

Beaverton Committee on Aging
Summary of Monthly Meeting
Tuesday May 9, 2017

Welcome and introductions – Pam Reinhart (began meeting at 2:34pm)

BCOA Members in Attendance: Sky Johnson, Beverly Sali, Jeff Menzel, Jessica Brzuskiwicz, Louis Weisberg, Pam Rinehart, Suzanne Van Slyke

BCOA Members Absent: Cathy Doylel, Jo Anne Bauman, Shannon Wiseman, Jim Brooks

Guests: Laurel Ryley - Liaison to the Elsie Stuhr Center, Anthony Anitvail - Champion Advocates, Elain Hartman, Alex Shokrian

Approval of April minuetts: A motion for minutes to be approved was seconded and unanimously approved.

Visitor comment period: No comments from the guests.

Speaker: Metropolitan Family Services-Consumer Advocacy Alex Shokrin Financial Coach, CFPB Financial Coaching Program Contractor Armed Forces Service Corporation Partnering with MFS, Metropolitan Family Service spoke on the services that he helps provide the community through Metropolitan Family Services.

Metropolitan Family Services has partnered with the Consumer Financial Protection Bureau to provide free financial coaching services to the community.

Through the financial coaching program, one receives free, one-on-one sessions with a financial coach certified by the Association for Financial Counseling and Planning Education

- Located in SE Portland, will come to person or phone consult
- Focuses on respect and dignity. Helps others advocate for themselves
- Company's may try to take advantage of minorities and/or those at a disadvantage, MFS tries to circumvent that with education and assistance.
- Gives appropriate referrals
- Takes on no liability as there is no fee or contract

Alex Shokrian – 503-232-0007 ext. 150 or ashokrian@afsc.com

Viva Village Event-Effective Health Care Advocacy:

- Sky Johnson, Beverly Sali, Louis Weisberg and Jim Brooks attended
- Marcy Houle, co-author of *The Gift of Caring*, describe her journey of caring for her aging parents.
- Highlighted positive ways to address potential issues we may encounter in the healthcare system
- Over 80 in attendance
- Excellent resources and forms were provided by the author that can be utilized
- The three deadly D's were emphasized: Dehydration, delirium and drugs (too many prescriptions that interact).
- 50% of folks who go into the hospital w/ "Delirium" pass away

Future Event Planning:

- Possibly formulate a Request/Scope of Interest form for future events
- Establish individual roles/subcommittees
- See about Jim reaching out MYAC about Sneaker Ball and possible collaborations
- Possible 55 and over job fair
- Vendor event on taking charge of finances
- Possibility of annual large event to be hosted once a year (March?) To be reviewed at next month's meeting

Mark Fagin – Beaverton City Council Liaison:

- Budget is coming out 5/9
- Ground was broken on new building in Cedar Hills

Adjourn: 4:04pm

