



Agenda

**MAYOR'S COMMITTEE ON DISABILITY
THURSDAY, MARCH 21, 2019
10:00 A.M.
CITY COUNCIL CHAMBERS
200 LINCOLN AVENUE, SANTA FE, N.M.**

1. CALL TO ORDER
2. ROLL CALL
3. APPROVAL OF THE AGENDA
4. APPROVAL OF MINUTES: FOR THE FEBRUARY 21, 2019 MEETING
5. PUBLIC COMMENTS (15 MIN. TOTAL)
6. NEW BUSINESS – DISCUSSION AND POSSIBLE ACTION
 - a) RESILIENCE – PATRICIA VELAZQUEZ, PhD AND SANDRA KIERSKY, PhD
 - b) SENIOR CENTER IMPROVEMENTS & CAPACITY – EUGENE RINALDI, SENIOR SERVICES DIVISION DIRECTOR
7. OLD BUSINESS
 - a) MCD SUB-COMMITTEE REPORTS
 - b) DISCUSS 2019 PRIORITIES
 - c) MUCHAS GRACIAS AWARD

ITEMS FROM MEMBERS AND STAFF (3 MINUTES)

8. ADJOURN

NEXT MEETING APRIL 18, 2019

PERSONS WITH DISABILITIES IN NEED OF ACCOMMODATIONS, CONTACT THE CITY CLERK'S OFFICE AT 955-6520, FIVE (5) WORKING DAYS PRIOR TO MEETING DATE.

THIS IS A FRAGRANCE FREE MEETING

****Please notify Aurore Bleck, Chair at (505)473-2060 and/or David A. Chapman, Interim ADA Coordinator/Liaison, at (505)955-6824 if you are unable to attend.**

RECEIVED AT THE CITY CLERK'S OFFICE

DATE: March 8, 2019

TIME: 10:56 AM

**SUMMARY OF ACTION
MAYOR'S COMMITTEE ON DISABILITY
CITY COUNCIL CHAMBERS
200 LINCOLN AVENUE
THURSDAY, MARCH 21, 2019 10:00 AM**

<u>ITEM</u>	<u>ACTION</u>	<u>PAGE</u>
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ROLL CALL	QUORUM	1
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APPROVAL OF MINUTES	APPROVED	2
PUBLIC COMMENTS	INFORMATION/DISCUSSION	2-3
<u>NEW BUSINESS - DISCUSSION AND POSSIBLE ACTION</u>		
RESILIENCE	INFORMATION/DISCUSSION	3-5
SENIOR CENTER IMPROVEMENTS AND CAPACITY	INFORMATION/DISCUSSION	5-6
<u>OLD BUSINESS</u>		
MCD SUBCOMMITTEE REPORTS	INFORMATION/DISCUSSION	6
DISCUSS 2019 PRIORITIES	NONE	7
MUCHAS GRACIAS AWARD	POSTPONED	7
ITEMS FROM MEMBERS	NONE	7
ITEMS FROM STAFF	INFORMATION/DISCUSSION	7

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NEXT MEETING

APRIL 18, 2019

7

ADJOURN

ADJOURNED

7-8

**MAYOR'S COMMITTEE ON DISABILITY
CITY COUNCIL CHAMBERS
200 LINCOLN AVENUE
THURSDAY, MARCH 21, 2019 10:00 AM**

1. CALL TO ORDER

The meeting of the Mayors Committee on Disability was called to order by Aurore Bleck, Chair at 10:00 am, on Thursday, March 21, 2019, at the City Council Chambers, 200 Lincoln Avenue, Santa Fe, New Mexico.

2. ROLL CALL

MEMBERS PRESENT

Aurore Bleck, Chair
Victor Hughes
Hope Reed
Michael Wirth
Kathlyne Gish
(2 vacancies)

MEMBERS ABSENT

Nancy Pieters, Excused
Miriam Jawhar, Excused

OTHERS PRESENT

David Chapman, Staff Liaison
Jitka Dekojova, Landscape Architect
Sandra Kiersky, PhD
Patricia Velasquez, PhD
Eugene Rinaldi, City of Santa Fe Senior Services Director
Kendra Garcia
Mark Garcia
Sheila Martinez, Intern, City of Santa Fe Community Services
Elizabeth Martin, Stenographer

3. APPROVAL OF AGENDA

MOTION A motion was made by Chair Bleck, seconded by Ms. Gish, to approve

the agenda as presented.

