

TOPIC	DISCUSSION	ACTION NEEDED
<p>Members/Attendees (*attended virtually)</p>	<ol style="list-style-type: none"> 1. Marjorie Aloni, Tri County Senior Resource Referral Network – <i>Chair</i> 2. Astrid Aristizabal, Cano Health (attended on behalf of member Darlene Ross) 3. Kirk (Daniel) Arthur, In My Team 4. Cindy Brown, JCS/Lambda Living 5. Aleyda Chavez, Senior Helpers (joined 2/15/22) 6. Rob Collins, HOPE, Inc. 7. Mariangelli “Angie” Fernandez, Miami-Dade State Attorney Office 8. Trudy Gaillard, Florida International University 9. Frances Garcia, Miami-Dade Fire Rescue 10. Mayra Garcia, Florida Department of Health in Miami-Dade County 11. Monica Gonzalez, Art Foundation for People with Disabilities 12. Kristin Guerin, Buddy System MIA 13. Joshua Ho, Miami-Dade County Asian American Advisory Board 14. Susan O. Holtzman, NAMI Miami – <i>Vice-Chair & Presenter</i> 15. Luis Mejer, 24/7 Nursing Care 16. Jason Neufeld, Elder Needs Law, PLLC 17. Kathleen Sarmiento, Alliance for Aging, Inc. 18. Stacey Silver, Mom’s Meals 19. Emilia Solano, YMCA of South Florida 20. Griselle Solorzano, Brain Center 21. Allan Tavss, Miami-Dade County Parks, Recreation and Open Spaces 22. Marjorie York, Community Action Agency 	
<p>Welcome and Introductions</p>	<p>Chair, Marjorie Aloni welcomed everyone and started the meeting at 2:02 PM. The meeting was held virtually via Microsoft Teams.</p> <p>Chair, Marjorie Aloni 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 were done during <i>Partner Updates</i>, and virtual attendees were encouraged to put their contact information/organizational updates in the chat.</p>	

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

Meeting Minutes
Tuesday, September 26, 2023
Microsoft Teams



<p>Review and Approval of Minutes</p>	<p>The minutes from the last meeting on August 29, 2023, were reviewed by the Committee members in attendance. A motion was made to approve the minutes by Marjorie Y. and seconded by Cindy B. The minutes were approved unanimously without corrections.</p>	
<p>Previous Action Items(s)</p>	<ul style="list-style-type: none"> • Continue timeline development for work plan activities (ongoing). • Discussed the work plan activity related to housing and the older adult population under strategic priority area of <i>Health Equity</i> (p. 3), <i>By September 30, 2024, the Elder Issues Committee will increase the number of meetings with local officials to educate them on housing policies related to the elderly population.</i> <ul style="list-style-type: none"> ○ Next steps: meetings with local officials. EIC members are asked to please let Chair, Marjorie Aloni, marjeealoni@gmail.com, Vice-Chair, Susan Holtzman, Susan.Holtzman@miamidade.org, and/or committee liaison, Mayra Garcia, Mayra.Garcia@FLHealth.gov, know of any meetings they plan on having with local officials or other change agents related to housing issues for older adults so that assistance can be provided as needed, and efforts and progress can be tracked on this work plan activity. ○ Chair, Marjorie Aloni, to set up appointments to meet with the five newly elected commissioners and other interested members could attend, including Marjorie York who expressed interest in doing so. ○ The updated <i>Elder Issues Committee-Housing Policy Issues Impacting Older Adults Plan</i> document was last emailed to members after June's meeting on 6/28/23. ○ The United Way Miami's Older Adult Advocacy Taskforce and AARP Florida will host a Legislative Summit Event "Aging With Dignity & Public Policy" on Tuesday, October 3rd, 2023, from 8AM to 12PM at Miami-Dade College-North Campus. Panel discussions will focus on policy issues affecting the older adults in our community, such as housing, and consumer fraud. Panels will be comprised of elected officials, older adult service providers and older adult community members. Event info and registration link from AARP Florida was forwarded to EIC members on 9/14/23. 	<p>Action Item(s):</p> <ul style="list-style-type: none"> • Pending meetings with local officials to educate them on housing policies related to the elderly population.

