

## **Knoxville Mayor's Council on Disability Issues**

April 13, 2022, Meeting Minutes

Zoom

### **I. Meeting called to order at 4:03 pm.**

- Monica Orr, CODI Vice Chair facilitated the meeting in the absence of Melissa VanDyke, CODI Chair.

### **II. Roll Call:**

**Members:** Alexander, Barber, Briggs, Childress, Colebrooke, Cook, Dziubak, Foutch, Huang, Jenkins, Landfather, Lowe, Moore, Mull, NeSmith, Orr, Rodgers, Simmons, Spangler, VanDyke, Villanueva, Welch

**Present:** Barber, Briggs, Childress, Cook, Dziubak, Landfather, Lowe, Moore, Mull, Orr, Rodgers, Simmons, Welch

**Absent:** Alexander, Colebrooke, Foutch, Jenkins, NeSmith, Spangler, VanDyke & Villanueva

**Guests:** Nicole Gross, Amputee Coalition; Jessica Bartsch, Parkinson's Foundation; Amanda Appolloni, Parkinson's Foundation; Regis Borsari, Traci Wilson; Cindy Pickle Cox, KAT

**Interpreters:** Jessica Brackeen, Haile Stewart

### **III. Approval of March Minutes:**

1<sup>st</sup> motion Childress, 2<sup>nd</sup> motion Moore, motion carried with all in favor and none opposed. The motion passed.

### **IV. Limb Loss and Limb Difference Awareness Month; Nicole Gross, Strategic Partnerships Manager. Amputee Coalition email: [nicole@amputee-coalition.org](mailto:nicole@amputee-coalition.org)**

Nicole Gross shared information with the CODI body on the Amputee Coalition and services they provide. Their mission is to reach out and empower those affected by limb loss and limb difference so individuals can reach their full potential through education, support, and advocacy; and by promoting limb loss prevention.

The Amputee Coalition is the only national nonprofit supporting the 2.1 million Americans currently living with limb loss or limb difference, the 28 million more who are

at risk for amputation, and the 185,000 Americans who undergo amputation surgery every year.

The Amputee Coalition serves:

- Individuals living with limb loss and limb difference
- Family members, friends, and caregivers
- Clinical team members
- Hospitals and Rehab Centers
- Researchers and Students
- Related Industry & Nonprofit Partners

The Amputee Coalition work is Education, Support, Advocacy, and Prevention.

- 2.1 million people currently living with limb loss or limb difference in the U.S.
- 185k people have an amputation each year in the U.S.
- 507 people lose a limb each day in the U.S.

**Limb Loss Education:** Cancer causes 2% of amputation, trauma 45%, and vascular disease 53%. Sixty-nine percent of males will suffer an amputation and 31% of females. 1,729 military personnel have experienced limb loss due to combat since 9/11/2001. 3.6 million people will be living with limb loss by 2050. 36% of people living with limb loss experience depression. 85% of lower-limb amputations are preceded by a foot ulcer.

In 2011, the National Limb Loss Resource center served over 750,000 people and disseminated over 50,000 resources such as:

- First Step Guide – a pamphlet on adapting to limb loss
- inMotion – a bi-monthly magazine
- Research partnerships which expand understanding of limb loss and effective support interventions.
- Accessible Limb Loss Education Days which unite local communities while connecting them with knowledgeable experts, recreation leaders, exhibitors, and community members.

**Limb Loss Support:** National Support Group Network with over 400 registered support groups. The network is partnered with over 90 hospitals and rehab facilities to provide support, training, and educational materials on site. The Amputee Coalition has a Nationally recognized Certified Peer Visitor program to meet with individuals and their families in time of need. The Amputee Coalition Support App can be accessed on the Apple App Store or Google Play by visiting <https://cpvapp.amputee-coalition.org>

**Benefits of Peer Support include:**

- Healthier mindset and lifestyle choices
- Gaining a better sense of community
- Renewed sense of purpose
- Decrease in hospital re-admissions
- Increase in patient self-advocacy and self-determination

**Community Connections** is the Amputee Coalition online database which provides a convenient way to locate national, state-based, and local resources.

- Search by zip code
- Find the resource closest to you
- Search by topic, such as housing, financial help, home modification, etc.
- <https://www.amputee-coalition.org/limb-loss-ewsource-center/community-connections/>

**The Community Events Website** is an online tool where individuals and organizations can post events that serve the limb loss and limb difference community. Community events are submitted for Amputee Coalition approval using the Community Events Portal before being added to the Community Events Calendar.

- To access the Community Events Calendar, go to: <https://www.amputee-coalition.org/limb-loss-resource-center/community-events-portal/>
- Get Resources: Call Toll-Free 888-267-5669
- Amputee Coalition Website: [www.amputee-coalition.org](http://www.amputee-coalition.org)

## **V. Parkinson's Awareness – Jessica Bartch, Parkinson's Foundation**

Jessica Bartch shared information regarding the Parkinson's Foundation and how Parkinson's has touched her life personally. The Parkinson's Foundation makes life better for people with the disease by improving care and advancing research toward a cure. They build on the energy, experience, and passion of the global Parkinson's community.