VOTE The motion passed unanimously by voice vote.

4. APPROVAL OF MINUTES

Chair Bleck said on page 6 it should say applications.

MOTION A motion was made by Mr. Wirtz, seconded by Ms. Gish, to approve the minutes as amended.

VOTE The motion passed unanimously by voice vote.

5. PUBLIC COMMENTS

Ms. Dekojova introduced herself as a Landscape Architect representing the New Mexico Chapter of American Landscape Architects. We are planning a mobility experience workshop in Santa Fe and are seeking guidance from your group. We did one of these in Albuquerque last year. The purpose is to bring people who shape the environment and policy makers who influence cities and building and put them in an experience of people with disabilities to see how they navigate. We hope they can see how people with disabilities navigate the cities and are then better able to design for them. We use wheelchairs and other means of navigation and have them ride a bus, go in a coffee shop and order coffee and do other regular activities to get a feel for how hard it is to get around to accomplish daily activities if access is not available. After the workshop field experience we have a workshop discussion to talk about the issues and then it is summarized in a document that is submitted to City with our recommendations. This is to start a conversation on how we design a build environment.

Ms. Dekojova said we would like to ask you for any suggestions or if you would like to be involved. We need the City to participate as well.

Chair Bleck asked what part of the City or location would you go to.

Ms. Dekojova said we will have the activities outside. Any suggestions for locations you have would be good.

Chair Bleck suggested downtown.

Ms. Dekojova said we break up into small groups of six to seven. It can involve City Transit as well and we want your City Council to participate.

Mr. Lucero said the Office of Economic Development would be a good contact for you. Rich Brown or Liz Camancho.

Chair Bleck also suggested Ventana de Vida Senior Center as a location.

The Public Works Department of the City was suggested as a partner.

Ms. Dekojova said every two weeks we have a coordination conference call. If any of you would like to join the call we can keep you updated as to our progress and you can be involved.

Mr. Chapman said if anyone would like to participate let him know.

Chair Bleck said David you can represent us.

Ms. Reed asked did the City ask for this training. There are government entities that do sensitivity training similar to this.

Ms. Dekojova said we limit this to only the mobility experience. We do this for educational purposes. Anthony from the Governor's Committee on Disabilities is part of our planning team.

Chair Bleck said thank you so much for informing us of this effort.

Ms. Dekojova thanked the Committee for their time.

6. NEW BUSINESS - DISCUSSION AND POSSIBLE ACTION

A. RESILIENCE

Patricia Velazquez, PhD, Sandra Kiersky, PhD

Dr. Kiersky said she and Patricia are psychologists in Santa Fe. Victor told us about his proposal to develop a better and more meaningful program for people suffering from trauma and PTSD. She was excited about it. She thought his proposal was terrific and could make a big difference in Santa Fe. It is a small enough community to be able to really do some things. Particularly in the area of trauma. There is a model formed around the thinking about the importance of human relationships. All trauma comes from an overwhelming affect that is not responded to appropriately. There are ways to heal this. It is not an illness or a diagnosis. The sooner you can convene around this the better. If any of our expertise would be helpful we are happy to lend it. There is a lot of work to do to make something happen. Are there any particular things you would want to know from us about this area or concerns.

Dr. Kiersky said she is also a psychoanalyst. This particular model of

development is based on relationships as the center of everything we call an emotional difficulty. The impact of the words we use and the way we think about these things as if they are a medical syndrome and that is not really the case. It takes time and you have to retrain people. It does not take the kind of crazy money spending people do now for almost no return. This a wonderful model you could use. It talks about a way trauma can be responded to in order to come back to healthy living. She would be happy to send over some resources and sites if you are interested. It is a model taught in the universities. We had an entire conference on Veterans and stress release initiatives. Recently we had a women's conference in Santa Fe.

Mr. Wirtz asked how was your conference in Santa Fe received.

Dr. Kiersky said it was well received. It was about women and resiliency. This workshop was around the ways in which women group up and limit themselves in ways. We talked about trauma recovery initiatives. Listening is so important.

