

MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
OCTOBER 28, 2008
BEAVER, UT

MEMBERS IN ATTENDANCE

Mary Schaidt
Maurine Sly
Millie VonRitchie
Norma Foster
Clem Griffin
Joyce Griffin
Doug Maxwell
Vern Kupfer
Arlen Grimshaw
Hazel Jean Robinson
Mary Stevens
Joyce Ross
Julie Taylor
Lee Chamberlain
Tamara Atkinson
Wesley Hunt

REPRESENTING

Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Garfield County Advisory
Garfield County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Kane County Advisory
Kane County Advisory
Kane County Advisory
Kane County Advisory
Washington County Advisory
Washington County Advisory

MEMBERS NOT IN ATTENDANCE

Sharon Griffiths
Betty Cooper
Cathy Woodard
Wynonna Henderson
Mina Juber

Beaver County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Kane County Advisory

OTHERS IN ATTENDANCE

Carma Sly
Jim Sly
Helen Stubbs
Pamela McMullin
Commissioner Billie Dalton
Commissioner Clare Ramsey
Connie Lloyd
Fayann Christensen
Wallace Gibson
Christine Holliday
Vince McFadden
Beth Cottam
Carolyn Moss

Beaver County
Beaver County
Beaver County
Beaver County Coordinator
Beaver County
Garfield County
Iron County Coordinator
Kane County Coordinator
Kane County - Orderville Center
Washington County Coordinator
Washington County
Five County Association of Governments
Five County Association of Governments

**MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
OCTOBER 28, 2008
BEAVER, UTAH**

I. WELCOME AND INTRODUCTION

Mr. Arlen Grimshaw, Chair, conducted the meeting and welcomed those in attendance.

II. MINUTES JULY 15, 2008

Mr. Arlen Grimshaw requested a motion to accept the minutes of July 15, 2008.

**MOTION WAS MADE BY MR. DOUG MAXWELL TO APPROVE THE MINUTES OF
JULY 15, 2008. MOTION SECONDED BY MR. WES HUNT. MOTION CARRIED
UNANIMOUSLY.**

X. LOCAL PROGRAM SHARING

Mr. Arlen Grimshaw requested that program sharing be changed from #10 to #3 as it is an important part of the meeting.

Pam McMullin - Beaver County

- Thanked everyone for coming to the center today and the cooks for preparing such a delicious meal.
- Activities at the three centers are going well. Residents from all parts of the county are going to each center for Bingo and Wii.
- The Kazoo Band from Emerald Pointe entertained the seniors. The eldest member is 103; the youngest, 76.
- Attended the ERSTA Rodeo. Thanked Fayann for encouraging her to attend.
- Minersville held annual fundraising bazaar and raised enough money for the year.
- Large turnout at the Seniors Day at the County Fair in August.
- Two busloads of seniors attended the Senior Conference in St. George on September 22, 2008.

- Emerald Pointe presented a great training/information session on Alzheimer's disease.
- Attended the annual UAA Conference in Midway. Visited the "crater", a mineral pool in an extinct volcano crater great for swimming, soaking, scuba diving, etc.
- Places to visit in Beaver County: Mountains are always beautiful; cheese factory, new Chinese restaurant in Milford, Western Utah Copper Mine (tours are available), pig farm, new plastic manufacturing company; wind farm.
- Distributed umbrellas.

Clem Griffin - Garfield County

- New Panguitch Center is being constructed; outside completed. Invited all to come and see the new facility.
- Receiving new buses from UDOT;
- IHC Health Fair was held with great participating and attendance from residents.

Fayann Christensen - Kane County

- Able to participate in activities as mentioned by Pam; UAA Conference, Seniors Conference; unable to attend ERSTA this year.
- Numbers at the centers are down a little.
- Staff is first-aid certified. Due to illnesses, accidents, etc., they are running a little short-staffed.
- Working on budgets for upcoming year.
- Home Delivered Meal recipients will be receiving a ballot to vote for their favorite meal and to make suggestions for meals to be served.
- Visit Kane County! Pink sand dunes, Lake Powell, and great scenery.

Christine Holliday - Washington County

- Introduced herself as the new County Coordinator for Washington County.
- Springdale meal site is working great, with good attendance.
- New bus is coming sometime in November.
- Enterprise Center has purchased a Wii computer system and will be having a bowling

tournament.

