



Columbus Advisory Committee on Disability Issues

Minutes of Meeting January 28, 2016

Members present: Karen Kostelac – Chair, Tricia Kovacs – Vice Chair, Tiffany McClain, Paul Walker, Jay Favuzzi, Marlene Stewart

Members absent: Katie Frederick, Ann Christopher, Ann Gazelle

Members Excused: Rajai Saleh, Kay Grier, Elizabeth Sammons

Staff: none present

Guests: David Cameron, Pamela Makowski, Geri Cooper, April Williams, Susan Havercamp, Rosalind GJessing

Call to Order: Karen Kostelac, Chair, called the meeting to order at 1 pm.

Guest Speakers:

Susan Havercamp, Rosalind Gjessing, OSU Nisonger Center

www.nisonger.osu.edu/odhp

Susan Havercamp and Rosalind Gjessing work at the Ohio Disability Health Program, whose mission is to improve the health of Ohioans with disabilities. This center is sponsored by the Center for Disease Control. They partner with Ohio Department of Health, University of Cincinnati Center for Disabilities, and many other organizations.

Some focus projects:

- provide awareness of people with disabilities to healthcare providers
- increase access – partner with federal healthcare providers, performing accessibility evaluations
- improve health promotion and health management
 - Healthy You program through the Department of Aging, workshops which meet 6 times per year, focus on diabetes, smoking cessation (tobacco use is high in the disability community), working to include the deaf community with ASL interpreters
- emergency preparedness
 - Provide first responder training, work with Ohio Emergency Management Agency and the Red Cross, we received a flier with information on this program, Pam Makowski suggested that Alzheimers be included in the training, Jay Favuzzi and Tiffany suggested live drills held at small university campuses such as Columbus State
- youth risk (tobacco, drugs) assessment survey shared with schools, including bullying of people with disabilities

The Ohio Disability Health Program is funded by CDC with \$300K per year for 3 years, which has been extended this year for a 4th year and will be extended again.

Discussion followed about the heroin addiction problem in Ohio, and the fact that pain medications often lead to heroin addiction. Pam Makowski discussed the recent 60 Minutes program about this problem. Many athletes become addicted after injuries and pain medications. Narcan/Naloxone (heroin antidote) will soon be available without a prescription.

Another topic of discussion was the need for aerobic exercise options for people with disabilities. Pam Makowski (who uses a wheelchair) has asked for referrals from 6 doctors and 4 physical therapists but has not found any programs. Susan Havercamp recommended the National Center for Health, Physical Activity and Disability (www.nchpad.org). Rosiland Gjessing recommended their "For Individuals and Caregivers" page (www.nchpad.org/Individuals-Caregivers). There is also a facility in Birmingham, AL called The Lakeshore Foundation which may have some information on their website (www.lakeshore.org). The City of Columbus Aquatic center has programs for people with disabilities and Rae Nutter (Columbus Recreation & Parks) provides programs. Marlene Stewart recommended the Fitness Loft on Parsons, which is free for Silver Sneakers members over age 65. Geri Cooper recommended Physical Activity Lifestyle (PALS) located in Gahanna (www.palschrysalishealth.com).

Approval of December minutes: Update to 2016 schedule for December 1, 2016 meeting. Minutes were approved.

Old Business:

Tricia Kovacs reported that she worked with other members to determine any accessibility issues with the Columbus website. Elizabeth Sammons said she has problems using the 311 system, and Tricia will follow up with her to understand the problem. Tricia will also ask Katie Frederick if she has found any problems. Tricia found a few problems with content which she will create 311s for.

New Business:

Our next meeting will be at the Morse Rd early voting center (1700 Morse Rd) and our speaker will be Brett Harbage. Please let Karen Kostelac know if you have any questions for Brett prior to the meeting. Karen told us that Brett would like to meet with groups to show them how the accessible voting booths work. Enter the center at the main door. Sandwiches will be provided for us.

We discussed future speakers. Bill Stepp will talk about COTA fixed routes at our March meeting. Fran Ryan (city council member) could speak about the Senior Roundtable. We could also invite Zach Klein or Mike Stinziano. Jay Favuzzi will contact someone from the Ohio Emergency Management Agency. Tricia Kovacs will ask someone from the Public Service Department to talk about upcoming construction projects. Pam Makowski would like to organize an event to show problems with disability accessibility.

General Discussion:

Tricia Kovacs reported that she and Katie Frederick visited the Summit St project and Katie did not see any serious problems with the new bus islands. But there were a few cyclists who rode by and Katie did not hear them approach.

We discussed the new bus service from the airport to downtown. The airport is working on providing a place for service dogs to relieve themselves inside the security area. Pam Makowski told us that she had some serious problems going through security, she had to take off her brace. Someone told us that if you use pre-pass, you don't have to go through security. Passengers over 70 are not required to remove their shoes.

Karen Kostelac told us that some polling locations may need to be evaluated for accessibility. David Cameron and Karen were both on a committee, formed by the Secretary of State, which evaluated polling places for accessibility a few years ago. Presiding judges handle challenges to voting. Karen has asked poll workers NOT to park in parking spaces for the disabled since they are there all day.

Next Meeting:

February 25 Early voting center 1700 Morse Rd. (lunch provided)

Speaker: Brett Harbage, ADA coordinator for Secretary of State

The meeting adjourned at 2:45pm.

Patricia Kovacs, scribe