



Fulton County Commission on Elder Affairs

General Meeting Summary | April 8, 2022

Attendance: Board Members - 6; Senior Services Staff - 3, Visitors - 5

Motivational Thought: "What we hope ever to do with ease, we must first learn to do with diligence."
— Samuel Johnson

Monthly Information Feature:

Topic: "Decluttering and Downsizing – A Senior Challenge" presented by Nancy Meck, Principal of Meck Organizing

- Clutter is very personal. It creates stagnant energy. It often consists of other people's stuff, excessive reminders of the past, rarely used items, and unfinished projects.
- Benefits of decluttering include improved well-being, elimination of decision fatigue, cleanliness, boosted energy.
- Safety is a major factor in decluttering.
- Tips for getting started: 1) Let seniors decide their goal; 2) Get an image of the space you want; 3) Don't delay making a plan; 4) Have a timeline.

"Things that can be done anytime will never be done."

COEA Committee Highlights

- **Health & Wellness** – Alzheimer's Association, Georgia Chapter is offering free virtual education programs during April. Call (800) 272-3900 to register.
- **Senior Services** – Visited two multipurpose facilities. Also looking at neighborhood center offerings and transportation requests.
- **Safety & Security** – Seniors should be vigilant about safety and always be aware of their surroundings.
- **Civic Life** – GA Legislation HB 1013 recently passed bringing parity on insurance coverage of mental health issues as with physical disorders. Senate bill 319 passed allowing individuals to carry concealed weapons without a license everywhere licensed permit carriers are allowed.
- **Programming** – May Informational Feature will be Managing Costs in the Time of Inflation. The 2022 calendar will be posted on website.
- **Senior Services Updates** – Family Fun Day May 7; Older Americans Month activities forthcoming; Americorps program volunteers being solicited, Transportation stipends may apply.

Business Items Approved:

- The first public webinar will be held on June 29. Time, TBD.
- By-laws updated to reflect meeting will be held January-November with December off for planning.