

**MINUTES**  
**DISTRICT V**  
**AGING & NUTRITION SERVICES ADVISORY COUNCIL**  
**APRIL 22, 2014**  
**KANAB, UTAH**

**MEMBERS IN ATTENDANCE**

Carma Sly  
Millie VonRitchie  
Sharon Griffiths  
Art Cooper (Chair)  
Clem Griffin  
Joyce Griffin  
Arlen Grimshaw  
Lois Bulloch  
Earl Paddock  
Doug Maxwell  
Kenneth Wanloss  
Beverly Doss  
Sharon Ott  
Gayle Rhode  
Tamara Atkinson  
Kaye Reese

**REPRESENTING**

Beaver County Advisory  
Beaver County Advisory  
Beaver County Advisory  
Garfield 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 - At Large Representative  
Washington County Advisory  
Washington County Advisory  
Washington County Advisory  
Washington County Advisory

DRAFT

**MEMBERS NOT IN ATTENDANCE**

Mary Schaidt (Excused)  
Lavonne Waldren  
Lael Chynoweth  
Judy Henrie  
Pauline Prince  
Wallace Gibson (Excused)  
Mary Stevens (Excused)  
Ila Mae Swapp (Excused)

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

**OTHERS IN ATTENDANCE**

Audrey Conrad  
Dixie Martin  
Jeannine Bohn  
Jim Sly  
Pam McMullin  
Donna Chynoweth  
Vicki Ahlstrom  
Wynona Henderson  
Teena Pittman  
Connie Lloyd  
Fayann Christensen  
Craig Hansen  
Christine Holliday  
Carrie Schonlaw  
Carolyn Moss

Beaver County  
Beaver County  
Beaver County  
Beaver County  
Beaver County Coordinator  
Garfield County Coordinator  
Garfield County  
Garfield County  
Garfield County  
Iron County Coordinator  
Kane County Coordinator  
Kane County  
Washington County Coordinator  
Five County Association of Governments  
Five County Association of Governments

**MINUTES  
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APRIL 22, 2014  
KANAB, UTAH**

**I. WELCOME AND INTRODUCTION**

Mr. Art Cooper, Chair, conducted the meeting and thanked those in attendance for coming. Introduction of Mr. Kenneth Wanloss, new advisory member from Kane County.

**II. MINUTES JANUARY 28, 2014**

Mr. Art Cooper, Chair, requested a motion to accept the minutes of January 28, 2014 with noted spelling corrections.

**MOTION WAS MADE BY MR. ARLEN GRIMSHAW TO ACCEPT THE MINUTES OF  
JANUARY 28, 2014 WITH NOTED CORRECTIONS. MOTION SECONDED BY MS. TAMARA  
ATKINSON. MOTION CARRIED UNANIMOUSLY.**

**III. LOCAL SHARING**

Mr. Art Cooper, Chair, requested local sharing from County Coordinators.

Ms. Fayann Christensen - Kane County

Ms. Christensen reported things are going great in Kane County. The road construction is almost complete. The cooks in Orderville have been getting up earlier to make sure that meals were in Kanab for deliveries. She complimented the cooks and staff for all their efforts during the construction. Nice Christmas Parties were held at both centers. In January, the Kanab seniors visited the Amangari resort, with a tour and lunch. In February, they visited Pipe Springs Monument; Native American homemade flute demonstration. In Kanab, once a month breakfast and Navajo tacos are served and enjoyed. May planned activities include a Mother's Day breakfast and trips to Jacob's Lake. Ongoing activities: presentations from Southwest Health Department, Zion's Way; shopping trips to Page, Cedar City, and St. George; "Busy Bees" crafts, crochet, quilts card games, puzzles, Wii bowling. The new DVD library has

received 121 donated discs to check out. The Happy Hookers in Orderville continue to crochet American flags for veterans; currently have completed 30.