Executive Board (EB) Update	<p>Chair, Marjorie A. provided updates from EB 9/11/23 meeting, including:</p> <ul style="list-style-type: none"> • The Consortium's 20th Annual Event will be on Friday, December 1st, 2023, at Dadeland Marriott Datriam Ballroom. Additional details will be shared soon. • The December 11th EB meeting will be in-person at the Health Council of S. FL. 	
Legislative Report	<p>Vice-Chair, Susan H. provided a legislative report with updates which were later emailed to EIC members on 10/2/23.</p>	
<p>Presentation: <i>Introduction to NAMI Miami-Dade County</i></p>	<p>EIC Vice-Chair and partner, Susan O. Holtzman, MS, President and CEO, NAMI Miami-Dade County gave a 15-minute presentation on mental health and programs and services of the local Miami-Dade affiliate of the National Alliance on Mental Illness (NAMI). NAMI is the largest grassroots mental health organization in the United States. NAMI is supported by staff members and trained volunteers who are family members and peers with lived experience. All programming is free to all participants. The presentation included statistics about mental health, including prevalence, depression, substance use and suicide in older adults and other populations like LGBTQ+ youth and adults. It was stressed that depression is not a normal sign of aging, even though it affects more than 6.5 million Americans aged 65 or older. Their services include a peer-run phone service providing peer support, resources, and shared experience of recovery and hope: 305-665-2540, available weekdays from 9AM to 5PM, in multiple languages (English, French and Portuguese). They also provide mental health presentations for youth, families and staff. Their Family-to-Family is an evidence-based education program for family and significant others, friends of people with mental health conditions; offered virtually, 4 weeks/8 sessions; available in English and Spanish. Their Peer-to-Peer is an evidence-based education program for adults with mental health conditions looking to better understand themselves and their recovery; offered virtually, 8 sessions. They also have two Peer Mentor Programs which are person-centered, recovery-based and goal-oriented. They have NAMI On Campus programs available for colleges and high schools, and NAMI Basics On-Demand, a program for parents, caregivers and other family who provide care for children and youth (ages 22 and younger) experiencing mental health symptoms; designed to help participants gain understanding of mental health conditions and how to best support their child</p>	<p>Action Item(s): Submit suggestion(s) for future presentations at Elder Issues Committee meetings via email to: marjeealoni@gmail.com, susan.holtzman@miamidade.gov, & Mayra.Garcia@flhealth.gov.</p>

	<p>We are so thankful to Susan for providing this important information about mental health and services available. The presentation also included a slide on Crisis Resources. NAMI Miami-Dade County's website is www.NAMIMiami.org, call 305-665-2540, or email help@namimiami.org for additional information. The presentation slides and Susan's contact information were emailed to all EIC members after the meeting on 10/2/2023.</p>	
<p>Performance Measures in Need of Improvement (Work Plan Review)</p>	<p>Chair, Marjorie A. led discussion on the following in the EIC Work Plan 2019-2024:</p> <ul style="list-style-type: none"> • The following activities under Chronic Disease, p. 12, need to be completed <i>by September 30, 2024, the Elder Issues Committee will ...</i> <ul style="list-style-type: none"> ○ ... <i>organize a walk to encourage elder adults to increase physical activity.</i> ○ ... <i>partner with the Children Issues Committee to increase the percentage of adults who are at a healthy weight.</i> ○ ... <i>create a campaign to increase awareness of physical activity (e.g., Parks305).</i> ○ ... <i>create a map with identified underserved areas.</i> • The following updates for these activities were discussed: • We are planning an intergenerational walk to encourage physical activity for older adults and will collaborate with the Consortium's Children Issues Committee (CIC) so that children and their families can participate as well. The walk will take place on Saturday, January 13th, 2024, from 9AM to 12PM at Deerwood Bonita Lakes Park. • Deerwood Bonita Lakes Park, located at 10901 SW 24 Street in Miami near the zoo, was selected because it is near one of the 16 zip codes found to have a combination of the highest percentages of underserved, of individuals ages 65 years or older, who are not physically active. The other health indicators considered to help identify the zip codes of interest included physical inactivity, obesity, living less than a 10-minute walk from a park, and living under the poverty level. Additionally, the Deerwood Bonita Lakes Park is one of the County park sites that offers Active Older Adults programs which provide fitness, leisure, and social activities for adults 55 and older. • EIC member, Allan Tavss, Active Older Adults Program Coordinator, Miami-Dade County Parks, shared that Deerwood Bonita Lakes Park is an excellent park with a nice walking path, conveniently located, west of the Turnpike from SW 152nd Street 	<p>Action Item(s):</p> <ul style="list-style-type: none"> • Continue discussion and planning for these activities at future EIC meetings

