

**Community Partnerships Committee  
Of the Orange County Commission on Aging**

**Friday, November 1, 2019 \* 8:30 a.m. – 10:00 a.m.**  
Pine Hills Community Center, 6408 Jennings Road, Orlando FL 32818

*Bringing together local organizations that work directly with & provide services for seniors, their caregivers & their families in the Central Florida community. Providing the Commission on Aging input on proposed projects & identifying needs of older Orange County adults.*

**Members Present**

Nicholas Abrahams, Orlando Economic Partnership  
Sheryl Aldarondo, Orlando Health  
Audrey Alexander, Florida Department of Health in Orange County  
Carolyn Austin, Florida House District 46  
Mark Batchelor, Cybercrime Support Network  
Matt Carli, Burgos and Brein  
Raquil Combs, WellCare  
John Davis, USA Dance  
Nancy Gavagan, FUNctional Independence Training  
Edith Gendron, Alzheimer's & Dementia Resource Center  
Caitlyn Glatting, UF/IFAS Extension in Orange County  
Barbara Keene, Everyone's Counseling Center and Commission on Aging Board Member  
Kalyn Knight, Florida Office of the Attorney General  
Anne Maley, FUNctional Independence Training  
Yvette Luckett, Orange County Community Action Division  
Stephanie Malally, Guardian Care  
Kim McMahon, UF/IFAS Extension in Orange County  
Bridget Monroe, Cornerstone Hospice  
Wilie Patterson, Commission on Aging Board Member  
Victor Peronti AdventHealth Hospice  
Laura Phelps, Guardian Care  
Mexcy Roberts, Legal Aid Society of Orange County Bar Association  
Theresa Russell, DCF  
Shaun Thorne, WellCare  
Lavon Williams, Orange County Community Action Division  
Meredith Nimines-Mally, Advent Choice Insurance

**Staff Present**

Mimi Reggentin, Office on Aging

**Minutes**

- Ms. Gendron opened the meeting thanked everyone for attending.

### **Blue Zones Initiative** – *Nicholas Abrahams, Chief of Staff, Orlando Economic Partnerships*

- Mr. Abrahams stated Dan Buettner discovered five places in the world where people live the longest, and are healthiest. Dubbed the “Blue Zones,” these areas are Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece and Loma Linda, California.
- “Power 9” are the nine lifestyle habits shared by residents in these Blue Zone communities. The Power 9 are: move naturally, purpose, down shift, 80% rule (for eating), plant slant, wine at 5, right tribe (friends with shared core beliefs), loved ones first, and belong (to a group).
- The Blue Zone Project applies the research findings from the five Blue Zone communities and the Power 9 lifestyle habits into communities in an effort to lower healthcare costs, improve productivity and build great communities. There are currently 48 communities participating in the Blue Zone Project, include Ft. Worth, Texas and Cedar Rapids, Iowa.
- The Blue Zone Project in the Orange County community is led by the Orlando Economic Partnership and is privately funded by eight businesses. Consultants have conducted an Orange County assessment. Preliminary results indicate 58 percent of respondents feel hopeless or lonely, 45 percent have challenges with affordable housing and 33 percent have food insecurities. The complete results of this six-month assessment should be available by the end of the year.
- Mr. Abrahams stated that, once the assessment is released, the Orlando Economic Partnership and funding partners will determine whether to move forward with phase two of the Blue Zone Project – and, implementing programs to address findings from the assessment.

### **Review of the Minutes of June 29, 2019**

- Ms. Gendron asked the Committee to review the June 28, 2019 minutes. No changes were made.

### **Commission on Aging Update**

- Ms. Gendron stated the November meeting is when presentation topics and speakers for 2020 are selected. The Committee identified potential presentation topics, then selected the top six topics and identified potential speakers for these topics.

#### **2020 Topics**

1. Cybercrime – 12 votes – speakers Cybercrime Support Network and Florida Attorney General. Potential location is the Heart of Florida United Way
2. Functional medicine (how body works, causes of illnesses) – 10 votes – Mr. Carli will identify a speaker. Potential location is the Center for Wellness in Winter Park.
3. Top 100 companies and their initiatives in the community – 9 votes – Orlando Economic Partnership. Potential location is the Orlando Economic Partnership.
4. Legal transfer of property – 8 votes – Heather Kirson
5. Technology for seniors (seniors using technology, businesses using it to reach seniors) – 8 votes – AARP
6. Financial literacy – 7 votes. Second vote (tie) – 7 votes – Mr. Carli will identify a speaker.

#### **Topics Not Selected**

- Seniors and functional homes – 7 votes. Second vote (tie) – 3 votes
- Mobility (walking and safe streets – 7 votes. Second vote (tie) – 1 vote

- VA resources – 5 votes
- Healthy nutrition – 5 votes
- Health care navigation – 5 votes
- Guardianship – 4 votes
- CARES program – 4 votes
- Incorporating the Blue Zones Power 9 into your personal life – 3 votes
- College classes and programs for seniors – 3 votes
- Fad diets and supplements – 2 votes
- Facilitating relationships with businesses and nonprofit network (outside of the senior network) – 1 vote
- Memory Disorder Clinic – 1 vote
- Medicaid eligibility – 1 vote
- Livable communities – 0 votes
- Blue Zone Project Update – 0 votes
- Several individuals have suggested rotating meeting locations for next year. Discussion ensued. It was decided that staff should ask the speakers if they would like to meet at the Pine Hills Community Center or another location.

#### **Partnership “Go-Around”**

- Ms. Alexander, Florida Department of Health in Orange County – A drive-thru flu shot rally is scheduled for November 2 at Freedom High School. A second screening of the movie *High Blood Pressure* is scheduled for December 5.
- Ms. Austin, Florida House District 46 – The 2020 Legislative Session begins in January.
- Ms. Roberts, Legal Aid Society of Orange County Bar Association – The Breakfast of Champions fundraiser is scheduled for November 21 at the Amway Center.
- Mr. Peronti, AdventHealth – Advent Health has opened a new 15-bed inpatient hospice unit at AdventHealth South.
- Mr. Batchelor, Cybercrime Support Network – A national database for reporting cybercrime is under development.
- Ms. Gavagan, FUNctional Independence Training – The next eight-week falls prevention class is scheduled for January at the Center for Independent Living.
- Ms. Monroe, Cornerstone Hospice – A healthcare professionals night is scheduled for November 7 at Hawkers in Windermere.
- Ms. Gendron, Alzheimer’s & Dementia Resource Center – A journaling seminar for caregivers is scheduled for November 6. The 20<sup>th</sup> annual Festival of Wreaths is scheduled for December 5. Donations of wreaths are currently being accepted.
- The meeting ended at 10 a.m.

MMR/