



CITY OF SURPRISE
Regular City Council Work Session
16000 N. Civic Center Plaza
Surprise, AZ 85374
Tuesday, October 18, 2022 @ 5:00 PM
COUNCIL CHAMBERS

- A. Call To Order
- B. Roll Call
- C. Pledge of Allegiance
- D. Proclamation and Community Acknowledgements
- E. City Manager Report
- F. City Clerk Report
- G. Call To The Public

INSTRUCTIONS: In order to address the City Council, you will need to fill out a Call to the Public Form available at the front counter, and then turn it in to the City Clerk before the meeting begins. [Download the Call to the Public form](#) (PDF download requires Adobe Acrobat Reader) [Fill out the Call to the Public form online](#) If submitting form electronically, please submit to City Clerk at least one hour before the meeting start time. The Call to the Public form is also available at the front counter.

Note: A.R.S. 38-431.01(H)- During this time members of the public may address City Council only on issues within the jurisdiction of the City Council which are not an item on the agenda. At the conclusion of the open call, City Council may respond to criticism, may ask staff to review the matter or may ask that the matter be put on a future agenda. No discussion or action shall take place on any item raised.

Approval of items on the Consent Agenda – all items with an asterisk (*) are considered to be routine matters and will be enacted by one motion and one roll call vote to the City Council. There will be no separate discussion on these items unless a Councilmember requests, in which event the item will be removed from the consent agenda and considered in its normal sequence on the agenda.

Please be aware that Council Members may not discuss or respond to matters raised during call to the public that are not specifically identified on the agenda. Council Members may however, in their discretion, discuss or respond to relevant matters raised during a noticed public hearing or agenda item.

H. Regular City Council Work Session Agenda

CONSENT AGENDA:

REGULAR AGENDA ITEM - PUBLIC HEARING:

REGULAR AGENDA ITEM - NON-PUBLIC HEARING:

- | | | | |
|----|----------|---|---|
| 1. | Citywide | Presentation and discussion pertaining to Dementia Friendly Surprise. | None |
| | | | Joe Gladieux
Human Svcs and
Comm Vitality |
- I. Other Business and Future Agenda Items
 - J. City Council Reports
 - K. Executive Session

For information Purposes; Upon a public majority vote of a quorum of the City Council, the Council may hold an executive session, which will not be open to the public, but for only the following purposes:

- discussion or consideration of personnel matters (A.R.S. §38-431.03 (A)(1));
- discussion or consideration of records exempt by law from public inspection (A.R.S. §38-401.03 (A)(2));

L. Adjournment

SHERRY ANN AGUILAR, CITY CLERK, MMC

POSTED: October 13, 2022 at 9:45 AM

SPECIAL NOTE: PERSONS WITH SPECIAL ACCESSIBILITY NEEDS, INCLUDING LARGE PRINT MATERIALS OR INTERPRETER, SHOULD CONTACT THE CITY CLERK'S OFFICE @ 623.222.1200 OR TTY 623.222.1002, BY NO LATER THAN 24 HOURS IN ADVANCE OF THE REGULAR SCHEDULED MEETING TIME.



CITY OF SURPRISE
Regular City Council Work Session

Council Meeting Date: October 18, 2022

Contact Person: Joe Gladieux, SENIOR SVCS
PRG SUPV

Submitting Department: Human Svcs and Comm
Vitality

District: Citywide

Staff Recommendations: None

Consent: No

Regular: Yes

Public Hearing: No

Report/Discussion: No

Agenda Wording:

Presentation and discussion pertaining to Dementia Friendly Surprise.

Motion:

Discussion only

Background:

The City of Surprise is a member of the Dementia-Friendly America network of communities and offers Dementia Friends sessions in partnership with Dementia Friends Arizona.

With Arizona anticipated to experience the highest growth rate of Alzheimer's disease and related dementias nationally, Surprise is partnering with community experts in aging and cognitive disorders to provide access to programs and resources to help the community understand what dementia is and how it affects people.

Objective Analysis:

Janice Greeno, Senior Outreach Program Manager with Banner Sun Health Research Institute will provide an overview and update of Dementia Friendly cities and resources available.

Policy Compliant:

This item is compliant with City and Council policy.