Dr. Velasquez said she was from Argentina. She works with a lot of clients with health issues, physical issues and accident issues and combat issues. There is a high correlation to what is happening in their bodies and what they are trying to express. She felt she could not go deep enough and that they were trying to express their feelings but could not. Sandra became her mentor and teacher about this new paradigm. We have to make room to look at things in a different way. She started working in that area and now is in practice. In her work at UNM she learned approaches to treat trauma. The reason trauma treatment works is the relationship you have with your patient. If you can help them feel safe enough so they can tell their story that is so helpful and you begin to see the changes and responses. They must learn healthy coping mechanisms rather than unhealthy ones like drugs or alcohol. We work with all sorts of trauma. Isolation is one condition that is very common. You need someone who understands you are very alone. Homelessness is another. Victor's proposal is so different and powerful. There needs to be an approach to meet more people and for long term care. Trauma effects the body as well. In this relationship model we have some group therapies. She has noticed that once you make room for people to share their story and have support around them who validates their feelings and understands what is happening to them it becomes a safe place for them to share their stories.

Chair Bleck asked how are we involved.

Dr. Kiersky said we are both in private practice. This is an approach to dealing with trauma. We have resources we can pass on to you and speakers you could bring to help you understand. A lot is going to depend on the overall plan. These are big projects.

Mr. Lucero said based on last meeting there were a couple of steps we would like to take such as holding public hearings to get feedback from the community and stake holders. Then based on that the next step would be applying for some grants to

conduct market research. That is where he thinks they would be of value. We can hire clinicians to look at the gaps in service and what is working and create a healthier ecosystem and a safe place for people with disabling trauma. We have to discuss this as a Committee and have a timeline and process. They are two wonderful resources who have agreed to help as much as possible. He would like to keep them in the loop in this process.

Ms. Gish said in her personal experience with trauma she has seen the value of peer support and peer support workers. In several meetings in Santa Fe Peer Support Workers are brought up over and over as being most helpful. She has been trying for four years to become a Peer Support Worker. The only place to go for training is Albuquerque. You have to be licensed. Systems need to utilize that incredible resource. Also she is seeing a lot of models we are learning about in her Masters of Social Work Program, but they are not teaching us in any way about how to deal with people with disabilities.

Dr. Kiersky said that permeates every aspect of the system. Once you begin to change some parts of the system more parts get changed.

Dr. Velasquez said fitting into a box is not appropriate. Experiences are unique and need to be addressed individually. She used to work at the Santa Fe Guidance Center. They have a lot of peer support there.

Chair Bleck said thank you very much.

B. SENIOR CENTER IMPROVEMENTS AND CAPACITY
Eugene Rinaldi, Senior Services Division Director

Mr. Rinaldi said he brought a power point presentation that he passed out to the Committee members. The power point presentation is herewith attached to these minutes as Exhibit "1".

Mr. Rinaldi informed the Committee of his work experiences and his experiences with the care of his mother. He then reviewed the power point presentation.

Chair Bleck said at last meeting it was said that transportation is so overwhelmed that now the senior van is mostly only doing medical appointment transportation. Is that true.

Mr. Rinaldi said the Act emphasized that we transport people to medical and food resources. We transport to other sites if we have time and space. We take people to work and court. That is just not our focus. Medical and food are the priorities.

Chair Bleck said she has used the service and it is great.

Mr. Rinaldi said we are looking at trying to expand hours. It is an economic issue. We would like to try to be open at least to 7:00 pm. We want to make sure if we do that it would be used.

Ms. Gish said the hours have been an issue for her mom and she has the issue of trying to get up into the van. Also ADA compliant vans are needed.

Mr. Rinaldi said we are purchasing five new vans that are cut so you step up into them and that makes it easier for the passenger to get in. Four of the vans are handicapped accessible.

Chair Bleck said thank you so much.

7. OLD BUSINESS

A. MCD SUBCOMMITTEE REPORTS

Plan Review. Ms. Reed reported that she and Victor met today on the Silar Road improvements. We had some concerns and voiced them. David is getting plans for the Sheraton Bus Stop. Keith says the plans are 100% complete and they have taken care of our previous concerns. We will see how that goes.

RTS Subcommittee. There was a lengthy discussion on this item and it was decided to hold off on this issue for the time being.

Housing Subcommittee. Ms. Gish reported that her mom is trying to get into senior housing. She went from number 32 to number 25 in a year on the wait list. It is a real problem.

