

TOPIC	DISCUSSION	ACTION NEEDED
Members/Attendees	<ol style="list-style-type: none"> <li>1. Iris Aguilar, Florida International University</li> <li>2. Marjorie Aloni, Tri County Senior Resource Referral Network – <i>Chair</i></li> <li>3. Katherine Bolt, Miami-Dade County</li> <li>4. Martine Charles, Alliance for Aging, Inc.</li> <li>5. Rob Collins, HOPE, Inc.</li> <li>6. Nattaliah Earle, Urban Health Partnerships</li> <li>7. Witson Faustin, Florida Department of Health in Miami-Dade County</li> <li>8. Mariangelli “Angie” Fernandez, Miami-Dade State Attorney Office</li> <li>9. Trudy Gaillard, Florida International University</li> <li>10. Mayra Garcia, Florida Department of Health in Miami-Dade County</li> <li>11. Monica Gonzalez, Art Foundation for People with Disabilities</li> <li>12. Susan O. Holtzman, NAMI Miami – <i>Vice-Chair</i></li> <li>13. Maricarmen Lopez, Algo Nuevo Foundation</li> <li>14. Maritza Mendoza, Alliance for Aging, Inc.</li> <li>15. Dennise Nicola, PACE/Miami Jewish Health</li> <li>16. Gloria Orlandi-Kass, Alzheimer’s Association</li> <li>17. Julia Marie Ossi, University of Miami MD/MPH Intern - <i>Guest</i></li> <li>18. Kristina Paredes, Mount Sinai Eldercare PACE</li> <li>19. Lucy Pena, My Psychiatrist</li> <li>20. Cindy Perez, Florida International University</li> <li>21. Dayamyra Perez Fernandez, Florida Department of Health in Miami-Dade</li> <li>22. Lili Portmann, Center for Independent Living of South Florida</li> <li>23. Carmen Ramos-Watson, B/Adaptable</li> <li>24. Stacey Silver, Mom’s Meals</li> <li>25. Laurie Varona, Florida Department of Health in Miami-Dade County</li> <li>26. Saliyha Webb, NAMI Miami-Dade - <i>Guest &amp; Presenter</i></li> </ol>	
Welcome and Introductions	<p>Chair, Marjorie Aloni welcomed everyone and started the meeting at 2:03 PM. The meeting was held virtually via Microsoft Teams. Chair, Marjorie A. provided general meeting guidelines for attendees which were also placed in the meeting chat, and Vice-Chair, Susan Holtzman assisted with the agenda. Attendee introductions</p>	

	<p>were done during <i>Partner Updates</i>, and virtual attendees were encouraged to put their contact information/organizational updates in the chat.</p>	
<p>Review and Approval of Minutes</p>	<p>The minutes from the last meeting on March 26, 2024, were reviewed by the Committee members in attendance. A motion was made to approve the minutes by Martine Charles. and seconded by Susan H. The minutes were approved unanimously without corrections.</p>	
<p>Previous Action Items(s)</p>	<ul style="list-style-type: none"> <li>• Continue timeline development for work plan activities (ongoing).</li> <li>• The following activities under Chronic Disease, p. 12, need to be completed by <i>September 30, 2024, the Elder Issues Committee will ...</i> <ul style="list-style-type: none"> <li>○ ... <i>organize a walk to encourage elder adults to increase physical activity.</i></li> <li>○ ... <i>partner with the Children Issues Committee to increase the percentage of adults who are at a healthy weight.</i></li> <li>○ ... <i>create a campaign to increase awareness of physical activity (e.g., Parks305).</i></li> <li>○ ... <i>create a map with identified underserved areas.</i></li> </ul> </li> <li>• Walk for Your Health in 2024, an intergenerational walk event, was hosted by Miami-Dade Parks, Recreation and Open Spaces (MDPROS) at their Arcola Lakes Park, 1301 NW 83 Street, Miami, FL, 33147 in Liberty City area on Saturday, April 6th, 2024, from 10AM to 12PM. The walk event encouraged physical activity for older adults in collaboration with the Consortium's Children Issues Committee (CIC). Children and their families were invited to participate. The event featured a health and wellness resource fair inside the park office with about ten community partners tabling to provide health resources and program service information to attendees about their organizations. A special thanks to the MDPROS representative and EIC member, <b>Allan Tavss, Active Older Adults Program Coordinator</b>, who helped plan, coordinate and host the event. Arcola Lakes Park was suggested by Allan Tavss from MDRPOS because it is in an 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. The walking path used for the event consisted of a 3/4-mile loop; there were 59 participants/attendees. Potential areas for improvement</li> </ul>	