Ms. Christine Holliday - Washington County

Purchased surge protectors for three centers; upgrading outdated computers for staff. SUAA Conference to be held on April 28, 2014 at St. George Center. The annual Wellness Expo was a great success; 600 attended, 57 vendors and \$6,470 raised for the center - advertising to remote areas provided a great opportunity for new seniors to visit center. The 501III C application has been approved by the IRS; not yet registered with Utah. Vince McFadden will be retiring on October 2, 2014; will be advertising for that position. Mrs. Lori Lee Holt has been hired as the new director in Hurricane. She has great ideas for the center. Moving forward with the thrift store and has purchased a new steam table for center. Enterprise travels to St. George bi-monthly and "Breakfast for the Brain" is available during lunch. All centers are continuing to provide activities that include zumba, pinochle, bridge, bingo, exercise classes, ceramics, etc. To provide movies at the center, a license is required. The fine for not having one in place is very steep. Ms. Holliday is following up with cost for the license; her board will be helping with the cost.

Ms. Connie Lloyd - Iron County

Road work in Parowan is still ongoing. Rumors - new "Family Dollar" will be in town. Both centers completed annual health fairs; vendors included the fire departments, AARP, Alzheimer's & Dementia Society, Zion's Way, Five County AOG, Red Rock Center, Dr. Maxwell, Dr. Brown, Peggy Thompson. Received funding for a larger water heater in Cedar City; new sink sprayer facet; new tires for Meals on Wheels trucks; repaired a fender; and new salad bar equipment. Presentations at centers from IHC on heart disease; annual Seniors Conference - May 2, 2014; radio spot for Older's American Month; new outreach worker; and memory classes are some of the activities in Cedar City. A Baby shower was held for the Cedar City cook. Started salad bars in Cedar City on Tuesdays and Parowan on Wednesdays - working well.

Ms. Donna Chynoweth - Garfield County

Things are going well at all three centers in Garfield County. Now that weather is warming up, buses are busy and new seniors are coming to centers. Were able to purchase new equipment with additional funding from Five County AOG. Staff has been busy with inventory. Activities at the centers - Peggy Thompson, Hard of Hearing, presentation; nurses monthly visits, monthly trips to St. George and Richfield. Low-income Health Center in Escalante is opened; waiting for the dentist and pharmacy. Henrieville seniors traveled to Richfield for the 5 Browns concert and are planning in June to attend the Beach Boys concert. Escalante seniors enjoy the "Walk with Ease" arthritis exercise class; 8-15 seniors attend regularly. Great things are planned for the seniors in Garfield County.

Ms. Pam McMullin - Beaver County

Things are going well in Beaver County. Seniors throughout Beaver County are very supportive of the centers and travel to each one for monthly activities.

Beaver Center - Activities at the Beaver Center include card games; Bingo (seniors travel to all centers for games); billiards (3 times a week); manicures (twice a month); tai chi (2 times a week); trips to St. George, etc. Programs are presented for each holiday.

Milford Center - New director at the center is doing very well. Currently serving about 24 congregate and 15 home delivered meals. Exercise classes are available 3 times a week; cards, once weekly; beginning billiards and starting a lending library. Twenty-four seniors participated in an outing to Rusty's. Other trips planned include traveling to Pine Valley in June, the Mountain Meadows Massacre site, and to the Ely, NV for the ghost train. New equipment purchased for the center include a new 2-door freezer, food processors, grills, and water jugs.

Minersville Center - Activities at the Minersville Center include bonko; 1 time a month, bingo, movies, manicures, 2 times a month. Trips to Zion's. There are more home delivered meals in the Minersville area than any where else in the County.

**IV. LEGISLATIVE & FISCAL UPDATE**

**State Legislative Update**

- State Legislature approved \$150,000 one-time funding for nutrition statewide. Audit of reserve funds suggested that an additional \$150,000 be spent in FY 2015. No other funding was approved for aging services. The U4A is going to do begin earlier in interims sessions for advocacy and funding of programs.
- Dr. Foster received \$300,000 one-time funding for tele-health program. Looking for 3 individuals who need specialized services to start the project. If project is successful, additional funding may be available.
- Federal funding for nutrition was restored to pre-sequestration levels; other OAA funding did not and cuts in programs remain. No information on FY 2015 budget.

