



## MEETING MINUTES

**DATE:** July 10, 2018

**TIME:** 2:30pm

**LOCATION:** Columbia River Room

### Welcome and Introductions

- Meeting called to order at 2:39 pm by Skylar Johnson
- BCOA Members in Attendance:
  - Sky Johnson (Chair); Beverly Sali, Jan Asher, Louis Weisberg, Hilary Greenebaum (Secretary), Carley Adams (City Staff Liaison), Patty Bennett,
  - BCOA Members Absent: Shannon Wiseman, Suzanne VanSlyke, Pam Rinehart (Vice Chair), Jo Anne Baumann
  -

### Visitor Comment Period

- Elaine Hartman (community member) is pleased to be here.

### Approval of Previous Minutes

Read and review minutes. Approved.

### Mental Health Event Update:

Sky contacted multiple places regarding a venue in Beaverton. Numerous possibilities exist. We are awaiting more detailed information and will make a decision next month.

Lou reached out to OHSU and Veterans Adm. Most people are unable to attend. There are two speakers with great experiences regarding mental health, chronic disease, chronic pain etc.

Focus on mental health includes depression, anxiety, addiction, social isolation, fear of mortality.

Discussion included morphing this event into a mental health series every few months.

### **Actions:**

- *Keep the library booked as a possible venue for mental health event on November 3, 2018*
- *Keep going forward with planning*
- *Several potential speakers have reached out to Sky. We will continue to discuss.*
- *Continue to reach out to geriatric and mental health professionals who can speak about the progression of mental health issues along a continuum: beginning, middle extreme stress, suffering, isolation, addiction,*
- *Bev suggested ending the event on a happy high note. For example, a 97-year-old inspiration! Bev will follow up with her friend.*

### **Promotional Material Discussion**

Good news! T-shirts are ordered!

**Action:** *BCOA Still has a lot of pens. We might get some post it notes or pads to go with the pens. Carley will investigate and see what Beaverton already has.*

### **New Business**

1. Web page: Carley is working on and showed us some ideas. Discussion of slide show, member quotes, lots of color, pictures of events.

**Action:** *If so inclined, members please send a quote or comment about being on the BCOA. Use the Diversity Advisory Board website as a model. Please see <https://www.beavertonoregon.gov/1318/Diversity-Advisory-Board>*

2. Elsie Stuhr Health and Wellness Fair is scheduled for Oct. 6, 2018 (9:00 AM - 1:00 PM)

**Action:** *As we have done in the past, a few of us will represent the BCOA at the event.*

3. Jan shared an excellent TV show *Brain Secrets* on OPB excellent show about brain neuro-plasticity. It is now available for purchase.

4. Conversation around monthly celebrations and the timeliness of events. See <https://nationaldaycalendar.com/calendar-at-a-glance/> for more information about national celebrations. Discussion about working together with other community groups and organizations.

**Action:** *Discussion of geriatric mental health book display prior to the Nov 3 event. Hilary will follow up with Mary Wise at the Library. Hilary will also ask Mary about library resources for display at the event.*

5. Hilary shared a book called *The End Old Age* written by Marc E. Agronin. It is a positive, pragmatic, hope filled book on living a longer more purposeful life.

## Beaverton City Staff Liaison Report

### Carley Adams: City Council update

- **The Beaverton Night Market returns this year on Saturday, Jul. 21 and Aug. 11.** Night Market is a multicultural evening of international food, craft, live music and cultural performances. Both events will happen from 5 to 10 p.m. at The Round located at 12725 SW Millikan Way. Area parking is limited; recommend alternate transportation.
- More Arts events include **Ten Tiny Dances** on Saturday, Jul. 14 from 10 a.m. to 1:30 p.m. near The Round. In addition, **Concerts in The Round** is Thursday Jul. 26 (Patrick Lamb and Hit Factory) and Thursday Aug. 16 (Super Sparkle) from 5:30 to 8 p.m.
- Neighborhood events include a **Picnic in the Park at Camille Park** on Wednesday, Aug. 1, a **Picnic in the Park and Movie Night** (Sandlot) at Carolwood Park on Thursday, Aug. 2 beginning at 6 p.m., and a **Movie Night** (Cars 3) at Hiteon Park on Friday, Aug. 17 beginning at 6:30 p.m.
- **Street overlays begin in July.** Beginning in July and through August, crews will begin street overlays. A map and list of areas where work will be performed can be found at [www.beavertonoregon.gov/roadconstruction](http://www.beavertonoregon.gov/roadconstruction) <<http://www.beavertonoregon.gov/roadconstruction>.
- **New bike racks headed to downtown.** Bike racks have been ordered and concrete has been laid for eight new bike rack installations in the downtown area. In addition, we will be implementing a citywide adopt-a-bike-rack program!

## Adjournment

Meeting adjourned at 4:08 PM