	<p>for future intergenerational walk events include increasing the number of children participating with their families, having transportation for older adults to attend from senior centers or congregated living facilities.</p> <ul style="list-style-type: none"> <li>• The Walk event flyer, “Walk for Your Health in 2024” was sent along with a promotional email 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.</li> <li>• The following activities under <i>Communicable Diseases &amp; Emergent Threats</i>, p. 20, need to be completed <i>by September 30, 2024, the Elder Issues Committee will</i> ...             <ul style="list-style-type: none"> <li>○ ... <i>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).</i> The Florida Dept. of Health in Miami-Dade (FDOH-Miami-Dade) STD/HIV Prevention &amp; Control Program presented at EIC monthly meeting on March 26<sup>th</sup>, 2024. EIC members with ALF or other senior congregate facilities are encouraged to partner with FDOH-Miami-Dade STD/HIV Prevention &amp; Control Program to increase the awareness of sexual health and condom distribution.</li> <li>○ ... <i>invite partners (e.g., local pharmacies) to join and support their efforts to increase awareness on the prevention and control of infectious diseases.</i> EIC members are also encouraged to invite representatives from local pharmacies to join the Consortium’s EIC to help with this measure.</li> </ul> </li> </ul>	
<p>Executive Board (EB) Update</p>	<p>Chair, Marjorie A. provided updates from EB 4/8/24 meeting, including:</p> <ul style="list-style-type: none"> <li>• A friendly reminder, the Worksite Wellness committee still has a Chair vacancy. This is a great leadership opportunity for those who are interested in being a part of the Consortiums leadership.</li> </ul>	

	<ul style="list-style-type: none"> <li>• The Board provided highlights of the intergenerational Walk Event on Saturday, April 6<sup>th</sup> at Arcola Lakes Park organized by the Elder Issues Committee in collaboration with the Childrens Issues Committee and hosted by Miami Dade Parks.</li> <li>• EB Co-Chair, Dr. Cristina Brito, West Kendall Baptist Hospital, shared she is working on a comprehensive resource guide for case managers to be shared hopefully next month with the Consortium.</li> </ul>	
Legislative Report	<p>Vice-Chair, Susan H. mentioned that she is relinquishing the role of providing a legislative report because her role at NAMI Miami-Dade is focused on mental health primarily. She is hoping that the new person in the Mayor's Office will be able to take over this role once she starts hopefully this week. Mayor's office has recently hired someone (name not yet available for disclosure) to fill her former position as an advocate for older adults.</p> <p>After the meeting, on 5/2/24, Susan H. sent Mayra G. an email with e-introduction to Brenda Lampon, the new Equity and Engagement Manager for Older Adults, Mental Health and Disabilities from Miami-Dade County Office of the Mayor Daniella Levine Cava. Ms. Lampon was invited to join the Consortium for a Healthier Miami-Dade EIC and/or Health Promotion and Disease Prevention Committee, and she later confirmed that she had joined as member of EIC and will participate in the next meeting.</p>	
Presentation: <i>Emotional Intelligence and Aging</i>	<p>Saliyha Webb, B.A., Programs Manager, National Alliance on Mental Health/NAMI Miami-Dade gave a 15-minute presentation on emotional intelligence and the processing of emotions in older adults. Saliyha explained mental health concepts including the power of connection and empathy, and the threat of loneliness and isolation. She explained that NAMI is the largest grassroots mental health organization in the U.S. with a mission <i>to provide education, support, connection, and advocacy for individuals affected by a mental health challenge and their families</i>, and a vision <i>that individuals affected by a mental health challenge and their families have information, tools, access to services, and a strong support network to maximize their recovery outcomes</i>. NAMI is supported by staff members and trained volunteers who are family members and peers with lived experience, and</p>	<p>Action Item(s): Submit suggestion(s) for future presentations at Elder Issues Committee meetings via email to: <a href="mailto:marjeealoni@gmail.com">marjeealoni@gmail.com</a>, <a href="mailto:Susan.Holtzman@namimiami.org">Susan.Holtzman@namimiami.org</a>, &amp; <a href="mailto:Mayra.Garcia@flhealth.gov">Mayra.Garcia@flhealth.gov</a>.</p>