- Hurricane Center has additional activities - traveled to Cedar Mountain for a picnic; August breakfast at the Fair.
- St. George Center hosted the Senior Conference on September 22, 2008. Activities at the center include yoga, tai chi, pilates, dancing, card games, Caregiver workshops, etc.

Connie Lloyd - Iron County

- Moved into the new Parowan Center. The inmates were there to help move 30 years of "stuff". The open house was a great success; 142 present.
- New craft classes are being offered at the Cedar Center; knitting, crocheting, and "cro-knit", a combination of knitting and crocheting.
- Bridge games, puzzles, and other offered at the centers. They are trying to have more activities to attract more seniors to come and stay after lunch.
- Transportation is available in Beryl for shopping trips to Cedar. The Parowan Center offers trips two time a month to Cedar on Wednesday.
- USU Extension Office comes to the centers and provides training on food storage, using coupons, portion sizes, etc. They are a great resource in all communities.

Mr. Grimshaw thanked the coordinators for all their efforts to assist seniors in their communities. He thanked the Ukelele Ladies for singing the Parowan Waltz at the Parowan Center open house.

III. THANK YOU TO VERN KUPFER

Mr. Arlen Grimshaw and Ms. Beth Cottam presented a gift to Mr. Very Kupfer, past chair, for the Aging and Nutrition Services Advisory Council. Mr. Kupfer is a great teacher and "a giant spurring lesser men."

IV. REPORTING

- Financial Reimbursements - Remember to include NAPIS documentation to Bob for reimbursements.

- NAPIS - doing a great job! All units must be in by October 31, 2008 for Federal Report that is due to the State in mid-November.

V. FIVE COUNTY AREA PLANNING NEEDS

- Ms. Beth Cottam distributed population projection numbers for 2008-2018. This information listed each county divided by age group is a helpful tool for applying for grants and preparing budgets.
- FY 2010 Planning Form to support funding request was distributed showing how money may be allocated throughout the state for aging services. This projection is by region (Five County) and uses numbers from our NAPIS reporting.

VI. NUTRITION MONITORING VISIT AND ISSUES

Ms. Beth Cottam distributed monitoring tool that will be used by Charlotte Vincent, State Dietitian, and Gloria Johnson, Regional Dietitian, and herself. It is a little different than the one that has been used in the past. She reviewed distributed notes from Ms. Vincent's latest monitoring visit. All Coordinators/Centers are doing a great job. Just a few minor changes/adjustments need to be made. Specific questions were addressed regarding meal cost for those under 60 - should be \$6.50 per meal. Meal cost reimbursements will be increased; however, suggested donations should remain the same unless determined by the Council. Ms. Connie Lloyd asked about serving those who are disabled and under the age of 60. Ms. Cottam clarified the donation/meal cost policy. If that attendee is with a spouse or family member that is over 60 years of age, it is a suggested donation for the meal. However, if they are coming alone, the "cost" for the meal is \$6.50. This person can have a community sponsor to help with the cost of the meal. Coordinators were reminded that "we do not sell Ensure." Ms. Cottam reminded Coordinators that they are not getting credit for all the Nutrition Education they are providing at their centers; classes from the Extension Services, handing out placemats, etc. are units that should be reported. It was reported that all centers do not have this service listed in NAPIS. Ms. Carolyn Moss will follow up. It was decided that a region-wide customer satisfaction survey be distributed to those receiving Home Delivered Meals. This survey should

be short and simple with “yes” and “no” answers. Coordinators were asked to contact Beth with suggestions.

Mr. Vern Kupfer shared a few remarks as the outgoing Chair.

VII. PRESENTATION HANDOUT INFORMATION

Handouts were distributed for the Senior Conference, “Surviving the Age Wave”, UAA Conference class information, Project Voice, voter education information from Utah Issues, Staying Sharp conference to be held at the Dixie Center in St. George on November 8, and Immunization information to be distributed to all recipients of Home Delivered Meals.

VIII. BOARD TRAINING OPPORTUNITIES

Item not discussed.

IX. VOTING PRESENTATION

See Item VII.

XI. OTHER BUSINESS

Next meeting to be held on Tuesday, January 27, 2009 at the Orderville Center in Long Valley.

XII. ADJOURN

Meeting was adjourned at 2:45 p.m.