



SENIOR CITIZENS ADVISORY COMMISSION
SUMMARY MEETING MINUTES
November 18, 2020 ~ Microsoft Teams

Members Present	Members Absent	Guests
AnnaBell Stevens, Vice Chair Pam Kelley Dawnia Clements Jim Bailey Gayle Schuh Hattie Gardner	Theresa Brisky, Chair (E) Emily McMahan (E)	Maureen Haggblom, ADRC Mia Carson, Community Risk Reduction & Recruitment Officer-Anchorage Fire Dept. <u>Staff:</u> Judy Atkins

Call to Order

Commissioner Schuh called the meeting to order at 10:10 a.m. without a quorum.

Introductions – Commissioners welcomed each other to another Teams meeting

Presentations

Anchorage Fire Department-Fire Safety in the Kitchen-General Safety – Mia Carson. Mia's job is minimizing fire risks and hazards for the community. A link will be provided to the presentation which includes a video. A key component of kitchen safety is being mindful - stay in the kitchen when you cook. Wear appropriate clothing when cooking. Fire is the leading cause of unintentional injury deaths in the US. More than half occur in homes without working smoke alarms with most being kitchen or heating-related fires. Smoking is the leading cause of fire death among older adults, cooking is the leading cause of fire injury among older adults. Causes that may contribute are living alone, physical and mental disabilities, reduced sensory abilities, alcohol use, medication that makes you drowsy and substandard housing. Mia advises those cooking to create a 3-foot safety zone around them when cooking in the kitchen. Seniors should de-clutter their homes for safety. Reminder to test smoke alarms and have a fire drill. Get out fast by thinking about your escape plans and have items ready to grab. Make changes in your home today. Batteries in smoke and CO alarms should be checked often and changed periodically. Any hard-wired alarm should be replaced every 10 years. Mia then offered basic facts about fire. Smoke and gasses kill people faster than the fire itself. Additionally, Mia provided information on what to do when you have a burn; hands only CPR; and what to do if someone is bleeding. Seniors should think about doing a welfare check on yourself – what is your support system in your life, who would call and check on you? Are you that person to someone else? Where else should alarms and co detectors go besides kitchen and bedrooms? Smoke alarms and CO alarms should be in bedrooms, hallways, other open areas. Do not need one in the kitchen just in close proximity to the kitchen. There are dual alarms available. Questions taken. This briefing was highly anticipated and much appreciated. Thanks to the Anchorage Fire Department.

Comments from the Chair

Chair Brisky texted that unfortunately she was not able to attend today's meeting due to COVID related job issues which are increasingly taking up all her time. She extended apologies.

Legislative | AARP Report | Teresa Holt - report provided via email

Legislative: AARP hopes to have new advocacy staff starting soon so more information will be available. Results of the recent election are still being tallied in some cases. The Alaska Senate will have 13 Republicans and 7 Democrats; a new state president will be named. The House will have a minimum of 21 Republicans, 15 Democrats, 2 Independents pending results.

AARP- They report that social security benefits are calculated at age 60 using the year's average wage index which will not be good news for those born in 1960 who could lose lifetime benefits. The Supreme Court has heard arguments on the constitutionality of the Affordable Care Act (ACA). If the ACA is struck down, individuals could have their health care taken away, scary in the middle of a pandemic.

Alaska Commission on Aging Report

Approval of the Agenda

As a quorum was met, Commissioner Schuh called for approval of the Agenda. Commissioner Kelley moved to accept the Agenda as presented; seconded by Commissioner Stevens. **Hearing no objections, the Agenda was approved.**

Approval of Minutes

Commissioner Schuh called for approval of the minutes for the October 28, 2020 meeting. Commissioner Gardner moved to approve as presented; seconded by Commissioner Clements. **Hearing no objections, the Minutes were approved.**

Old Business

Update on Vacancy and Term Expirations. Ms. Atkins reported no information from the Mayor's office regarding the vacancy or reappointments.

New Business

Monthly Presentations. Commissioner Schuh volunteered to obtain a presenter for the January 2021 meeting. Home modifications is the topic she has in mind. Commissioner Kelley will assist with points of contact.

Motion by Commissioner Clements to cancel the December 9, 2020 meeting. Seconded by Commissioner Gardner. Discussion as to a lack of agenda items with the uncertainties of what the future will bring due to the pandemic. **Motion passed.**

Commissioner/Guest Comments/Announcements

AnnaBell Stevens – The Thanksgiving Blessing is Monday, November 23, 2-7pm. For more information contact the Food Bank of Alaska or contact 2-1-1. Due to the pandemic, more need is expected than ever before.

Hattie Gardner – The Drive Through program for children, gathering toys and other items to benefit children in the Mt. View and Fairview areas will be on December 12 at Shiloh Missionary Baptist Church in their parking lot. They are expecting a large number of people this year. Flyers will be distributed and she would appreciate any assistance.

Adjournment

Motion to adjourn by Commissioner Gardner, second by Commissioner Kelley; hearing no objections, the meeting adjourned at 11:20 a.m. The next meeting will be held on Wed., January 27, 2021.