	<p>all programming is free to all participants. Saliyha defined emotional intelligence as <i>the ability to monitor one's own and other's feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions</i> (Chen, 2016, p.92). Additionally, emotional intelligence could be considered a mediating variable between life events and the consequences these events can have on wellbeing and health, with three (3) skills required for mastery: attention, clarity, and emotional repair. In order to improve emotional skills in older adults, interventions need to focus on the following three (3) dimensions: emotional intelligence, life satisfaction and resilience. Gratitude and social support play important roles in developing emotional intelligence throughout the life span. Principles of support include seeing the individual first, not the illness, and never giving up hope. Saliyha reviewed NAMI Miami-Dade's virtual support group schedule offered in English and Spanish for peers, young adults, families and caregivers of youth. All were invited to attend NAMI Miami's Annual Mental Health Walk at Zoo Miami on Saturday, May 18, 2024. Contact NAMI Miami-Dade by visiting online at <a href="https://namimiami.org/">https://namimiami.org/</a>, calling 305-665-2540, or emailing <a href="mailto:help@namimiami.org">help@namimiami.org</a>. Crisis resources were also made available, such as, <b>911</b>, and text <b>NAMI</b> to <b>741-741</b>. With the consent of the presenter, on 5/2/24, the presentation slides were shared with all EIC members in a follow-up email.</p>	
<p>Performance Measures in Need of Improvement (Work Plan Review)</p>	<p>Vice-Chair, Susan H. led discussion on the following in the EIC Work Plan 2019-2024:</p> <ul style="list-style-type: none"> <li>• The following activities under <i>Communicable Diseases &amp; Emergent Threats</i>, p. 20, need to be completed by <i>September 30, 2024, the Elder Issues Committee will</i> ...             <ul style="list-style-type: none"> <li>○ ... <i>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).</i></li> <li>○ ...<i>invite partners (e.g., local pharmacies) to join and support their efforts to increase awareness on the prevention and control of infectious diseases.</i></li> <li>○ See meeting notes made in earlier section, <i>Previous Action Items(s)</i>.</li> </ul> </li> </ul>	<p>Action Item(s):</p> <ul style="list-style-type: none"> <li>• Members can share this link to invite partners to join the Consortium for a Healthier Miami-Dade's Elder Issues Committee by registering for free online: <a href="https://www.healthymiamidade.org/membership/">https://www.healthymiamidade.org/membership/</a>.</li> </ul>

<p>Recognition of Improved Performance</p>	<ul style="list-style-type: none"> <li>• Presentation by FDOH-Miami-Dade STD/HIV Prevention &amp; Control Program at March meeting.</li> <li>• In-person hybrid meeting at host site Senior Planet Miami on 3/26/24.</li> <li>• 29 attendees (17 in-person &amp; 12 virtual) at March meeting.</li> <li>• Walk for Your Health in 2024 event at Arcola Lakes Park on 4/6/24.</li> </ul>	
<p>Partner Updates</p>	<ul style="list-style-type: none"> <li>• Dennise Nicola, Business Development Manager, FL PACE Centers at Miami Jewish Health, <a href="mailto:Dnicola@miamijewishhealth.org">Dnicola@miamijewishhealth.org</a>, 786-661-5644.</li> <li>• Witson Faustin, FDOH-Miami-Dade, Health Services Representative, 786-732-8863, <a href="mailto:Witson.Faustin2@flhealth.gov">Witson.Faustin2@flhealth.gov</a>, contact for free health biometric health screenings and education on chronic disease prevention and healthy lifestyle.</li> <li>• Gloria Orlandi-Kass, Alzheimer's Association Southeast Florida Chapter; <a href="mailto:gorlandikass@alz.org">gorlandikass@alz.org</a>; contact for free classes related to Alzheimer's and dementias; <a href="http://www.alz.org/seflorida">www.alz.org/seflorida</a>; Alzheimer's Association-24/7 Helpline: 800-272-3900.</li> <li>• Lili Portmann, Center for Independent Living of South Florida.</li> <li>• Lucy Pena, Relationship Manager, My Psychiatrist, <a href="mailto:Lucy@mypsychiatrist.com">Lucy@mypsychiatrist.com</a>, 954-932-0493; five locations in Florida and offer telehealth; <a href="http://www.mypsychiatrist.com">www.mypsychiatrist.com</a>.</li> <li>• Angie Fernandez, Office of State Attorney Katherine Fernandez Rundle, <a href="https://www.miamisao.com">https://www.miamisao.com</a>, 305-547-0724; will share info about an upcoming expungement event in Hialeah via email; contact for interest in scheduling Elderly Abuse and Voters Rights community group presentations for older adults.</li> <li>• Martine Charles, Alliance for Aging, Inc., <a href="mailto:charlesm@allianceforaging.org">charlesm@allianceforaging.org</a>; invited everyone to <a href="#">New Face of Aging Annual Conference</a> on May 30<sup>th</sup> in Coral Gables; contact to schedule free evidence-based fall prevention workshops: Matter of Balance, Bingocize and/or Tai Chi Moving for Better Balance, or Family Caregiver Support workshop (English or Spanish) by emailing <a href="mailto:Programs@AllianceforAging.org">Programs@AllianceforAging.org</a>.</li> <li>• Mayra Garcia, Community Liaison for the Elder Issues Committee (EIC), Office of Community Health &amp; Planning, FDOH-Miami-Dade, <a href="mailto:Mayra.Garcia@FLHealth.gov">Mayra.Garcia@FLHealth.gov</a>; announced two free age-friendly events on May 15<sup>th</sup> at Miami-Dade College North Campus: Urban Health Partnerships <a href="#">Activating Age-Friendly Communities: Policy &amp; Collaboration</a> event &amp; older adult survey launch from 8:30-11:30AM, followed by <a href="#">AARP FL &amp; United Way of Miami Aging With Dignity &amp; Public Policy focus on Housing</a> from 11:30AM-3PM lunch included; info/registrations links put in chat.</li> </ul>	<p>Action Item(s):</p> <ul style="list-style-type: none"> <li>• 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>.</li> <li>• 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: <a href="mailto:Mayra.Garcia@FLHealth.gov">Mayra.Garcia@FLHealth.gov</a>. <i>Written submissions are due by 15<sup>th</sup> of month prior to publish month.</i></li> </ul>

