

MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
APRIL 20, 2010
BEAVER, UT

MEMBERS IN ATTENDANCE

Sharon Griffiths
Mary Schaidt
Norma Foster
Commissioner Clare Ramsey
Clem Griffin
Joyce Griffin
Roy Urie
Doug Maxwell
Hazel Jean Robinson
Arlen Grimshaw, Chair
Vern Kupfer
Joyce Ross
Wallace Gibson
Mary Stevens
Tamara Atkinson
Gayle Rhode
Kaye Reese

REPRESENTING

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

MEMBERS NOT IN ATTENDANCE

Millie VonRitchie (Excused)
Carma Sly (Excused)
Ila Mae Swapp (Excused)
Sharon Ott (Excused)

Beaver County Advisory
Beaver County Advisory
Kane County Advisory
Washington County Advisory

OTHERS IN ATTENDANCE

Pamela McMullin
Jim Sly
Donna Chynoweth
Connie Lloyd
Fayann Christensen
Christine Holliday
Carrie Schonlaw
Carolyn Moss

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

**MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
APRIL 20, 2010
BEAVER, UTAH**

I. WELCOME AND INTRODUCTION

Mr. Arlen Grimshaw, Chair, conducted the meeting and welcomed those in attendance and thanked the Beaver Center staff for the excellent lunch.

II. MINUTES JANUARY 26, 2010

Mr. Arlen Grimshaw requested a motion to accept the minutes of January 26, 2010.

MOTION WAS MADE BY MR. CLEM GRIFFIN TO ACCEPT THE MINUTES OF JANUARY 26, 2010. MOTION SECONDED BY MR, WALLY GIBSON. MOTION CARRIED UNANIMOUSLY.

III. LOCAL SHARING

Mr. Arlen Grimshaw, Chair, requested Coordinators to report on their progress with the new SAMS reporting system.

Pam McMillan - Beaver County

- Centers in Beaver County have been very busy. Outreach workers are putting in extra time to encourage seniors to eat at the centers.
- Twice as many units reported this quarter for transportation; buses are busy.
- Pam expressed her appreciation for her staff while she has been out with knee replacement surgery.
- Lunch - shared recipe for strawberry glaze; water from local Beaver company; cheese from the local cheese factory.
- Internet is now available at the Minersville Center.

- Beaver Center will be getting a new stove from the city. If anyone would like the old one, please let her know.
- Health Fair - April 29, 2010 Invited all the attend.
- Ms. Sharon Griffiths - received the Silver Bowl Award for her volunteer work. She was able to attend the recognition celebration n Salt Lake; meeting Senator Hatch and others.
- Movie day - didn't go over too well; requested suggestions.
- NAPIS reporting - is behind and will need additional help.

Connie Lloyd - Iron County

- Relay Utah and Darren Hooten, Medicare representative, have been at the centers. The Arthritis Foundation will begin exercise classes at both Parowan and Cedar Centers.
- The kitchen at the Cedar City Center will be remodeled with new commercial equipment.
- Movie days are great success; offer popcorn and show old movies such as those with Connie Stephens and Make-It-Laugh days with Lucille Ball.
- Cedar City Center now has a Wii; hoping to purchase one for Parowan Center when funds are available.
- SUU students have been assisting with the free prescription assistance program at the centers.
- NAPIS reporting - keeping up!

Christine Holliday - Washington County

St. George Center

- Snow birds are returning to St. George.
- Fund raiser - cook books. Everyone was encouraged to submit recipes and purchase a cookbook. Recipes may be submitted "in memory of" for those from family members, etc.

- Dorma Preston, Outreach Worker, retiring end of April.
- Some cuts from the county level.
- New card game “ Mercur”.
- Health Fair held on March 26, 2010 was a huge success, with about 40 vendors and about 350-400 attending.
- Discount cards are available at the center for Chuck-O-Rama and Golden Corral. Available to anyone; just drop by and pick up from the Center.
- Sponsored a “shredding” party.

Hurricane Center

- Monthly movie/potluck dinners are big success; Valentine’s Dance and Western Dinner and bake sales have helped with fund raising.
- New lighting and HVAC has been installed at the Center using ARRA Energy funds.

Enterprise Center

- Struggling with attendance at their activities.
- New HVAC units installed using ARRA Energy funds.

NAPIS reporting is going well. St. George Center is looking at using a scanning system to help with the reporting.