Financial Impact:

N/A

Budget Impact:

N/A

FTE Impact:

N/A

ATTACHMENTS:

1. Presentation
-

Dementia Friends Information Session

Changing the Way People Think,
Act and Talk About Dementia



Janice Greeno, MA, CAVS
Sr. Outreach Program Manager
**Banner Sun Health Research Institute/
Banner Alzheimer's Institute**





Dementia Friendly Surprise



Dementia Friendly Surprise Official Webpage



Thank You for your support!

***Thank you,
Dementia Friendly
Surprise Action Team!***

***Please join the conversation
and the activities today.***





Alzheimer's and Dementia Statistics

***Over 6 million Americans are living with Alzheimer's Disease**

- 2020-Estimated **150,000** Arizonans aged 65+ living with dementia
- 2020-Estimated **257,000** AZ Family Caregivers
- Projected increase in Arizona cases:
 - **33.3%** by 2025
 - Fastest growing state in the nation with **200,000** cases expected

Impact of COVID-19: Alzheimer's and dementia deaths have increased during the COVID-19 pandemic.

According to the Alzheimer's Association:

- 10% of 65+ persons have dementia
- 50% of 85+ have dementia

***2022 Alzheimer's Disease Facts & Figures, Alzheimer's Association, [alz.org](https://www.alz.org)**

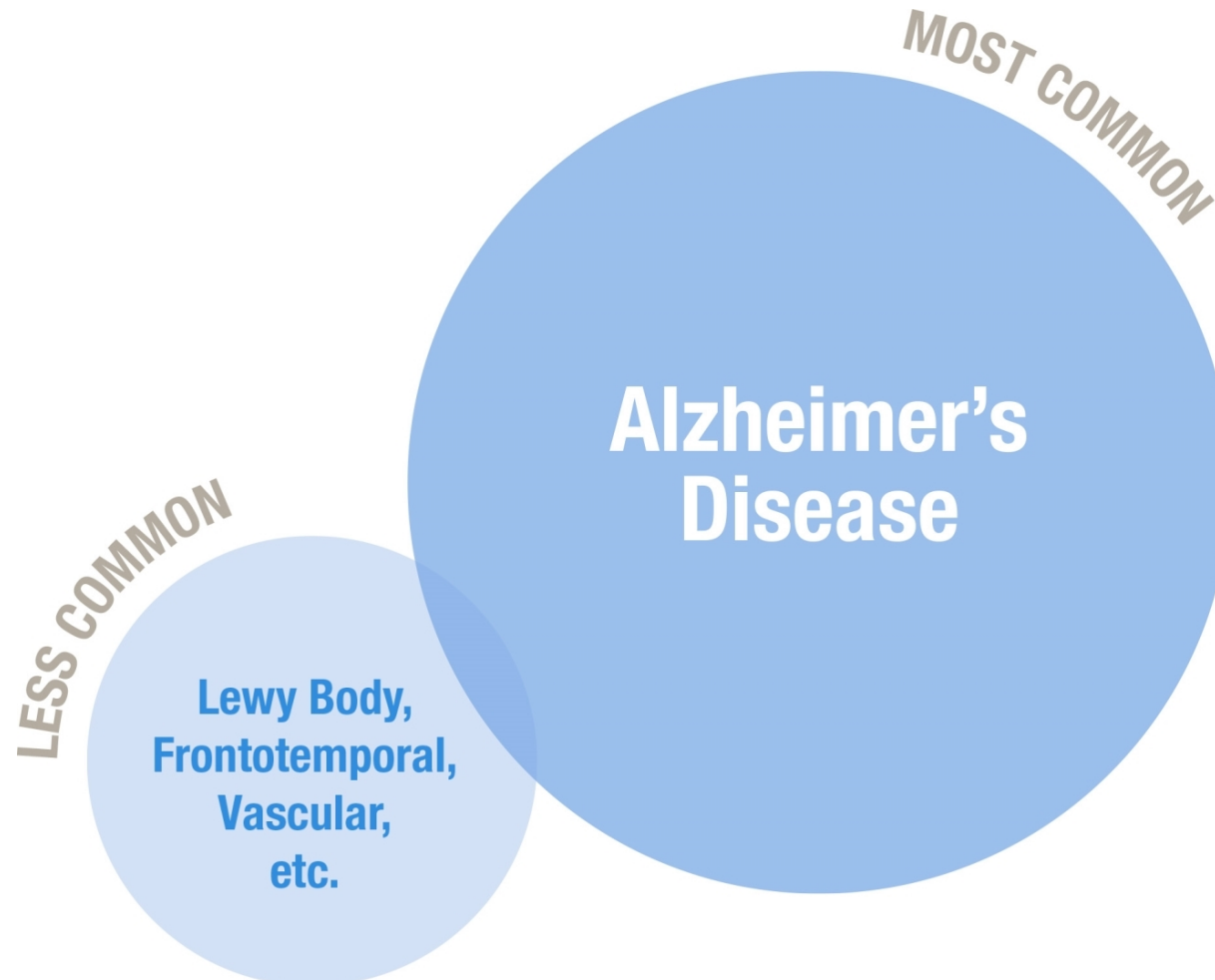


Thoughts About Dementia

What is one word that comes to mind
when you hear the word
“dementia”?



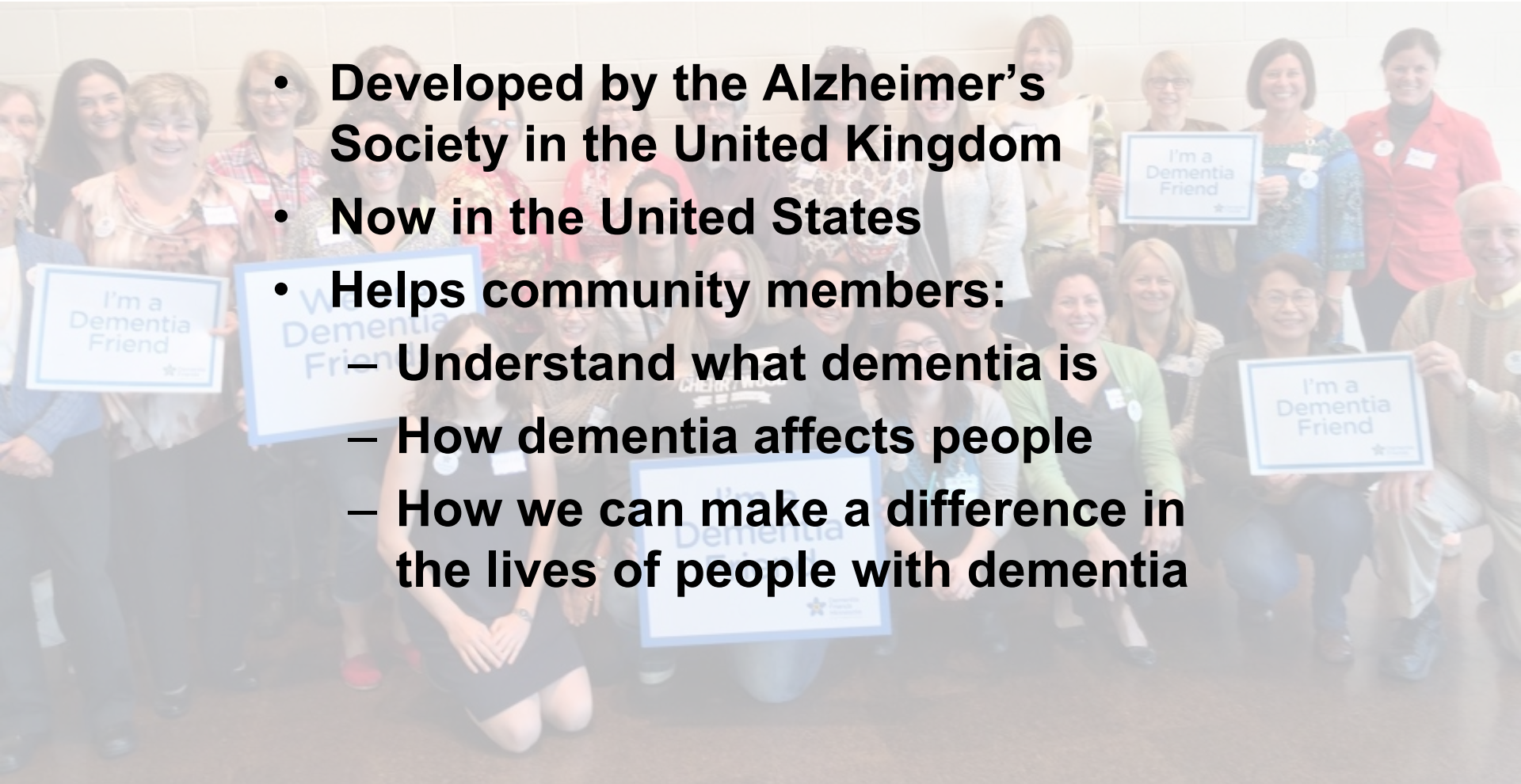
Types of Dementia





What is Dementia Friends?

