



**SENIOR AFFAIRS COMMISSION (SAC) MONTHLY MEETING  
REGULAR HYBRID MEETING MINUTES **RECEIVED****

**MONDAY MARCH 17, 2025**

2025 APR 25 PM 2:44  
CITY SECRETARY  
DALLAS, TEXAS

**LOCATION: DALLAS CITY HALL, L1FN AND VIDEO CONFERENCE  
CISCO WEBEX LINK, Call-In # 469-210-7159, Access Code: 2489 955 4024**

<https://dallascityhall.webex.com/dallascityhall/j.php?MTID=m910be62ba6b7b9c3db4375f92079d2e5>

**Feliz Jarvis, Vice-Chair, Senior Affairs Commission (SAC) PRESIDING**

**PRESENT: [15]**

Teresita Delgado, District 1/Commissioner	Lisa Kelly, District 9/Commissioner
Portia Cantrell, District 2/Commissioner	David Tyson, District 10/Commissioner
Verna Mitchell, District 3/Commissioner	**Renee L. Karp District 11/Commissioner
Phyllis Lee, District 4/Commissioner	Robert Friedman, District 12/Commissioner
Feliz Jarvis, District 5/Commissioner	*J. Peter Kline, District 13/Commissioner
Marilyn Daniels, District 6/Commissioner	Karen Roberts, District 14/Commissioner
*Marian A. Williams, District 7 /Commissioner	Mike Nurre, District 15/Commissioner
Debbie Austin, District 8/Commissioner	

**ABSENT: [0]**

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*\*Note: Members of the Senior Affairs Commission participated in this meeting by video conference.*

*\*\*Note: Indicates arrival time after meeting called to order/reconvened.*

The meeting was called to order at 12:03 p.m. with a quorum of fourteen of the Senior Affairs Commission members present. The meeting agenda, posted in accordance with Chapter 551, "OPEN MEETINGS", of the Texas Government Code, was presented.

**PUBLIC SPEAKERS**

None

## **APPROVAL OF MINUTES (February 2024 Regular Meeting)**

SAC Vice-Chair Feliz Jarvis (5) presided over today's meeting and requested commissioners to make a motion to approve the regular meeting minutes. Commissioner Mike Nurre (15) made a motion to approve the February 24, 2025, however she noted a couple of corrections that should be made to the minutes. Those suggestions were noted and updated accordingly on the February 24, 2025, minutes. Commissioner Verna Mitchell (3) made a motion to approve the February 24, 2025, minutes. The motion was seconded by Commissioner Mike Nurre (15) and was unanimously approved.

### **Chairs Report**

Vice Chair Jarvis began by reminding commissioners of Texas Open Meetings Act ("TOMA") Requirements for Videoconference Meetings.

### **New Business: Presentation: An Introduction & Overview from Senior Source Caregiver Support Program.**

Vice-Chair Jarvis introduced Kimberly Knight, MSSW, Director of Caregiver Support Program, Senior Source. Ms. Knight stated that she would sharing information on The Senior Source Caregiving Support Program, a non-profit program and would be answering any questions regarding that program. She stated that the Senior Source has been around for sixty-three years and that their mission is to improve the quality of life for older adults in Dallas. That is accomplished through various services they offer. One of these services is the Caregiver Support Program. The caregiver is typically a family member who is unpaid, untrained, and usually unprepared. She stated that being a caregiver requires more than taking the senior to the doctor, dispensing medications, or preparing a meal a few times. They require more help than that. There are costs that a caregiver may not be able to afford. This is where having a plan is important and why the Caregiving Support Program is essential in formulating a plan. Ms. Knight stated that at some point in everyone's life we will be impacted by either being a caregiver or needing a caregiver. Ms. Knight provided a slide with a few examples on how activities of daily life (ADL's) which we perform daily such as getting dressed, feeding

