

Cooperation with the Elderly Community Area 9 August 9, 2020

Attending: Barbaradee F., Jerry S., Michael M., Sharon S.

Minutes

Old Business:

- Visiting senior centers, aging fairs, health fairs, etc. – remain unable due to Covid-19 guidelines
- 11th Annual Native American Healthcare Conference- virtual Barbaradee plans to attend

New Business:

- Per Jerry- AARP reviewed an on-line article on alcoholism January 15, 2020 with resources listed:
9 Signs You May Have a Drinking Problem - Questions to ask yourself about your alcohol use by Andrea Barbalich.

AARP Resources:

1. The U.S. Department of Health & Human Services' Substance Abuse and Mental Health Services Administration has a National Helpline for individuals and family members facing substance abuse or mental health issues. It offers referrals and support at 800-662-HELP (4357).
2. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) Alcohol Treatment Navigator <https://alcoholtreatment.niaaa.nih.gov/> offers extensive resources for alcohol problems.

3. Find an Alcoholics Anonymous recovery group near you

Discussed feasibility of developing an article for AARP and other government and private outlets (senior centers and homes) to promote awareness of online Zoom AA meeting access and tutorial for the technologically challenged seniors.

Discussed possible overlap with other committees- PI, Remote communities, Loners, etc. and to be careful to use available resources and not duplicate services (re-invent the wheel). Area 9 shared the availability of a "Grapevine You-tube Zoom tutorial video" that may be helpful.

Also, Central Offices have much helpful information to access zoom and other on-line meetings.

Jerry shared the following information:

- Consider developing an article for AARP and other government and private outlets to promote awareness of online Zoom AA meeting access **OR** for the technologically challenged seniors. Loners-internationalists Meeting (LIM) correspondence (snail mail):
 1. **AA World Services** aa.org
 2. **Local Central Office resources.**
 3. **Online Intergroup of Alcoholics Anonymous** <https://aa-intergroup.org/>
 4. **Loners-internationalists Meeting (LIM)** is a confidential bimonthly bulletin that contains excerpts from LIM members' letters that are sent to the General Service Office (G.S.O.) of Alcoholics Anonymous. The bulletin includes full names and addresses. LIM is distributed only to the members described below who appreciate the need for confidentiality of personal sharing with one another through correspondence
- Categories:
- a. **Loner** - An A.A. member who is unable to attend meetings regularly because
 - i. there is no A.A. meeting in the vicinity where he or she lives.
 - b. **Homer** - An A.A. member who is unable to attend A.A. meetings because of physical incapacity. (Or during pandemic self isolating)
 - c. **Internationalist** - An A.A. member working on a seagoing vessel for long periods
- To participate**, an A.A. member needs to be able to read and write in English. A.A. members who fit a LIM may **contact:**
Loners Assignment, c/o General Service Office, P.O. Box 459, Grand Central Station, New York, NY 10163; or email:
lim@aa.org.

Jerry has been attending Myreka's accessibility committee meetings and will share info for our committee members to attend in the future.

Per Michael- previous CEC committee developed a pamphlet for the elderly that has been approved by Area 9. Barbaradee said she did not receive any paperwork, pamphlet, or other materials when she became chair of CEC, only given some plastic racks to hold literature.

Group decided to arrange meeting at archive's in Riverside to research available literature. Barbaradee will make arrangements and contact members for date and time.

Barbaradee reviewed various letters from past PI, including District 8 and Hawaii. She screened shared examples and will email copies to committee members.

Thank you for letting me be of service- Sharon S.