

COMMITTEE MEETING MINUTES

COMMITTEE: Aging Issues Committee (AIC)

DATE: November 8, 2021

LOCATION: Zoom

COMMITTEE MEMBERS PRESENT:

Drs. Ken Dellefield, Cynthia Cotter, Darlene Townes, Ruth McKercher, Nicole Karst, Denee Lougeay, Hugh Pates, and Katherine Quinn, Katrin Seifert. Members present represented a quorum.

COMMITTEE MEMBERS ABSENT:

Drs. Karp, Alanis, Coburn, Halliday, Pickett, and Stanger.

PROCEEDINGS:

The minutes from the prior Board meeting dated 10/11/21 had been distributed prior to the meeting and a reading was dispensed with. A motion to approve the minutes was made and approved.

INTRODUCTION/ADMINISTRATION

Dr. Dellefield asked whether the Committee intended to stay on Zoom for meetings moving forward or whether there might be a return to in person meetings at the SDPA Office. The question was discussed and it was decided that the meetings would remain on Zoom, however, several times a year there would be in person potluck lunches at member houses or possibly commercial venues.

NEW COMMITTEE ATTENDEES AND AGING INTERESTS

Dr. Ruth McKercher introduced herself as a new member of the Committee. She reported that she has had considerable experience with older adults. She worked for Heritage Clinic in San Diego for a number of years. This organization created OA training programs for the County. Dr. McKercher sees a number of OA in her practice and has been responsible for caring for older adults in her family. She is particularly interested in getting support from the Committee in developing her retirement plan moving forward.

DID YOU KNOW?

Dr. Dellefield made the DYK presentation that included facts about life in the early 1900s. The presentation allowed members to reflect on how starkly different was life a hundred years ago and how different might be the perspective of individuals now in the very later stages of life. The list of facts will be published in the next Office E-News. Dr. Seifert offered to do the next DYK.

CASE PRESENTATION

Dr. Dellefield presented a case involving an 81 YO woman in conflict with her children who are pushing her to do things for her well-being that she did not want to do. The Committee discussed the issue of elder rights to be self-determinative, even when the result is to their detriment, versus concern of family that the elder engage in more healthy lifestyle practices. The Committee also discussed how to help family with different perspectives and generational status communicate more effectively and in a manner that would allow all to feel understood and respected.

AIC PURPOSES/PROGRAMS

The Committee discussed the following programs in progress.

SDPA Office E-News/Website

The Committee members appreciated the first AIC article published in the October Office E-News entitled Communicating Effectively with OA. The Committee engaged in a fascinating discussion on whether aging is a pathology and how to interpret “normal cognition” when considering individuals in their 90s. An individual recalling only 4-5 out of 9 words on the CVLT would necessarily be negatively impacted in day-to-day life yet they are performing in the “normal” range for their age group! The Committee reflected on how the term dementia, that refers simply to performance deficits on standardized testing, is often misunderstood in the general public. Some incorrectly believe that dementia is inevitable with age or confuse the term with specific dementing pathologies such as Alzheimer’s.

Dr. Cotter suggested that the AIC produce a publication called Age in Action that is similar to the earlier SDPA publication called Members on the Move only this one would be focused on older adults. There might be interviews of older adults in the community who are doing interesting things such as reinventing themselves after the age of 65. There might be calendars of activities for seniors in the community, activities of SDPA members in retirement, etc. The idea was received enthusiastically. The piece would be published by e-blast to the SDPA members 2-3 times a year to start. Mention was made of a 105 year old woman who completed the New York Marathon and what an interesting story that would have been to include in this publication!

PRIORITIES AND VOLUNTEERS

Committee members were again encouraged to consider writing AIC articles or joining with others to write. The writer need not have expertise in the topic of the article. They might write the article to learn more about the topic and to have feedback from the Committee. The Committee is looking for a name for the subgroup to be formed for members of the Committee over the age of 65 to discuss issues associated with aging as a psychologist and retirement, etc.

There being no further business to come before the meeting, the meeting was adjourned.

The next AIC Committee Meeting is scheduled for Monday, December 13, 2021 at 5:00 PM on Zoom.

Respectfully submitted,

Cynthia A. Cotter, Ph.D.
AIC Co-Chair