

City of Albuquerque

Department of Senior Affairs

Advisory Council



Anna M. Sanchez, Director

**714 Seventh Street SW
Albuquerque, NM 87102**

**DSA Advisory Council Meeting
Zoom Meeting
September 27, 2021**

Minutes

- I. Meeting Called to Order by Chair Evan Thompson – 12:08 pm
 - a. Present: Evan Thompson, Bobbi Carmona-Young, Onastine Jaramillo, Dubra Karnes-Padilla, Steve Borbas, Henry Shonerd, Havens Levitt, Lucy Lopez and Allison Weber
 - b. Absent: Jennifer Roth; Louis Carlentine
- II. Approval of Minutes
 - a. Evan motioned for approval of July minutes, Steve seconds. July minutes approved.
- III. Approval of the Agenda
 - a. Evan motions for approval of September agenda, Dubra seconds. September agenda approved.
- IV. Public Participation
 - a. No public participation.
- V. Highland Senior Center Manager Report – Julianna Brooks
 - a. Julianna reported that construction is underway at Highland. They have taken down two partitions and are building in a solid wall. Some of the classes had to be cancelled or are being held in the social hall due to the construction. Breakfast and lunch are still being served. The center is currently down a Program Coordinator, but Julianna reported that she has submitted the hire paperwork so that position will be filled soon. Steve mentioned to the council that they should take some time to check out the art on the walls, it is really special. Onastine commented that the cook receives many compliments and Julianna further commented that Highland has a great culture and diverse demographic.
- VI. Sports and Fitness Program Overview – Joel Mahoney
 - a. Joel reported that there are 5 senior fitness centers located throughout the City. This includes the 2 multigenerational fitness centers that allow ages 17 and over as well. All fitness centers are offering 3 core classes that can be taken 2-3 different times a week; a flex and tone class, aerobics, and gentle exercise. Additionally, within the centers, there are fitness classes offered by volunteer instructors and those include but are not limited to Tai Chi, Zumba, and Yoga. Some instructors charge for their classes and others volunteer.

- b. Joel reported that within sports and fitness there are trips that include hiking, and in the winter, there is snow shoeing, cross country skiing, and downhill skiing offered as day trips. Lastly, the program also partners up with UNM to offer water aerobics in the therapy pool, and is offered 5 days a week. Due to COVID, they have not restarted the program as of yet, but are working on setting the guidelines to remain safe while attending the class since they have to follow UNM's rules and procedures.
- c. Joel spoke about the 50+ senior games they offer annually and said that normally they mirror the NM Senior Olympics and offer 24 sports. They also have other competitions 2-3 times throughout the year that include pickleball tournaments and bench-pressing tournaments.
- d. Joel reported that due to COVID, the centers are seeing about 40% less participation and went over their sanitization protocols, and said a lot of it has to do with people not wanting to wear masks while working out. In addition to keeping the gyms clean, they spent about \$40,000 this year to replace equipment. This allows them to rotate out older equipment in other locations. Evan asked if any of the core classes are being offered online? Joel answered that yes, all of them except for the flex and tone, due to folks not having the necessary fitness equipment at home.

VII. Administrative Reports

- a. Social Services Division – Agnes Vallejos
 - a. Agnes reported on a couple of outreach events that she wanted to share with council members. On October 13, they will be tabling an event at Embassy Suites; the Annual Prime Time 50+ Expo. The NMDVS Transportation Summit will take place on October 14 and the City of Albuquerque employee health fair on October 29. Lastly, on October 30, will be the Heats On event where DSA partners with the Local Plumber's Union to turn off air conditioners and turn on heaters for 100 seniors.
- b. Nutrition/Transportation Division – Tim Martinez
 - a. Tim reported that the NM Grown grant is up and running, there are 4 local vendors so far that have responded to the request for produce so they will begin ordering from them.
 - b. Tim reported that there has been an uptick in ridership in the past 4 weeks, the numbers coming in are showing that things are slowly getting back to pre-COVID times so that is a good sign.
 - c. Tim reported that they just added an additional fixed route to La Resolana apartments starting today, October 27, and are serving meals to that site to 11 new clients.
- c. Recreation Division – Nikki Peone
 - a. Nikki reported that they have been doing a lot of training with Recreation staff and are currently training the team on the recreation policies and procedures. This also includes policies for participants so they are excited to roll those out.
 - b. Nikki reported that they are working on getting someone out from the software program RecTrac that the department uses to record membership and track numbers/data, to come out and train her team to better use the program and customize it to the Department's needs. They are scheduled to be here November 7-9th.

