

ElderSource Advisory Council Meeting

Thursday December 2, 2021

12:30 PM

ElderSource Zoom Room

Jacksonville, Florida

Call-In Number: 1-929 436-2866

Meeting ID #: 833 2267 9171

AGENDA

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| 1. Call to Order | Cheryl Jefferson, Chair |
| 2. Signatures – In-kind Match & Travel Vouchers | Cheryl Jefferson, Chair |
| 3. Roll Call – Sherry Holmes, Administrative Assistant | Sherry Holmes, Administrative Assistant |
| 4. Approval of Council Minutes (Meeting October 21, 2021) | Cheryl Jefferson, Chair |
| 5. Staff Changes | Linda Levin, CEO |
| 6. Needs Assessment | Janet Dickinson, Planner |
| 7. Physical Activity Presentation | Janet Dickinson, Planner |
| 8. County Reports | |
| Baker | |
| Clay | |
| Duval | |
| Flagler | |
| Nassau | |
| St. Johns | |
| Volusia | |
| 9. Old Business | |
| 10. New Business | |
| 11. Date of Next Meeting – February 17, 2022 at 12:30 PM | |
| 12. Adjourn | Cheryl Jefferson, Chair |

Inclusion Statement: ElderSource values all people – including but not limited to all nationalities, socio-economic backgrounds, abilities, races, genders, religious perspectives, sexual orientations and gender identities – in everything we do. We welcome the unique insights and perspectives of all persons in our quest to fulfill our mission.

Mission: To empower individuals to age with independence and dignity by providing leadership, direction, advocacy, and support for a comprehensive coordinated continuum of care.

**Advisory Council Meeting
10688 Old St Augustine Rd
Thursday October 21, 2021
12:30 PM**

Via Zoom

Present

Pamela Sanders – Baker
Patricia McDonald – Baker
Stevie Taylor – Clay
Cheryl Jefferson - Duval
Ingrid Montgomery – Duval
Barbara Solomon – Flagler
Albert Abbatiello – St. Johns
Carol DeMarco – St. Johns
Latonja Best – St. Johns
Ashley Jennings – Volusia
Frances Chew – Volusia
Hortense Geter – Volusia

Staff

Nancy Tufts, VP of Planning and Programs
Janet Dickinson, Planner
Sherry Holmes, Administrative Assistant

Absent

Leslee Dike – Baker
Diane Eckert – Clay
Janet Joiner – Clay
Earnest Berrian – Duval
Bernie Fitzgerald – Flagler (Excused)
Caryn Prather – Flagler
Bernadette Ricks – Nassau
Lili High (Excused)

Meeting Called To Order

Cheryl Jefferson called the meeting to order at 12:32 PM.

Roll Call

Sherry Holmes, Administrative Assistant called the roll and a quorum was present.

Approval of Minutes

A motion to approve the minutes from the August 19, 2021 meeting was made by Albert Abbatiello and seconded by Ashley Jennings. Motion passed unanimously.

Needs Assessment

Nancy Tufts, VP of Planning and Programs informed the group that ElderSource has sought out and received proposals for a needs assessment to include our seven counties. The Health Planning Council of Northeast Florida (HPCNEF) and the University of Florida (UNF) submitted proposals. The Advisory Council will be updated after the Board of Directors has voted on the recommendation from the Programs Committee.

Physical Activity Presentation

Janet Dickinson, Planner presented an engaging Power Point presentation on Physical Activity and the Aging Population.

There was much discussion about the physical needs of seniors. It was noted that the Silver Sneakers program through the “Y” required seniors to have a supplemental plan with Medicare. Seniors may have to apply for membership through the “Y” to participate in the Silver Sneakers program. The “Y” in Holly Hill has started charging an extra \$20 for using their facility. It was also noted that the gyms have trainers but they will charge the senior for the service. St. Johns County has a very active Parks Department that sponsors all kinds of activities. They maintain an email program where they send out information weekly on upcoming activities: canoe rides, walking through the park, identifying plants and animals. They have specialists that are environmentalist that are working for the County and have a wide variety of programs. Pamela Sanders suggested that the topic of physical activity among seniors should be worked into the ElderSource customer service surveys and focus groups.

County Reports

Volusia

Ashley Jennings

- Today the Department of Aging Studies, as well as the Masters of Mental Health Counseling will be providing a caregiver workshop to individuals at Emory Riddle. Resources from ElderSource will be shared.
- There is an amazing mind and body balance, holistic arts and wellness training that is being provided. Continuing education credits can be earned. There will be dialogue on how music plays a critical role in cognition and memory. Also, information on using Tai Chi and physical activity, to become calm and strengthen our bodies and develop overall wellness.
- The Wild Cat Care Project, is for individuals 55 years of age and older as well as caregivers. They are provided with information on COVID-19, nutrition, and mental health wellness. We are specifically targeting the Midtown community.

Hortense Geter

- Hortense met with the new City Manager of Daytona Beach and there are three projects that he is working on: transportation for seniors, a senior center, and securing a location where the Council on Aging can provide services in Daytona Beach again.
- Progressive Medical Research wants to become more involved in the minority community and will be coming to our senior program. They do research for Alzheimer’s disease, diabetes, COPD, heart attacks, strokes, cholesterol, triglycerides, neuropathy, fatty liver, high blood pressure, and intestinal issues. Hortense stated that this will give seniors more knowledge in knowing what happens to their bodies and why.

St. Johns

Albert Abbatiello

- Nothing to report.

Latonja Best

- Noted that she is new to the County and would like to work with AI and learn what is happening in the senior population and get some ideas regarding meeting with city leaders.

Carol DeMarco

- Noted that she is new also in North St. Johns and would like to join AI and Latonja in getting together.

Nassau

No Representation

Flagler

Barbara Solomon

- Nothing to report.

Duval

Ingrid Montgomery

- Reported that COVID numbers are down, hospitalizations seemed to have dropped in COVID patients, and resurgence is slowing.
- The senior Fish-a-thon was held at Hannah Park on October 15 and it was very successful.
- The senior Expo is coming up on November 17-18 at the Prime Osborne from 9-3 pm and it is free admission and parking.
- The Holiday Festival is December 4 at the Prime Osborne tickets are required.
- Ingrid encouraged everyone to tune in to YouTube where there is a plethora of sessions on Qi Gong and Tai Chi. She suggested get a friend and get to moving.

Clay

Stevie Taylor

- Nothing to report.

Baker

Pamela Sanders

- Pamela reported that the Council on Aging has opened up. All services have not been restored. Transportation is operating but it is hard to get this service.
- The Friendship Center has opened and holds a small capacity of people. The meals are not available and participation is down.

Old Business

Frances Chew told the group that she and Hortense Geter visited the Council on Aging of Volusia several weeks ago. They are using Aging True of Jacksonville for mental health services for seniors that are signed up. Frances questioned how the other seniors can be reached for these services. Cheryl will refer the question to Nancy for an answer.

Latonja Best informed the group that she enjoyed assisting with the Client Satisfaction Surveys. She liked talking with the seniors.

The group decided on “Senior Needs” for the next meeting presentation. Janet will gather information and present at the December 2, Advisory Council meeting.

New Business

None

There was no further business and the meeting was adjourned.

Meeting Adjourned at 1:36 PM

Minutes prepared by Sherry Holmes, Administrative Assistant

These minutes were adopted by vote of this Advisory Council on _____.
(Date)

Secretary: _____ Stevie Taylor