

City of Birmingham
Regular Meeting of the Ad Hoc Aging in Place Committee
January 24, 2024

Conference Room 202

151 Martin Street, Birmingham, Michigan

Minutes of the regular meeting of the City of Birmingham's Ad Hoc Aging in Place Committee held on January 24, 2024.

1. Call to Order: AIPC Chair Hoff convened the meeting at 4:00 p.m.

2. Roll Call:

Present: Pam DeWeese, Rosemary O'Malley, Rackeline Hoff, Melissa Mark, Rebekah Craft, Cris Braun, Leslie Pielack, Jay Reynolds (alternate)

Absent: None

3. Approval of Minutes:

A. Regular meeting of the AIPC on January 24, 2024.

Chair Hoff asked if there were any comments or corrections to the draft minutes from this meeting.

- i. CM Braun: Section 5, Sub Section C (iv.) - "overheard" to "overhead" and "know" to "Knox."
- ii. CM Braun: Section 5, Sub Section C (ii.) - "ACXM" to "ACM."
- iii. CM Pielack: Section 9, Sub-Section A - "Hoof" to "Hoff."
- iv. Alternate CM Reynolds: A: Section 5, Sub-Section B - "'Lainson" to "Liaison."
- v. ACM Clemence: Section 5, Sub-section C (i) - "maple" to Maple."

Chair Hoff asked for a motion to approve the AIPC minutes of December 13, 2023 with the above listed changes.

Motion by CM Mark to approve the minutes of the December 13, 2023 meeting with the above listed five changes. Motion seconded by CM Braun. Voice Vote:

Yeas: Hoff, Mark, DeWeese, Pielack, O'Malley, Craft, Braun

Nays: None

4. Guest Speaker: Jim Mangi – Founder & Director of Dementia friendly Saline Volunteer Educator for Alzheimer's Association Care Partner

ACM Staff Liaison Clemence introduced the guest speaker, Mr. Mangi.

A. Introduction

- i. Mr. Mangi stated that he was from the City of Saline, MI and that he believes that it is about half the size of Birmingham.

- ii. Mr. Mangi stated that he was going to talk about what is a dementia friendly community is. Mr. Mangi explained that a dementia friendly community is a community where a broad spectrum of partners make a commitment to adapt practices or operations that make it less difficult for people in the community who have dementia.
- iii. Mr. Mangi believes that approx. 2% of Birmingham population are living with dementia and that approx. 5% of Birmingham's population is affected by dementia when you consider family members and care givers.
- iv. The goal is for members of the community to walk towards a person with dementia, not away from them.
- v. Mr. Mangi stated that there are approx. 300 current "Dementia Friendly Communities (DFA's) nationwide and that it has been a "grassroots effort" to get started.

B. What Does a DFA Look Like?

- i. A DFA can be as simple a community coming together, Businesses, offices, churches, residences and assisted living facilities and training their respective staffs or members on how to deal with a person with dementia. The training does not have to be long, maybe only as long and an hour or so.
- ii. There are signs with a person who has dementia that are often displayed:
 - a. Looking down
 - b. Reflective surfaces often confuse them

C. Why Be a DFA?

- i. Simple – There are more benefits than costs.
- ii. Costs are really not that much.
- iii. The benefits of becoming or learning to be a DFA are a great image for the City to portray.
- iv. A DFA community empowers people to go out like they used to and enjoy life activities while also spending money in the community.

D. How to You Make a DFA Community Happen?

- i. There is a DFA "Tool Kit," but in my opinion, it should not be taken too seriously. The formal DFA process to become a DFA community is very lengthy and in my opinion, you will be spending time on getting organized that could be better spent on getting training and the process going. "Just do it" is my suggestion. Don't let the planning process slow down the community from proceeding towards being a DFA community.
- ii. Start with some public awareness programming and get the ball rolling. A public presentation to encourage people to come forward and ask to receive the training to become DFA. A community will "grow as you go."
- iii. This is what we did in my home city of Saline. We did a public presentation that was attended by the mayor and following the training, the mayor and others liked the idea and went with it. The City of Saline passed a resolution supporting DFA status, City staff received dementia awareness training and the program grew from there.
- iv. Not only do we as an organization provide training and workshops, but we also help people with dementia themselves. Our "Memory café" program is

an example of this. Our best example of this is our movie program. The Caregiver Alliance gave our program a national award – the first in the country- for our movie program. Participants are encouraged to get up during the movie and sing and dance. The movies are usually classics. Our corporate partner is Emagine Theatres. Mr. Mangi stated that Emagine is an unbelievable partner and a true asset to the community.