- Developed by the Alzheimer's Society in the United Kingdom
- Now in the United States
- Helps community members:
 - Understand what dementia is
 - How dementia affects people
 - How we can make a difference in the lives of people with dementia





Dementia Friendly Arizona



Making Arizona Dementia Friendly

One Community at a Time.....

1. Tempe
2. Surprise
3. Scottsdale
4. Phoenix
5. Mesa
6. Glendale
7. Pima County
8. Goodyear
9. Who's Next????

Dementia Friendly America:

www.dfamerica.org



Normal Aging vs. Alzheimer's

Normal Aging	Early Signs and Symptoms
Sometimes forgetting names or appointments but remembering later	Memory loss that disrupts daily life
Making occasional errors when balancing a checkbook	Challenges in planning or solving problems
Occasional help to use the settings on a microwave or to record a TV show	Difficulty completing familiar tasks at home, at work or at leisure
Confused about the day of the week but recalling later	Confusion with time or place
Vision changes (cataracts)	Trouble understanding visual images and spatial relationships



Normal Aging vs. Alzheimer's

Normal Aging	Early Signs and Symptoms
Sometimes having trouble finding the right word	New problems with words in speaking or writing
Misplacing things from time to time and retracing steps to find them	Misplacing things and losing the ability to retrace steps
Making a bad decision once in a while	Decreased or poor judgment
Sometimes feeling weary of work, family and social obligations	Withdrawal from work or social activities
Developing very specific ways of doing things and becoming irritable when a routine is disrupted	Changes in mood and personality

