



Fulton County Commission on Elder Affairs

General Meeting Summary | November 4, 2022

Attendance: Board Members - 7; Senior Services Staff - 2, Visitors - 3

Motivational Thought: Focus on Your Priorities— Know when it's time to revisit and review your priorities. They may no longer be relevant. Quote for reflection: *"The main thing is to keep the main thing the main thing."*

Monthly Information Feature - Managing Your Emotional Health/Mindfulness

We often get caught in the up and down cycles between fight/flight and rest. We can cultivate mindfulness (and emotional stability) through 1) Savoring and Slowing, 2) Silencing, 3) Stabilizing

COEA Officer Report

Chairperson Ray

- Emphasized the COEA election in January and the need for members to serve as officers and committee chairs.
- Advised that Senior Services will cover the cost of Georgia Council on Aging Membership for 2023.

Committee Reports

- **Health & Wellness- B. Cayce** gave a COVID update. Positive testing of new variant may not register until 5-7 days after symptoms occur. Once positive, patients may continue to test positive for 14 days or more.
- **Programming – M. Ray** advised committee is Looking for recommendations for January 2023 meeting focus. Members are encouraged to participate in the Long-Term Care workshop on either November 10 or November 17.
- **Civic Life – M. Ray** reminded of the 11/15 property tax due date. Also, suggested taking a defensive driving class to reduce auto insurance and to review insurance coverage which may be unnecessary.

Senior Services Update - Kweli Henry

- Multipurpose facilities will not open on election day
- LIHEAP begins in four facilities:
Bowden – 11/14, Mills 11/15, Darnell 11/21, Benson 11/22
- Adult Day Care program and administration is ongoing Doing intake to program. For info call (404) 613-6000.

Public Comments

Ben Howard made recommendations for topics regarding advocacy activities for inclusion in Unfinished Business.

Unfinished Business

- COEA Election- Ann Germany consented to join Rosalind Elliott and Mary Blake on the Nominating Committee.
- Vacancies on the Board – Senior Services Director informed that one of the two proposed senior advocacy groups has agreed to represent on the Board. Awaiting results from the 2nd.

New Business

- There is a need for review of the COEA by-laws. (Consensus to discuss during January meeting in lieu of a presenter.)

Announcements

- East Point Senior Safety Summit – November 5, 10am- 1pm.
- Elder Abuse Forum at SW Arts – November 9.
- Reminder of Long-Term Care Workshops – November 10 & 17.

Flyers distributed to Board members via email.