



SENIOR CITIZENS ADVISORY COMMISSION SUMMARY MEETING MINUTES

December 18, 2019 ~ Anchorage Senior Activity Center, 1300 E. 19th Ave.

Members Present	Members Absent	Guests
Theresa Brisky, Chair Hattie Gardner Gayle Schuh Pam Kelley Emily McMahan (T) AnnaBell Stevens	Dawnia Clements (E) Jim Bailey (E)	<u>Staff:</u> Judy Atkins

Call to Order

Chair Theresa Brisky called the meeting to order at 10:07 a.m. with a quorum.

Approval of the Agenda

Chair Brisky called for approval of the Agenda. Commissioner Stevens moved to accept the Agenda as presented; seconded by Commissioner Gardner. **Hearing no objections, the Agenda was approved.**

Approval of Minutes

Chair Brisky called for approval of the minutes for the November 20, 2019 meeting. Motion to accept the minutes as presented from Commissioner Schuh, seconded by Commissioner Kelley. **Hearing no objections, the minutes were approved.**

Introductions

Presentations

AnnaBell Stevens, Alzheimers – the disease. Many diseases are more traumatic than Alzheimer's like heart disease, diabetes, cancer, however Alzheimer's is one of the worst because of what it does to individuals and family members. Ms. Stevens provided handouts on the subject and spoke on the differences between dementia and Alzheimer's. She told personal stories of friends and family coping with the beginnings of the disease. How do you deal with people with dementia? Using resources provided by organizations such as Alzheimer's Resource of Alaska, you can learn much about the disease. Statistics were provided. There is no drug to cure Alzheimer's and it hurts everyone emotionally and financially. Commissioner Kelley provided input. It would be great if people spoke about it when they were younger, and their parents are younger. Awareness is key. Commissioner Schuh suggested we suggest this as a topic for the AgeSmart presentations by the center.

Additionally, the Commission on Aging has an awareness program - healthy body, healthy brain. Individuals should be urged to have early conversations and prepare for what could happen. Get the word out, how to do that? Exposure. Commissioner Gardner reported that her ministry received \$500 to donate to any nonprofit and chose to support Alzheimer's Resource. As the commission's purpose is community awareness, we will make this a topic at the planning session.

Comments from the Chair

Legislative | AARP Report | Ken Helander – not present

Old Business

Senior Friendly Project. Chair Brisky reported that no meetings have been held since the last commission meeting. The topic is shelved until the planning session. The committee will try to meet prior to the January meeting.

New Business

Planning Session – January 22, 2019. The meeting will be held at Special Olympics Alaska, 3200 Mountain View Drive from 10:00 am-1:00 pm. Lunch will be catered, more information to come. Commissioner Stevens will ask Mary Shields to facilitate the meeting. Topics will include: Alzheimer's Awareness, Senior Friendly Project, Older American's Month, Election of Officers and future projects for the senior commission

Older American's Month – We touched on the topic briefly. Commissioner McMahan will ask DeeDee Jonrowe to be the guest speaker, it is felt she would be inspiring; Ms. Atkins will confirm the date for the kickoff event as Wed., May 6, 2020 at the Senior Center.

Commissioner comments/Announcements

Commissioner Stevens announced that she is officially retiring from working at United Way on December 31, 2019. Congratulations!

Adjournment

The meeting was adjourned at 11:30 a.m. The next meeting is the Planning Session on Wed., January 22, 2020.