ourselves, bathing, grooming, paying their bills, ability to use their phone, and driving. When these activities are impacted and difficult to manage that is when a caregiver should enter their life to assist in managing those ADL's. This might be a family member or a paid caregiver coming into the home to aid. She also stated that it is important to have an awareness of clues when a loved one is not managing their ADL's. The goal is to assist the person to live as safely and independently as possible. There are times when a person is not able to live independently and when Adult Protective Services may need to intervene when it becomes a safety concern. Ms. Knight stated that at the Senior Source, they focus on the needs of older adults, however, they do support a caregiver of any age who supports anyone needing assistance that is age 50 or older. She shared a slide of the typical profile of a caregiver. She stated that most caregivers are women and that most people who are caregivers are working full-time while assisting as a caregiver up to twenty hours a week. She stated that the number of male caregivers is increasing. As of 2020, there were more than 53 million caregivers in the U.S. which is an increase of 10 million since 2015. 23% of caregivers state that their health has declined since taking on this role as caregiver. Caregiver stress leads to decreased mental, physical, and financial wellbeing. Caregivers oftentimes end up needing help and with someone else having to step in and assist. Therefore, the aim of the Caregiver Support Program is to help reduce the stress that comes from being a caregiver. There are two goals that the program provides. The first goal is to provide resources and support to individuals and families in their role as a caregiver. The other goal is reminding caregivers to put on their oxygen mask first by helping them focus on their own mental, physical, and emotional well-being, i.e., taking their own medications, keeping their doctor's appointments, taking breaks when needed. The Caregiver Support Program serves caregivers of any age if they are caring for someone who is 50 years or older. The counties served include Dallas and a part of Collin County. Assistance to caregivers is offered in various ways such as by telephone, virtual meetings, email, or by office appointments. The services include care consultations for the caregiver to provide them information and resources. This may include recommending legal services such as a power of attorney or other legal documents that may be needed to make decisions on behalf of the senior. Another service offered through the caregiver program is educational seminars with various topics such a dementia, hospice care, home health care, and palliative care. Caring Callers is a service offered and targeted to those seniors who are

isolated in which volunteers call the senior at least once a week. The volunteers selected are background checked, vetted, and trained to volunteer. Other services include support groups for caregivers which meet once a month. These support groups are led by licensed therapists. Ms. Knight stated that during 2024, the Caregiver Support Program has served 2,250 caregivers and 82% of these clients reported less caregiver stress when resources were provided to assist them.

### **Q/A, The Senior Source Caregiver Program**

Commissioner Cantrell (2) asked if anyone can make a recommendation for a Home Safety check. Ms. Knight stated that anyone can make a recommendation if there is permission given by the owner of home to enter the home. Commissioner Jarvis (5) asked Ms. Knight if the Senior Source has presented the Caregiver Program at any of the Dallas Public Libraries or at any of Senior Recreation Centers. Ms. Knight stated that they have partnered with many of the libraries on providing presentations on various topics. Commissioner Cantrell (2) asked if the Caregiver Program has someone who's received specialized training in working with the LGBT senior community and how is that information communicated? Ms. Knight stated yes, they do have staff trained. She stated that in the past they have advertised in the Dallas Voice and working closely with the Resource Center. The Senior Source also partners with The Coalition for Aging LGBT with a yearly summit. Commissioner Karp (11) asked if the Senior Source provides referrals to anyone needing to find part-time caregiver vs. the vetting of a list of agencies that claim to offer more than they deliver. Ms. Knight stated that they do not support any one organization and typically leave it up to the family to decide which organization is right for them. The Senior Source will provide the family with a list of questions to ask when seeking the right caregiver provider. They will also follow up with family about a week later to see how the search is going. Commissioner Mitchell (3) asked as a follow up how the Senior Source communicates their programs to the community not being served. Ms. Knight stated that they work with community partners such as churches within the southern sector. They provide them with flyers as well as speaking in the churches. Advertising on the radio and the newspaper are other ways they communicate their programs.

