

MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
July 25, 2018
HURRICANE, UTAH

MEMBERS IN ATTENDANCE

Sharon Ott (Chairperson)
Carma Sly
Karr Farnsworth
Judy Henrie
Wynona Henderson
Pauline Prince (Co-Chairperson)
Wallace Gibson
Nancy Ford
Carol Sullivan
Ron Lehm
Earl Paddock
Arlen Grimshaw
Lois Bulloch

REPRESENTING

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

MEMBERS NOT IN ATTENDANCE

Christine Holliday (Excused)
Sharon Griffiths
Mary Schaidt (Excused)
Robert Rasmussen (Excused)
Art Cooper
Clem Griffin
Joyce Griffin
Lael Chynoweth
Doug Maxwell
Ramona Sorenson (At-Large Rep)

Washington County Coordinator
Beaver County Advisory
Beaver County Advisory
Iron County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Iron County Advisory
Garfield County

OTHERS IN ATTENDANCE

Sheila Shotwell
Curtis Crawford
Fayann Christensen
Donna Chynoweth
Brian Akins
Sondra Akins
Jim Sly
Louise Ball
Carrie Schonlaw
Linda Sawchenko

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

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I. WELCOME AND INTRODUCTION

Ms. Sharon Ott, chairperson welcomed the members of the council to the meeting and introductions were made.

Brian Akins will be filling in for Christine Holliday. Brian Akins handed in the resignation letter from Kaye Reese.

II. MINUTES PREVIOUS MEETING APRIL 24, 2018

Ms. Sharon Ott asked if everyone had gotten the minutes from the last meeting and if there were any changes. Jim Sly mentioned that the address was not on his minutes it appears that he must not have gotten the agenda which has the address of the meeting. No changes were noted. Ms. Ott requested a motion to accept the minutes from the last meeting

**MOTION WAS MADE BY MR. ARLEN GRIMSHAW TO ACCEPT THE
MINUTES OF APRIL 24, 2018. MOTION SECONDED BY MR. WALLACE
GIBSON. MOTION CARRIED UNANIMOUSLY.**

III. LOCAL SHARING

Ms. Sharon Ott requested local sharing from County Coordinators.

Washington County – Mr. Brian Akins

Mr. Brian Akins was sitting in for Ms. Christine Holliday. He reports that they have received all the MOW vehicles in May and are in the process of getting the graphics on them. They've had Health screenings in all three senior centers. All three Senior Centers will be celebrating National Senior Center Day in September and at that time they will recognize the volunteers.

Enterprise- they have bingo twice a week and take the bus to St George twice a month. Brian listed all the activities offered in this center.

Hurricane – They have a new office person who is working out well. They take the bus to St George once a week. Brian listed the numerous activities offered at the center.

Springdale- Two days a week they serve meals. Brian listed all the activities they offered at the center.

St George- They hired a new bus driver and a part time front office person so they are fully staffed at this time. Brian listed the numerous activities and classes offered at the center.

Beaver County - Ms. Sheila Shotwell

Beaver- Congregate meals are up due to the snowbirds returning but the MOW's have gone down. They play bridge and pinochle three times a week and the other activities have been picking up some. They take the bus to Minersville to play bingo and bunko also to Milford to play bingo. Once a month they have an out of town trip for shopping or dining. They are looking for a third person for the kitchen as one of the cooks will be going to Milford.

Milford- The head cook is on unpaid administrative leave and will not be coming back. One of the Beaver cooks will be taking that position. Bingo is on the

second Tuesday of the month, still have card games and pool whenever the center is open. Attendance is down due to the death of some of the seniors.

Mary Schaidt's husband passed away on Saturday morning.

Minersville- Attendance for congregate meals is up due to snowbirds. They play bunko once a month bingo on 3rd Thursday. Bus has made a few trips to Mesquite. The annual Senior at the County Fair Days is coming up on August 23rd. The seniors will attend exhibits, play bingo, attend the grand opening then have dinner. Carrie asked if anyone from the other counties could attend and Sheila replied yes but it would be nice if they RSVP.