Transportation Subcommittee. Chair Bleck said the Transit Advisory Board met last month and will not meet this month. There is a new holiday schedule. There will be seven days with no service. They are working on their budget and expect that it will go through as is since everything they do is critical. They are still tweaking the route match program and will be working on a service development plan this summer. They want to incorporate more local transportation. There have been updates to the southside bus to meet the Railrunner to Albuquerque. On staffing they have not lost anyone else and are bringing in more than they are losing. Over 40 people started on March 11th. Paratransit is fully staffed. Bus ridership is down and that is a national trend. The customer complaints system is working well. They are trying to stay on top of the complaints.

B. DISCUSS 2019 PRIORITIES

There was no discussion on this item.

C. MUCHAS GRACIAS AWARD

This presentation was postponed until the April meeting.

8. ITEMS FROM MEMBERS

None.

9. ITEMS FROM STAFF

Mr. Chapman reported that Anthony Alarid from the Governor's Committee will be our speaker in April. In May the people from the technical assistance program will be here to talk about assistance equipment. They will bring some with them for us to see and try. David McQuarie will be at our April meeting to receive his award. We are scheduled for the Mayor to present that award to him. He is attending a session on disaster preparedness for disabled people. We got a lot of money from the legislature this year for the Airport, downtown restrooms, solar City buildings, a southside teen center and road improvements. He will be working on all those agreements so he can turn those projects over to the project managers. He is working with the Mayors office on the new members for the Committee. We have six applications for the openings.

Chair Bleck said Nancy is planning to come to the meeting and resign.

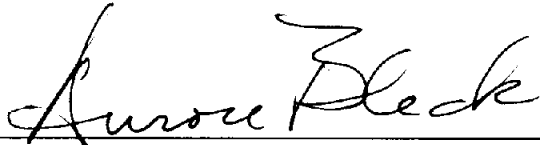
Mr. Wirtz said he would like to make recommendations on integrated pest control to the Mayor. The City of Santa Fe has an opportunity to be a model City if they follow the IPM Resolution passed in 2001. He will draft something on deficiencies for the Committee to look at for the next meeting.

Mr. Lucero said he wanted to try to do some things locally, but there are always barriers. It comes down to time commitment. He would like to put forward a vision.

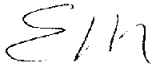
**10. NEXT MEETING
APRIL 18, 2019**

11. ADJOURN

There being no further business before the Committee the meeting adjourned at 12:12 pm.



Aurore Bleck, Chair



Elizabeth Martin, Stenographer



Division of Senior Services

Exhibit 11

Welcome

If you are age 60 or older, the City of Santa Fe Division of Senior Services (DSS) invites you to utilize its facilities and participate in the various programs and activities that are available to you.

Senior Services Registration

Eligibility

- Be at least 60 years old;
- Or the legal spouse of a member 60+ and residing at the same address.

When can I register?

Monday – Friday between 8:30 am and 4:30 pm

Where can I register?

The Mary Esther Gonzales Senior Center
(1121 Alto Street)

What do I need to bring?

- Be prepared to provide: DOB, SSN (last four digits), emergency contact information
- A brief form & assessment are completed

