

Aging Advisory Council Meeting
Mountainland Association of Governments
Thursday, November 9, 2017
1:30 p.m.

MINUTES

Conducting: Chairman, Mayor J.H. Hadfield, American Fork

Attending:

Heath Bateman, Lindon Senior Center
Gena Bertelsen, Orem Senior Center
Lyndia Carter, Springville Senior Center
Alicia Christensen, Provo Senior Center
Marianne Christensen, Senior Companion Program
Heidi DeMarco, Deputy Director, Mountainland Aging & Family Services
Danny Goode, Wasatch County Councilmember
Ralph Horne, Utah County Senior Community
Andrew Jackson, Executive Director, Mountainland Aging & Family Services
Bill Lee, Vice-Chair, Utah County Commission
Grant Parker, American Fork Senior Center
Jeremy Pehrson, Nutrition Manager, Mountainland Aging & Family Services
Judy Seegmiller, Caregiver Representative
Lopini Wolfgramm, United Way
Glenn Wright, Summit County Councilmember

Excused:

Ashley Fish, Wasatch Senior Center

Guests:

April Sandberg, Support Services Manager, Mountainland Aging & Family Services
Cheri Tuckett, Foster Grandparent Program

Mayor Hadfield called the meeting to order at 1:30 pm and welcomed everyone in attendance. Heath Bateman offered the opening prayer remarks and the Pledge of Allegiance was led by Mayor Hadfield.

Minutes

Mayor Hadfield asked if there were any comments to the minutes of the September 14, 2017 meeting, copy provided with the agenda.

Bill Lee moved that the minutes of the September 14, 2017 meeting stand approved. Gina Bertelsen seconded the motion. The motion was carried.

DISCUSSION & ACTION AGENDA:

Staffing Changes – Heidi DeMarco

Heidi informed the Council of recent staffing changes within the Mountainland Aging & Services Department. Two long-term staff members, Linda Morrison and Margaret Williams, have retired. Geri Lehnardt and a newly hired part-time case manager, Leticia Garcia, will now serve in the Wasatch and Summit areas. Keri Lloyd-Burton has been hired as the registered nurse for the Aging Waiver Program. Subsequent to Scott McBeth's retirement, April Sandberg will serve as the Support Services & HR officer. She will continue to be the contact person for database issues and will work with contract providers.

Nutrition Counseling – Melissa Argyle, RDN, CD

Heidi commented that Mountainland Aging & Family Services has contracted with Melissa Argyle, to fill the role as certified dietitian for the Nutrition Counseling Program. Melissa is currently working with the Utah County Security Center to ensure the Home-Delivered/Congregate Meal Program is serving nutritious and well-balanced meals. She will also provide nutrition counseling to HDM clients on an as-needed basis.

Melissa provided information via a power point presentation and explained the concern that seems to be increasing in our senior population is "malnutrition" which can mean under-nutrition or over-nutrition. The overall prevalence of malnutrition in the elderly is estimated to be approximately 23%. Nearly 40% of hospitalized elderly and 50% of those in rehab facilities are malnourished, and 86% are either malnourished or at risk for malnutrition. Up to 67% of seniors in nursing homes are malnourished or at risk of malnutrition. Of elderly living in the community, 38% are malnourished or at risk of malnutrition. Melissa continued to discuss the causes and consequences of malnutrition in the elderly. She noted that depression, chewing and swallowing issues, decrease in smell and taste, loss of vision and hearing, and dental problems are some of the causes of malnutrition in the elderly. Early detection of malnutrition is important since it has been associated with diminished cognitive function, mobility, and a diminished ability to care for one's self. All of these contribute to a decline in quality of life.

Melissa emphasized that the nutrition screening and intervention for home delivered meal clients is important. Clients are already at risk if they qualify for home delivered meals due to frailty and limited mobility. There are a number of factors that will be evaluated to determine a nutrition risk score, and the appropriate intervention may include nutrition education, a recommendation for Ensure (liquid nutritional supplement), possible referral to community resources, and followup as needed.

Heidi noted that small classes could be held in the senior centers to educate seniors on healthy eating. It's important to reach out to some of our HDM client to help them stay in their homes.

Mayor Hadfield mentioned it is important to make sure seniors in the community are getting proper nutrition, and we need to encourage seniors to take advantage of the senior center meals and home delivered meals. Jeremy commented that we are reaching out to hospitals and rehab facilities for referrals.

Linda Carter questioned how do we evaluate people who don't have outward signs of malnutrition during the screening process? Jeremy responded that if the assessment score is six or higher, then the risk of malnutrition is high. The State HDM Program requires us to do an assessment every year with home delivered meal clients, but that assessment is not done annually with the congregate meal clients.

Open and Public Meeting Training – Andrew Jackson

Andrew Jackson reported on the requirements of the Open and Public Meetings Act. He emphasized that meetings need to be open to the public. Closed meetings require a vote of membership and need to indicate purpose of meeting. Electronic meetings are permissible by utilizing call-in and face time capability. He noted that Mountainland is a public entity and our shareholders are public community members. The public needs to have access to our open meetings. All Aging Advisory Council agendas are posted on the public meeting website as required by the Open and Public Meetings Act.

Orem City Donation – Gena Bertelsen, Orem

Gina Bertelsen reported that the Orem Senior Center hosted a health fair and fund raiser for the Meals on Wheels Program, which had an excellent turn-out. She presented a donation of \$5,129.35 to MOW and added that another \$500 donation is coming.

Heidi add that an anonymous donor from Pleasant Grove presented a check for \$1,500 that will go to the MOW program.

Recognition- Heidi DeMarco

Heidi presented a special recognition gift to Mayor Hadfield who is retiring as Mayor of American Fork at the end of the year and will no longer be serving as Chair of the Aging Advisory Council. She commented that Mayor Hadfield has served on the Aging Advisory board since 2011, has done so much for the seniors in our communities, and will be very much missed.

Andrew Jackson remarked that Mayor Hadfield has been extremely valuable to Mountainland and to the community as a whole, and he expressed appreciation for his service.

Mayor Hadfield responded with gratitude for his association with the Council, it's mission and members.

Council Member Reports

Members present reported on activities and events in each of their respective areas as part of the round table discussion.

This meeting adjourned at 2:40 pm. The next meeting of the Aging Advisory Council will be January 11, 2018, 1:30 pm, in the Mountainland Conference Room, Orem, Utah.