Garfield County - Ms. Donna Chynoweth

Things have been going well in Garfield County

Hennrieville- The attendance has picked up. They have word games once a week, bingo and puzzles ongoing. They have entertainment twice a month. The seniors love the new salad bar. They lost the compressor in the little MOW truck which is in the repair shop now but they have borrowed one from Escalante.

Escalante-Building of the new Senior Center is progressing the footings have been poured and the floors are next, they hope to be completed and moved in by February. The numbers are still looking pretty good. They have a new director at the center, this is someone who currently works there but just added another job. They have also lost a lot of seniors in the past three months.

Panguitch-The town got flooded and the drinking water contaminated; they were out of drinking water for a week. The staff in Panguitch went door to door to check on all the seniors they serve to make sure they were ok. The county sheriff and the natural disaster specialist went to the senior center and talked with everyone. They changed the menu some and included more sandwiches for that period of time so the numbers will be down for the week. They have taken the busses out of town for shopping and doctor's appointments. Donna would like to see more seniors use the busses.

Kane County - Ms. Fayann Christensen

Kanab- They had two floods and survived both of them. They have two new employees, one is a replacement for Craig's assistant and the other is a new bus driver. Meals are down due to deaths and the weather. They are now doing the Arthritis low impact exercise classes along with all the other activities. A new group doing an "I Remember When" this is a big hit with the seniors. They are doing a Navajo Taco on a Friday night meal. Shopping trips are now to Cedar City since St George is so hot. They have taken several field trips.

Orderville- Less activity and congregate meals at this time of year, everyone stays home and takes care of their gardens. The MOW is at about 165 in Kanab & Orderville. Still have the same activities going on.

May have a new Senior Center in September or October, it will be part of the new community center being built. Otherwise, all is going good.

Iron County - Mr. Curtis Crawford

He decided to present a little different this time, since we meet every three months and the activities are all listed in the newsletter for everyone to see. He thought he might mention something new the center is doing. They are in the process of making a Military Veterans wall to honor all the veterans in Iron County. They will be putting up a flag and all the Military Branch emblems with pictures of veterans who have served around the board. Once this board is completed they are going to have the Military come and dedicate this. They will have an open house with news media exposure. The Boy Scouts would also like to do an Eagle project and they are going to put an America flag outside of the Senior Center.

Parowan- Has a volunteer couple trying to wake up the seniors in Parowan. They have started a craft class and are doing other things besides lunch. This is being advertised in the newsletter.

They are going to eliminate four vehicles that are older and they don't use so the county will be putting them up for auction. Starting September they are going to have an open

dance night on Friday nights. Taking field trips to Parowan Gap, Milford train station, Bryce Canyon and plans to go to Mesquite and St George. They will be doing some building improvements to make room for the administrative staff and outreach workers by changing part of the lounge area into office space. The seniors have been very open to doing this. Other than that all is going well.

IV. LEGISLATIVE & FISCAL UPDATE

Information on Legislative and Fiscal updates was presented to the Council by Ms. Carrie Schonlaw. We did have a positive year with the state. Received on-going money for meals and one-time money for in home services. The goal for the coming year is to work with our legislators to focus on changing one-time money to on-going funding so we don't have to attrition clients off service. On the Federal level the FY18 budget was approved a few months ago with increases in most of the Older Americans Act funding, the State has just received notification of how much our state will receive, this will be allocated to the AAA's based on current funding formulas. We should see this in the current fiscal year. The budget that will be discussed today does not include any of the new federal increase just the state increases. For FY19, Federal proposal are to keep most everything at level funding with proposed increases in the National Caregiver program, grants for Native Americans programs, heat program and community services. No decreases proposed on the federal level so that is good news.

