

**City of Riverside**  
**Mayor's Commission on Aging**  
Tuesday, September 8, 2015  
4:00 p.m. – 5:00 p.m. –Mayor's Ceremonial Room

**Meeting called to order:** 4:01 p.m.

**Pledge of Allegiance:** Bud Fish

**Commissioners in attendance:**

Irene Weir, Bob Reeves, Cyndi Pardue, Bud Fish, Marilyn Martin, Sandara Tarmos, Julie Brown-Tartaglino, and Shari L. Fleischman.

**Guest in Attendance:**

Mary Williams, Delores Lopez, Barbara Yates, Sandy, Jana Akers, Gina Porter, Isabel Zumaya, Grace Abboud, Anthony Zamora, Lovelyn Razzouk, Tina Perez, Jill Johnson-Young, Jessica Garcia, Krista Dexon, Ligia Ruiz-Luppino, Phyllis Purcell, Julia Brantley and Chad Ormsby.

**Oral Communication from Audience**

**Barbara Yates:** presents the definition to Alzheimer. She is concerned with the lack of nutrition and educational awareness.

**Jana Akers:** states that her mother had Alzheimer. Her experience has been that the doctors do not aid with information they just give the medication. This leads to the creation of community like caregiver, family and friends, “the circle of care and support”. There is a need to be advocates for your love ones.

**Phyllis Purcell:** voices her concern with the lack of affordable housing. She identified higher living cost and loss of space e.g. CBU space development. She wants this issue to have more awareness in the community.

**Krista Dexon:** presents her involvement with aiding of care and housing. She handles all family financial issues.

**Stephanie:** She stated that Alzheimer is protein blockage in the brain that causes dementia.

**Highlights**

- Advocate for family and friends. Stephanie is involved with Mark Takano office and the Hope Act advocacy.
- Alzheimer is growing concern. Fear that we are losing handle on Alzheimer.
- The Alzheimer research has not grown. People are growing older if we do not improve system there will be a strain on our system.

- More funding needed for research.
- Areas that there needs to be focus education, exercise and nutrition.
- Age related Alzheimer: genetic concerns, 98% age related and 2% genetic. Research has not discovered how to address genetic Alzheimer. It has been shown that if mother has Alzheimer at age 45 then it is likely to have Alzheimer at same age.

### **Approval of Minutes**

Cyndi Pardue- moves Julie Tartaglino and Marilyn Martin-2<sup>nd</sup> and all say Aye.

### **Update Reports and Announcements:**

Senior Day Update: committee all agreed that Senior Day was great event.

### **Discussion Items:**

#### Planning Future Commission Events

Jerryfit: evidence based low impact exercise. Funding expires next year. This program was motion to take this to the Goeske Center.

Cyndi Pardue - moves Julie Tartaglino and Marilyn Martin -2<sup>nd</sup>- and all say Aye.

#### New Business and Items for Future Commission Consideration

Senior Gardening Committee

Fundraising Karaoke event

Fundraising photo playing cards

Adjournment: 5: 29 p.m.