

**MINUTES**  
**FIVE COUNTY CAREGIVER ADVISORY COUNCIL**  
**May 22, 2018**  
**ST GEORGE, UTAH**

**MEMBERS IN ATTENDANCE**

Melinda Barney Co-Chair  
Heather Cox  
Sheila Shotwell  
Fayann Christensen  
Donna Chynoweth  
Christine Holliday  
Brenda McKee  
Lou Ann Lindquist  
Kate Nederostek

**MEMBERS NOT IN ATTENDANCE**

Rosie Fletcher Chair (Excused)  
Ronnie Daniel (Excused)  
Brenda McKee (Excused)  
Donna Chynoweth (Excused)  
Curtis Crawford (Excused)  
Cindy Clark  
Myrna Hennefer  
Logan Aiken  
Kathryn Hurd

**SUPPORT STAFF**

Tracy HeavyRunner  
Carrie Schonlaw  
Linda Sawchenko

**REPRESENTING**

Washington County Caregiver  
Iron County Five County AOG  
Beaver County Coordinator  
Kane County Coordinator  
Garfield County Coordinator  
Washington County Coordinator  
Washington County RRCI  
Alzheimer's & Dementia Society - Memory Matters  
Alzheimer's Association

Iron County Caregiver  
Alzheimer's Association  
Washington County RRCI  
Garfield County Coordinator  
Iron County Coordinator  
APS  
RRCI  
Kind Hearts  
Caregiver

Five County AOG  
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**WELCOME AND INTRODUCTION**

Ms. Rosie Fletcher, Chair was excused due to recovering from surgery. Ms. Melinda Barney the Co-Chair welcomed those in attendance to the meeting and introductions of council members were made.

**APPROVAL OF THE MINUTES**

Ms. Melinda Barney, Co-Chair asked if everyone had received the August 22, 2017 minutes and if any changes to the minutes for August 22, 2017, then requested a motion to accept the minutes.

**MOTION TO APPROVE THE MINUTES OF THE AUGUST 22, 2017 WAS MADE BY FAYANN CHRISTENSEN, MOTION WAS SECONDED BY MS. CHRIS HOLLIDAY, MOTION CARRIED UNANIMOUSLY.**

No meeting was held in November due to Senior Voice Day.

Ms. Melinda Barney, Co-Chair asked if any changes in the February 27, 2018 minutes, then requested a motion to accept the minutes.

**MOTION TO APPROVE THE MINUTES OF THE FEBRUARY 27, 2018 WAS MADE BY, CHRIS HOLLIDAY MOTION WAS SECONDED BY MS. FAYANN CHRISTENSEN, MOTION CARRIED UNANIMOUSLY.**

Ms. Melinda Barney explained that this was her first time heading the meeting and Tracy HeavyRunner said not to worry she would walk her through it. Ms. Barney requested reports from the council members starting with the Alzheimer's group.

### **Report from the Alzheimer's Association – Ms. Kate Nederostek sitting in for Ronnie Daniels.**

Ms. Nederostek spoke about the legislative meeting and the approval of the funds. They are going to be opening a new office in St. George it has been narrowed down to 3 locations. They had a great turnout for the conference held at the Ivin's VA center with the help of Memory Matters and Five County. They had over 60 attendees.

Utah State University and USU Extension is having a Web based program ACT for Caregivers, this is a ten session self-training program where caregivers learn to cope with distress and focus on doing what matters in their lives. A flyer was handed out.

Kate handed out a flyer with the 2018 Alzheimer's disease facts and figures. Stated that Alzheimer's was the 4<sup>th</sup> cause of death in Utah and how important it is that they are keeping statistics.

### **RRCI – Brenda McKee (Excused) Tracy reported**

Ms. Brenda McKee was unable to attend but she sent Tracy a flyer to handout to remind everyone of the various support groups that RRCI has.

### **Senior Conference – Heather and Tracy**

The Senior Conference was held on May 4<sup>th</sup> at the Heritage Center in Cedar City. The theme this year was Navigating Your Area Agency on Aging, this was to get our information on our resources and what the Senior Centers offer to our seniors. We had over 190 attendees. The reviews were very good each session was considered very informative and the seniors like the theme concept. Only had a couple negative reviews and one was that the music was too loud and not of the seniors era. Tracy informed everyone that next year's conference will be the first Friday of May and we will be having it down stairs while we have a giant resource fair upstairs in the room we usually have lunch in, also we will be doing a magic theme.

## **Memory Maters – LuAnn Lindquist**

LuAnn stated that they would be expanding the telephone outreach program as they found it was very helpful for the rural areas. They will be starting the Adult Day Care activity in July at the location they are currently at for now, still hoping to get its own location in time. They just finished a Memory activity session in February that was very well attended.

## **Program Updates - Five County -Tracy**

**Making-a-Link packets** – Tracy stated they we have given out 175 packets and that 20 of those were for Spanish speaking, the demand for these packets by doctor's offices, the hospital and the patients is growing at a fast pace. She wanted to thank Cindy and her Youth volunteers who are helping to put these packets together.

**Case Management-** We now have 27 clients on service and about 66 on the waiting list. This program is one year or \$1500 whichever comes first.

**RCI** – Tracy stated that we will be adding more client's, we have eight clients now its 12 sessions over a 6 month period. Utah has the second largest program in the nation for RCI and St George has the biggest part of that.

**Dementia Dialogue** –Tracy handed out the newsletter and it has the classes and events listed. This class gives basic of dementia and coping with it. The staff will be doing an updated training through Skype she feels that will be more cost effective.

**Caregiver Academy** – This is a new class. Salt Lake County did the train the trainer for our area and we had 11 staff get trained. This is a 6 week class. Classes will start in St George in July then in Cedar in August. AARP donated the money for the books.

**Music and Memory** – We added our first client to this program and Tracy read the text message from the case manager saying how positive it affected the client. The music is built around what the client likes the case managers just need to observe that it is bring out positive emotions in the client and not promoting negative ones.

**Newsletter** – In the middle of the newsletter it has a list of the classes and support groups with the dates. Tracy reminded everyone that before the meeting began we had spoken with the coordinators of the Senior Centers that we would need a count of how many newsletters they have given out. Kristina Raner said she would email one to all the centers and she will touch base with them. Memory Matters would like to be added to the email list for newsletter.

**Support Groups-** Tracy mentioned that the information of days and times was in the newsletter she handed out earlier. Heather mentioned that since they moved the group to the Cedar City office she has had more attendees. Heather mentioned that she has had request for information on a diabetic support group. It was discussed as some of the programs have been cut at IHC for Diabetes. Melinda mentioned that was what her son-in-law works with and gave Tracy his contact information. Heather mentioned that we check with the tribes to see if they have a support group in place as well.

**Respite** – Waiting list is around 49 now. We are trying to give them other options until we can add new clients, since as a class or other resources. Also, making a list of people that call in and their email address and sending out a resources flyer for their use.

**Updates from Committee Members** – The Presbyterian Church in St George has partnered with us their mission is to help seniors with their needs and to help with the Preventative Health classes.

New member ideas. Melinda stated that it would be a good idea to get some new members that are caregiver

Next meeting will be August 28, 2018 at 1pm in St George.

**MOTION TO ADJORN MEETING WAS MADE BY LUANNE LINDQUIST AND SECONDED BY FAYANN CHRISTENSEN. MOTION CARRIED UNANIMOUSLY.**