



Funded through the Texas Department of Aging and Disability Services  
**Alamo Area Council of Governments**

**Minutes of the  
Alamo Senior Advisory Committee Meeting  
Alamo Area Council of Governments**

**September 14, 2007 – 1:00 p.m.**

Al J. Notzon III Boardroom  
8700 Tesoro Drive, Suite 100, San Antonio, TX 78217  
(210) 362-5200 / (866) 231-4922

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**Members**

Regina Applewhite, present  
Judge Diana Bautista, absent  
Ann Gay Bishop, absent  
Marilyn Bullock, present  
Yvonne Coronado, absent  
Linda Lee Davis, excused  
Barbara Effenberger, absent  
Darlene Evans, present  
Dr. Robert Fitzgerald, absent  
Ginny Funk, present  
Irma Gonzalez, present

Carolyn Goodall, present  
Cyndy Hahn, present  
Robert Lopez, present  
Lisa Loya, present  
Beverly Lutz, present  
Genevieve Manley, absent  
Bill MacAllister, excused  
JoAnn McFarland, present  
Ysabela Pena, present  
Eleanor Preston, present

Lucille Rochs, excused  
Irene Scholz, excused  
Carolyn Stauss, present  
Michelle Thacker, present  
Denise Usener, excused  
Robert Weinberg, present  
Raymond White, present  
Tina Woods, present  
Opal Word, present  
Dona Yanta, absent

**Guests**

Maria Galindo – Frio  
Ken Bomar – DADS  
Charles Rine – Medina  
Patricia Harrison – CCSCT  
Patrice Doerries – Kerr  
Chris Leal - Comal

**Staff**

Debbie Billa, Director  
Julie Sakelakos  
Alvin Arada  
Kathy Compton  
Evangeline Diaz

Henri Eaton  
Suzanne Ruff  
Trish Slaton  
Candy Walsh  
Maria Wilson

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**I. CALL TO ORDER**

Carolyn Stauss, acting Chairperson, called the meeting to order at 1:10 p.m.

**II. WELCOME AND INTRODUCTIONS**

None

**III. ROLL CALL**

Julie Sakelakos took roll call. Nineteen (19) members were present.

**IV. CITIZENS TO BE HEARD**

None

**V. APPROVAL OF MINUTES**

Opal Word moved to approve the minutes of July 13, 2007 with the spelling correction in the Transportation Liaison Report of JARC not JART. Darlene Evans seconded the motion. Motion carried.

**VI. DIRECTOR'S REPORT**

The director's report was sent in the packet.

Debbie Billa announced that Alamo Aging has been working on closeout for the end of FY07 and complemented staff on their diligence. Also the election of officers will be held. A slate of officers will be mailed in the next packet.

At this time, additional congregate and home delivered meals are being purchased with available funds. Debbie also announced that Community Council of South Central Texas (CCSCT) would be opening a second meal site in Seguin at the Eden Cross Apartments. The grand opening will be held on October 16<sup>th</sup> and everyone is invited to attend.

**VII. PRESENTATION – TEXERCISE**

Ken Bomar with the Texas Department of Aging and Disability Services made a presentation on the Texercise Program. (See attached paper presentation.) Ken explained how important exercise is to everyone and handed out the handbooks (which are available free of charge to individuals and groups) that are used as a tool to educate and motivate seniors to adopt a healthier lifestyle and get active. He directed members to find more information on nutrition on the Walk Across Texas website ([walkacrosstexas.tamu.edu](http://walkacrosstexas.tamu.edu)) and [mypyramid.gov](http://mypyramid.gov).

**PRESENTATION – A MATTER OF BALANCE**

Kathy Compton of Alamo Aging and Chris Leal of Comal County Senior Citizens Foundation are master trainers for "A Matter of Balance" which is an evidenced-based program out of Maine for senior citizens 60+ who are still living in the community, who are ambulatory and who are able to problem solve. They gave a presentation and showed a video on this program. This program will help seniors become more confident of themselves in relation to their fear of falling.

**VIII. Reports**

**A. RURAL PUBLIC TRANSPORTATION LIAISON**

Beverly Lutz reported that ART won an award for regional coordination in transportation. ART still has the River Run trolley in Kerrville; they are working with TXDOT and will be modifying the route. The judges in Guadalupe County and in Kendall County are going to give them a building to house their transportation vehicles so that they can keep them local. They are also upgrading their dispatch computer program and GPS.

**B. TEXAS SILVER-HAIRED LEGISLATORS (TSHL)**

JoAnn McFarland reported that they just returned from a training session in Bryan. They received a new training manual that has a lot of useful information. They worked on proposed amendments to the TSHL official documents, such as reviewing Roberts Rules of Order. They had a tribute to members that had passed away and stated Glen Peterson will be greatly missed. JoAnn also stated that the Texercise program was emphasized at the TSHL meeting.

**IX. OLD BUSINESS**

None.

**X. NEW BUSINESS**

**A. FY08 VENDOR RATES AND NEW VENDORS**

A motion was made by Carolyn Stauss to approve the FY08 Vendor Rates and New Vendors. Marilyn Bullock seconded the motion. Motion carried.

**B. NEW MEMBERS**

A motion was made by Darlene Evans to approve Patrice Doerries as the Kerr County Representative. Tina Woods seconded the motion. Motion carried.

**C. TSHL REPRESENTATIVE APPOINTMENT**

A motion was made by Joan McFarland to approve Lavern Peterson as the TSHL Representative for District 1. Carolyn Stauss seconded the motion. Motion carried.

**D. FY08 PROPOSED PLANNING BUDGET**

A motion was made by Cyndy Hahn to accept the FY08 proposed planning budget. Marilyn Bullock seconded the motion. Motion carried.

**E. FY08 NUTRITION PROVIDER RATES**

A motion was made by Cyndy Hahn to accept the FY08 nutrition provider rates. JoAnn McFarland seconded the motion. Motion carried.

**F. REQUEST FOR PROPOSAL-INFORMATION & REFERRAL SYSTEM**

A motion was made by Darlene Evans to approve the Request for Proposal for the Information & Referral System. Carolyn Goodall seconded the motion. Motion carried.

**XI. PUBLIC COMMENTS / INFORMATION ITEMS**

Ginny Funk of the Alzheimer's Association, which covers more than 40 counties in south central Texas, announced that their Memory Walk will take place on Saturday, October 20. The Memory Walk is an awareness raiser as well as a

fund raiser. Then, on Wednesday, October 24, they will hold a Symposium on Alzheimer's Disease and Related Dementias at the Boerne Convention & Community Center. She also distributed some of their new brochures.

The Hill Country Crisis Center is holding a Family Caregiver Conference in Boerne on September 21 that is free for family caregivers at the First United Methodist Church. The conference will have some excellent speakers to help family caregivers come to terms with what is going on and make preparations to care for their loved ones more efficiently.

**XII. NEXT MEETING DATE**

The next meeting will be Friday, November 9, 2007, at 1 p.m., in the Al J. Notzon III Board Room, 8700 Tesoro Drive, Suite 100, San Antonio, TX.

**XIII. ADJOURNMENT**

Vice Chairperson Ginny Funk adjourned the meeting at 2:20 p.m.