

**Meeting Minutes
Juneau Commission on Aging (JCOA)
Tuesday, September 11, 2018
12:00PM
JEDC Conference Room, 612 W. Willoughby Ave., Suite A**

I. Call to Order

Board members present: Emily Kane, Eileen Hosey, Sue Warner, Katrina Lee, Joann Flora, Paul Douglas, Andy Hughes (telephonically), and Linda Kruger

Board members absent: Tisket Seslar

Others: Robyn Mesdag, Sue Nielsen

Call to order at: 12:00PM

II. Approval of Agenda

One item was added to the agenda, a New Governor's Proclamation. The amended agenda was adopted by unanimous consent.

III. Public Participation on Non-Agenda Items

Sue Nielsen provided the Board with an invitation to the Celebration of Life for Marie Darlin:

The family of Marie Darlin wishes to extend a special invitation to you to attend Marie's Celebration of Life event. It will be held on Sunday, September 23rd from 1:00pm – 3:00pm. We are honored to hold it at the APK Atrium (395 Whittier Street) in downtown Juneau. The Lecture Hall has also been reserved. Refreshments will be served. We hope you can join us to share memories and stories of Marie.

Robyn will distribute the invitation electronically. Sue also noted that if board members have suggestions as to what to do with Marie Darlin's work, to please let her know. Much of her work is going back to the organizations.

IV. Approval of minutes from previous meeting

The minutes were approved by unanimous consent.

V. Welcome to new board member Linda Kruger

The board welcomed Linda Kruger, who provided the board with some background information.

VI. Proclamation by Governor Bill Walker

Eileen read the proclamation by Governor Bill Walker that September 22nd is senior falls prevention day:

Senior Falls Prevention Awareness Day

September 14, 2018

WHEREAS, Alaska seniors, age 65 and older, are the fastest growing age demographic, representing 18 percent of our state's total population; and

WHEREAS, falls, a largely preventable community health problem, remain the leading cause of injuries among Alaskans age 65 and older. An estimated one out of every five falls results in either serious injury or death; and

WHEREAS, it is estimated that more than one out of three older Alaskans fall each year, with those falling being two to three times more likely to fall again; and

WHEREAS, falling, and the fear of falling, threaten a senior's safety, well-being, and independence and may cause a person to reduce their everyday activities thus becoming less active, resulting in a loss of strength and coordination, and consequently putting them at greater risk for falling; and

WHEREAS, research has identified many factors that contribute to falls such as lower body weakness, use of medicines that affect equilibrium, problems with vision and hearing, foot pain and poor footwear, in addition to inadequate indoor lighting and home hazards that often cause tripping; and

WHEREAS, Alaskan seniors should consult with their physician about resources to help seniors stay active and motivated to maintain a healthy lifestyle; and

WHEREAS, seniors can reduce their chances of falling by participating in evidence-based exercise programs to improve balance and strength such as Tai-Chi and walking, reviewing medications and nutritional regimens with a health care professional, having regular eye and hearing exams, participating in fall prevention education, reducing home hazards, and installing safety devices such as grab-bars and proper lighting.

NOW THEREFORE, I, Bill Walker, GOVERNOR OF THE STATE OF ALASKA, do hereby proclaim September 22, 2018 as:

Senior Falls Prevention Awareness Day

in Alaska, and encourage all Alaskans to practice fall prevention, promote awareness about the dangers of senior falls, and offer their support to seniors and others at risk to prevent falls and injury.

VII. Senior Listening Event

There is not yet a firm date for Juneau. Denise says it will likely be later in October and that she does not currently need anything from the JCOA.

VIII. Katrina Lee – Long Term Dementia Facility Report

Katrina gave a report on a long-term dementia care facility down south. Currently in Juneau partners cannot live with their partners in a dementia care facility. There was discussion on how the JCOA could further research having a dementia care facility where partners could live together. Much of this work as been done by SSSI, including a study on demand. Eileen will check and see if Sioux Douglas can meet with us at the next JCOA meeting. If she can, most of the meeting will be devoted to discussion with her.

IX. Subcommittee Reports

Villages Subcommittee – Linda, Sue & Emily are enthusiastically pursuing the Villages idea for seniors. Sue had done research on the village to village idea and provided information from Yancy County, NC and Bellingham. The village subcommittee will continue to meet.

211 Subcommittee – Paul, Tisket and Eileen will meet with Wayne once the United Way campaign is over.

Survey Subcommittee – Joann, Andy and Paul presented a draft of the provider survey they created. The Board approved it for distribution. The subcommittee will meet again to get together a list of emails to send the survey to, starting with the contacts that Eileen provided hard copy at the meeting.

X. Other business

It was asked that the minutes reflect information on the Alzheimer's class s follows: If you are caring for a loved one with dementia, this class is for you. The Savvy Caregiver program focuses on improving the practice of caregiving. Topics willinclude an overview of Alzheimer's disease and related dementia, decision making, and the emotions you might be facing. Savvy will be held on Wednesdays from October 3 to November 7. Registration is required, contact Amber Smith by email at asmith@alzalaska.org or by phone at 907-586-6044 to register.

XI. Adjournment

Meeting was adjourned at 1:00PM.