



## **Senior Citizens Advisory Committee**

### **Summary of Committee Meeting**

Tuesday, July 14, 2015

Beaverton City Hall

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**Welcome and Introductions** – Chair (Laurel) calls meeting to order at 2:30 PM

**Approval of May Minutes** – motioned, seconded and voice approval.

**Guest Speaker**, Andy Cartmill, Senior Program Educator for Addiction in Washington County (503.846.4560). Andy began the presentation with some relative statistics and some demographics for general awareness. Thomas Joiner's studies regarding 'Why do people commit suicide?'; the three interconnected circles of behavior. 'Ask, Talk, Listen' is the message Andy relates to Caregivers. Listen for verbal clues/phrases. Look/Listen for behavioral clues (related to talk and ask). Situational Clues are many of the same as verbal and behavioral, focused through change and LOSS.

Where to get help:

**Washington County Crisis Line** 503.291.9111

**National Suicide Prevention Lifeline** 1-800-273-TALK

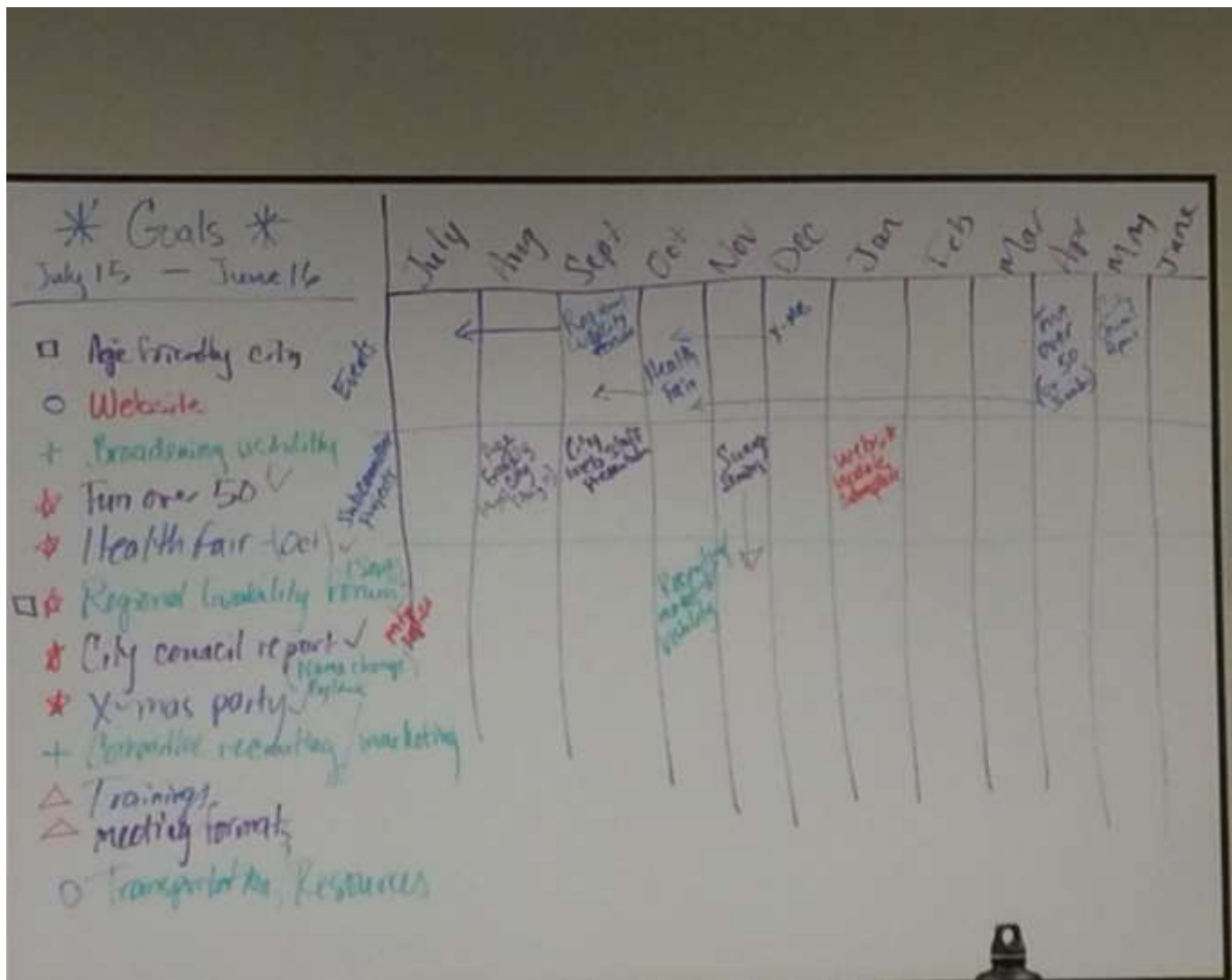
(add from hand-out)

Add the Washco web site /suicide

**Committee FY 2016 Planning** – facilitated by Carley Berkey of the Dispute Resolution Center. To begin a discussion of how to and when we support our goals. The goals include events, commitments, and initiatives going forward, brought up with light discussion, and listed on a time-line chart.

Here's our work in progress – it's a great start!

(next sheet) Thanks to Cathy Doyle for capturing this for us.



## Adjournment

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### Council Liaison:

Cate Arnold

### Staff Liaison:

Jim Brooks

### Committee Attendees:

Jo Anne Bauman, Cathy Doyle, Regina Ford, Peggy Gordon, Sky Johnson, Jeff Menzel, Laurel Reilly, Helen Robinson, Will Anderson