

BREVARD COUNTY COMMISSION ON AGING MEETING MINUTES



**Building C, Space Coast Room
Thursday, November 14, 2024
3:00 p.m. – 4:30 p.m.**

CHAIR: Dr. John Potomski **Vice Chair:** William Scheiner

MEMBERS PRESENT: Lisa Noble, Laura Anderson, Judy Healy, Marisol Martinez, and Kia Quintana-Ramos

GUESTS PRESENT: Shavonne Mariscal, Karen Wernlund, and Rese Garson

BREVARD COUNTY STAFF: Cindy Short

SUMMARY:

Call to Order/Introductions: Dr. Potomski called the meeting to order at 3:13 pm. Roll call occurred by everyone attending.

Approval of Meeting Minutes for September 12, 2024: Minutes were reviewed by all members. Motion to approve minutes as presented made by **Judy Healy**; seconded by **Sandy Stauffer**; approved as presented by consensus.

Guest speaker: Dr. Potomski introduced our guest speaker, **Shavonne Mariscal**, after sharing her bio with everyone. Ms. Mariscal began with helping everyone understand the type of speech and language pathologist she is.

She shared how growing old can change our voices, and the importance of good oral care since it can also affect our speech and actions such as swallowing. She said that Medicare will now reimburse for speech education which allows them to serve many more than before. She gave examples of the types of issues her clients had, and how voice therapy helps them. Ms. Mariscal spoke about how they can help people diagnosed with Parkinson's and how they can help people improve articulation and voice quality.

Ms. Mariscal spoke about Corporate Speech Pathology and how this improves communication within organizations and enhances interactions between those they interact with. She said this will lead to better customer service and increased productivity.

She shared that she is currently writing a book on how to communicate with your healthcare provider. She also said she will be speaking at Helping Seniors of Brevard to help seniors with speaking to their physicians.

Dr. Potomski asked her to explain the myofascial release techniques; she said that she helps her clients to be able move their tissue with different exercises and described some of them. **Dr. Potomski** said that as people live longer, they are seeing more issues, especially in the Parkinson's area. **Sandy Stauffer** asked if she visited her clients in person; she said she could virtually. **Marisol Martinez** asked if she accepts Medicare and Medicaid; she said she does take Medicare but is working on Medicaid. **Dr. Potomski** thanked her for her work and for coming and sharing her story with the group.

Legislative update: **Dr. Potomski** said we now have 3 new Commissioners in Brevard and wants to go and meet them. Staff shared that the installation meeting will be held on November 19th at 5:00 pm. **Dr. Potomski** said he will be visiting the new commissioners to talk to them about the Commission on Aging. He added that he is working with **Kerry Fink** to talk about an event to have those who will be running for office to go to Helping Seniors of Brevard and talk about issues that affect seniors.

Advocacy: **Dr. Potomski** said that he wants to work towards coordinating with other groups that advocate for seniors to work with our group. Rese Garson shared with **Dr. Potomski** said that she advocates for seniors in our community.

BCOA Newsletter: Staff shared the newsletter articles that were published in the October and November editions of Senior Life. Staff did not receive any articles for submission, so staff updated the article from last year about "Holidays and Depression-What You Should Know". The group reviewed the article and following some discussion, **Laura Anderson** made the motion to accept the article as presented; seconded by **Kia Quintana Ramos**, and approved by consensus.

Staff Update: Staff handed out the meeting schedule for next year; **Judy Healy** made the motion to accept as presented; **Sandy Stauffer** seconded and approved by all. Staff also shared with the group that there is no longer a Commission on Aging advisory board link on the county website. Staff said they don't know why, but the good news is that our meetings have finally been added to the main county calendar. Staff also shared that the December meeting will be a luncheon at Tuscany Grill, and once the menu is received, staff will email it out to everyone to RSVP.

Member Updates:

Lisa Noble shared information about the Elves for Elders program. **Sandy Stauffer** said there will be a total memory workout class at the Sunflower House on Fell Road in Melbourne. This event has four weekly sessions for memory fitness and a brain healthy lifestyle. **Sandy Stauffer** added there is no cost for the event which begins on November 25, 2024 and will run for four weeks.

Dr. Potomski spoke about the Medical Director's Symposium that was held last night. The event began at 4:00 pm with the exhibits and vendors, including the Commission on Aging, and proceeded at 6:00 pm for dinner and lectures. He shared information about the speakers and how the event processed throughout the night.

Kia Quintana-Ramos spoke about partnering with United Way to bring back the fitness challenge and gave details about how the groups will work. She said there will be newsletters and events during the 6 week period. If you want to start a team, go to the United Way website to sign up and get fit. **Kia Quintana-Ramos** said she would email the flyer to share with the members.

Public Comments: Karen Wernlund from Helping Seniors of Brevard said thank you for the event last night and she and **Kerry Fink** had a wonderful time. Rese Garrison said that she agreed-she thoroughly enjoyed the event.

Upcoming Events: Senior Life Valentine Day Party and Senior Expo featuring wedding vow renewals, February 14, 2025, at the Nyami Nyami River Lodge in the Brevard Zoo.

Next Meeting: December 12, 2024, 12:00 pm, Tuscany Grill 6630 Colonnade Avenue Viera, FL 32940.

Adjournment: The meeting was adjourned at 4:43 pm.