



Senior Citizens Advisory Board Minutes

1. Call to Order and Roll Call

Minutes:

CHAIR O'REAR-CAMERON called the meeting to order at 1:04 p.m.

PRESENT: CHAIR O'REAR-CAMERON and MEMBERS PATTARETTU, GALATI, MOZDEAN, DRUMM (via teleconference and excused at 1:18 p.m.), LEE, and TILZER

EXCUSED: MEMBER GRAHAM

ALSO PRESENT: GREGORY GRAY, Management Analyst I; OLGA FLOWERS, Community Program Technician; PAUL MATA and GILLIAN BLOCK SEGERBLOM, Deputy City Attorneys III; and NICK CRAWFORD, Deputy City Clerk

2. Announcement Regarding: Compliance with Open Meeting Law

Minutes:

ANNOUNCEMENT MADE: This meeting has been properly noticed and posted at the following locations in accordance with the noticing standards as outlined in NRS 241.020: City Hall, 495 South Main Street, 1st Floor; the City of Las Vegas website – www.lasvegasnevada.gov; and the Nevada Public Notice website – notice.nv.gov.

3. Public Comment: Comment during this portion of the agenda must be limited to matters on the agenda for action. If you wish to be heard, come forward and give your name for the record. The amount of discussion, as well as the amount of time any single speaker is allowed, may be limited.

Minutes:

None.

4. For possible action to approve the Final Minutes by reference of the Regular Meeting of November 7, 2024

Motion made by Jennifer Drumm to Approve

Passed For: 7; Against: 0; Abstain: 0; Did Not Vote: 0; Excused: 1

For-Elizabeth Pattarettu, Deanne O'Rear-Cameron, Vito Galati, Caroline Mozdean, Jennifer Drumm, Charles Lee, David Tilzer; Excused-Nicole Graham;

5. Presentation from Dr. Karri Brower and April Grimaldi, Live to Ignite, and Dr. Karnova Colinares, Physical Therapist, regarding physical therapy programs and home modifications for senior citizens – All Wards

Minutes:

DR. KARRI BROWER, Physical Therapist and Owner of Live to Ignite, appreciated being able to speak on senior physical and occupational services. She started her practice in 2021 to help seniors stay active independently and safely in their home. She reported between 2011 and 2019, the senior population increased by 46 percent and was trending upwards, noting that this increase would create more challenges providing quality care to seniors.

She detailed that the CDC (Centers for Disease Control and Prevention) lists physical therapy as the best way to prevent falls in the home, and she believed occupational therapy to be just as important. She said mobile therapy creates lasting improvements, since the sessions can identify risks in the home and remove hazards, while improving their client's strength and balance. Mobile therapy also provides occupational or physical therapy services to seniors without transportation. Further, they educate caregivers and families on how to keep loved ones safe. DR. BROWER told a story of a client that was hospitalized for two days and went to rehabilitation for two weeks. Once they finished rehabilitation, she noticed something was still wrong. The client had a hip fracture that was undiagnosed through the hospital and rehabilitation stay, and she was sent back to the hospital for hip repair. DR. BROWER highlighted the difference between the care provided by understaffed hospitals and rehabilitation facilities compared to the personalized care they offer. Live to Ignite provides one-on-one physical therapy services under Medicare Part B, which includes rehabilitation, fall prevention, and balance and mobility training services.

APRIL GRIMALDI, Occupational Therapist and Owner of Multigenerational Home Modifications, said they focus on providing home safety assessments and occupational therapy services under Medicare Part B to help seniors age in place. She reported their safety assessment takes up to two hours and includes a thorough review of fall risks in the home. To ensure client independence, they assess their ability to complete ADLs (Activities of Daily Living) and develop an individualized care plan, noting they work with seniors to achieve their goals. They visit independent and assisted living facilities to provide educational talks on various issues. MS. GRIMALDI stated they host a health fair twice per year to provide seniors with community resources. During National Falls Free Week in September, they partnered with the Nevada Coalition to offer balance screening tests for seniors, which allows them to provide results to their doctors.