Ms. Knight proceeded to the power-point slide of prepared Senior Affairs Committee questions. The first question asked what are the most common challenges caregivers are currently facing

in our community? Ms. Knight stated that respite care is number one challenge because all caregivers need a break due to the huge amount of time, they spend on caring for a loved one. Working many hours at a job and spending many hours as a caregiver is not sustainable and takes a huge toll leading to burnout. A second challenge faced by caregivers is that of financial assistance as not all caregivers are financially stable to take on additional costs incurred such as supplies, medications, and home modifications. Yet another challenge for caregivers involves education and training. Stepping into the role of a caregiver may involve becoming their nurse and having to learn to give shots. It may also require the caregiver to have to learn the right nutrition needed for their loved one. Having a support group is also very important for a caregiver as it allows those caregivers a platform to vent and learn from other caregivers. The following question asked: How has the demand for caregiver services changed over the past few years? There has been an increased demand as the older adult population is increasing thus leading to higher demand for caregiver services. People are also living longer with chronic illnesses, resulting in longer caregiving periods. Another question asked whether there are any new initiatives or programs being introduced to support caregivers in the community? There is an expansion of technology-based support such as Telehealth and online resources becoming more prevalent. This includes virtual support groups, online educational programs, and apps that help caregivers manage their tasks. Older adult legislation and advocacy (Senate Bill 5) created the Dementia Prevention and Research Institute of Texas as another resource. The following question asked how caregivers in the community typically find resources and support? By calling 211, Dallas Area Agency on Aging, The Senior Source, online searches, and by word of mouth were provided as responses. Other questions listed in the slides were addressed by Ms. Knight and are available for review in the emailed power-point provided to everyone in attendance at today's meeting. Commissioner Austin (8) mentioned that the family members can be considered as paid caregivers and she mentioned the Dallas Area Agency on Aging (DAAA) webinar as the source who provided that information. Commissioner Karp (11) asked Ms. Knight to elaborate on the "Aging in Place" topic and how that is being addressed by the Senior Source. Ms. Knight stated that they teamed up with DAAA to host the first Aging in Place conference in Dallas last year to begin conversations on how to work together to inform adults about accessing services for aging in place. Also informing seniors which visit seniors center within the communities where many attend as

actively aging older adults. Also collaborating with places of faith and congregations. Commissioner Tyson (10) mentioned that there must be a better way to communicate the resources available for men and namely black men. Ms. Knight agreed that there is a need to find ways to better reach the male population as there is an increase in male caregivers as shown statistically. Ms. Knight stated that she is certainly open to any suggestions. Commissioner Tyson offered a couple groups, one named Divine Nine in which he is affiliated with as a start. Ms. Knight was thanked for her presentation to the commission today.

### **New Business: Presentation: An Introduction & Overview from Parkland Center for Geriatric Care and Healthy Aging,**

Vice-Chair Jarvis introduced Chiffon Kinney RN, CGN, CM, BAAS, Senior Registered Nurse, Parkland Health, Community Senior's Care. Ms. Chiffon began by stating that she has been at Parkland Health for the past 22 years in geriatrics. She explained that Parkland Geriatrics department consists of the main geriatric clinic which is a teaching clinic. UT Southwestern doctors are sent to learn about geriatrics at this clinic. Ms. Chiffon states that she works in the Senior Outreach Services (SOS) grant program in which makes home visits and provides case management to high-risk seniors living in predominantly Southeast Dallas. There is a House Calls program at Parkland in which patients that are homebound can be provided service by house calls. This program also serves those that are insured as well as the indigent. Ms. Chiffon mentioned that they have five community clinics with Board certified geriatric specialists in each of the clinics. The Senior Outreach Services (SOS) Grant is a 24-year-old grant for the elderly in Dallas. It is funded by the Texas Dept. of Health and receives \$151,000 a year. SOS is not home health, does not make house calls, and does not provide emergency services. SOS had 3 parts: High risk case management via home visits, van transportation (800 rides a year) to medical and non-medical appointments within zip codes ending in 215, 216, 217, and 241. It also provides community education such dementia education in the home, online, or some of the clinics. The most common referrals received include home safety, non-compliance (medicine, medical appt.), frequent falls, possible abuse or neglect, lack of transportation, caregiver stress/education, food/housing, and hoarding. Those who qualify must be 65 or older within the certain zip codes, must meet income guidelines (200% or less