E. Questions?

- i. CM Mark stated that it appeared to her that training is the key to the success of the DFA program. Mr. Mangi agreed with CM Mark.
- ii. Chair Hoff asked who teaches the dementia friendly skills. Mr. Mangi explained that both he and his staff are qualified to teach the information.
- iii. Chair Hoff asked Mr. Mangi what are the characteristics that people should look for that would help identify them as possibly having dementia? Mr. Mangi stated that there is a list of the "Ten (10) Warning Signs of Alzheimer's. Mr. Mangi listed a few for the AIPC:
 - a. Confusion - Who or where they are
 - b. Difficulty with navigation
 - c. Difficulty making choices
 - d. Behavioral Issues – Fear, withdrawal, aggression, slow verbal responses\
 - e. Some have hallucinations

Mr. Mangi stated that none of the warning signs are infallible.

- iv. CM Mark asked if Alzheimer's is a type of dementia. Mr. Mangi stated that dementia is a condition of having memory loss and cognitive issues that interfere with daily life activities. Mr. Mangi stated that Alzheimer's is a brain disease. It is a physical disease. Mr. Mangi stated that 70% of all dementia cases are related to strokes. The other 30% of dementia cases are related to small strokes, Parkinson's disease, Lewy Body disease and others. Mr. Mangi stated that Alzheimer's disease progresses, it is 100% fatal.
- v. Alternate CM Reynolds asked if the Ann Arbor community is supportive of his efforts. Mr. Mangi stated they are, especially the Kiwanis Club.
- vi. CM O'Malley asked what the biggest impact event was for Dementia Friendly Saline. Mr. Mangi replied that it was definitely the movies. Mr. Mangi stated that there could be as many as 90 participants at the movie.
- vii. CM DeWeese told Mr. Mangi that his presentation was inspirational. Mr. Mangi was asked how much buy-in does the community of Saline have in the program and would it survive if he was not there to direct it. Mr. Mangi stated that the City of Saline is committed to the program and that between the community and his staff, he was very confident that the mission would continue.
- viii. CM Braun asked if there were any church services for people with dementia. Mr. Mangi stated that there was not, but was hopeful one could be down the road.

- ix. CM Pielack asked Mr. Mangi if there was any aspect of the program he felt was not working well. Mr. Mangi stated that that was a good question and stated that if he could think of one thing, it is that he has not visited as many business as he would have liked. Mr. Mangi stated that he has also not net worked with the local Chamber of Commerce as much as he would have like to "get buy-in." Mr. Mangi stated that is on him for not doing that.
- x. CM Pielack asked Mr. Mangi if he was collecting any data on his program. Mr. Mangi stated that he was not and that the organization is just spread too thin to accomplish data collection. Mr. Mangi stated that he believed that data was being collected on a similar program out of Bloomington, Indiana.
- xi. Chair Hoff asked if the age of a business owner had any effect on how that person responds to a person with dementia. Mr. Mangi stated that the key is not a person's age, but the "context of their experiences" as being the key to how they respond.

F. Comments

- i. Chair Hoff and Staff Liaison ACM Clemence thanked Mr. Mangi for his presentation.
- ii. Chair asked if there were any comments from the AIPC?
 - a. CM DeWeese started that she would love to see Birmingham start a similar program.
 - b. Chair Hoff asked if Next would be interested. CM Braun stated that caregiver help is something Next is looking at and that she thought a possible program for Next would be what the ten signs one should be looking out for that indicate dementia may be an issue for someone.
 - c. CM Craft liked the memory café idea and also stated that she would seek Mr. Mangi out for the training of library staff. Chair Hoff stated that the ten signs to look out for would be good training for family members as well.
 - d. Chair Hoff brought up the File for Life cards that were originally an idea that came to fruition by the Senior Foundation. Alternate CM Reynolds brought with him to the meeting an example of the File for Life card. CM Mark asked how the program worked. Chair Hoff explained the program (a person lists all of their contact information and list of current medications and any other pertinent information for first responders and suggested that it might be a good idea to let people know that these cards are still available and where they can be obtained from.
 - e. Chair Hoff asked the public present at the meeting if they had any comments. Mr. Devereaux stated that he was impressed with the presentation and offered that music is important is this area.