FY19 Budget

Ms. Carrie Schonlaw handed out the spreadsheet of the current FY 19 budgets for review. The first page is the actual breakdown of the allocation based upon the different funding sources to include state and federal funds. Ignore the FY16 date can't change certain parts of the spreadsheet that completed by DAAS, should be FY19 budget.

State funds: Refer to Spreadsheet for numbers.

Page 1- Total reimbursable & Cash-In-Lieu funding

State service these funds can be moved where needed.

State Transportation is used to help the centers for repair and maintenance of vehicles. Divided equally to counties¹

State Nutrition can be used for both home delivered meals or congregate meals.

State Home Delivered meals can only be used for home delivered meals.

State Respite for the Caregiver program.

State Respite One-time money will go away next year if we don't get it changed to on-going funds.

State Ombudsman is for the operation of that program.

State Ombudsman ALF – This is on-going money -new rule that the Ombudsman now needs to help with discharges from the Assisted Living Facilities to insure that the resident's rights are being adhered to and they are discharged into a safe environment.

State Ombudsmen 1x- this will go away next year if we don't get it changed to on-going funds,

State Actions- this pertains to the volunteers and volunteer programs to help with transportation.

State in-Home/Alternative programs- increase due to changes in funding formula to reflect population increases in population for our area.

State In-Home /Alternative 1X- this will go away next year if we don't get it changed to on-going funds.

Federal Funds: Refer to Spreadsheet for numbers.

Title IIIB- Supportive services such as transportation, telephone reassurance can transfer up to 30% between sources.

Title IIIC1- Congregate meals can transfer up to 40% between Home Delivered and congregate and up to 30% to III-B (Supportive Services).

Title IIIC2- Home Delivered meals can transfer up to 40% between congregate and home delivered and up to 30% to III-B (supportive services)

Title IIID- Evidence based health prevention programs

Title IIIE-Caregiver services

Title VII - Ombudsmen services

Alternatives – SSBG (Social service block grant)

SHIP & MIPPA – Health Insurance programs, Medicare & Medicaid help.

Senior Medicare Patrol- Fraud prevention and awareness.

Cash in Lieu (NSIP) – can be divided between both Home delivered and congregate meals.

Total Reimbursable Budget is about 2.3 million dollars between both state and federal funding.

Page 2 - Instruction for calculation of minimum state funds and local match with carry over funds, Calculation of maximum state and federal funds in Administration and the calculation of maximum state and federal funds in admin on the AAA level.

Page 3 - Breakout of how the funds are divided out.

First section is the State services.

Second section is the federal funds.

Third section is the local resources based on the data sent from the counties and of how much funds they have at a local level that goes toward the match funds.

The final section shows the required in kind match.

Page 5 - Cost category- breakdown of budget based upon proposed expenses- large percentage of funding goes to subcontractors/Counties.

Page 6 - In-home services/Alternatives program budget and cost breakout,

Page 7 & 8 - Budget and cost for the Non-formula funds which are the insurance and volunteer programs.

CHAIR CALLED FOR A MOTION TO APPROVE THE FY19 BUDGET. MOTION WAS MADE BY MS. LOIS BULLOCH TO APPROVE THE FY19 BUDGET. MOTION SECONDED BY MS. JUDY HENRIE. MOTION CARRIED UNANIMOUSLY.

Ms. Carrie Schonlaw handed out spreadsheets of the budget breakdown by county levels. Once she gets the overall budget she figures out how much will go to each county based upon formulary which includes based budget and population.

PDS/Supportive Services- County Council on Aging Breakdown.

The funding reimbursable sources. By federal statute we must spend a minimum on legal services, we use Utah Legal Services and they can only give out legal advice. Every county starts out with \$45,000 base budget and the remainder is divided out by population. State transportation is a separate funding and is divided out equally by county. As with any of these budgets we can make changes and move from one county to another as needed; this does not include any carry over money. Should see allocation of the carry to counties sometime in Dec or January.

