

**MINUTES  
DISTRICT V  
AGING & NUTRITION SERVICES ADVISORY COUNCIL  
JULY 27, 2010  
ESCALANTE, UT**

**MEMBERS IN ATTENDANCE**

Art Cooper  
Lael Chynoweth  
Clem Griffin  
Joyce Griffin  
Roy Urie  
Doug Maxwell  
Arlen Grimshaw, Chair  
Vern Kupfer  
Joyce Ross  
Ila Mae Swapp  
Sharon Ott

**REPRESENTING**

Garfield 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 Advisory  
Washington County Advisory

**MEMBERS NOT IN ATTENDANCE**

Sharon Griffiths  
Mary Schaidt  
Norma Foster  
Millie VonRitchie  
Carma Sly  
Hazel Jean Robinson (Excused)  
Wallace Gibson (Excused)  
Mary Stevens (Excused)  
Tamara Atkinson (Excused)  
Gayle Rhode (Excused)  
Kaye Reese (Excused)

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

**OTHERS IN ATTENDANCE**

Donna Chynoweth  
Connie Lloyd  
Fayann Christensen  
Christine Holliday  
Carrie Schonlaw  
Carolyn Moss

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  
JULY 27, 2010  
ESCALANTE, UT**

**I. WELCOME AND INTRODUCTION**

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

**II. MINUTES APRIL 20, 2010**

Mr. Arlen Grimshaw requested a motion to accept the minutes of April 20, 2010.

**MOTION WAS MADE BY MS. JOYCE ROSS TO ACCEPT THE MINUTES OF APRIL 20, 2010. MOTION SECONDED BY MR. VERN KUPFER. MOTION CARRIED UNANIMOUSLY.**

**III. LOCAL SHARING**

Pam McMillan - Beaver County

No report from Beaver County - Unable to attend..

Donna Chynoweth - Garfield County

- Panguitch is providing transportation 3 times a week for dialysis. Volunteer drivers coordinate visits. Receive donations from local churches and county to help with costs.
- Panguitch Center served 100 for lunch.
- At Henrieville Center, quilts are available for purchase. Center has added 15 new Meals on Wheels clients.
- HEAT program is still available in Garfield County.
- County Fair will be held on August 18, 2010
- Thanked Five County for the additional equipment that has been purchased for

Escalante and Henrieville centers.

- Health classes are provided by the extension service; topics discussed include good nutritional breakfast, budgeting, and being careful about scams.
- Movie day at Escalante Center is going well.
- Once a month trips are provided to St..George/Cedar City and Richfield for shopping and appointments.

#### Fayann Christensen - Kane County

- Kanab Center is doing well. Providing exercising classes, movie day, trip to Jacob's Lake. A "surprise" trip is provided once a month.
- Center now has a salad bar 5 days a week. Between the Kanab and Long Valley Centers, they provide meals throughout the area 5 days a week.
- Kanab Center is participating in a Wii National Bowling League tournament next month.
- Long Valley - Orderville Center - is doing about the same; provides "surprise" trips; trip to St. George for play, Orchestra in the Park, Western Legends, County Fair.
- Hoping for funding for enlarge the Orderville Center. There are two bays available; one for the Senior Center and the other for the Care and Share.
- Equipment purchased with funding from Five County, ice machine, 3-compartment sink,

#### Connie Lloyd - Iron County

- During May for Older Americans Month, each center held a health fair. There were resource booths and each booth participant discussed services available.
- The pool table is a huge success at the Cedar Center; new Wii system.
- Kitchen at the Cedar Center has been remodeled. Equipment purchased with funding from 5 County include new sink, new trays, steam table pans, baking pans, choppers and slicers, and new tile floors.
- Hardwood floors have been refinished at Cedar Center.
- August trip to Duck Creek; trip planned in Tuachan in September.
- Extension office provides monthly training to both centers.

- Outreach worker is working hard to update SAMS and keeping it up to date.
- Living Well with Chronic Disease classes are available at the center.

