

MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
April 25, 2017
BEAVER, UTAH

MEMBERS IN ATTENDANCE

Carma Sly
Clem Griffin
Judy Henrie
Art Cooper
Pauline Prince
Geraldine Liston
Earl Paddock
Arlen Grimshaw
Wallace Gibson (Chair)
Sharon Ott
Kaye Reese
Doug Maxwell
Madeleine Wanlass
Karr Farnsworth
Ron Lehm

MEMBERS NOT IN ATTENDANCE

Sheila Shotwell (Excused)
Mary Schaidt (Excused)
Sharon Griffiths
Carol Sullivan (Excused)
Ila Mae Swapp (Excused)
Robert Rasmussen (Excused)
Lois Bulloch (Excused)

OTHERS IN ATTENDANCE

Calvin Sly
Jim Sly
Curtis Crawford
Fayann Christensen
Donna Chynoweth
Lael Chynoweth
Wyonona Henderson
Christine Holliday
Jim Matson
Joyce Griffin
Craig Hansen
Carrie Schonlaw
Linda Sawchenko

REPRESENTING

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

Beaver County Coordinator
Beaver County Advisory
Beaver County Advisory
Kane County Advisory
Kane County Advisory
Iron County Advisory
Iron County Advisory

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

**MINUTES
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April 25, 2017
Kanab, UTAH**

I. WELCOME AND INTRODUCTION

Mr. Wallace Gibson, Chair, welcomed the members of the council to the meeting and introductions were made.

II. MINUTES PREVIOUS MEETING October 25, 2016

Mr. Wallace Gibson, Chair, requested a motion to accept the minutes of October 25, 2016.

**MOTION WAS MADE BY MR. CLEM GRIFFIN TO ACCEPT THE MINUTES OF
October 25, 2016. MOTION SECONDED BY MS. GERALDINE LISTON.
MOTION CARRIED UNANIMOUSLY.**

III. LOCAL SHARING

Mr. Wallace Gibson, Chair, requested local sharing from County Coordinators.

Beaver County - Ms. Carma Sly (in for Ms. Sheila Shotwell)

Ms. Carma Sly stated that since the last meeting they have had a Halloween party and a Christmas party in Minnersville. They recently had the Health fair at the fairgrounds with at least 30 vendors was well attended and a nice event. They still have bingo at three centers, Bunko at Minnersville and cards at the Beaver facility. They have had a change in cook's promotions from within and that is working out fine so they will be hiring a new assistant.

Iron County - Mr. Curtis Crawford

Mr. Curtis Crawford reported that centers are doing well in Cedar City and Parowan and they have no issues. The usual activities are ongoing and the Stepping-On program is getting lots of activity. The center did a trip to Mesquite last month. Mr. Crawford handed out a copy of the Iron County Newsletter that they had printed with the new company stating that it is a great success and has brought more seniors to the centers. They have a new exercise instructor that has almost tripled the attendance in that program. Has 2 buses down with problems opening the door asked if any of the other centers had that problem and any suggestions.

Kane County - Ms. Fayann Christensen

Ms. Fayann Christensen apologized for all the road construction and stating that it was having an effect on senior attendance as navigating to the center could be tricky. They had a Valentines dinner, a pajama breakfast, a trip to Park Springs, toured Jacob Lake and had lunch and still shopping trips to St George. Did a tour of Best Friends Animal Sanctuary and had a nice vegan lunch. The lady that has been teaching quilting is also showing them how to make I-Pad covers. Lost 2 drivers in March but now have replacements. Orderville is still doing the cooking for both centers. Still offer quilting classes, art classes, bingo and working on getting a new senior center.

Washington County - Ms. Christine Holliday

All centers now have AED's. They have received the two Meals on Wheels trucks. They have revised and updated the advisory board bylaws to be in compliance. The St George thrift store made \$1600 in one month and has been averaging about \$1000 a month. Still doing the tax preparation, blood pressure monitoring and sugar testing. They past the one year mark with the food providers and that is doing well. Donations are down. Newsletter is working out well and has brought in new seniors and they did a comparison of what a meal would cost from McDonald's and from the senior center

showing the difference in nutrition value when spending the same dollar amount. They are approved for 3 new buses this year if funding stays available. Looking into a Smart van (seats can be rearranged in the van) to see if State would approve that.

Enterprise has new dining room chairs, table cloths and curtains. They have redesigned the newsletter. Had movies, potluck, pinochle, national hat day, global belly laugh day. A valentine's party and travel to Africa day. Had an unclaimed property presentation, Wii, bingo and bus trips to St George.

The Hurricane center has gotten new table, chairs and table clothes (tables are round provides for better socialization). Still offering painting, crafts, billiards Tia Chi, living wills and trust, pharmacist, crochet classes, integrated senior care prevention, Bridge, skip-BO, pinochle and a Valentine cake walk.