- f. Other items that were brought up were an article on aging in the Downtown magazine as well as a discussion concerning the Baldwin House and a continuation in the reduction of services offered and price increases.
- g. CM Pielack stated that the work of the AIPC has come to the attention of other communities.

5. New Business:

- A. Follow-up discussions on items brought up by the public from the community meeting on December 13, 2023:
 - i. Dementia Friendly City – Covered by guest speaker.
 - ii. Communication of the Community Survey to Birmingham Public Schools
 - a. Staff Liaison ACM Clemence spoke with Mr. Cortez Strickland, the Marketing and Communications Manager for the Birmingham Public Schools.
 - b. Staff Liaison ACM Clemence explained to Mr. Strickland what the Community Survey was and asked that the BPS promote the Community Survey to their constituency. Mr. Strickland agreed to do so.
 - c. Staff Liaison ACM Clemence prepared a written document detailing the work of the AIPC and the Community Survey for Mr. Strickland and emailed him the document to be used in a newsletter to all BPS families.
 - iii. In relation to questions concerning "Knox Boxes," Staff Liaison ACM Clemence reached OUT TO Assistant Fire Chief Matt Bartalino who confirmed that the BFD still operates a loaner box "Know Box" program and that they have approximately nine (9) Knox Boxes that can be obtained from the fire department for free for a period of 9 -12 weeks when a resident returns home for rehabilitation or convalescence.
 - iv. Next vendor list - Staff Liaison ACM Clemence spoke with Next Executive Director Cris Braun who stated that anyone looking for a vetted contractor or service vendor could call Next and be provided the information. There is no published list as it is always changing and being updated.
 - v. During the RFP pre-bid meeting for the YMCA building (400 E. Lincoln), Staff Liaison ACM Clemence stated that all of the bidders were told that a "warm and inviting lobby" was definitely important to Next and the project.
 - vi. There was a statement made by a member of the public that if the City was to be a true "walkable" City, then the City should be the one responsible for cleaning off sidewalks and maintaining safe sidewalks. Staff Liaison ACM Clemence relayed this information to both City Manager Ecker and DPS Director Zelinski.
 - vii. There were statements made by a couple of residents that were concerned that the Birmingham Community House was no longer a part of the City's fabric, that their involvement as a community partner was no longer present and that their "business plan" has changed and they are no longer about community. Staff Liaison ACM Clemence called the President and

CEO William Seklar from the Birmingham Community House and has arranged a meeting between Mr. Seklar and Staff Liaison ACM Clemence, City Manager Ecker and ACM Fairbairn on Friday, January 26, 2024.

6. Old Business: None

7. Open to the Public for Items Not on the Agenda: None

8. Miscellaneous Communications:

- A. Email communication from Maureen Field, RE: Affordability of senior housing in Birmingham.
- B. Telephone communication with Dorothy Conrad
 - i. Staff Liaison AACM Clemence informed the AIPC that he spoke with resident Dorothy Conrad by telephone. Ms. Conrad is a resident of the Baldwin House. Ms. Conrad wanted to express her disappointment that no member of the AIPC currently lived in senior housing. Ms. Conrad wanted to make sure the AIPC understands and addresses the affordability of senior housing in the City.

9. Announcements:

- A. Staff Liaison ACM Clemence informed the AIPC that as promised, he attended the governing board meetings of the Village of Beverly Hills, the Village of Bingham Farms and the Village of Franklin to inform them about the City AIPC and inviting their residents to participate in the Community Survey as interlocal partners in the mutual support of Next.
- B. Staff Liaison ACM Clemence also hand delivered copies of the Community Survey directly to the Baldwin House.

10. Adjournment:

With no further business being evident, Chair Hoff closed the meeting. CM DeWeese made a motion to adjourn the meeting at 5:08 pm. Seconded by CM O'Malley.