



# Fulton County Commission on Elder Affairs

General Meeting Summary | July 8, 2022

**Attendance:** Board Members - 8; Senior Services Staff - 2, Visitors - 2

## Monthly Information Feature:

Topic: “Diabetes Prevention and Control; Presenter: Milrinette Nelson, Fulton County RN II. Speaker discussed causes of diabetes, symptoms, possible consequences of diabetes, and prevention measures related to healthful eating, physical activity, elimination of bad habits, and drinking plenty of water. As for nutrition, “A colorful plate is a healthy plate.”

## COEA Officer & Committee Highlights

**Chairperson Ray** – Reviewed meeting with Commissioner Pitts. Summarized the eight COEA requests for action by the Fulton County Board of Commissioner’s related to senior concerns as described in the 2021 Year White Paper. (List of requests will be provided with full Minutes).

**Health & Wellness** – B. Cayce reported that in response to the meeting with Commissioner Pitts, she is working on developing a letter of support and obtaining a copy of the Dekalb County resolution for its Dementia-Friendly commitment to provide to Comm. Pitts.

**Senior Services** – L. Adams reported that after the meeting with DSS staff and New Horizons staff, conditions have improved. They have also started a small garden.

**Safety & Security** – No report.

**Technology** – No report.

**Civic Life** – M. Ray advised seniors to be aware of the dangers of heat and the correlation of rising heat and violence. She also expressed concern about the shortage of geriatric physicians.

**Programming** – M. Ray reviewed the meeting topics for the remainder of the year and the two additional workshops planned. In September, there will be a Zoom workshop on Social Security, Medicare, and Medicaid, and in November, a workshop on Long Term Care Planning.

**Board Member Reporting:** A. Germany, Senior Service North reported on new wave of COVID which has hit a community in North Fulton. Symptoms include GI tract upset, heart issues and vomiting. Four deaths have been reported. No other district/contract agency reports.

### **Department of Senior Services Updates**

- Senior Services will report on the total budgeted amount for repairs.
- Virtual classes still ongoing.
- Penelope Greer will speak on transportation at the August meeting.

### **Motions approved:**

- 1) September 29, 10:30 am is date for the next workshop (Social Security, Medicare, and Medicaid).
- 2) COEA approved to become a member of GCOA. Cost is \$100.