DR. KARNOVA COLINARES, Physical Therapist and Owner of RK Home Health Services, earned her bachelor's degree in physical therapy and practiced in the Philippines for four years, earned her Doctor of Physical Therapy degree at Utica University in New York, and served patients in the United States for 16 years. Her company specializes in providing in home physical therapy for seniors, primarily U.S. Department of Labor and Medicare patients. She said many of her patients live with chronic conditions and face significant barriers to accessing therapy. In home physical therapy ensures seniors receive personalized care in the comfort of their homes, while avoiding exposure to large crowds. According to the CDC, DR. COLINARES reported that the leading cause of falls among seniors is leg weakness, loss of balance, and polypharmacy, which is the usage of multiple medications. She shared a story of a patient that experienced frequent falls and hospital admissions, which led to her being bound to a wheelchair. Due to dementia and medical conditions, she was not able to walk independently, but maintained the ability to transfer safely through physical therapy which helped her avoid complications from prolonged immobility. She believed that physical therapy supports emotional and mental health. She stated many of her patients look forward to therapy sessions, since it provides a sense of purpose, engagement, and confidence, noting the goal of these services is to maintain dignity, independence, and quality of life. In conclusion, DR. COLINARES reported that they were committed to serving the senior community and aimed to collaborate with the Board to raise awareness and expand access to mobile therapy services through community outreach, educational workshops, and partnering with local organizations.

In response to CHAIR O'REAR-CAMERON, MS. GRIMALDI explained that ADLs include getting out of bed, getting into the shower, and going to the bathroom. She added that IADLs (Instrumental Activities of Daily Living) include meal preparation, laundry, and cleaning around the home, stressing the importance of seniors living alone to be safe and independent with those tasks.

MEMBER GALATI commended their ambitious goals and services, and he wondered how patients could connect with them. DR. BROWER said patients can reach out to them directly to perform an insurance benefits check, contact their doctor to obtain the order, and schedule them within the same week. She explained that they can schedule patients quicker than busy clinics with up to 200 patients per week. She added that they had connected with multiple doctors, clinics, and facilities for networking purposes and advised there are multiple ways for patients to get in touch.

MEMBER GALATI asked if it was easy to obtain their services and if they were covered by major insurance companies. DR. BROWER confirmed they are covered by Medicare Part B, which covers 80 percent of their services, stating that their clients often have supplemental insurance to cover the remaining 20 percent. She said it depends on what type of plan they have, noting they are considered out of network for those covered by the Medicare Advantage Plan. Additionally, they have self-pay services for clients that prefer to pay out of pocket. In response to the Member, DR. COLINARES explained that they are considered outpatient providers.

They can schedule in-home visits if they receive a physical therapy referral for eligible patients. MS. GRIMALDI clarified that the order needs to say OT (occupational therapy) or PT (physical therapy) referral to evaluate seniors to receive mobile therapy services, noting that they can quickly run their client's insurance to mitigate any delay in care.

MEMBER LEE questioned the difference between physical therapy and rehabilitation. DR. BROWER said physical therapy and occupational therapy provide rehabilitation. MS. GRIMALDI confirmed they work well together and have areas of overlap, but occupational therapy focuses on helping seniors be independent and safe with their ADLs.

CHAIR O'REAR-CAMERON appreciated the presentation and understood their services are vital. She wanted to ensure people knew these services were available, since many people think there are only inpatient services. She asked the Board to invite their Councilperson to events and help educate the community.

MEMBER TILZER asked if there was a limit of in-home visits covered by insurance. MS. GRIMALDI confirmed that visits could be covered by insurance as long as the patient is making progress.

6. Report by Gregory Gray, Management Analyst I, regarding senior issues received by the Department of Neighborhood Services – All Wards

Minutes:

GREGORY GRAY, Management Analyst I, encouraged seniors dealing with HOA (homeowner's association) fines or violations to quickly resolve the citation and let the HOA know to avoid fee accrual. He added that they can respond to the violation online or write to their HOA. Additionally, he reported that they received calls from seniors experiencing physical or verbal abuse, financial exploitation, and isolation, and he urged seniors experiencing these issues to call Adult Protective Services at 702-486-6930. He explained that the message line allows seniors experiencing issues to leave a message for a case worker to determine the situation and submit the case for investigation. MR. GRAY encouraged seniors needing guidance to call the City of Las Vegas CARE Program at 702-229-1200.

7. Report by Board members regarding senior issues and events within their Council wards and at large – All Wards

Minutes:

CHAIR O'REAR-CAMERON welcomed MEMBER TILZER to the Board.

Ward 2 – MEMBER GALATI reported there was a Breakfast Buzz event, where he met a few seniors, local police officials, and City Marshals. He added that Art in the Park will be held on April 5th.

