



Davis County Senior Services Advisory Board

January 12, 2023 Minutes

Board Members

Commissioner Lorene Kamalu
Becky Espinoza, Chair
Kelly Van Noy, Vice-Chair
Lorna Koci
Julia Bentley, Past Chair
Mark Perry
Rebecca (Becky) Kapp
Larry Millward

Department Staff Present

Rachelle Blackham
Eric Applegarth
Debbie Draper
John Cowan
Shawna Mahan

Board Members Excused

Guest

Rob Ence
Amy Covington

Call to Order/Welcome

Davis County Senior Services Advisory Council held a meeting on January 12, 2023, at the Davis County Health Department located at 22 South State Street, Clearfield Utah. Becky Espinoza, the current Chair, called the meeting to order.

Continuation of Current Board Positions (Action)

It was proposed by Kelly Van Noy under Section 4.1 of the Davis County Senior Services Advisory Board By-laws that the current executive committee be kept for an additional year having Becky Espinoza remain Chair, Kelly Van Noy remain Vice Chair, and Julia Bentley remain Past Chair.

Lorna Koci put forth a motion to approve the continuation of the executive committee serving, seconded by Larry Millward.

- Motion Passed Unanimously

Review of Minutes October (Action)

The board was presented with the minutes of the October 2022 meeting. Larry Millward put forth a motion to accept the October meeting minutes as presented; Lorna Koci seconded the motion

- Motion Passed Unanimously

Commissioner's Report (Information)

Commissioner Kamalu informed the board that in her jurisdiction there are 10 buildings (7 Libraries and 3 Senior Centers). Moving forward, there may be an opportunity to have a new building housing both the South Senior Activity Center and the Bountiful Library. The Commissioner wishes to keep the Senior Services Advisory Board up to date throughout the discussions and get feedback.

- A discussion was then had about possible options, possible models, and pros/cons of such a merger. timestamp [10.00 of the recording]

University of Utah Malnutrition Grant (Information)

Amy Covington presented to the Advisory Board a new study that Davis County Health Department has partnered on. This nutrition grant lasts for 5 years and aims to develop and implement a Social Determinants of Health (SDoH)-based comprehensive malnutrition assessment combined with a novel physical activity program, along with quantifying the direct effects of an SDoH-based treatment of malnutrition.

Amy Covington informed the board of statistics on malnutrition.

- A discussion of possible roadblocks to the study was held. timestamp [26.26]

How the study will be conducted:

- Complete a comprehensive nutrition assessment to include client history, food/nutrition history, anthropometrics, biochemical, medical or procedures, functional status, nutrition-focused physical exam, depression, and cognitive screenings.
- Review results with those in the control group, and schedule a follow-up meeting in six months.
- Help the client in the interventions group adjust their current routine to accommodate nutrition needs, e.g., If a client has very low protein but can't afford meat sources, substitute cost-effective options like peanut butter. If the client won't eat due to isolation/loneliness, the study will find ways to increase social meal opportunities. Each client will also have a personalized exercise routine developed.
- Hold sessions at the Senior Activity Centers teaching simple recipes once a month.
- Do a follow-up comprehensive nutrition assessment and satisfaction survey for both groups.

All parts of the study are taking place at the centers.

Utah Commission on Aging (UCOA) - Master Plan Survey (Information)

Rob Ence presented to the Advisory Board the efforts to put a New Master Plan for Aging in place in Utah. With COVID-19 compounding the critical issues facing older adults, it has brought back the conversation to put in place a master plan for aging. The Master Plan will be a statute that will be reviewed every 10 years with every 3 years having a horizon.

To establish the priorities of the Master Plan, (UCOA) will be joining a national cohort put on by the Center of Health Care Strategies and the SCAN Foundation. Utah's Master Plan will put an emphasis on the aging process in general, not just on those over age 65. Along with joining the cohort, UCOA has been conducting surveys with Advisory Boards from around the state, Area Agencies on Aging Directors, and other special entities that serve the older population. To help in the creation of the Master Plan for Aging, UCOA is looking for data showing the impacts of the efforts taken by all organizations helping older adults. After presenting the efforts to make a Master Plan, he shared the core issues he's identified and asked for Davis Counties Senior Advisory Board for input.

Core issues

- Ageism
- Social isolation
- Age-friendly community
- Age-friendly health care
- Age friendly education
- Finances
- Caregiving/care coordination
- Advance care plans
- Advance directives
- POLST agreements
- Infrastructure for telehealthcare

Food Assistance for Older Adults

Lorna Koci presented to the board an email from Utahns Against Hunger Director Gina Cornia. Gina is wishing to increase efforts to target Older Adults in Davis County. In this effort, she wishes to start a discussion with Davis County Senior Services. Rachelle Blackham stated she would reach out to Gina.

Directors Report (Information)

Rachelle Blackham presented to the board updates to the Davis County Senior Services Annual Report, aging population projections, new staff/new structure, legislative updates, and upcoming symposiums.

- The Davis County Senior Services Annual Report is almost complete. It will have a new look. Physical copies will be available at the next meeting.
- The older adult population in Davis County is expected to double from 2020 - 2040. This rate is 20 years faster than the rest of Utah.
- With new staff recently hired, the department is now fully staffed.
- At the senior activity centers, there will be a structural change. This structure change will remove single roles for employees at the center (i.e., driver, kitchen, activities), and will replace them with a Senior Center Worker position, thus allowing them to fill different roles throughout the day.
- Board members have reserved seats at the Davis4Health Equity Symposium and the Community Resilience Symposium and are encouraged to attend.
- Representative Lesser of South Ogden will sponsor the Alternatives Program increase in

funding. The \$852,000 increase is needed as service providers will not renew contracts with AAAs.

- A representative in Davis County will sponsor an appropriation request to increase the funding for the Meals on Wheels Program. The \$2.7M increase is needed to cover food costs and the growth of programs throughout the State. In Davis County, the Meals on Wheels Program has doubled in participation, this is mirroring other AAAs that are unable to add individuals to the program because of the rapid growth.

Round table

Lorna Koci informed the board that:

- Pantry Smiles has changed its name to Davis Donated Dental and joined with Salt Lake Donated Dental.
- A legislative bill, if passed, would expand Medicaid and Medicare's oral healthcare coverage.

Closing of Meeting

Larry Millward set forth a motion to adjourn.