

Knoxville Mayor's Council on Disability Issues

November 10, 2021 Meeting Minutes

Zoom

I. Meeting was called to order at 4:02 pm.

II. Roll Call:

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

Present: Alexander, Barber, Briggs, Byrne, Colebrooke, Cook, Foutch, Huang, Landfather, Lowe, Mull, NeSmith, Orr, Rodgers, Simmons, Spangler, VanDyke, Villanueva

Absent: Childress, Houston, Moore, Welch

Guests: Regis Borsari, Yassenia Zarco,

Interpreters: Haile Stewart, Jessica Brackeen

III. Approval of September Minutes: Mull first, Briggs second – motion carried

IV. National Epilepsy Awareness Month – Paula Ellis

- Paula Ellis has been the Public Education Coordinator for the Epilepsy Foundation of East Tennessee since 2004. She grew up in the Knoxville area and currently lives in Walland, TN with her husband of 27 years.
- Her daughter, now 35, had seizures as a young child, which gives her great insight and passion for the mission of the Foundation.
- In her position as Public Education Coordinator, she is responsible for recruiting, coordinating, and scheduling first aid training presentations throughout 24 counties in East Tennessee. She travels to schools, day cares, nursing homes, and businesses throughout the East Tennessee community to educate attendees in appropriate seizure first aid and other social issues surrounding the disorder of epilepsy.
- Everything that the Epilepsy Foundation does is completely free with no charge to anyone.
- They send children with epilepsy to camp that cannot go to regular camps because of their disability. This is a special camp where there are actually nurses there that

know what to do when they have seizures and can care for them. We send about 10 to 15 kids a year to camp.

- They also do a lot of stuff here. They have a support group for people with epilepsy, a support group for parents with children with epilepsy and have the kids' crew for the children who have epilepsy.
- This Saturday, November 13th at Adair Park, they are having a statewide walk for Epilepsy. There will also be simultaneous events in Nashville, Oneida, Chattanooga, and Cookeville.
- EFEast.TN.org is their website, and if you would like to register for the walk event, you can register on Eventbrite.
- Epilepsy is a neurological disorder though there are a lot of myths out there surrounding the disability such as being able to swallow your tongue during a seizure.
- When someone is having a seizure, every muscle is stiffening and contracting, and the tongue is a muscle so it will do the same. You should never restrain or hold anyone down nor stick anything in their mouth. This causes additional problems.
- There are over 20 different types of seizures that fall under generalized or partial categories.
- Generalized (Grand Mal) happens over the whole brain and a person will lose consciousness. Partial only involves part of the brain and the person does not lose consciousness.
- Cushion their head, don't restrain them, and look for a medical ID. It is not a medical emergency if they have seizures regularly unless the seizure goes over 5 minutes. If it lasts 20 minutes, they can go into cardiac arrest. If no medical ID, call ambulance or if they are pregnant or if there is water involved such as bathing or showering. Also, if there are back-to-back seizures.
- Landfather inquired about how often epileptic seizures happen. Ellis reported it is different for everyone, but extreme would be considered more than 3 or 4 seizures a day. Some have up to 200 seizures a day where they cannot hear for a few seconds, and often they do not realize they have had one.
- Every time someone has a seizure it does permanent brain damage which can cause them to be slow to react if they have multiple seizures every day for the entirety of their life.
- Many medications for epilepsy have bad side effects such as teeth falling out, weight fluctuations, and memory loss.
- The most common type of seizure is a complex partial seizure, which is a partial seizure where the person can be sitting, walking, anything, but will have a blank stare on their face and are unaware of surroundings and repeating same movement or sound over and over.