Senior Services Registration



City of Santa Fe

Division of Senior Services

1121 Alto Street

Santa Fe, NM 87501

(505) 955-4721

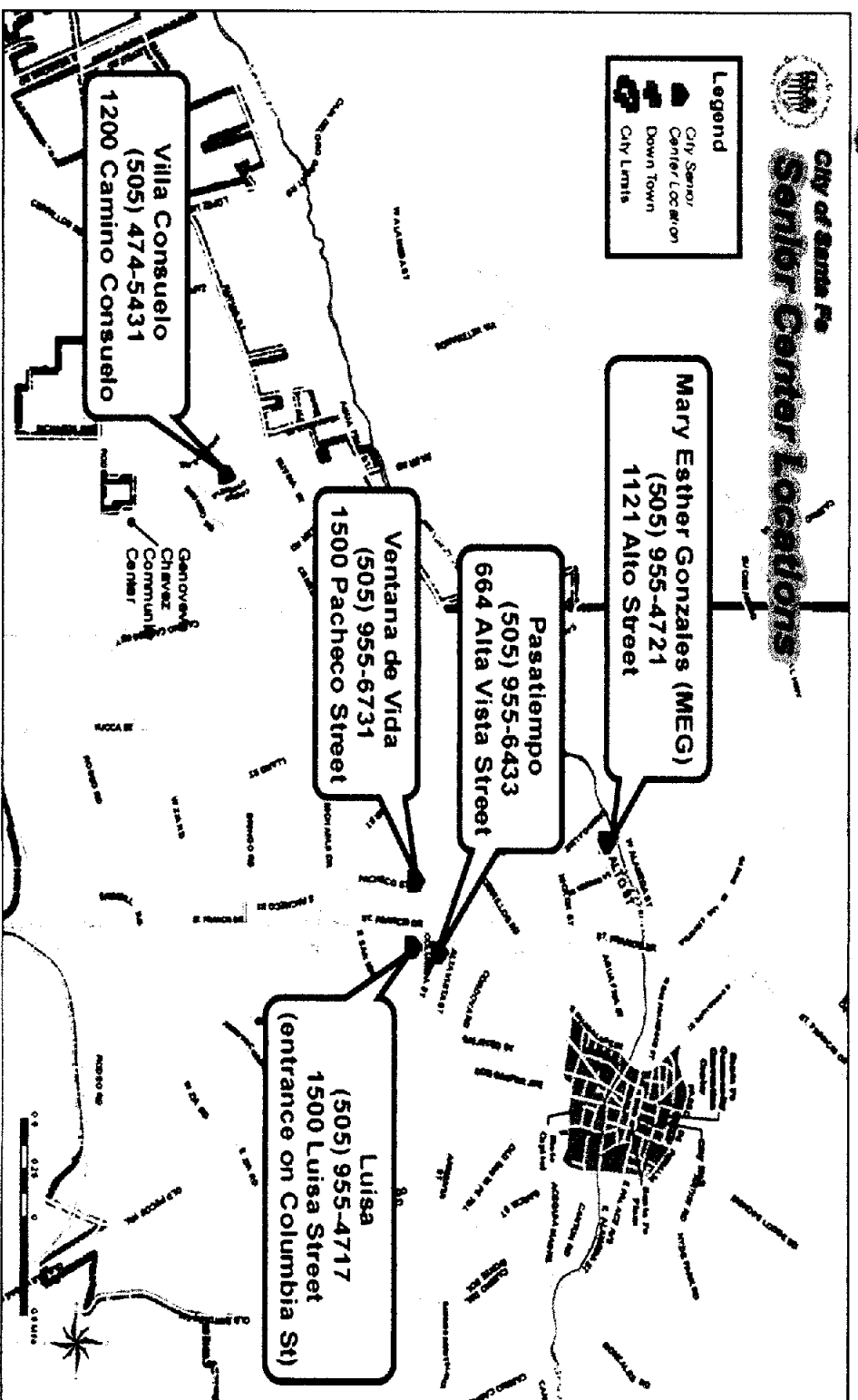
Name Jane Doe

Issued 10-1-18 Return 10-1-19 to update information

You will receive a senior services membership card like the one pictured to the left. It is good for one year, after which you must return to be reassessed.

Senior Centers

DSS offers a variety of programs and services at five senior centers:



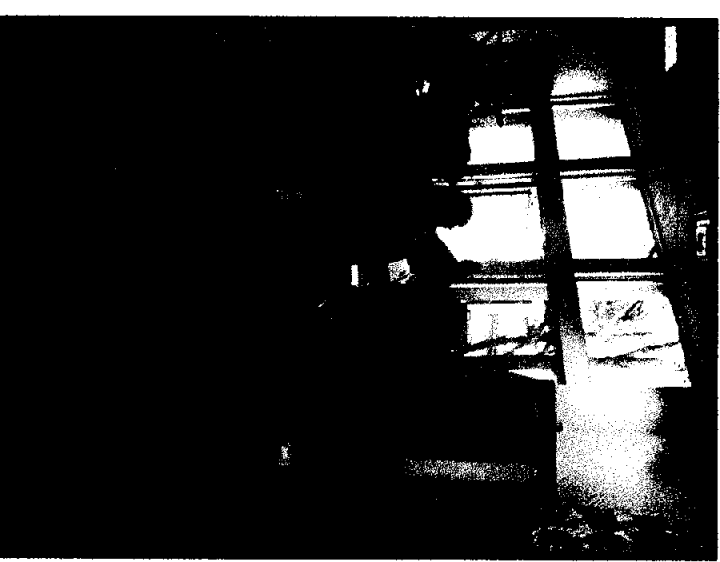
Center Activities

- Art classes (oil painting, ceramics)
- Billiards/cards
- Bingo
- Computer room (open use/classes)
- Dances
- Fitness room (open use)
- Exercise & movement classes (Zumba, line dance, yoga, Enhance Fitness, Nia technique, Tai-chi)
- Movies (monthly)
- Music (guitar class, sing-along)
- Jewelry making
- Sewing/knitting



