



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 GRAHAM, GALATI, MOZDEAN, LEE, and TILZER

EXCUSED: MEMBERS DRUMM and YOUNG

ALSO PRESENT: GREGORY GRAY, Management Analyst I; OLGA FLOWERS, Community Program Technician; GILLIAN BLOCK SEGERBLOM, Deputy City Attorney II; 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: Civic Center Building A, 525 South Main Street, 1st Floor; City Hall, 495 South Main Street, 1st Floor; and the City of Las Vegas website - www.lasvegasnevada.gov; and the Nevada Public Notice website - notice.nv.gov - **Website not accessible for posting.**

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 August 7, 2025

Motion made by Vito Galati to Approve

Passed For: 6; Against: 0; Abstain: 0; Did Not Vote: 0; Excused: 2

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

5. Presentation by Natalie Mazzullo, Master of Education, Healthy Aging Initiative Coordinator with the University of Nevada, Reno, regarding Healthy Aging Initiative programs for seniors - All Wards

Minutes:

NATALIE MAZZULLO, Healthy Aging Initiative Coordinator, utilized a PowerPoint presentation, a copy of which was submitted for the record, to cover services offered by the UNR (University of Nevada, Reno) Extension. She reported that 17 Extension offices were in Nevada, with at least one office in each county. The Extension offices are community-based, working closely with local boards, county commissioners, and planners to provide education to the communities they serve. She reviewed the programs offered in Clark County, highlighting their Healthy Aging Initiative team, which is unique since most Extension offices primarily focus on health, agriculture, and local economic development. She mentioned that the Healthy Aging Initiative team had 60

classes scheduled for September, emphasizing that the Extension programs are research-based, evidence-based, or evidence-informed. The Aging Mastery Program, developed by the National Council on Aging, is offered in independent living communities like Nevada HAND and Ovation properties, as well as senior centers and community centers across Clark County. The program includes 10 lessons designed to help older adults set goals and live happier, healthier lives. MS. MAZZULLO stated that in addition to their standard exercise program, they also offer classes on range of motion, fall prevention, and nutrition education. One of their special offerings is Bingocize, a program developed by the University of Kentucky that combines bingo with exercise. They offer pop-up versions of their classes, but the full series typically runs for 10 weeks and is taught twice per week. In addition to classes, they engage in community outreach at health fairs and back-to-school events, where they teach grandparents how to support and educate their grandchildren. She noted that 24,000 grandparents in Clark County have legal guardianship of their grandchildren, with many more providing care without legal recognition. Their Cooking Matters class offers practical tips to help participants overcome barriers to preparing healthy, affordable meals. Their Disrupt Aging class is taught to UNLV (University of Nevada, Las Vegas) students and encourages examining their perceptions of aging and how the older adult population is relevant to their personal lives and future careers. MS. MAZZULLO shared that adults over the age of 65 spend 61 cents of every dollar, yet nearly 80 percent of marketing is targeted toward younger adults. The Disrupt Aging class also educates students on how their current choices and injuries could impact their health and quality of life as they age. She proudly announced that their newsletter, written by faculty and specialists including doctors, registered dietitians, and nutritionists, is distributed annually to nearly 70,000 recipients across Nevada.

MS. MAZZULLO stated that they recently began teaching Laughter Yoga classes, which improves cardiovascular health and positively reinforces aging perception. The Healthy Aging Initiative team worked alongside Clark County Commissioner MARILYN KIRKPATRICK to develop a collaborative agreement with Camp Alamo in Alamo, Nevada, to provide an overnight camp experience for older adults. She explained that the camp accommodates up to 30 older adults instead of their normal capacity of 60, as participants are not required to sleep on top bunks. In addition to traditional camp activities, they provide educational sessions, such as emergency preparedness classes from the Office of Emergency Management, archery lessons, and cybersecurity workshops. She reported that participation costs \$199, noting they were fortunate to receive a \$2,000 sponsorship from AARP (American Association of Retired Persons) Nevada to support 10 campers. The camp is held every April and October, and MS. MAZZULLO shared that a special Grandparents Day camp is scheduled for the Saturday before Grandparents Day in September of next year to celebrate grandparents who have guardianship of their grandchildren. She added that their team offers professional development for health professionals at annual summits, with UNLV and UNR collaborating through joint faculty efforts to bring in keynote speakers and presentations. She shared that their office is located at CC-215 and Windmill Lane and features a botanic garden with 4,500 plant varieties. They have partnered with The Neon Museum and will soon install neon art in the garden. Tours of the facility are available to the public.

