

**Minutes of the Aging Advisory Council  
Thursday, March 13, 2014, 1:30 pm**

Mountainland Association of Governments  
586 East 800 North  
Orem, UT

**CONDUCTING:** Mayor Hadfield

**ATTENDING:**

Gena Bertelsen	Ralph Horne	Heather Nalette
Lyndia Carter	Lois Kelson	Grant Parker
Marianne Christensen	Neil Kuhner	Jeremy Pehrson
Heidi DeMarco	Cody Larson	Judy Seegmiller
Rachel Draper	Maurine Lindsay	Brian Smith
Jenny Fosdick	Steve Lyon	Rhoda Stauffer
Howard Grey	Scott McBeth	Commissioner Witney
Mayor Hadfield	Bob McIntyre	

**GUESTS:**

Neil Anderton	Geri Lehnardt
Natalie Devanny	Owen Snead

**EXCUSED:**

Stephen Maloney

**Call to Order:**

Mayor Hadfield called the meeting to order. Maurine Lindsay offered the opening prayer remarks and the Pledge of Allegiance was led by Grant Parker.

**Minutes**

The Council reviewed the minutes from the February 13 Advisory Council meeting. Gena Bertelsen motioned to accept the minutes as they were presented. Maurine seconded the motion, which carried unanimously.

**DISCUSSION AND ACTION AGENDA**

**1. MAG Aging and Family Services Department Profile**

Scott distributed the Agency Profile and refreshed the group on the core services and programs that Mountainland provides, as well as the associated costs. The 20 page booklet describes funding sources, operating principles and values, service priorities, and statistics regarding the scope, cost, and number of clients served in FY 2013. Scott proposed that the group look over the operating principles and priorities sections on pages 6 and 7 to determine if anything should be added or reprioritized. Also included are rosters for Aging Advisory, Executive Council, and MAG staff in addition to the department organization chart.

Gena and Ralph expressed interest in obtaining more copies of the Agency Profile for reference in their offices and centers. Scott indicated that more copies will be printed for distribution. As public figures and council members are asked to display more advocacy for senior programs in the coming months and years, this document will be influential for helping people understand who we are and what we do.

## **2. Area Plan Update**

Heidi gave a recap of the Area Plan Update, summarizing goals for the coming years. Activities and services are not expected to change much. Mountainland is working with the VA to initiate opening a new program in April to provide home and community based services for veterans. While the program has been successful in other parts of the country, this would be the first Veteran's Directed Home and Community Based Services program in Utah. It is anticipated to launch the program in the next two months and serve 25 clients.

The senior needs assessment is continuing to be developed in order to assess needs, interests, and changing demographics within the service area. This will guide MAG in future planning and prioritization.

Regarding the Meals on Wheels program, MAG is working to address efficiency and costs in advance as diminished federal funding is anticipated. Fortunately, Meals on Wheels has not had to have a waiting list in over 7 years. MOW is continually trying to reduce costs by utilizing volunteers. MAG is hoping to increase volunteerism by reorganizing some of the delivery routes. Another consideration is to eliminate one day of delivery and deliver two meals the day before. She asked the group for their input.

Heidi mentioned the CarePartners volunteer program which will be discussed later in the meeting.

## **3. State Board**

Neil Anderton was in attendance as a representative of the state board. Our funding requests are not excessive, but funding has been decreasing steadily for the past 5 years. He stressed the importance of having face to face conversations with legislators and policy-makers, informing them of the importance our proposals have for senior services. Advocating for the aging population is a huge responsibility, so congenial conversations now with figureheads and the public will help raise awareness for future legislation needs.

Neil mentioned that individuals and groups that have plans for any pilot programs should bring their proposals to the state board.

## **4. Legislative Update**

As the legislature comes to a close, Scott reminded the group how proposals and recommendations are made. Funding recommendations are decided and proposed through

the appropriations committee. Unfortunately, our programs were not on the list of priorities. Scott is hopeful that our programs would be included in the appropriation bill on the last day.

Advocating for next year's service funding requests will start immediately. Scott encouraged the group to identify seniors and family members who can voice their needs to legislators with their personal stories. Ralph contributed that attention is given in the legislature to the advocates that make the most noise. Mayor Hadfield reminded that mayors and other public officials are invited to deliver Meals on Wheels next week, which provides an opportunity for some seniors to be heard.

### **5. CarePartners**

Geri Lehnardt has been the caregiver support coordinator for 17 years and has seen the program grow from 2 support groups to 12. Professionals from home health agencies and assisted living centers have volunteered to facilitate the support groups since they know the needs and can provide location, staff, and in some cases a meal. Caregivers are stressed; they appreciate positive feedback. They feel supported by receiving a meal. It is important for them to know they are not alone. There are also online and telephone support groups and forums available. Another series of UCare education classes will be launched soon.

Geri Lehnardt and Owen Snead are piloting the CarePartners volunteer program. Approved volunteers will receive training and education in order to provide respite care. They will then take over for full-time caregivers once a week so that the caregiver can take a break. They will not be assisting with activities of daily living, medication management, cleaning or transportation. They are asking for volunteers to give a 2-3 month commitment, and they seem willing. There are 4 volunteers so far. The program is looking for additional funding.

Geri distributed the caregiver guidebook, which is what CarePartners volunteers will receive to outline their responsibilities. Objectives include promoting public awareness, networking throughout communities, and encouraging caregivers to take care of themselves.

Owen is recruiting at colleges, support groups, and senior centers among other places. This project is being launched with one-time funding, so Heidi and Geri are hoping to have the structure of the program in place quickly so that it can continue after Owen's temporary assignment ends.

### **6. Other**

Bob McIntyre announced that Walgreens has been working with Steve Lyon to present fundraising ideas for Mountainland Foundation. In 30 days Walgreens point of sale donations raised \$5,852. Bob presented a check.

Scott indicated that the department's priorities and core values, found on page 6 and 7 of the Agency Profile will be on next month's agenda to discuss any changes.

## **7. Council Member Reports**

Gena indicated that the average donation per meal has increased again from \$1.77 in January to \$1.81.

Heather shared that senior center personnel in Park City are interested in hearing if contributions are helping and what the impact is. They want to be instrumental in keeping the meals program. Scott asked Heidi how soon we will be able to present some data on contributions since the rate change.

Lyndia expressed her concern that senior center participation is decreasing. She is always looking for new ideas to get people to come to the senior center and be involved. They always have fun seasonal activities.

Steve announced that Mountainland Foundation is one of the charities listed in the Love Give Utah campaign during March. All donations will be used locally. The website is [www.donateutahcounty.org](http://www.donateutahcounty.org).

Heidi shared that the HEAT program will be open until April 30, and expressed her appreciation to senior centers for inviting them into the centers for outreach. She is concerned that more seniors have not taken advantage of the program and wonders what else we should do to reach them.

Brian Smith shared that the Provo Recreation Center received an award for adaptive programs for seniors.

Lois Kelson expressed her concern that the coming generation of seniors has different needs that we need to become aware of.

Jeremy announced that Meals on Wheels created a new volunteer route, which marks 28. The route starts March 17.

The next meeting will be held April 10 at 1:30pm.