



Meeting Minutes

December 19, 2017

The Commission on the Status of Women (CSW) convened for its regular monthly meeting at 6:00 p.m. on the above date in Room 101H at the Greensboro Cultural Arts Center, with Chair Deborah Goddard presiding.

Present: Chair Deborah Goddard, Vice Chair Joyce Jasper Morant, Commissioners Lucas-Patrick, Sevier, Dorley, Foster, Bullock, Cutler

Absent: Commissioner White

Council Liaison:

HRC Liaison:

Human Relations Department Staff: Jodie Stanley, Mica Bulliox

Visitors: Karen Pollard

I. Call to Order

Chair Goddard called the meeting to order at 6:00 pm.

II. Moment of Silent Meditation

Chair Goddard called for a moment of silent meditation.

III. Introduction of Visitors and Speakers

Dr. Karen Pollard asked who in the room felt that they had a stellar memory, remembering people they'd met and things they had on their list to shop for, where they parked, misplaced items. She noted that it was very normal to forget things. She was a clinical neuropsychologist that specialized in memory retention and loss. She shared that many had the expectation of remembering everything, getting frustrated when things were forgotten. She added that it wasn't about having bad memory as much as it was about being passive. Many people knew someone in the room that had alzheimers or some other form of memory loss or dementia, that the possibility of having such a disease caused fear, but she added that

there were things that could be done to address memory loss, such as nutrition, exercise, and memory training.

Her specialty was in memory training. Anything that was worth doing required effort. She shared about the ten-year Active Study which covered about 2000 participants over the age of 65. Half of them went through ten hours of memory training, and two years later they were far more likely to retain information. She shared that she was offering a three hour workshop to improve memory retention, a process that would improve memory and teach memory retention skills.

Goddard asked when the course would be offered. Pollard shared that she had several sessions coming up. Sevier asked if she had her own business. Pollard stated that it was called Brain Wellness International.

Goddard thanked Dr. Pollard for attending and sharing.

IV. Committee Reports

Chair Report

Chair Goddard shared that the 2018 calendar was created already and that staff would circulate it. She also noted that CSW had an event planned for every month in 2018 except November and December. She added that ____ partner contacted her from the community wanting to partner on a National Women's Month event, and Goddard had asked her to keep them abreast of events. Goddard thanked all for their great work and shared her hopes for the coming year.

Sevier asked if there was any flexibility with the executive meeting time, sharing that there was another community event that she wanted to partner with and support, but had been unable to do so. Goddard shared that the exec meetings were not required, that she would understand if any commissioners could not attend the exec meetings.

Domestic Violence Committee:

Chair White was not in attendance.

Education Committee:

Commissioner Lucas-Patrick shared that they had secured the YWCA building as the location for the April 21 event, that a title was needed by January for the purposes of the YWCA reservation. Goddard noted that Lucas Patrick was working closely with AAUW on their upcoming event on January 17 at 5:15 – 7 pm at the Greensboro Central Library in the Nussbaum Room, and it would feature Lucas Patrick as a speaker. (add to the programming calendar)

Women and Equality Committee :

Chair Goddard noted that this chair position was still vacant.

Health Committee:

Commissioner Sevier deferred to Jasper Morant, who shared about their upcoming planning meeting on January 11 at the Lusk Center, that planning was almost finalized. The program would be held on April

26 at the Lusk Center. Sevier added that the focus of this program was safety, from home safety to other elements of safety.

Services to the Aging

Commissioner Jasper-Morant stated that she and Commissioner Sevier were planning a meeting on October 11 to coordinate a program that would serve young and elderly women, providing information on how to advocate for their health care, types of questions to ask, etc. They did not yet have the details for the program, but would discuss it with the committee and come back to the commission with a plan.

Sevier added that something they had discussed was if they created a program like this, there needed to be a way that younger people could also advocate for their aging parents and family members, and teaching aging community members to advocate for their own care. They were considering a program in the Spring.

Leadership Through Service Committee

Chair Goddard stated that the next event would be held February 6 after 4:30, and that Nanyamka Farrelly would be presenting information that she normally charged for.

Staff Report

Stanley shared past senior event and MLK. Goddard asked if there was progress on hiring new staff. Stanley shared that the posting closed last Friday and that the applications were being processed.

Goddard asked all to review minutes.

VI. Approval of Minutes

Commissioner Dorley advised that she was present at the last meeting. Goddard: Carla Comer spelled Karla.

Motion to Approve the November Minutes

Motion 1st: Commissioner Jasper-Morant

Motion 2nd: Commissioner Lucas-Patrick

Unanimous approval

Goddard asked if there were any other announcements or upcoming events.

VIII. Adjournment

Motion to Adjourn the Meeting

Motion 1st: Commissioner Cutler

Motion 2nd: Commissioner Dorley

Unanimous approval

Chair Goddard adjourned the meeting at 6:32 pm.

Chairperson
COMMISSION ON THE STATUS OF WOMEN

Approved: _____
Date