### Christine Holliday - Washington County

#### St. George Center

- Equipment purchased with funding from 5 County - Cold and hot cabinets.
- New Outreach Worker - Wendy Pickard
- Fund raiser - cook books are available for \$8.00.
- Upstair kitchen has been remodeled and is used weekly by the Alzheimer's group.
- Activities at center include Wii, Bereavement classes, Parkinson's classes - coming up in the fall - classes for Face Book and Twitter.
- Center is looking for a Zumba instructor.

#### Hurricane Center

- Equipment purchased with funding from 5 County - new cold and hot cabinets.
- "Surprise" Tuesdays - a "surprise" dessert
- Fundraising breakfast held on Labor Day during Peach Days.
- New HVAC unit will be installed - funding through stimulus grant

#### Enterprise Center

- Book and bake sale held for fundraising.
- New HVAC unit installed - funding through stimulus grant
- August 28, 2010 - annual Cornfest

#### Springdale Meal Site

- Activities at site include speakers, movies, and bingo.

#### **IV. CONTRACTS AND BUDGETS**

Ms. Carrie Schonlaw reported that the new contracts were received last week. There were some small cuts and Mr. Bob Rasmussen is preparing them to be sent to coordinators soon.

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

This training is to help individuals live with and self-manage their chronic disease.

- Class posters for centers and individual information class cards were distributed.
- Each class is taught by two (2) trainers with the size limited to 15 participants. Two sessions to be held annually in each county.
- There are three (3) master trainers for this program that can train volunteers for these classes. Ms. Carrie Schonlaw would like to have at least two (2) trainers in each county. Volunteer trainers can receive a stipend and travel reimbursement of about \$200.00 for the training. The training for these volunteers has been scheduled for October 28-29 and November 4-5, 2010 at the Five County office in Cedar City. Information on this training was distributed. Ms. Tracy HeavyRunner is the contact at the Five County Office.

#### **VI. NUTRITION PROGRAM**

1. ESHA Menu Analysis
  - a. Ms. Gloria Johnson is working with Ms. Charlotte Vincent to enter all menus into ESHA. It had been our understanding that this was to be a tool; however, it now appears that it will be mandatory with the State Office. All menus continue to be sent to Gloria monthly for approval.
2. DAAS Monitoring
  - a. No on site monitoring visits from the DAAS Office. Ms. Carrie Schonlaw distributed monitoring protocol and information that will be requested by State from site selected. After reviewing the monitoring protocol, the U4A is advocating for on-site visits.
  - b. Coordinators requested that Ms. Schonlaw follow up with Ms. Vincent about how

to test for temperatures of meals as the monitoring cards for the Meals on Wheels trucks do not work.

#### **VII. HARMONY DATABASE**

Ms. Carrie Schonlaw reviewed the definitions of Nutrition Counseling and Nutrition Education. Based on this information, our centers only provide Nutrition Education. Nutrition Counseling is one-on-one and may be provided only by a dietitian, if necessary. "Other Services" reporting will change October 1, 2010 and be more specific to service provided. Ms. Schonlaw will get clarification on how to record Ensure.

#### **VIII. UPDATE ON IN-HOME SERVICES**

Ms. Carrie Schonlaw reviewed in-home services programs available through the Five County Aging offices and number of current residents receiving services in each county. Coordinators were reminded to contact Ms. Carolyn Moss with names of individuals who may benefit from these programs. A new part-time case manager will be added to the Five County Aging staff.

#### **IX. OTHER BUSINESS**

- Distribution of Immunization Survey - More information will be coming the end of the month. Ms. Schonlaw will notify coordinators.
- Fax machines and personal printers have memory cards that may contain sensitive information. The hard drives should be destroyed before this equipment is donated or discarded.
- Legal Services brochure and hot line information were distributed.
- Next meeting will be held October 26, 2010 at the Parowan Center.

#### **VIII. ADJOURN**

The Meeting was adjourned at 2:30 p.m.