alz.org/seflorida; 24/7 Helpline: 800-272-3900. • Rose Anderson, Assistant Professor and Community Outreach Director, Larkin University, randerson@larkin.edu, 754-777-2642. • Cristina Brito, Senior Director, Community Impact, United Way Miami, Britoc@unitedwaymiami.org; also, the Co-Chair of the Consortium for a Healthier Miami-Dade's Executive Board, and the Chair of the Children Issues Committee. • Rebeca Capogreco, WellMed Charitable Foundation, rcapogreco@wellmed.net, 786-257-5856 office, 786-222-2113 cell. • Blanca Ceballos, Community Relations Manager, United HomeCare, a home health agency provider for seniors in the Medicaid LTC Plans including Aetna/Coventry, Simply, Florida Community Care, Humana, Little Havana, Molina HealthCare, Sunshine Health Plan and United Health Care. • Martine Charles, Director Planning and Population Health, Alliance for Aging, Inc., charlesm@allianceforaging.org; for information about older adult programs, email Programs@AllianceforAging.org. • 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. • Angie Fernandez, Community Outreach-PIO, Office of the State Attorney Katherine Fernandez Rundle; fernang@MiamiSAO.com; 305-547-0724; www.miamisao.com. • Natalie Gray, Pharm.D., Western Atlantic University School of Medicine, NGray@wausm.education, 214-532-2713. • Sheila Gutierrez, Agriculture and Market Programs Manager at Vizcaya Museum and Gardens; oversees the Vizcaya Village Farmers Market; would	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 <i>due by 15th of month prior to publish month.</i>
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	be open to more partnerships which help get older adults to the Market, sheila.gutierrez@vizcaya.org. • Susan Holtzman, CEO, NAMI Miami-Dade, susan.holtzman@namimiami.org; NAMI Helpline 305-665-2540 (9AM-5PM); programs information go to www.NAMImiami.org. • Fabimaelsie Jean, Deedco Gardens, deedcosc@spm.net, 305-242-8866 x3. • Tammy Key, City of Miami Springs, keyt@miamisprings-fl.gov. • Lina Menendez, Community Resource Specialist, Epilepsy Alliance Florida, LMenendez@eafla.org. • Barbara (Barby) Morales, President, United Senior Consultants, barby.m@unitedseniorconsultants.com. • 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. • Franchine Peters, Roxcy Bolton Rape Treatment Center, Jackson Memorial Hospital, Franchine.Peters@jhsmiami.org, 305-585-5185. • 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. • Danay Rodriguez-Arritola, Larkin Community Hospital, darritola@larkinhospital.com. • Angelique Suarez, cofounder of Senior Tech Connect, asuarez@srtechconnect.com; website: www.srtechconnect.com. • Lily Suazo, Program Administrator, JCS, lsuazo@jcsfl.org. • Dianna "DI" Valenzuela, PPL (Public Partnerships LLC), Community Liaison - Florida, Dvalenzuela@pplfirst.com, 786-697-1227; PPL supports individuals,	
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	caregivers, and community partners by administering self-directed service programs that allow people to choose and manage their own care while remaining active in their communities. • Marjorie York, Community Action Agency; shared info about upcoming City of Miami Beach American with Disabilities Act (ADA) celebration on Tuesday, July 28, 2026, 11AM at Miami Beach City Hall. • 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; put the following event details in the meeting chat: Countywide ADA Celebration hosted by the Miami-Dade People and Internal Operations ADA Office, Friday, July 24, 2026, from 11 a.m. to 2 p.m. This free, public event features live entertainment from The Miami Lighthouse for the Blind Youth Band in the lobby of the Stephen P. Clark Center. • 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 3:15 p.m..	
Next Meeting	The next Elder Issues Committee meeting will be held virtually on Tuesday, July 28, 2026, 2:00-3:00 p.m. via Microsoft Teams. The meeting will feature a presentation about combating social Isolation and Loneliness in older adults with intergenerational relationships, <i>When College Meets Community: The Power of Unlikely Friendships</i> , by Marla Cocalis, MSW, M.Ed., Program Manager, StudentsCare.	