MEMBER LEE wondered how adults over the age of 65 spend more money on average than younger adults. MS. MAZZULLO explained that while many older adults are on fixed incomes, this does not necessarily mean they have low incomes. She clarified that the information came from an AARP Economic Board study analyzing the average spending of people over 65.

In response to MEMBER MOZDEAN, MS. MAZZULLO verified their newsletter could be sent via e-mail. The Member believed there were enough active seniors in Wards 4 and 6 who would be interested in a day trip to Camp Alamo. MS. MAZZULLO confirmed that a day trip was possible, noting they have two buses that can seat up to 10 people. She added that the camp has a registered dietician and staff trained to teach archery. The Member felt an overnight trip would also be welcomed and said she would be in contact with MS. MAZZULLO.

MEMBER TILZER asked about the age cutoff for participation. MS. MAZZULLO explained that they classify older adults as ages 50 and above, which aligns with AARP Nevada's designation. She reported that any adult can become an AARP member.

CHAIR O'REAR-CAMERON asked about financial aid opportunities for seniors. MS. MAZZULLO stated she was actively seeking additional sponsorships to help reduce camp costs, noting they need to cover food and lodging expenses for two nights. She mentioned that their professional development course for licensed healthcare workers has a nominal fee of \$50 for six hours of education. She believed that AARP Nevada might sponsor the entire Grandparents Day camp next year and encouraged anyone with questions to contact her at nmazzullo@unr.edu or 702-948-5911.

In response to MEMBER MOZDEAN, MS. MAZZULLO clarified that they schedule botanical garden tours two months in advance to allow different programs to teach lessons and Extension opportunities during the tours.

MEMBER GRAHAM asked if the camp was the only program that costs money. MS. MAZZULLO responded affirmatively, stating that all other programs are free. She added that they are available to offer pop-up classes at any facility.

CHAIR O'REAR-CAMERON shared that she enjoyed Bingocize and encouraged participation in the events offered by the Extension. MS. MAZZULLO reported they would be at the upcoming Healthy Kids Festival at the East Las Vegas Community Center. The Chair stated that MS. MAZZULLO has been a great resource in the community and appreciated her for the presentation.

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, reported that they received a CARE (Community Advocacy Resources Engagement) Coordination case the day prior from a staff member at the Centennial Hills Active Adult Center involving a senior who had been abandoned by his spouse. The couple had experienced homelessness for an extended period, and OLGA FLOWERS, Community Program Technician, had been in steady communication with them. His wife consistently refused services for both of them and over Labor Day weekend, the man was returned to the active adult center without his insurance and identification documentation. Further, he was unable to access his bank account. Having previously suffered a stroke, he requires a walker and constant supervision, as well as the financial means to afford a personal care assistant. After discussions with his family, the only available option at the time was for him to utilize the services offered by the Courtyard Homeless Resource Center, though fortunately another senior at the active adult center offered a room to rent. MR. GRAY noted that the man's wife was actively refusing to return his items and may be experiencing mental decline. He said that they planned to meet with the man once he returns to the active adult center, noting that the State of Nevada online system outage delayed his ability to access services.

CHAIR O'REAR-CAMERON was pleased to hear that the man was receiving assistance, and she corroborated that his spouse was refusing all available resources. MR. GRAY disclosed that they previously warned the man's family that this situation could happen, and he urged seniors not to postpone reaching out to the CARE Coordination team if they need help. The Chair stated that she could assist at the State level while the systems were down.