- With these types of seizures, they can hear you when you talk to them though they cannot respond. Let them know you will help them, and they will be safe before you touch or try to help them. These should typically be 1.5 - 2.5 minutes.
- 70% of people who have epilepsy do not know what caused their seizures, but with the other 30% it tends to be a head injury, which is a trigger. If it is a cause, it is related to things like diphtheria or mumps – things like that. Heat exhaustion, hormonal changes, flashing lights, anxiety, bulimia, etc. can act as a trigger even if someone has never had a seizure before.
- There are 65 million people in the world with epilepsy. Three point two million of those people are here in the United States. That is one out of every 100 people in the United States that has epilepsy, but right here in just the East Tennessee area, not all of Tennessee just east Tennessee these 24 counties, 2.6 people out of every 100 people have epilepsy, the percentage is greater here in east Tennessee than anywhere else in the United States, and we don't know why. North Georgia comes right behind us at 1.7 out of every 100.
- They get allocation money from nine different United Ways and a small grant from the City of Knoxville at \$2000. per year along with any small grant they can get elsewhere. The rest of the money comes from fundraisers such as the one they do for Mardi Gras.
- Huang inquired if a person with epilepsy has it in the same place in their brain every time? They can have different types of seizures. One person may not have just like a grand mal seizure. They may have an absence seizure, complex partial seizures, or they may have a have a grand mal seizure afterwards.
- Does a TBI injury increase your risk of having seizures one day? Yes, it does.

V. Member Advocacy and Information

- None

VI. Committee Reports:

Transportation:

- They have been working on an infographic for top accessibility tips for KAT with fixed route rather than paratransit.
 - Have met with KAT several times to address ridership tips for everyone.
- Discussed the West Town Mall KAT route 11 with Belinda from KAT participating in the meeting. They discussed the of continuation of detour that has been in place for the last two years as a result of construction.

- KAT found ridership was extremely low. If they eliminated the West Town mall parking lot stop, it would give them better timing on their other stops.
- Discussed creative solutions and paratransit opportunities.
- Cook will be meeting with KAT and West Town Mall to discuss this and inform them about the diversity of riders.
- Cook encouraged everyone if they strongly feel one way or another, to email her prior to end of day this upcoming Monday so she can share this with the mall management.

Bylaws:

- Did not meet

Membership:

- Discussed and voted on membership of Josh Loebner. Membership committee recommended dismissal, and shortly after being notified, Loebner sent a resignation email.
- Byrne has emailed Hank Jenkins and he is excited to join us.

Community Engagement:

- Next ASL class Monica Shimmon-Orr teaches will be January 10th, she will send out information on it.
- Transportation, with approval from KAT, has completed a document to help CODI get the word out on accessibility features of KAT and the experience Joel Simmons had as a rider with a disability.
 - Eric Moore volunteered his services in fixing up anything that may need it on the document.
 - Landfather created a mock-up with less verbiage to make it easier to read and changed a few words to seem more positive rather than negative.
 - Orr would like to know how KAT can meet the needs of the deaf community (#5) and has an idea to help with the busses, such as an electric screen and perhaps having a flip card with pictures to show a deaf person and they can point, or possibly a screen with signage.
 - Briggs spoke with someone in the city before moving to Knoxville and she said that KAT does not service her apartment building – Legends at Oak Grove – because it is on a hill.
 - VanDyke #2 “operator” isn’t capitalized, but on #5 it is. Should not be capitalized and needs to be consistent. Would also like to see larger font in bold type.
 - Cook – the person Andrea Briggs spoke to was Cook, and simply wanted Briggs to know that there is not 100% access at that complex due to it not being on fixed KAT route.

- Cook reported that all KAT operators are trained in accessibility and suggests that perhaps CODI creates a card like the one we give to police force in order to provide it to KAT and perhaps Transportation Committee can start working on this in December.
 - Cook reminded everyone that KAT is in process of trying to update software for the 'ticker' at the front of busses that say which stops are coming up.
 - Landfather will update marketing card based on suggestions made during this meeting and will send to Byrne to forward on to Transportation Committee.
- Crip the Vote could be a good avenue to look at to mitigate any effect the Texas Voting Rights Law will have if something similar is passed in Knoxville.
 - VanDyke have you followed up on this? Yes, they haven't done anything since September and the last thing they did was disability legislation and a blog on immigration, but she did not see anything on what was going on in Texas.
 - They had done a disability survey like the one CODI did and she found that people were most concerned about healthcare, civil rights, accessibility, housing, benefits, employments, education, long term care, transportation, assistive technology – in that order of most important to the community to least important.
- NeSmith – Would be happy to make a graphic for social media about free in-home Covid vaccinations if that would appeal to some people. – Byrne advised it should be completely accessible and that it should be somewhat simple and easy to read.
 - NeSmith sent graphic and it has since been posted on Facebook
- ClickUp is in process of being looked into and seems to have a lot of great features, but the paid version seems to be what would work best with CODI based on the size limit of file uploads and the different areas within the application for each committee and strategic plan group to have their own space.
 - Dennis Landfather will reach out to ClickUp and see if they have pricing for non-profits.
- Landfather had lunch with Shangri-La Therapeutic Academy of Riding, which has a Lenoir City and South Knoxville location. They loved learning about CODI and what they are doing for the community (veteran, disability, etc.) and are willing to come talk to CODI or have us out there to give tours once their site in Knoxville is more accessible. They have 47 acres by the water and are willing to let CODI meet there on our once a quarter community meeting, once they are more accessible.
 - Byrne will be reaching out to them next week to speak to CODI.
 - Will inquire about meeting at their South Knoxville campus once they are accessible. May possibly be able to do a joint Dagwood/CODI meeting there.
- Landfather – January Landfather may have to miss all the meetings because they will be on vacation.