Fayann Christensen - Kane County

- Improvements at both centers and numbers are increasing.
- Meals are provided 5 days a week; trucks going back and forth between the Long Valley and Kanab Centers provide this service to seniors in the county.
- New salad bar is a great success; may have a dessert bar offered a few days a week.
- New library at the Kanab Center.
- Land was donated in the Ranchos area of Kanab for a Senior Center. This is about 2-

3 miles outside of town and some residents do not want the Center there. Fayann is working with the city on other options; architects regarding plans, etc. The Special Olympics has offered to assist with fund raising activities; teaching quilting, etc.

- Wii bowling is a huge success at both center; friendly competitions are held.
- Health Fair will be held in May.
- ERSTA - in Logan on May 13-14, 2010 with a mock disaster; encouraged everyone who could to attend.
- Fayann thanked her new commissioner for the added support to the centers.
- NAPIS - Up to date!

Donna Chynoweth - Garfield County

- Volunteer has been hired to work "as needed" to help when cooks go on vacation, etc. in Panguitch. 2 new cooks have been hired for Escalante.
- Heather McKnight, VISTA worker, has assisted seniors with questions regarding Medicare, Medicaid, and helped with applying for food stamps.
- Donna shared a success story; being able to provide transportation to a resident who had not been into Escalante for about 6 years.
- County seniors are looking forward to the Senior Conference in Cedar City next month.
- HEAT program has been extended to May 30, 2010.
- NAPIS - SAMS - outreach forms have been input; the County assisted in funding more hours to staff during transition.

IV. REVIEW AND APPROVAL OF 4-YEAR PLAN

Ms. Carrie Schonlaw requested input on the proposed 4-year plan. This is the last phase of this plan. Council members provided input and suggestions for corrections on pages 6, 9, and 29.

MOTION WAS MADE BY MR. VERN KUPFER TO ACCEPT THE 4-YEAR PLAN WITH CORRECTIONS AS DISCUSSED. MOTION SECONDED BY MS. TAMARA ATKINSON. MOTION CARRIED UNANIMOUSLY.

V. CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (AOA) GRANT

Ms. Carrie Schonlaw discussed this new grant that will provide a 6-week training course to individuals throughout our region in self-managing chronic disease. There will be three (3) master trainers for this program. Additional volunteer trainers are needed in each county. These volunteer trainers must complete a 4-day course in order to participate. Ms. Schonlaw requested 2 trainers from each county, if possible. These trainers may be able to receive a stipend and some travel reimbursement. Dixie Regional Medical Center will also be offering this program. A flyer for these volunteer trainers was distributed.

VI. NUTRITION PROGRAM

1. Budget Information (Legislative Update)
 - a. Have not yet received final numbers; however, it appears that all Aging programs budgets will not be cut significantly. The program did have a \$498,000 cut; most of that from the State level.
2. Equipment Needs
 - a. All equipment requests submitted by the County Coordinators have been approved. Additional funding is available. Please submit all additional requests to Ms. Carrie Schonlaw as soon as possible. All purchases and payments for those purchases must be made by June 30, 2010.
 - b. Questions regarding emergency meals - These meals were to be used by the Center before the expiration date. If the Centers would like additional meals, please advise Ms. Schonlaw.
3. ESHA Menu Analysis
 - a. Waiting for an update on the number of licenses for our area. Most Coordinators prefer to continue to work directly with Ms. Gloria Johnson, our dietitian, for the menu planning.

VII. HARMONY (SAMS) DATABASE FOR NAPIS REPORTING

Ms. Carrie Schonlaw requested that Coordinators continue to enter information into the new

SAMS reporting system. Many questions were raised at the last U4A meeting on how numbers are reported, etc. The main topic of discussion was the “Other Services” reporting.

VIII. 211 PRESENTATION

Ms. Lorna Koch, Utah Food Bank, presented information on the following programs:

1. 211 - Information regarding services available throughout the State of Utah can be received by dialing 211.
2. Special Needs Registry - This registry is to provide information on residents of Utah who may need additional assistance in the event of an emergency. This information is confidential and needs to be updated annually.
3. Aging & Disability Resource Connection (ADRC) - Utah has received a new grant to provide a “one-stop” resource for information on long-term care services and options counseling to seniors and people with disabilities in our area. New pilot programs will begin in the fall of 2010.
4. Food Banks - Ms. Koch expressed her appreciation for contributions to the food bank. More than 30 million tons of food has been distributed in Utah.

IX. OTHER BUSINESS

- Reminder: Annual Seniors Conference - May 7, 2010 in Cedar City.
- Next meeting will be held July 27, 2010 at the Escalante Center.

VIII. ADJOURN

The Meeting was adjourned at 2:45 p.m.