Ward 4 – CHAIR O'REAR-CAMERON attended the Sun City Resource Fair and reported on calls she received regarding housing, utilities, and HOA (homeowner's association) issues. She reported that the State of Nevada ranks top three in the country when it comes to Alzheimer's and dementia, noting that it is predicted to get worse. She stated that security and safety concerns in her ward had been worse than ever. She noticed seniors putting out too much information on Nextdoor, which can risk their safety, and she encouraged the Board to download the app and speak to seniors in need. The Chair reported that First Tuesday will be held on April 1st in Summerlin, noting that former Judge WILLIAM VOY, Senior Law Program Pro Bono Program Director, and herself will cover elder abuse, fraud, and scams.

Ward 4 – MEMBER TILZER looked forward to working with everyone on the Board and reported that outdoor pools would open on April 1st. He serves on his sub-HOA Board and tries to stay on top of senior needs in Sun City. He thanked MAYOR SHELLEY BERKLEY for nominating him and thanked the Board for welcoming him.

Ward 5 – MEMBER LEE advised there had been an increase in people walking their dogs off leash near Doolittle Community Center, and he recommended installing a gated area for dogs to exercise. He shared that he was reappointed to the Board until August of 2028.

Ward 6 – MEMBER MOZDEAN welcomed MEMBER TILZER and stated they grew up near each other. She reported there was a document shredding event in Centennial Hills on March 1st and thanked Ward 4 for welcoming them to attend the shredding event in Sun City. She added that quarterly Literary Libations book club meetings were held at the Centennial Hills Library. She stated the Utility Tax Rebate Program began on

January 2nd and ends on March 14th. She said a free tax preparation assistance program is available by appointment to help those with taxable income of less than \$67,000, and those interested can call 702-987-4625 or visit www.nvfreetaxes.org to schedule an appointment. The Member reminded seniors ages 60+ of free community meals at the East Las Vegas Library on Mondays and Thursdays, the Clark County Library on Tuesdays and Wednesdays, and the Whitney Library on Fridays from 11:00 a.m. to 1:00 p.m. She attended the Elder Protective Services Program given by Las Vegas Metropolitan Police Department detectives last Tuesday. She reported there was a Crime Prevention Specialist in the Northwest Area Command Center that can visit senior homes for free and assess safety problems to prevent break-ins. She advised there would be a Bocaditos with Brune event next Thursday in Centennial Hills. Lastly, she said those in need of assistance or wishing to volunteer can do so at JustServe.

Ward 6 – MEMBER PATTARETTU said she served meals for seniors at the community center during the holidays. She appreciated the opportunity to extend her service on the Board and said it had been a pleasure serving.

8. Discussion for possible action regarding next steps and future meeting topics of the Senior Citizens Advisory Board – All Wards

Minutes:

CHAIR O'REAR-CAMERON advised they can create a list of topics in their spare time. She advised that they had a tentative speaker from the Secretary of State to discuss fraud and scams, and she said they would have discussion regarding the appointment of a Vice Chair.

MEMBER GALATI wanted to hear more presentations from insurance companies so they can ask key questions and concerns. CHAIR O'REAR-CAMERON thought that was a great idea and encouraged seniors to contact their insurance companies.

9. **Citizens Participation:** Public comment during this portion of the agenda must be limited to matters within the jurisdiction of the Board. No subject may be acted upon by the Board unless that subject is on the agenda and is scheduled for action. If you wish to be heard, come forward and give your name for the record. The amount of discussion on any single subject, as well as the amount of time any single speaker is allowed, may be limited.

Minutes:

None.

10. **Adjournment**

Minutes:


CHAIR O'REAR-CAMERON advised that the next Board meeting would be held on April 3, 2025 at 1:00 p.m.

The meeting was adjourned at 2:05 p.m.

Respectfully submitted:



Nick Crawford, Deputy City Clerk



Gregory Gray, Management Analyst I

THIS MEETING WAS PROPERLY NOTICED AND POSTED AT THE FOLLOWING LOCATIONS
IN ACCORDANCE WITH THE NOTICING STANDARDS AS OUTLINED IN NRS 241.020:

The City of Las Vegas website – www.lasvegasnevada.gov
The Nevada Public Notice website – notice.nv.gov
City Hall, 495 South Main Street, 1st Floor