Health & Safety Promotion

- AARP Driver Safety Course
(*monthly*)
- Blood pressure, blood sugar, & oxygen level testing (*monthly*)
- Food Distribution
- Health & Resource fairs
- Nutrition classes
- Various health & safety awareness programs (vary per month)



Benefits Counseling

- Questions about healthcare coverage, Medicare or Medicaid coverage, the rising costs of dental care, hearing aids or eye care; also helps with issues regarding housing or assistance with utility expenses.
- Stan Cooper, an RSVP volunteer, is available to offer advice every Wednesday morning at the MEG Senior Center.
- Appointments must be made ahead of time; service is free.
- **Call (505) 955-4721.**
- If you are unable to make an appointment call the **NM Aging & Disability Resource Center** at **(505) 476-4846** or toll free at **1(800) 432-2080**.

Trips

- **Day trips to conferences, events and museums.**
 - Prices vary
 - Check the Senior Scene for the latest information
- **Common trips:**
 - NM Conference on Aging, NM State Fair, El Santuario de Chimayo, the Zoo



Congregate Meals

Served Monday – Friday

- **Breakfast**

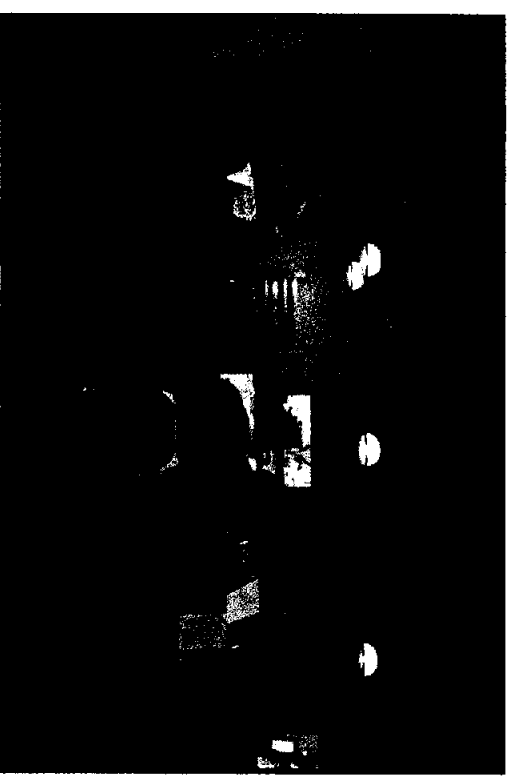
- 7:30–8:30 am
- Four centers: MEG, Luisa Pasatiempo, Ventana de Vida
- \$1.00 for seniors (60+)
- \$7.00 for non-seniors (59 and under)

- **Lunch**

- 11:00 am–12:30 pm
- All senior centers
- \$1.50 for seniors
- \$7.00 for non-seniors (59 and under)

Salad bar at MEG center
(no additional fee)

*MUST print name on meal sheets
when eating at any senior center.



Home Delivered Meals

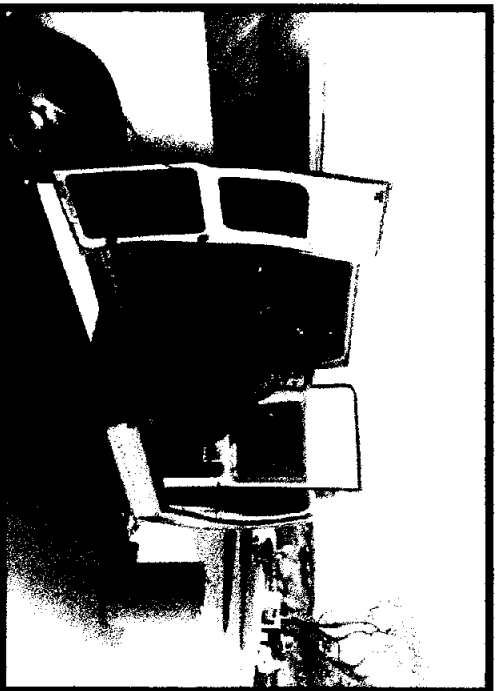
- Meals on Wheels available M-F for frail homebound elderly; two frozen meals delivered on Friday for weekend meals;
- Meals are the same as those served at meal sites;
- An assessment is done to determine service.

