

**COMMISSION ON PERSONS WITH DISABILITIES
GLENDALE MAIN PUBLIC LIBRARY BOARD ROOM
5959 WEST BROWN STREET, GLENDALE, ARIZONA**

Meeting Minutes

**October 20, 2009
6:30p.m.**

Members Present: Raymond Yaeggi Danielle Bohall
 Margaret Kulp Mounib Shaaban
 Shirley Galvez Robert Muth
 Ricki Ray, Chairperson

Members Absent: Gary Charlson, excused Gerald Zastrow, unexcused

Staff Present: Sylvia Charters, Human Resources, and Diana Figueroa,
 Recording Secretary

1. Call to Order and Welcome

The meeting was called to order at approximately 6:30pm. A quorum was present.

2. Speaker

Ms. Emily Nock, Education Coordinator, Alzheimer's Association, Desert Southwest Chapter.

Chairperson Ray introduced Ms. Nock, who provided background information about herself as well as the Alzheimer's Association. She stated the Association is a non-profit association and provides education to anyone in need. She stated there is one location in Phoenix with the second in Sun City. There are no doctors or nurses on the staff, only trained personnel and volunteers. She added the phone lines are always manned and callers reach a human rather than an answering machine.

She began with a PowerPoint presentation for the Commission. Ms. Nock began with a quote stating, The normal adult forgets, remembers that she forgot, and later may remember what she forget. An Alzheimer's patient forgets, forgets that she has forgotten, and couldn't care less five minutes later.

Ms. Nock continued with a brief description of dementia. She said dementia is not a normal part of the aging process. Dementia is a symptom.

She continued by listing the 10 warning signs which are 1) memory loss, 2) difficulty performing familiar tasks, 3) problems with language, 4) disorientation to time and place, 5) poor or decreased judgment, 6) problems with abstract thinking, 7) misplacing things, 8) changes in mood or behavior, 9) changes in personality, and 10) loss of initiative.

Ms. Nock continued by explaining that dementia is a symptom of many diseases, one of which is Alzheimer's. She explained there are many areas affected by dementia such as memory, language, thought, behavior, and personality or mood.

She stated Alzheimer's disease is progressive, degenerative brain disease with a gradual onset. Ms. Nock explained the process of a thorough diagnostic workup and what is included.

She said some of the first signs of Alzheimer's disease are a decline in judgment or reasoning. She said changes in complex brain related functions with possible personality changes are also signs.

Ms. Nock stated Alzheimer's patients continue to drive vehicles. This is dangerous because the Disease shortens their attention spans and affects judgment, reaction time, and visual-spatial abilities. Ms. Nock stated there is no argument among researchers that at some point people with the Disease will be unable to drive safely.

Next, Ms. Nock explained patients may begin to wander and become lost. She stated it is common with three of five patients; it becomes recurrent with three of out four patients. Wandering is a major concern especially in this Phoenix area due to the heat. The possibility of wandering becomes a high stressor for the caregiver as well.

Lastly, she noted the prevalence of Alzheimer's Disease stating that 1% could occur at age 60 to 65; 2% occurring at 64-70 years of age, with 47% occurring at the age of 85 +. She touched on the types of medications being provided which do not prevent or remove Alzheimer's but slow down the progression of the disease.

Ms. Nock stated there is a helpline and provided the number. It is open 24 hours a day, seven days a week. The helpline representatives can provide assistance in both English and Spanish. She invited everyone to visit the website as well at www.alz.org or in person at 1028 East McDowell Road in Phoenix or 13050 North 103rd Avenue, Suite B, in Sun City.

She invited everyone to help themselves to all the valuable information pamphlets she has brought this evening. Also, she stated there is a support group which meets at the Brown Street Library every fourth Saturday of the month from 10:00am to 11:30am.

The Commission thanked Ms. Nock for her time and for sharing her knowledge.

3. **Approval of Minutes from September 15, 2009, Meeting Minutes**

Chairperson Ray called for a Motion.

Commissioner Yaeggi made a motion to approve the minutes as written. Commissioner Galvez seconded the motion. The motion passed unanimously.

4. **New Business**

Chairperson Ray called for New Business.

She announced that she would not be in attendance for November's meeting. Also, she congratulated Commissioner Shaaban as the Vice Chairperson.

5. **Old Business**

Chairperson Ray called for Sub-committee updates.

Mini-grants – Chairperson Ray stated this program is on hold.

Accessibility – Chairperson Ray discussed an article in The Glendale Star stating that the Main Library would be receiving equipment for adaptive reading in order to assist those visually challenged. Also, Channel 5 News had a short clip on the equipment.

Also, there are two parks that are scheduled for renovation in the city. Bicentennial Park and Butler Park renovations will include bringing the facilities up to ADA compliance.

Last, a family fun night is planned for November 3 and December 1 to be held at the Glendale Adult Center at 5970 West Brown Street. Commissioner Bohall explained that this event includes shuffleboard, board games, ping pong and Wii games. It's free to anyone four and older with physical, mental, and social disabilities and their families.

Parking – Chairperson Ray provided a brief update related to what took place regarding parking at the last meeting. She stated the City Court Administrator did a new comparison of disabled parking violations of the cities within the metropolitan Phoenix. The City of Glendale charges \$124 per violation with only Camp Verde charging less. All other cities listed on the comparison chart charged more with the City of Scottsdale being the highest at \$368 per violation. The City of Mesa charges an escalation fee similar to a late charge, if the fee is not paid in a timely manner.

Technology – Chairperson Ray asked the Commission to review the survey. Chairperson Ray reviewed the previous survey responses submitted. There

were 26 responses were collected in 2006-2007. The information would be provided to those interested.

The Commission discussed meeting in work groups in order to review and complete all items listed on the Goals for 2009, which was compiled with the help of Human Resources. Also, another item needed brainstorming would be where the Commission is headed in the future. The Commission agreed they would hold brain storming sessions for approximately 30 minutes. The work group meetings, once determined, would need to be added on the agenda and posted for public notification.

6. Other Business From the Floor

Chairperson Ray asked for Other Business From the Floor.

Commissioner Galvez stated they have no speaker scheduled for November. After a brief discussion, the Commission agreed on a speaker regarding mental illness for the following meeting.

7. Next meeting – November 17, 2009

Chairperson Ray stated she would not be in attendance for the November meeting.

With no further business, the meeting was adjourned at 8:14p.m.

Respectfully submitted,

Diana Figueroa