Regarding the increased fitness fee at Doolittle Community Center, MR. GRAY shared that there was a mandate across all facilities to increase the fees at their fitness centers. He offered to connect those affected with CHAIR O'REAR-CAMERON and COUNCILWOMAN SHONDRA SUMMERS-ARMSTRONG.

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

Minutes:

Ward 1 - MEMBER GRAHAM reported that a Dementia Friends training event was held at Lieburn Senior Center (Howard Lieburn Active Adult Center) for 10 recipients. She was seeking more information on the Campus for Hope after some Ward 1 residents raised concern about the location of the campus.

Ward 2 - MEMBER GALATI attended Breakfast Buzz and the Annual Forum hosted by UNLV's (University of Nevada, Las Vegas) Road Equity Alliance Project. He shared that he had a conversation with LIA GRIMADLI, Engineering Project Manager, about local traffic concerns, which led to the installation of new traffic systems in key areas along Fort Apache Road. He added that studies were underway to assess the installation of tubular delineators on medians in high-traffic areas with significant pedestrian, bicycle, and school bus activity. He noted that ERIN BREEN, Director of the Road Equity Alliance Project, expressed interest in presenting to the Board about efforts to reduce pedestrian fatalities in Clark County.

Ward 4 - MEMBER TILZER reported that Sun City Security changed their name to Sun City Patrol for legal reasons, stating that it would consist of the same individuals and perform the same tasks. He shared that two Sun City restaurants were undergoing renovations, one of which planned to lease a portion of their and become the first establishment in Sun City to feature them. He added that a UNLV Balance and Memory Screening

event would take place in Sun City, which he said was well attended last year. After speaking with residents, he learned that their main concerns were rising prices and security issues. The Member concluded by stating that Sun City will sponsor a seminar on September 24th focused on how to avoid being defrauded by contractors, an issue he felt primarily affects seniors.

Ward 4 - CHAIR O'REAR-CAMERON noted that the Nextdoor app is a good source for sharing resources but occasionally contains incorrect information. She reached out to individuals directly to provide accurate details. She shared that most of the calls she received were about rising rent and mortgage costs, which forced many to choose between their health and housing. She recognized that legislation had been passed to increase affordable housing but noted that construction takes time.

Ward 5 - MEMBER LEE said he was involved in ongoing discussions regarding the increased fitness fee at Doolittle Community Center, and he submitted a copy of a protest petition for the record.

Ward 6 - MEMBER MOZDEAN encouraged anyone interested in decorating ornaments to deliver them to Carson City by September 15th. She reported the Phat Cat Swinger Live Concert in the Park would be held at Centennial Hills Park Amphitheatre on September 13th from 7:00 p.m. to 10:00 p.m. and is free to the public. She shared Bocaditos with Brune would be held on September 11th. She had visited the Ovation housing development and noted they were accepting applications for interested seniors.

8. Discussion regarding next steps and future meeting topics of the Senior Citizens Advisory Board - All Wards

Minutes:

MEMBER MOZDEAN requested copies of the updated City of Las Vegas Council Wards map and preferred larger maps for presentations.

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:

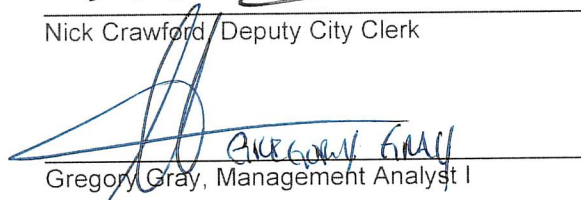
CHAIR O'REAR-CAMERON advised that the next Board meeting would be held on October 2, 2025 at 1:00 p.m. in the Public Meeting Room on the second floor of Civic Center Building A.

The meeting was adjourned at 1:56 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 – Website not accessible for posting

Civic Center Building A, 525 South Main Street, 1st Floor

City Hall, 495 South Main Street, 1st Floor