- c. Nikki reported that they wrapped up the health and resource fairs and that they will continue to offer flu shots and COVID vaccinations on different days across the centers and she would share that information as it becomes available.
- d. Lastly, Nikki announced that as the holidays approach, they are working on the logistics of the Thanksgiving and Christmas events that the Department holds annually and is asking for feedback from council members on possibly offering limited seating or offering a grab and go option as well. Henry asked how big is the turnout normally? Nikki responded that each event is always sold out, which means about 120 people in attendance. Nikki stated that they talked about the grab and go option and Henry asked if the meal would be microwaveable? Tim answered that the trays are not microwaveable. Anna mentioned that it would also depend on what is being served that will be added onto the tray.
- d. Associate Director – Deb Brinkley
 - a. Deb reported that they completed some table-top exercises at North Domingo Baca in case there is an emergency during the Balloon Fiesta, the City has an emergency plan in place to respond. She reported that they have really been ramping up the safety programs at the centers and DSA facilities to make sure they are always in compliance.
- e. Deputy Director – Chris Sanchez
 - a. Chris reported that the Department will be sending out a Programming and Activities survey and shared copies with the council members. The intent is to gather information from various locations that focus on meals, training activities, programs, technology, and customer service. They plan to continue to implement surveys consistently and use the data to measure how well the department is doing and how it can improve. Chris also mentioned that the team is working on developing 8-10 surveys which will be sent out at various times throughout the year and will share the results with the advisory council.
- f. Director – Anna Sanchez
 - a. Anna reported that she has spent the last couple of months visiting with different centers at “coffee with the Director”, she has gone to Los Volcanes, Bear Canyon, Highland, and going to North Domingo Baca on October 7. There has been a lot of wonderful compliments as staff has had to be flexible during this time. There have been concerns about the food, programming, and comfort level of members. Some members want to continue health screenings while others find it hard to comply with the mask mandate. Some folks want DSA to reopen everything completely, while others still want activities to be limited. It is difficult to meet the needs of each member but again the staff has been resilient, especially since there have been a lot of staffing changes. Folks have been promoted or have retired so that has left a lot of vacancies. They have been trying to fill them as diligently as possible. Deb, Chris, and Anna have scheduled some time in October to eat lunch at the Centers to get a first-hand experience on the food concerns and will report back the information to council members. They

- have been working with a nutritionist on reviewing menus and with the NM Grown grant, can use more local produce in the recipes.
- b. Anna discussed the aging population study. The department produced a white paper which evaluated the future needs of older adults in 2030 as it is suggested that New Mexico will move from the 4th largest population with adults 65 and older to the 3rd largest population in the United States. Anna has been preparing in FY23 to be able to ask for more support with this growing population and preparing staff by developing this new division which will focus on volunteers. The Department relies heavily on its volunteers and how can it better utilize their talents as a support system. Another thing that came out of this study was that it really allowed the City to adopt the Age Friendly action plan and the goal is that it's a living document that will live beyond this and future administrations. Other cities have gotten their City Councilors to create a resolution about Age Friendly. Lastly, the department needs to look at how the multigenerational programs can fit into the plan and how does it foster bridging the gaps between generations. Henry had the thought that maybe all centers should just be multigenerational centers. Anna responded that there is something to be said about the uniqueness of the Multigen's, but as Nikki has pointed out there are others who feel that senior centers should only be for older adults so it is definitely a conversation the community should be involved in. Onastine asked if there was anything the council members could do to help further Age Friendly? Anna answered that absolutely there is, Denise has been working on some talking points to create a letter to mail or to help speak with legislation about the initiative.

VIII. Council Member Reports

- a. Bobbi reported that Los Volcanes had coffee with the Police Department on September 9. They recently hired 2 new staff members, and have interviews scheduled for the Program Coordinator. She also reported that they had 85-90 people show up for the Chili Festival and the food was great. There was a Veterans Reception on the 22nd, and new furniture was placed in the computer room. There is a new TV that can be used as a projector which they are hoping will motivate people to attend the tech classes that will be starting. Lastly, the 2nd annual pool tournament will happen in November.
- b. Dubra mentioned that she attended the NM Association of Retirees and Joseph Sanchez from AARP was present as a speaker and announced that they will be moving their offices to Albuquerque. She mentioned at the conference that Albuquerque is now a designated Age Friendly city.
- c. Onastine wanted to say Happy Hispanic Heritage Month, its from Sept 15 – Oct 15 and there are lots of activities happening around the city.
- d. Allison announced that this would be her last Advisory Council meeting as she received her letter from the City letting her know that her first term has expired. She stated that the timing has worked out pretty good considering that next month she will be starting a new job where she will no longer be working with senior Veterans but active duty instead and this gives her the opportunity to transition to something new. She wanted to be in person to tell everyone goodbye and thank everyone she

got to work with and participate on the advisory council, and is excited to hear about what Senior Affairs does moving forward.

IX. Advisory Council Business

- a. Jenifer announced that folks whose terms are ending will need to reapply for the Advisory Council and received clarification as to why Jennifer and Dubra's terms came up after only one year and it was due to them filling seats that were vacated prior to the end of the previous committee members term expired.

X. Old/New Business

- a. None at this time.

XI. Announcements: Upcoming Events, Etc.

- a. None at this time

XII. Adjournment – Evan calls for motion to adjourn, Henry seconds. Meeting was adjourned at 1:23 pm.