St George center had its annual Celebrating Wellness Expo fundraiser in March which was a big success, Bar-None came for the lunch time entertainment and raised \$7000 more for new Meals on Wheels truck plus Memory Matters made some decorations for it. The dining room and dance floor have been refinished and striped a new pickle ball court. Stepping On has started and doing well, Still having the Silver Sneakers circuit, bingo, painting, ceramics, protect against scammers and fraud, organizing for seniors (a lifetime of stuff), My Fathers Highway, reminiscing rainy days with peers, widow/singles support group. All other activities are going strong.

Garfield County - Ms. Donna Chynoweth

Ms. Donna Chynoweth reported that all was going well in Garfield County. They have had a lot of staff changes but had a good winter no snow days. Henrieville got its new Meals on Wheels bus just in time. Escalante exercise class is doing well, still having House of Hearing, Nurse for blood pressure and sugar testing. Still having Medicaid classes in Escalante. Trouble with the sealing of the meals, suggestions from other centers to rectify this issue. Buses are taking seniors to St George and Cedar for shopping and on field trips. Senior center is doing well and Meals on Wheels are going great. Escalante in process of getting new building, will be multi -purpose building.

IV. LEGISLATIVE & FISCAL UPDATE

Information on Legislative and Fiscal updates was presented to the Council by Ms. Carrie Schonlaw.

FY17 Legislature

No changes in the State legislative funding this year. We will start working on new approach for next year with what our needs will be and hold Senior Voice events with Call To Action after we see what happens this year with the federal budget.

Report on Status of Federal Budget

Federal level is still too early to tell what will happen. We will be advocating and keep you updated so that you can advocate as well. At this time it looks like none of the Older Americans Act funding is going to be cut directly. Meals on Wheels cuts that are being discussed in the media are related to states who use community block grant funds for their Nutrition programs. They could be affected as CSBG has been on the preliminary lists of programs to be cut. Heat and Weatherization have also been on the proposed funding cuts which could affect many of our low income seniors. Easter Seals and SCEP program also have some proposed cuts. Community Service Clock Grant (Care & Share) is under the umbrella for percentage of possible cuts to Health & Human Services which is where the Older Americans Act is. This could also affect the Foster Grandparents and Senior Companion programs which help support our low income seniors.

YTD Fiscal Report & FY18 Budget Review

Year to date fiscal report, Carrie passed out FY18 budget. Advisory Council will not be approving it today as official budget has not been received from the State yet. In the July meeting, even though we have technically started the fiscal year,

the Advisory Council will formally ratify the FY18 budget, unless Council feels the need to have a special meeting in June. Our Steering committee and DAAS has the final say on the budget.

Carrie Schonlaw passed out copies of current year budget and spreadsheets.

Highlighted in yellow are the areas that directly affect the Senior Center programs. Top of the spreadsheet gives you an overview of the budget and the amendment we've had only one amendment which is the carry over money.

Highlighted is the year to date, the first 3 quarters or final expenditures, balances and percent of budget remaining.

Reviewed bottom section of the spreadsheet showing projected expenditures for remainder of the year including funding that may not be spend out by end of year. AAA Admin covers salary of administrative personnel and cost to administer the programs this should be spent out as we always keep this at the minimum needed to operate so we can put more to direct services.

The Supportive Services budget and adjusted amendments of \$490,771.79 has a balance of \$165,293.63 as of March 31, 2017. If we spend at the current average cost we will use \$126,222.69 leaving a balance of \$39,070.94. We are allowed to carry over 15% of the Federal allocation, which is \$40,536.00, leaving an overage of \$1,456.06. We have a couple options to discuss: Option 1- Carry the \$40,536.00 over to next year Option 2 Increase next quarterly billing by the Senior Centers who are not pulling down all of their service units. Congregate Meals and Cash in lieu of Congregate Meals, this is cash in lieu of commodities that we use to get like cheese and peanut butter. The budget and adjusted amendments of both congregat meals and cash in lieu of congregat meals of \$299,054.94 has a balance of \$138,437.45 as of March 31, 2017. If we spend at the current average cost we will use \$85,413.00, less the \$3,182.00 not spent yet, leaving a balance of \$74,096.59. We are allowed to carry over \$33,285.00 leaving an overage of \$40,811.59. We will need to discuss what to do with this

overage. Home Delivered Meals and Cash In Lieu of Home Delivered Meals have a budget with the adjusted amendments of \$735,234.90 and with a balance of \$204,237.24 as of March 31, 2017. If we spend at the current average cost we will use \$18,555.50 less \$32,000.00 for the one meal on wheels vehicle that has not been paid yet and the \$12,871.12 for pending supplies will leave an overage of \$29,795.63. We are allowed to carry over \$56,251.00 of this. Suggestion of options at this point would be to get approval to move Congregate Meal overage to Home Delivered Meals carry over and for the Senior Centers to use balance to purchase any needed equipment and emergency meals. Wallace Gibson opened the budget for discussion and suggestions. Consensus was that the proposed option was the best.