### **Senior Day at the Legislature**

Senior Day was a great success. More local legislatures met with our group than ever; 6 representatives visited with our group of 12- hoping to have more next year. Also successful in sponsoring a snack during the sessions where senators and representatives were introduced to programs and the needs of the centers.

## **V. NUTRITION PROGRAM**

### **DAAS Monitoring Report**

Ms. Carrie Schonlaw has received the monitoring report from Ms. Charlotte Vincent from October. No compliance concerns; did receive a verbal warning about not having a written disaster plan stating how meals will be delivered; Carrie will write up. Ms. Vincent was very complimentary of services provided in our area. Report is available for review at the Five County AOG office.

### **NANASP Conference**

Approval was given by the Steering Committee for \$500.00 per county to participate in the NANASP conference to be held in Sant Antonio, TX. Three coordinators will be attending: Ms. Christine Holliday, Ms. Fayann Christensen, and Ms. Donna Chynoweth.

### **Cost per meal rate information**

Ms. Schonlaw has developed a spreadsheet to help determine meal costs. This information included the costs for travel, buildings, as well as food expenses. She feels that counties may

not be getting enough reimbursement for meals because not all factors have been included and budgeted dollars are not being utilized.

### **3<sup>rd</sup> quarter report**

Ms. Schonlaw reported that there are funds available that we may lose - new formula allows only 15% carryover to next fiscal year. It was proposed that emergency meals be replaced. Each coordinator was asked to determine number of meals needed - count to include home delivered and congregate meals. If centers have emergency on hand, these need to be distributed so that new ones can be put in place. Any new equipment requests, can also be submitted. Ms. Schonlaw will review availability of funding for requests. Preventative Health funds can be used for the Chronic Disease Self-Management, Diabetic Self-Management, and Arthritis classes and trainers. Two trainers are needed in each county. Training will be provided in June; county coordinators were asked to contact Tracy HeavyRunner.

## **VI. REVIEW & APPROVAL OF FOUR YEAR PLAN**

Ms. Carrie Schonlaw reviewed the 4<sup>th</sup> year of the current Four-Year Plan; specifically discussing page 3, Progress Report on Goals and Objectives and Page 5 Accomplishments - Options counseling program (case managers available to discuss long-term care options and develop plans for seniors) and the Dr. Foster's rural tele-health program. Ms. Schonlaw also reviewed numbers reported for services provided and page 25 - Specific Questions on Program Activities. These are additional questions the State ask when Ms. Schonlaw can change from year to year. Next year a new four-year plan will need to be developed. Ms. Schonlaw requested any input including challenges, goals, etc. that the Board may suggest be discussed at the October and January meetings before the new plan is developed.

**MOTION WAS MADE BY MR. CLEM GRIFFIN TO ACCEPT THE 4<sup>th</sup> YEAR OF THE FOUR YEAR PLAN. MOTION SECONDED BY MS. GAYLE RHODE. MOTION CARRIED UNANIMOUSLY.**

## **VII. REVIEW & APPROVAL PRELIMINARY FY 15 BUDGET**

Revised information on the preliminary budget allocations for FY 2015 were distributed to Board

members for approval, noting that numbers in red are proposed transfers within the program.

**MOTION WAS MADE BY MS. KAYE REESE TO ACCEPT FY 2015 BUDGETS AS PRESENTED. MOTION SECONDED BY MR. ARLEN GRIMSHAW. MOTION CARRIED UNANIMOUSLY.**

**VIII. OTHER BUSINESS**

- Annual Seniors Conference - May 2, 2014 Register with the Cedar City Volunteer Center by Thursday.
- April 28, 2014 - Southern Utah Spring Conference - St. George Sr. Center
- URSTA training - May 8-9, 2014 at Ruby's Inn. Information available for transportation; can train drivers; scholarships available.
- Next Meeting - July 22, 2014 Escalante, Garfield County

**IX. ADJOURN**

Meeting was adjourned at 12:00 p.m. Lunch was then served at the Kanab Center.