Congregate & Home Delivered Meals breakout

The funding reimbursable sources. The cash in lieu money is divided out by percentage of last year's congregate and home delivered meals, which was about 29/71%. The same applies to the project income. Each quarter this is reviewed and adjusted. Next section is the program expenses at the local level which is subtracted out about \$45,000 goes to MOW containers and other kitchen supplies which goes back to the centers then \$5,000 for equipment items as needed. Balance of program expenses covers data entry cost and other admin cost as AAA level. Some counties may need more dollars, so we can use carry over money or funding from counties that haven't used all their funds.

Based upon current estimates, we should be good for the coming year. Sharon Ott wanted to know if the State knows if we are using the reserve money and Carrie explained that they are aware of this and that we are always a quarter behind in expending the Nutrition project income, so as long as we don't have extra expenses, we are allowed to carry over up to 15% of federal dollars; but cannot carry over state dollars. And we can carry over the last quarter of Project income as long as it is used in the 1st quarter of the new year. The projection for carry over is around \$79,160 from 4th quarter of FY18. FY17 we collected 312K in project income and in FY18 we collect \$317k. What we carried over this year in our Federal budget is about 24K (15%) in supplemental services, 16k (8.5%) in congregate and 33K (6%) in home delivered meals. These are not included figured in the current budget; but are will be available to use if needed. Based upon spending in Meal and supportive services, it is anticipated that we will end up using some or all of the carry over. That's the summary of our fiscal report and the coming year.

V. **NUTRITION PROGRAM**

Carrie gave a 2-year comparison of service units provided and if each county wants more detail you can contact her.

Total congregate meals provided FY17= 56K meals FY18 =55K meals

Daily average 327 FY17 and 323 FY18

Total home delivered meals FY17= 113K meals FY18= 118K meals

Daily average 665 FY17 and 697 FY18

County State Nutrition person, Charlotte, will be coming down to the centers to do her annual monitoring visits in October from the 29th to the 31st. The centers she will visit will be Minersville, Henrieville and St George.

VI. REPORTS

FY19 contracts have been sent out and all are back except Garfield they are waiting for signer to return from vacation. Contract amendments for FY18 have gone out with the changes in funding.

Report on Annual Plan presented to the State board, this is an opportunity to tell all we do in our local communities. Sharon Ott stated that she wants the State board to come to other areas instead of just Salt Lake so this year they are coming to St George.

Future of AAA

Carrie met with Sandy Markwood who is president of the National Association on Aging at the conference in Richfield. Areas we may want to look at in the future. Areas of focus- given that State and Federal funds will never keep up with the increases in our Aging population. So options to consider include:

- Partner with Health Care Providers
- Home Care from fee for service to value based care
- Social detriments of health, isolation, nutrition
- Care transition and case management services.
- Rural Aging
- Innovations area of growth of dementia and end of life issues.

Council can help with the areas we could focus on and move forward as a state and local level.

VII. OTHER BUSINESS

Home and Community-Based Programs

Nothing new to report currently. We have hired a new media outreach person, Ali Toscanelli, this is a one-year position for now. She is updating our Webpage

and social media and getting the information out to media regarding our program, upcoming classes and events. She will be contacting each senior center and include the appropriate information about your centers for the webpage.

Upcoming Events

Carrie handed out flyers on all the events we have going on.

Stepping on Fall Prevention starts in October

Walk With Ease starts in October

Caregiver Academy

Chronic Pain Self-Management starts in August & September

Package for Volunteers -to become a volunteer for any program we have

Open Floor for discussion

Sharron requested the name of the new Staff media person. Sharon Ott mentioned that a lot of places were rebranding since the older population is more active. A question was posed if all the centers have stopped blessing the food as St George just said they would no longer be doing that some of the other centers are still doing it.

Next meeting will be on October 23rd in Iron County most likely Parowan.

X. ADJOURN

Meeting was adjourned, and lunch was provided by the Hurricane Senior Center.