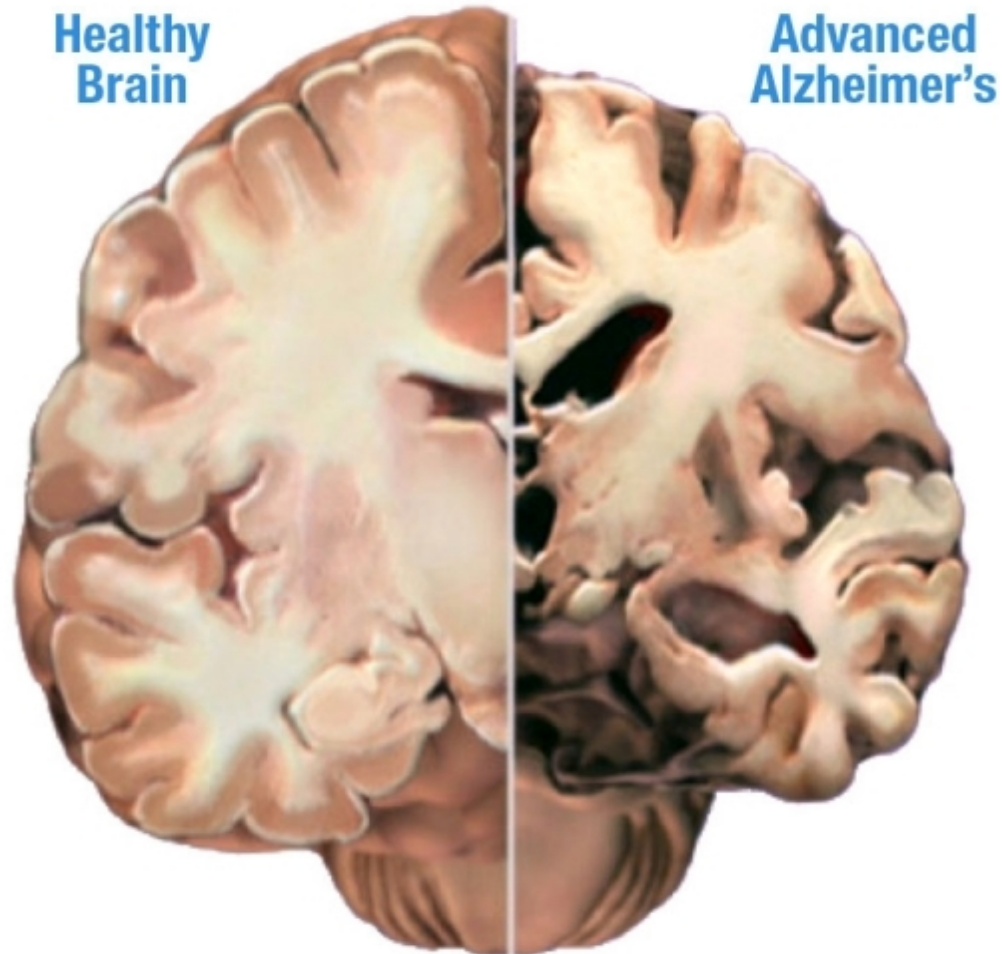


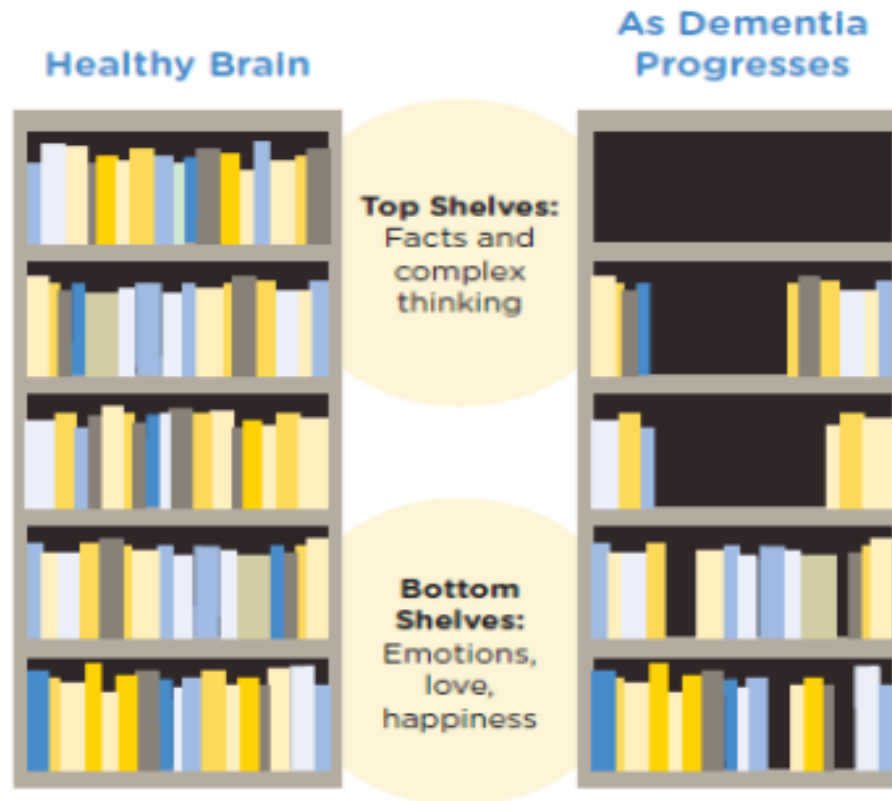
Five Key Messages

- Dementia is not a normal part of aging.
- Dementia is caused by diseases of the brain.
- Dementia is not just about having memory problems.
- It is possible to have a good quality of life with dementia.
- There's more to the person than the dementia.



Bookcase Story and the Brain

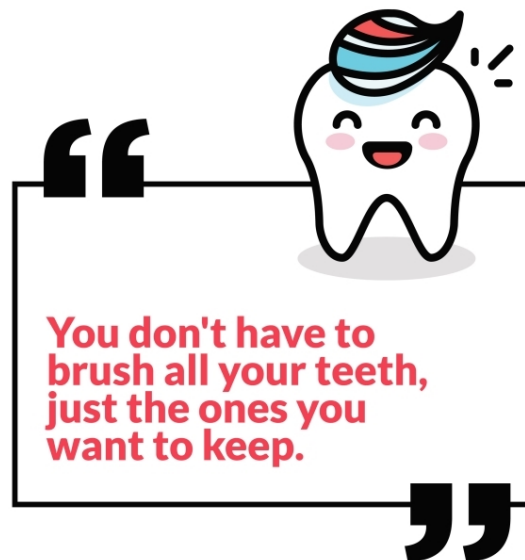






Everyday Tasks Activity

- Write a step-by-step instruction list to complete a task you do daily:
 - Brush Your Teeth – Instruction List
 - Make sure that someone reading your list could successfully follow the instructions to complete the task.