Contact:

Carlos Sandoval 955-4739



Transportation



- **Service for seniors 60+**
- **Hours**
 - M-F 8:15 am-4:15 pm
- **Cost**
 - Suggested donation of \$.50/ride
 - Ride tickets available – 25 rides for \$10.00
- **Call 955-4700**

- Rides must be requested at least 24 hours (before 4:00 pm) in advance & can be scheduled up to five business days in advance

Rides for medical appointments are given priority over all other types.

Home Management Services

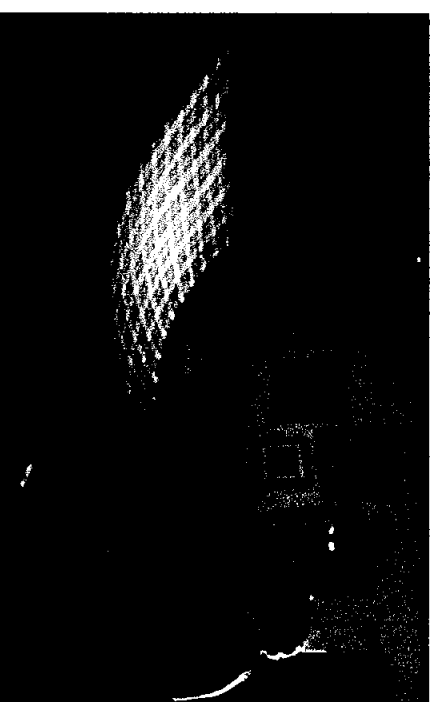
• Minor Housekeeping & Chores

- Mopping, sweeping, dusting, dishes, laundry, ironing
- Grocery shopping, medical appointments, errands

• Eligibility

- 60+ and unable to do daily activities
- Home assessment is conducted to address need and determine eligibility for services

Contact Theresa Trujillo 955-4745

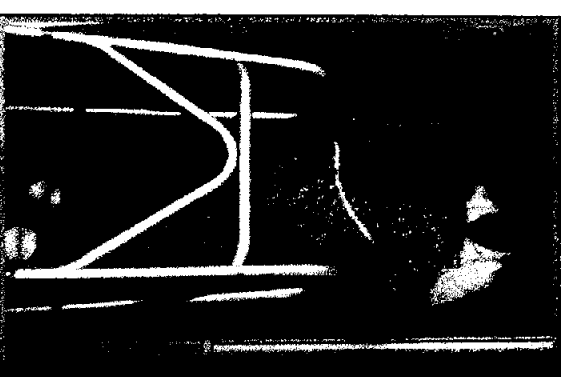


Family Caregiver Support Assistance Respite Care

- Relief provided to 24/7 caregiver (client must be 60+);
- Educational & emotional support offered to caregivers;
- Guidance sessions;
- Supplemental assistance and equipment provided on limited basis:
- Wheelchairs, walkers, grab bars, shower/tub chairs, canes

Home assessment must first be conducted.

Contact Theresa Trujillo at 955-4745.



Grandparents Raising Grandchildren

- Must be 60+
- Must live in SF County/City
- Provide proof of actively raising/providing financial assistance to grandchildren
- Yearly, modest vouchers are given for expenses:
 - \$200 annually per grandparent/household
 - Medical, lunch, school supplies, clothing

Contact:

Melanie Montoya at 955-4761



Senior Volunteer Programs

The Senior Corps programs recruit volunteers 55 and over to help their communities solve some of their most pressing problems in the areas of Education, Healthy Futures, Economic Opportunity, Environmental Stewardship, and Veterans and Military Families. The Purpose and Goals of each program differ slightly. While SCP and FGP focus exclusively on Independent Living and Education, respectively, the RSVP is open to wide variety of volunteer assignments; all three programs aim to meet critical community needs and provide a high quality experience for volunteers.



Foster Grandparent Program (FGP)

Must be 55+, pass a background check, volunteer a minimum of 15 hours/week, and reside in Santa Fe County to participate.



