

CITY OF SURPRISE
Regular City Council Work Session
16000 North Civic Center Plaza
Surprise, AZ 85374

Tuesday, October 18, 2022 @ 5:00PM

A. Call To Order

Mayor Hall called the Regular Council Work Session to order on October 18, 2022 at 5:00 p.m. at the Surprise City Hall located at 16000 N. Civic Center Plaza, Surprise, Arizona 85374.

- B. Roll Call

In attendance with Mayor Hall were Vice-Mayor, Aly Cline; Councilmembers Jack Hastings, Ken Remley, Patrick Duffy, Roland Winters and Chris Judd.

- C. Pledge of Allegiance
- **1. Presentation and discussion pertaining to Dementia Friendly Surprise.**

Human Services and Community Vitality Manager, Joe Gladieux introduced Janice Greeno, Senior Outreach Program Manager with Banner Sun Health Research Institute. Ms. Greeno continued with a powerpoint presentation on Dementia Friendly Surprise.

Ms. Greeno asked Council if they have been effected by someone they know who has dementia and how it has effected their lives and what are some feelings associated with this.

Topics included in the powerpoint presentation: Normal aging vs. Alzheimer's

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:

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.

Ms. Greeno asked the Council to break into 3 groups at the dais and asked them to write down steps for a daily routine of brushing your teeth, and to make sure someone reading your list could successfully follow the instructions to complete the task. Most had 7 to 10 steps to follow.

Surprise Memory Cafe - This is the third year for the Surprise Memory Cafe and there have been over 800 attendees that have passed the cafe since the opening. Has become a very successful program.

Councilmember Remley mentioned access to early tests, what is the status of research? Mr. Greeno commented that free tests are offered at Banner Health Research Institute. Ms. Lori Nissan, Director of Family and Community Services commented that within the next few years we will be able to have our blood drawn and tested for genetic markers. Medications are currently on the market to slow down the progress of Dementia.

Mayor Hall commented that he has a lot of empathy for the care takers because I was one. A lot of emotions, anger, guilt, and you have to learn how to deal with these feelings. I started journaling, it is amazing how helpful it is to write down how you feel. You have to take breaks, it's important. It is really hard if you don't take care of yourself.

Ms. Greeno ended the discussion with Reaching our Community:

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

Mayor and Council thanked Ms. Greeno for the presentation.

L. Adjournment

Mayor Hall asked for a motion to adjourn. Councilmember Winters made the motion to adjourn the Regular Work Session of Tuesday, October 18, 2022 at 5:45 p.m. Vice-Mayor Cline seconded the motion. 7 yes votes to adjourn.

Skip Hall, Mayor

ATTEST:

Sherry Ann Aguilar, City Clerk, MMC

CERTIFICATION:

I, Sherry Ann Aguilar, City Clerk for the City of Surprise, Maricopa County, Arizona, do hereby verify that these are the true and correct minutes of the Regular City Council Work Session of Tuesday, October 18, 2022.

Sherry Ann Aguilar, City Clerk, MMC