Parkinson's disease is a progressive brain disorder for which there is no cure; however, the symptoms can be treated in most cases. Parkinson's can affect the movement, mood and thinking of an individual. Healthy lifestyle choices can help maintain quality of life.

Who Gets Parkinson's:

- An estimated 1 million people in the United States have Parkinson's disease
- Parkinson's can affect anyone regardless of race, ethnicity, or gender.
- Most people are diagnosed when they are older (around 60 years old), while between 2% -10% are younger.
- Genetic factors cause about 10 to 15 percent of all Parkinson's (inherited, gene mutation)
- Prolonged exposure to an environmental toxin can be a factor.
- Older age and traumatic brain injury may contribute as well.

Parkinson's affects many systems in the body including mood and thinking. Parkinson's disease is called a movement disorder because of the tremors, slowness of movements and stiffness in the joints that it can cause. Symptoms vary from person to person and usually develop slowly over time. Some of the motor (movement) symptoms include:

- Shaking (tremor) in the hand or foot

- Head, neck or jaw tremors
  - Most recognized symptom, but not all people with PD develop a tremor
- Slowness and trouble with movement (bradykinesia)
- Stiffness (rigidity) in arms, legs, neck, hips, etc.
- Problems with walking and balance
- Non-motor (non-movement) symptoms include:
  - Depression, nervousness, or fearfulness (anxiety)
  - Lack of feeling or interest (apathy)
  - Trouble paying attention or learning new things
  - Slowed thinking, trouble remembering words or names
  - Soft speech
  - Sleeping or falling asleep (REM sleep disorder)
  - Fatigue, feeling sleepy during the day, or having little energy
  - Constipation & Hallucinations

Physical therapy, occupational therapy, and speech language pathology are all forms of symptom management for PD. The goal with physical therapy is to keep moving as long as possible to improve symptoms. Occupational therapy is to identify ways the individual can continue doing activities they enjoy by using personal strengths, changes in environment, and adapting activities. Speech Language Pathology assists with maintaining skills, strengthen the voice, and combating difficulties in swallowing.

Jessica Bartch shared an event taking place on May 21, 2022. The event is called “Moving Day Knoxville.” The Moving Day event strives to bring local communities together through education, empowerment, and engaging the community to raise awareness and funds to support their work. To register for the event, you can visit: [MovingDayKnoxville.org](http://MovingDayKnoxville.org)

- Additional Parkinson’s Disease Resources:
  - Live Better with Parkinson’s \*1.800.4PD.INFO
  - [Helpline@parkinson.org](mailto:Helpline@parkinson.org)
  - [Parkinson.org/resources](http://Parkinson.org/resources)
  - [www.Parkinson.org/TNKY](http://www.Parkinson.org/TNKY)

## **VI. Member Advocacy and Information**

- Dziubak announced that eight CODI members are planning on attending the State of the City Address. If anyone else is interested in attending, please let Dziubak know.
- Moore announced that he and his family will be moving to Jacksonville Florida, and therefore will have to resign from CODI. Moore hopes to be involved in similar initiatives in Florida.

## **VII. Committee Reports:**

**Bylaws:** Did not meet in April

**Membership:**

Chair: Monica Orr

- Membership met on April 6<sup>th</sup> and after looking at nominations decided to reopen the nomination period until Monday, May 2<sup>nd</sup> to get more nominations to choose from.
- New May 2<sup>nd</sup> deadline will be posted by Dziubak on the CODI Facebook page as well as shared with Paige Travis, City of Knoxville's Public Information Specialist.
- Membership will be meeting the afternoon of Monday, May 2<sup>nd</sup> at a time to be determined to look over all nominations and decide upon who will be offered interviews.
- Membership Interviews will occur Monday, May 16<sup>th</sup> through Friday May 20<sup>th</sup>.
- Membership will be meeting again at a time to be determined on Monday, May 23<sup>rd</sup> to vote on which nominees to have the full CODI body vote upon.
- Voting for new members will occur at the June 8<sup>th</sup> regular CODI meeting.
- Nominees who pass the vote will be forwarded to Mayor's Office for confirmation at either the June 14<sup>th</sup> or June 28<sup>th</sup> City Council Meeting.
- During the Membership meeting, officer nominations were discussed, particularly the lack of volunteers for the secretary position for CODI.
- Also discussed were the disabilities currently represented on CODI and making sure we have at least 50% members with a disability to adhere to Bylaws.
- Before the May 2<sup>nd</sup> Membership Meeting, all committee members will be looking over interview questions from last year to see if any modifications need to be made.