Motion was made by Art Cooper that we get approval to move Congregate Meal overage to Home Delivered Meals and for the Senior Centers to use balance to purchase any needed equipment and emergency meals. **Motion was seconded by Clem Griffin. MOTION CARRIED UNANIMOUSLY.**

V. NUTRITION PROGRAM

Ms. Schonlaw reported on the findings of the Nutrition monitoring overall it was very favorable. Five Counties has some of the best meals in the state. She did emphasize that anyone that scored moderate to high on Nutrition risk assessment needs to have follow up and to make sure to make notes in the SAM's data base. Charlotte also emphasized the importance of driver safety when delivering the Meals on Wheels.

NAPIS Report

Ms. Schonlaw presented on the annual NAPIS report which is from October 2015 to September 2016. In the Five County area 4,629 clients were served: Chore Services 736 individuals served with 43735 units.

Home Delivered services 1398 individuals served with 511 at high risk for a total of 107,097 units.

Assisted Transportation 33479 units served.

Legal services 118 units served.

Nutritional services 2792 units.

Caregiver – Support - 118 individuals served with 4664 units.

Information- 46335 units

Outreach- 8673 units

Respite 210 individuals with 1790 units

Information- 846 individuals with 1800 units

Assist- 2788 individuals

Preventative Health – 1270 individuals

Other services 2475 individuals with 162872 units.

Carrie Schonlaw will provide the full report if anyone wants it. Carrie explained that she had to send in a 2 year comparison report that explains any differences more than 5% on any services or expenditures. Chris Holliday asked for a copy of the service report.

VI. ANNUAL PLAN FY 2018 REVIEW AND APPROVAL

Carrie Schonlaw handed out the Area Agency on Aging Four Year Plan for fiscal years 2016-2019. This is the third year of the plan fiscal year 2018 from July 1, 2017 to June 30, 2018. Carrie Schonlaw explained that each AAA has to complete the report each year to explain what we did to meet our goals as outlined in the plan. Not many changes but Carrie went over the goals and objectives in section 3. **Coordination of Title III and Title VI Native American** programs -not a lot of changes. Made some additional strides in improving outreach with the Paiute Indian Tribe of Utah. We were successful in reconnecting with Tracie Lund the social worker for the Paiute Tribe working with their elderly population. Looking to implement some of the Chronic diabetes classes.

Integration of health care and social services system-there has been great coordination with IHC including participation on several key planning and community groups and coordination of Evidence based health prevention programs. Met with Molina Healthcare on more than one occasion to educate each other on programs and services. As part of our ADRC and Veterans support services we continue to expand relationships with the Veterans Administration.

Empowering seniors in maintaining health, safety and independence- not a lot of changes. We now have a waiting list for the Aging Waiver program and will be training 2 new case managers for the RCI program.

Planning for the future- we don't anticipate any significant changes in this section. Our biggest expansion has been in evidence based programs. We currently offer 7 evidence based health prevention promotion programs with plans to add Enhanced Fitness. Applied for an RSVP grant which we hope will enable us to bring on additional staff support to focus on outreach and recruitment efforts.

ACL Discretionary grants- we continue to work with the Utah Department of Health on evidence based programs that have been funded with ACL Discretionary Grants.

Participant-Directed/Person-Centered Planning-we continue to work with these agencies as it relates to the waivers.

Elder Justice-we are sponsoring the State-wide Elder Abuse Conference this year on May 11th. We have seen an increase in referrals from law enforcement.

Carrie Schonlaw stated that the advisory council could go over the rest of the report and to feel free to contact her with any questions. The council pointed out a few corrections in spelling and contact that needed to be made on page 10 and some contact information that needed to be corrected. Carrie will make the corrections and send those out.

Motion to approve this plan was made by Judy Henrie and seconded by Art Cooper. MOTION CARRIED UNANIMOUSLY.

VIII. OTHER BUSINESS

At-Large Representative- we need to appoint another representative as the one we had moved out of the county. Donna Chonoweth spoke with Ramona Sorenson who lives in Garfield County is a retired RN and wants to serve her community and be part of the board.

Sharon Ott motioned to approve Ramona Sorenson as the next At-Large Representative. Seconded by Art Cooper. Motion carried unanimously.

Home and Community-Based Programs – These programs are all very active. Dementia Dialogue classed in both St George and Cedar City.

Ombudsman Program- this program is to advocate for the rights of anyone living in a long term care facility. They have to visit each facility quarterly.

At this time we have 2 part time ombudsman Kristina Raner and Susan Swapp.

Preventative Health Program Updates

Carrie Schonlaw explained the RSVP Grant. No other updates at this time. The next coordinator quarterly meeting is scheduled for May 30th in Cedar City.

Annual Senior's Conference-May 12th the day after the Elder Abuse Conference, will have some of the same speakers. The deadline to sign up is May 8th as this hall can only support around 200 people.

Open Floor for discussion

Next meeting will be July 25, 2017 in Iron County – Parowan.

**MOTION TO ADJORN MEETING WAS MADE BY MS. Fayann Christensen.
SECONDED BY MR. Art Cooper. MOTIONS CARRIED UNANIMOUSLY**

X. ADJOURN

Meeting was adjourned and lunch was provided by the Kanab Senior Center.