	<ul style="list-style-type: none"> <li>• Monica Gonzalez, Art Foundation for People with Disabilities, offers classes for children to older adults in art and theatre, <a href="mailto:info@artfoundation-x-pwd.com">info@artfoundation-x-pwd.com</a>, 305-330-1546.</li> <li>• Nattaliah Earle, Miami Dade Age-Friendly Initiative, <a href="mailto: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, and communications; invited everyone to attend the Age-Friendly event on May 15<sup>th</sup>; contact if interested in hosting a Survey Social to increase number of older adult responses to generate data for age-friendly Initiative; working with increasing the number of age-friendly municipalities.</li> <li>• Rob Collins, HOPE, Inc; fight housing discrimination, 305-651-4673, <a href="mailto:rob@hopefhc.com">rob@hopefhc.com</a>.</li> <li>• Dayamyra Perez Fernandez, Health Services Representative, Community Health and Planning, FDOH-Miami-Dade; 786-732-8849, <a href="mailto:dayamyra.perezfernandez@flhealth.gov">dayamyra.perezfernandez@flhealth.gov</a>.</li> <li>• Kristina Paredes, Mount Sinai Eldercare PACE, Enrollment Coordinator; contact 786-584-5064, <a href="mailto:Kristina.paredes@msmc.com">Kristina.paredes@msmc.com</a> or Lymari Rivera, Business Development Director, <a href="mailto:Lymari.rivera@msmc.com">Lymari.rivera@msmc.com</a>, 954-709-1291.</li> <li>• Trudy Gaillard, FIU, <a href="mailto:tgaillar@fiu.edu">tgaillar@fiu.edu</a>, 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>.</li> <li>• Laurie Varona, Senior Health Educator, Tobacco Prevention Program; oversees multiunit housing for assistance with becoming “smoke-free;” may help with promoting Consortium to CVS Pharmacy contacts at upcoming events; <a href="mailto:laurie.varona@flhealth.gov">laurie.varona@flhealth.gov</a>.</li> <li>• Maricarmen Lopez; Algo Nuevo Foundation; provide music therapy for seniors; <a href="mailto:info@algonuevofoundation.com">info@algonuevofoundation.com</a>.</li> <li>• Susan Holtzman, NAMI Miami, invited everyone to <a href="#">Walk for Mental Health Awareness</a> on Saturday, May 18<sup>th</sup> at Zoo Miami; NAMI Helpline 305-665-2540 (9AM-5PM).</li> </ul>	
Adjournment	Chair, Marjorie A. adjourned the meeting at 3:04 PM.	
Next Meeting	The next Elder Issues Committee meeting is planned as an in-person (with virtual join meeting option) on Tuesday, May 28, 2024, at 2:00 PM hosted at Miami Jewish Health Ruby Auditorium located at 5200 NE 2 <sup>nd</sup> Avenue, Miami, FL 33137.	