- Serve as a mentor/tutor to children with special or exceptional needs
- Offer emotional support to children experiencing social issues (may have been abused/neglected)
- Average of 20 hours/week in elementary schools or head starts
- Modest tax-free stipend given to income-eligible volunteers
- Reimbursement for transportation, meals & physicals
- Covered by free supplemental insurance while on duty

Contact:

Melanie Montoya, 955-4761

Retired Senior Volunteer Program (RSVP)

Must be 55+ and reside in Santa Fe County to participate.

- **RSVP Goal:** Meet critical community needs & provide a high quality experience that will enrich the lives of volunteers

- **Benefits:**

- Assistance finding the right volunteer opportunity for you
- Accident, personal liability, and excess auto liability insurance (while on duty)
- Community recognition events & gifts
- Access to trainings/workshops (usually paid for by RSVP)
- Staying active and social while addressing community needs!

- **Opportunities:**

- Food distribution/pantries, emergency shelters, emergency response/preparedness, environmental, hospice, hospital, library, mentoring/tutoring, one-day events, senior centers, court advocacy, etc.

Call Triston Lovato-Armstrong at 955-4760 for current opportunities.

Senior Companion Program (SCP)

Must be 55+, pass a background check, volunteer a minimum of 15 hours/week, and reside in Santa Fe County to participate.

- Serve as companions or caregivers to lonely/isolated/frail individuals (no relatives)
- Modest tax-free stipend given to income-eligible volunteers
- Reimbursement for transportation, meals & physicals
- Covered by free supplemental insurance while on duty

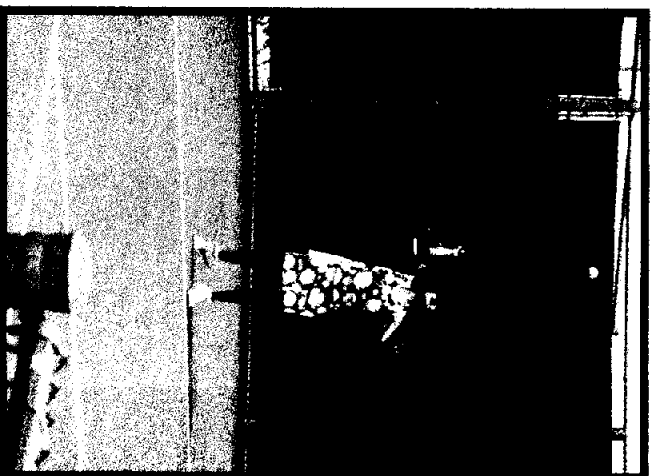


Contact:

Melanie Montoya, 955-4761

Senior Olympics

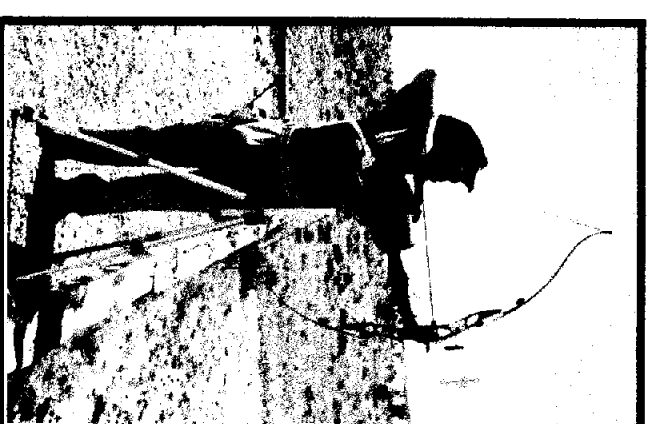
- 50+ Program for men & women
- Olympians participate in their own age category in athletic & recreational events



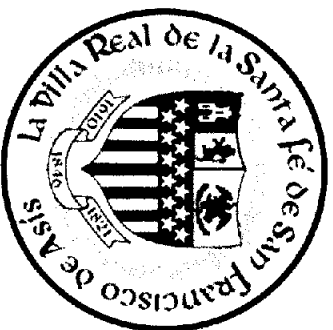
- Air rifle, basketball, bowling, horseshoes, swimming, talent shows, tennis, track & field and more.

Contact:

Cristina Villa 955-4725



Questions?



City of Santa Fe
Senior Services