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	<p>exit and north on SW 122nd Avenue, near but before Zoo Miami. Also, the park has high population of active older adults, plenty of parking, and a children's play area. Allan confirmed that he has obtained final approval from MDPROS as needed for park site and event date/time.</p> <ul style="list-style-type: none"> • Shared onscreen, the draft of the event flyer, "Walk for Your Health in the New Year 2024." The walk and health resource fair flyer will be used 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. The flyer has space for organizational logos who will partner to support the event, like MDPROS. • Please let Marjie or Mayra know if you or your organization would like to be involved in planning and supporting this activity. There will be limited space at the walk event for lead organizations to have a representative providing health and/or service information. All are invited to attend. 	
<p>Recognition of Improved Performance</p>	<ul style="list-style-type: none"> • Medicare Part C & Supplements presentation on 8/29/23 • August meeting was hosted in-person at Alliance for Aging, Inc. in Doral on 8/29/23. • A total of 31 attendees at August's meeting (14 in-person & 17 online attendees) 	
<p>Partner Updates</p>	<ul style="list-style-type: none"> • Marjorie Aloni shared that the Tri County Senior Resource Referral Network meets monthly as an opportunity for professionals who interact with elderly clients to get together and share referrals and resources; if interested, send email to marjiealoni@gmail.com or text/phone 305-766-2976. • Susan Holtzman, CEO, NAMI Miami, susan.holtzman@namimiamidade.org; shared that they provide support groups for persons living with mental illness or family members; www.Namimiami.org. • Cindy Brown, JCS Lambda Living, cbrown@jcsfl.org, 305-403-6515; shared that they have in person and online programs & support groups for LGBTQ and older adults; calendar: https://jewishcommunityservicesofsouthflorida.wildapricot.org/. • Kristen Guerin, Buddy System MIA, kristin@buddysystemmia.com. • Astrid Aristizabal, Cano Health (attending on behalf of member Darlene Ross); 786-651-1589. • Frances Garcia, Miami-Dade Fire Rescue, Community Assistance/Elder Links. 	<p>Action Item(s):</p> <ul style="list-style-type: none"> • 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/. • EIC members who are subject matter specialists in healthy

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	<ul style="list-style-type: none"> • Rob Collins, Esq., Education and Outreach Coordinator, Housing Opportunities Project for Excellence (HOPE), Inc., <i>We fight housing discrimination</i>; 11501 NW 2nd Avenue, Miami, FL 33168, office phone 305-651-HOPE (4673). • Joshua Ho, Miami-Dade County Asian American Advisory Board, hjoshua@miamidade.gov, 305-375-1570. • Mariangelli “Angie” Fernandez, Miami-Dade Office of State Attorney Katherine Fernandez Rundle; fernang@miamisao.com; 305-547-0724; shared that they are having a criminal record expunge event tomorrow at Betty T. Ferguson Recreation Center & will share Hurricane preparedness resources via email. • Kathleen Sarmiento, Alliance for Aging, Inc, sarmientok@allianceforaging.org 305-670-6500 x 11270; shared Medicare’s Open Enrollment is coming up from Oct. 15th thru Dec. 7, 2023; contact the Alliance for Aging SHINE program for assistance at 305-671-6356 or www.floridashine.org. • Stacey Silver, RDN with Mom’s Meals, Stacey.Silver@momsmeals.com, 561-512-7761. • Emilia Solano, Associate Vice President, YMCA of South Florida-Allapattah YMCA; esolano@ymcasouthflorida.org; shared they offer free programs for older adults and free food pantry “La Bodega” at Allapattah location; they have an upcoming free event in October for older adults. • Aleyda Chavez, Senior Helpers, shared they provide home care (HHAs and CNAs) for personal/companion care; call 305-995-0130; achavez@seniorhelpers.com. • Mariangelli (Angie) Fernandez, PIO Community Outreach Division, Office of the State Attorney Katherine Fernandez Rundle, www.miamisao.com, 305-547-0724, fernang@miamisao.com. • 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. • Griselle Solorzano, Social Services Manager, Brain Center, shared program/services information; gsolorzano@braincenter.org, 305-865-8940 x105. 	<p>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. <i>Written submissions are due by 15th of month prior to publish month.</i></p>
Adjournment	Chair, Marjorie A. adjourned the meeting at 3:03 PM.	
Next Meeting	The next Elder Issues Committee meeting will be held virtually on Tuesday, October 31, 2023, 2:00-3:00 PM via Microsoft Teams.	