VII. Strategic Plan Reports:

Livability:

- Voted on and confirmed new Livability secretary Karen Lowe
- Mull – Research Retail Businesses Downtown that may be a good place to start – (Shops) Name, Address, Hours.
 - Mull has agreed to have retail lists by December
- New Logo was created with leaning forward wheelchair and has been approved for use by Graphic Design.
 - CODI Window Cling is still in progress but should be ready before the end of 2021.
- We had discussed having the Chamber promote this in their email blast to businesses; however, I recommend doing so in December, once we hopefully have the window cling and are close to being able to go out into the community to do this. Byrne can get in touch with Lauren Longmire but will need verbiage for the email blast.
 - Volunteers for email blast verbiage: Mull will send by at least the day of the next Livability Meeting.
 - VanDyke recommended January rather than December, and Mull seconded.
- From Lauren, Chamber: After you have completed the survey and have identified the merchants who will be getting a cling-on, we can add a “tag” to that merchant on the backend of our website which helps identify all the businesses who are easily accessible by all patrons.
- Byrne – Suggested that Livability do their own PSA for having businesses volunteer for the accessibility checklist.
- Mull – Should we come up with verbiage for engaging businesses? This is who we are and what we would like to do...
 - Laykoon Huang volunteered to do a script by next December Livability Meeting.
- VanDyke suggested mini-training around February, for all of CODI to try to get additional volunteers to go do these accessibility checklists.
 - Byrne – yes, and if not many volunteer let us focus on trying to get help from community engagement.
- Get Window Cling made as a web logo as well so that businesses can put it on their website.
- Byrne: In December, which is National Aids/HIV awareness month, I also noticed that December 3rd is International Day of People with Disabilities. Yesterday, I reached out to <https://idpwd.org>, which is based in Australia to see if I could arrange a speaker for December but have not heard back yet. I am hopeful they can join, but our 4:00 p.m. Wednesday meeting time would be 6:00 a.m. Thursday for them.

Universal Design:

- Aimee Yarbrough from Design Innovation Architects, Inc. spoke to the group in order to better explain the differences between the different types of housing and building standards.
 - IBC tells us when something has to be accessible, A117 tells us HOW to make it accessible.
 - 2010 ADA Standards mirrors A117 but is a law rather than as a standard.
 - Federal Government Buildings are ABA which aligns well with ADA.
 - Older Building that is being renovated follows FHA
 - 2018 IBC briefly talks about what needs to be provided regarding accessible route and residential residency types.
 - Chapter 6 of 2010 ADA Standards dealing with plumbing is one of the most used.
 - ABA – Architectural Barriers Act – Accessibility Standards
 - Hotels – accessible shower rooms in a hotel, with the code book there is a section with commentary. It specifically talks about the number of accessible units in a hotel that must provide accessible bathing units.
 - 2024 should be the next IBC that comes out. The IBC is updated every three years as a document. But the city has a policy to update every six years, so we adopted 2018.
 - Roll in shower can be any size, there are no minimums or maximums, a transfer shower has to be 36x36 and you have a maximum arm reach.
- One pager from Jim Tente is updated and Universal Design will look over it again at the December meeting to make sure there are no additional required changes to the document for clarity.

VIII. New Business:

- None

IX. Announcements & Public Forum:

- Regis Borsari mentioned East Tennessee History Museum is looking at accessibility and suggested they get in touch with CODI.

X. Meeting adjourned at 5:00 p.m.