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Public input sought on proposed city transit fare fee adjustments

Glendale Transit Services is hosting a series of four public open house meetings to gather community feedback regarding the current ride fare structure for Glendale Dial-A-Ride and GUS Bus public transportation services and a proposal for the implementation of new fare adjustments to take place in the late summer or early fall time frame, pending City Council approval.

The proposed fare adjustments outlined in the Transit Fare Review study, undertaken in response to City Council direction, include the elimination of fares for all passengers on GUS (Glendale Urban Shuttle), a \$1 increase in one-way fare on the city's Dial-A-Ride for senior, ADA/disabled and junior passengers (age 6 to 13) and an increase in one-way fare for the general public (age 14 to 64) from \$2 to \$5. Free fare for children age 5 and under will continue under the proposed ride fare structure plan.

"Glendale has held fares for transit services steady since 1991," said Transit Administrator Kevin Link. "Our primary goal is to continue to effectively deliver quality transit services to all Glendale residents, not only today, but well into the future."

Public input open houses

5 to 7 p.m. April 6

Foothills Recreation and Aquatics
Center – Bobcat Room
5600 W. Union Hills Drive

9:30 to 11:30 a.m. April 12
Glendale Community Center
5401 W. Ocotillo Road

1 to 3 p.m. April 12
Glendale Adult Center – Room 116
5970 W. Brown St.

2 to 4 p.m. April 13
Tanner Terrace – Multi Purpose Room
7138 N. 45th Ave.

Information and exhibits about the city's transit fare review study and proposed fare adjustments will be available for comment and viewing during the meetings. Glendale Transit Services staff will be available to take public comment and answer questions.

To learn more about the transit fare review or take the online public comment survey, visit www.glendaleaz.com/transportation, call 623-930-3500, or email fares@glendaleaz.com. Public comment can also be submitted by calling Transit Services at 623-930-3500. Comments will be recorded and entered into the public record.

Lisa Needs A Kidney

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LisasKidneyJourney.com

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Lisa@LisasKidneyJourney.com

Lisa is 39 years old and has been on kidney dialysis since July of 2015. She currently has treatments 3 times a week, for 3+ hours each time. A new kidney will allow Lisa to resume a more normal and healthy life.



We thank YOU, for your support!
#LisasKidneyJourney

'Successful Aging' features experts on depression, anxiety and dementia

"Successful Aging is a lifestyle worth pursuing" says hosts John Wenzlau and Millie Oakeson of Friendship Retirement Corporation, and it's exactly what motivates them to do a weekly broadcast on Independent Talk 1100 KFNX.

They are focusing on what it means to live well and love life by bringing in experts to discuss what it takes to age successfully. The constant theme is - each day we make choices and the choices we make can greatly influence how well we age. This week, they welcomed Carole Klein, nationally certified psychological counselor, who assists patients with heart disease and other chronic illnesses. Klein was the director of psychological services at Arizona Heart Institute, beginning in 1981 and is still a consultant. She helped create their smoking cessation program, which is featured nationally.

She had a lot to share about the long-term negative effects of not dealing with depression and anxiety. Klein pointed out the somewhat obvious, but often ignored, fact that if you isolate and don't deal with your depression and sadness, your world gets very small and you stop socializing and become sedentary. The consequences of the lack of socialization and activity are a breakdown in



John wenzlau and Millie Oakeson

your physical body, as well as your mental abilities.

"As we age, it is a natural occurrence to experience heartbreak and sadness, but taking the steps to deal with it early gives us the opportunity to reevaluate and move forward," Klein said.

Her enthusiasm was contagious, as she spoke about the positive life-changing benefits of seeking help for depression, socializing and doing what you love, even if you move slower than you once did.

Their next guest, Milissa Watkins, chief of health services with Glencroft Senior Living, has been a licensed nursing home administrator since 1989 and has worked in most every aspect of senior living. She joined the program to talk about a subject no one likes to discuss, but is so prevalent in today's world that it must be addressed: dementia.

Discussing memory care for our loved ones may sound like a departure from the topic of "Successful Aging," but it's not at all, from

Watkins' perspective. She is a strong advocate for dementia patients and believes that we should be stressing "living well" with dementia and focus on promoting an active, involved program that meets the needs of individual residents. Watkins shared that Glencroft Senior Living will be opening a new memory care community, Primrose Lane, soon.

"We want this to be a place where people feel loved, cared for and comfortable by talking with family members to find out what brings them the most peace. We understand how family members struggle with the difficult choice of placing a loved one in memory care and we are privileged to work in their new home," Watkins said.

Her desire to make this a community that is thriving was evident.

"Successful Aging" explores aging well, 11 a.m. Tuesday on Independent Talk KFNX 1100. For more information, call 623-847-3047.

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