Communication Tips

- Treat the person with dignity and respect.
- Be aware of your feelings.
- Be patient and supportive.
- Offer comfort and reassurance.
- Avoid criticizing or correcting.
- Avoid arguing.
- Offer a word guess.
- Encourage nonverbal communication.



Five Key Messages

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A Dementia Friendly America initiative



Turn Your Understanding into Action

My name is:



As a Dementia Friend, my action will be to...

My name is:



As a Dementia Friend, I will...

- ☐ get in touch and stay in touch with someone I know living with dementia.
- ☐ be patient.
- ☐ be more understanding.
- ☐ carry out a personal action:



Resources: Help Lines

- **Alzheimer's Association, 24/7 Helpline**
 - **800.272.3900, alz.org**
 - Serves people with memory loss, caregivers, health care professionals and concerned friends/family and provides referrals to local community programs and services, dementia-related education, crisis assistance and emotional support.
- **Maricopa County, AZ: Area Agency on Aging 24-Hour *Senior* HELP LINE**
 - **602-264-HELP (4357), Toll Free at 888-264-2258, aaaphx.org**
 - AAA advocates, plans, coordinates, develops and deliver services for adults aged 60+. Provides information, assistance and connects people with meals, transportation, care and additional resources for residents of Maricopa County, Arizona.



Resources: Clinical Care and Support



Banner Alzheimer's Institute (Phoenix and Tucson)

www.banneralz.org

Banner Sun Health Research Institute (Sun City)

www.bannershri.org



Resources: Surprise Memory Café

There are a number of Virtual Memory Cafés in Arizona, here's one example:

Surprise Memory Café

WHO: People with early to moderate memory loss and their caregivers

WHEN: 2nd and 4th Tuesdays of each month, 10-11:30am

WHERE: **2nd Tuesday/Virtual and 4th Tuesday/In-Person**

**In-Person Memory Cafés are held at: The Salvation Army
17420 N. Avenue of the Arts, Surprise, AZ**

As part of Dementia Friendly Surprise, when we meet in person again, the Memory Café goal is to provide a social and resource place for people living with memory loss and their care partners. The group typically gathers for coffee and socialization. Then, caregivers participate in an education and support session while people with memory loss actively participate in life enrichment.

**The program and others like it are free of charge
and no reservations are required. For more information call 623-832-6637
or email BannerResearch@bannerhealth.com**



Reaching Our Community

Dementia Friends Information Sessions, Champion Training and Dementia Friendly Communities

If you are interested in becoming a Dementia Friends Champion who presents information sessions like this one, or to learn more about

Dementia Friendly Communities please email Dementia Friends State Lead and Senior Outreach Program Manager at BSHRI & BAI:

Janice.Greeno@bannerhealth.com



Find out more about becoming a Dementia Friend and Dementia Friendly Communities: Dementia Friendly America: www.dfamerica.org
Dementia Friends USA: dementiafriendsusa.org



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BEACON NEWSLETTER**



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**JOIN A RESEARCH
STUDY**



**APPOINTMENTS &
TELEHEALTH AVAILABLE
AT OUR CLINICS**



**FIND CLASSES AND
EVENTS AT
[BANNERALZ.ORG/
CALENDAR](https://BannerAlz.org/Calendar)**



This program was made possible by the generous support of the Banner Alzheimer's Foundation.
602-747-GIVE - Give.BannerHealth.com/Alzheimers



How to Learn More

DEMENTIA UNTANGLED

A PODCAST
FOR
CAREGIVERS

HOSTED BY:

Banner
Alzheimer's Institute &
Sun Health Research Institute

CONVERSATIONS WITH
**PHYSICIANS, EXPERTS, &
COMMUNITY LEADERS**

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[BANNERALZ.ORG/DEMENTIAUNTANGLED](https://BannerAlz.org/DementiaUntangled)

**Dementia
UNTANGLED**

To learn more about dementia and the Dementia Friends movement, check out the podcast, **Dementia Untangled** wherever you listen to podcasts.

**"Influencing Change through
Grassroots Movements"**

with Barbara Mason

13:19 30:00

**Dementia
UNTANGLED**

BannerAlz.org/DementiaUntangled



Thank You



Dementia
Friendly
America®

City of Surprise, Arizona