**Community Engagement:**

Chair: Dennis Landfather

- May 25<sup>th</sup> at 3:00pm is the next Community Engagement meeting.
- Next joint Universal Design and Community Engagement meeting should be in June.
- Landfather has not received any contact back from the Chamber. He has reached out three times and heard nothing back. Landfather will forward emails to Dziubak, and she will try to get in contact with them.
- Landfather reported that he has heard nothing back from Randy Boyd but that they are not hiring for the ballpark yet. This seems to be pushed back until year 2025 due to inflation and costs.
- Dinner & Design date has been decided as early May 2023.
- Parking Day is September 16, 2022, discussions will continue in August 2022.
- Everyone bring your ideas for Parking Day on May 25<sup>th</sup> and email them to Dziubak prior to the next Community Engagement meeting.
- Discussed possibility of having both mayors come to the Dinner and Design event.

**Transportation:**

Chair: Nancy Welch

- Welch sent two emails out to the entire CODI body regarding KAT and Advance Knox.

- KAT (Knoxville Area Transit) has one more public meeting April 12<sup>th</sup> regarding their study and need for public input on recommended changes to the KAT service in the future. Survey, concepts, and registration for tomorrow's meeting available at website <https://www.katreimagined.com/>.
- Simmons will attend the virtual KAT meeting and Welch will try to attend if available.
- Advance Knox wrapped up the first round of public input on Knox County's Land Use and Transportation Plan but has all the activities offered at the in-person events on their website to provide more opportunities for input. Those will be available through April 22<sup>nd</sup>, and they encourage you to check them out and share them with your friends, family, and neighbors. There will also be two more major rounds of input during this process - one will be this fall and the other will be next year.
- Next Transit Authority Monthly Meeting (at the bus station, transfer center downtown) will be April 28<sup>th</sup>.
- Must push meeting out next month due to Dziubak and Cook both attending a weeklong ADA conference May 9<sup>th</sup> – 13<sup>th</sup>.
- May's meeting will be moved to May 23<sup>rd</sup> at 3pm. (Membership Meeting will be from 1:00 – 2:30 that day)
- Misha will send out a doodle poll for KAT reimagined meeting.

## **VIII. Strategic Plan Reports:**

### **Livability:**

Chair: Conya Mull

- Mull will be on vacation during the time for the May meeting so we decided to forego that meeting and meet in June on the regular day.
- Dziubak is prioritizing the Accessibility Checklist and hopes it will be accessible by the June meeting.
- Mull and Lowe may try to set aside a time/day to meet to practice a script with a business owner/manager in May to work out bugs and prepare for setting up training for CODI members interested in doing the Accessibility Checklist at businesses.
- Once we have the accessible version of the checklist, we will work on a PowerPoint and training for everyone at the regular CODI meeting to get volunteers to help.

### **Universal Design:**

Chair: Nancy Welch (Dziubak reported)

- Will need new secretary (Current: Eric Moore)
- Universal Design will be inviting Peter Aarons and Jim Tente to the May meeting to discuss moving the city towards 100% of new build homes being at minimum Type C accessible.
- In June, members will present cases and supporting data to back up the need for 100% Type C accessible units.
- Order of presentations will be:

- Landfather will present the case for why this will be best for Knoxville going forward regarding business and profitability
- Simmons will present case on Baby Boomer Spending and Aging in Place
- Villanueva will present information on PWD in Knox + 20 years
- Cook will conclude by sharing personal examples of how a bare minimum accessibility affects people with disabilities.
- Data, statistics, and cases prepared by members should be emailed to Dziubak no later than close of business on Friday, May 13<sup>th</sup>.
- Must push meeting out next month due to Dziubak and Cook both attending a weeklong ADA conference May 9<sup>th</sup> – 13<sup>th</sup>.
- Meeting was agreed to be moved to 2:00 on Tuesday, May 17<sup>th</sup>.
- Following the Universal Design meeting, Dziubak, Briggs, Simmons, Welch, Cook, and Childress attended an hour-long webinar by AARP on age friendly housing and addressing barriers in codes.

#### **IX. New Business:**

- Both Dziubak and Cook will be in a weeklong virtual ADA conference May 9<sup>th</sup> through 13<sup>th</sup>, which is when CODI and many committee groups are scheduled to meet. Dziubak called for a vote to see if everyone would be amenable to pushing the May meeting by one week out to Wednesday, May 18<sup>th</sup>, and the vote passed.
- Today will be Eric Moore's last meeting as a CODI member as he will be moving out of state.
- Cook is looking into the possibility of having KAT present Kat Reimagined to the disability population to collect more disability-specific feedback. This would need to occur before April 22<sup>nd</sup>, which is when their first round of public engagement ends.

#### **X. Announcements & Public Forum:**

- None

#### **XI. Meeting was Adjourned at 5:42 p.m.**