federal poverty level), have no duplication of services elsewhere, The Housecalls program requires seniors to be 65 or older, homebound, reside within 22 miles of Parkland, and must be a Parkland patient. This program does not accept dialysis patients or those on ventilators. The Geriatric Education Department offers no cost dementia classes for 3 months. The patient may also get a shower chair or grab bars as available. Respite care is also offered through a new grant. Health issues prevalent for seniors include dementia, safety/fall-prevention, and managing multiple chronic illnesses. Hypertension is #1, Mental Health is #2, and Diabetes being #3. Parkland has a built-in questionnaire for patients during their visits. This helps identify patients at high-risk of hospitalization and poor access to care. The questions include topics of transportation, food access, financial issues, socialization, depression, stress, alcohol/smoking/drug use, and housing issues. Ms. Chiffon mentioned the demand for services/trend for seniors in the U.S. increasing and stated that the baby boomers are all becoming geriatric patients and as they age, they will need more long-term care and that their children are less likely to provide that care. She also mentioned that the baby boomers are straining the healthcare system. Many seniors are going back to work to make ends meet. Affordable senior housing is a major concern for seniors. Ms. Chiffon stated that the needs of seniors are not being met due to a shortage of geriatric specialists as well as a shortage of specialized psychiatry services. Many geriatric clinics are closing due to cost. Lastly, the lack of affordable long-term care and senior housing is affecting senior health. Ms. Chiffon shared her contact information as well as contact information to their other programs (listed in the slide).

### **Staff Reports/Briefings: Presentation by the Office of Community Care & Empowerment**

#### **Senior Services**

Vice-Chair Jarvis stated that everyone should have received the Senior Services Program monthly update and stated that a lot of the information is missing due to the timing of the meeting for this month. Therefore, the information will be provided during the next meeting in April. Chair Kline (15) stated that he wanted to share a couple of things with one being the needs assessment that is underway at Parkland and that during the May meeting someone from Parkland would be sharing an update. He also stated that the actual report will not be

issued until September. Chair Kline also mentioned that the Dallas Morning News wrote on the SAC annual report and that the commission is garnering a little bit of attention.

Tabitha Taylor, Age Friendly Officer reminded everyone that both the virtual and in person listening sessions have been completed. Unfortunately, there was low participation due to inclement weather during the in-person session. Technology which is a challenge for many seniors also affected the attendance of the virtual listening session. Currently, there are over 200 paper copy surveys completed and around 32 online surveys completed. Ms. Taylor stated that she would be emailing the survey to all commissioners and asked the commissioners to share the survey with their network. Some commissioners requested to get paper surveys along with envelopes to keep the surveys in. Ms. Taylor stated that she could get those to anyone needing them.

**REPORTS OF OFFICERS, BOARDS, STANDING COMMITTEES**

None currently.

**Senior Affairs Commissioners District Updates**

None currently.

**ADJOURNMENT**

After all the business of the Senior Affairs Commission had been considered, Commissioner Roberts (14) made a motion to adjourn the meeting. The motion was seconded by Commissioner Karp (11) and unanimously accepted. The Senior Affairs Commission meeting was adjourned at 2:14 p.m.

*James Ramirez*

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Drafted by:  
James Ramirez M.S.  
Caseworker II  
Office of Community Care / Senior Services

4/16/2025

\_\_\_\_\_  
Date

*JPeterKline*

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[JPeterKline \(Apr 25, 2025 14:30 EDT\)](#)

Approved by:  
J. Peter Kline, Chair

04/25/2025

\_\_\_\_\_  
Date

Senior Affairs Commission

**WebEx Recording of SAC Meeting:**

<https://dallascityhall.webex.com/webappng/sites/dallascityhall/recording/ad992181e57f103d8f9ee2439b8f3046/playback>