

MINUTES

AGING & NUTRITION SERVICES ADVISORY COUNCIL

April 17, 2012

Kanab, Utah

MEMBERS IN ATTENDANCE

Carma Sly
Mary Schaidt
Millie VonRitchie
Clem Griffin, Chair
Joyce Griffin
Pauline Prince
Judy Henrie
Vern Kupfer
Arlen Grimshaw
Wallace Gibson
Mary Stevens
Ila Mae Swapp
Christie Benton
Kaye Reese

MEMBERS NOT IN ATTENDANCE

Sharon Griffiths
Doug Maxwell
Hazel Jean Robinson (Excused)
Roy Urie (Excused)
Joyce Ross
Tamara Atkinson (Excused)
Sharon Ott (Excused)

OTHERS IN ATTENDANCE

Pam McMullin
Jim Sly
Calvin Sly
Jeannie Bohn
Fran Mortensen
Donna Chynoweth
Wynona Henderson
Leena Puttman
Lael Chynoweth
Connie Lloyd
Fayann Christensen
Craig Hansen
Julie Taylor
Christine Holliday (voting for Sharon Ott)
Carrie Schonlaw
Diane Lamoreaux

REPRESENTING

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

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

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

1. **WELCOME & INTRODUCTIONS**

Chairman Clem Griffin welcomed everyone in attendance. Tamara Atkinson, Sharon Ott, Roy Urie and Hazel Jean Robinson asked to be excused. Christine Holliday has proxy vote for Sharon Ott.

2. **MINUTES OF PREVIOUS MEETING**

Chairman Griffin reported that a quorum was present for conduct of business and presented minutes of the January 24, 2012 meeting for consideration.

MOTION WAS MADE BY MS. JUDY HENRIE, SECONDED BY MR. WALLACE GIBSON, TO ACCEPT MINUTES OF THE JANUARY 24, 2012 MEETING AS PRESENTED. MOTION CARRIED UNANIMOUSLY.

3. **LOCAL SHARING**

Mr. Clem Griffin, Chair, request local sharing from County Coordinators.

Iron County: Ms. Connie Lloyd reported that Iron County has made several changes to address funding shortfalls, including the layoff of two kitchen employees. The Parowan Center is closed when the Cedar City Center is open, cooks are rotating between centers as needed, and the centers are closed every other Friday. Letters have also been sent to homebound individuals to provide an update of changes and to remind everyone about suggested donations for meals. Reminders about meal donations are also placed on all of the tables in each of the centers. Since employing these methods, donations have increased. Several activities have taken place including AARP taxes and a driving course. Ongoing activities include quilting, exercise, card games, etc. Iron County had their annual health fair with various agencies participating. The event was well attended and drawings for prizes were very popular.

Washington County: Ms. Christine Holliday reported that Washington County is trying to find ways to continue to take care of their obligations with funding cuts and as a result has refined their process for dispensing Ensure as a meal supplement. Home delivered meals that were provided for caregivers have also been eliminated. She introduced Christie Benton who is the new at large member representing the Washington County Council on Aging.

Hurricane Center-- The annual dinner and auction was held at the Hurricane Senior Center and was very successful. Spanish classes are being taught once a week. AARP tax people have been at the center to provide tax assistance, and a shredding event was held which was well received. Indoor pickle ball and exercise classes are very popular.

Enterprise Center-- Leon Hall has been hired as the supervisor for the Enterprise Center. Additional activities are being offered at the center including games, bingo, as well as chair and Wii exercise games. Two new wall mount TVs have been installed and the center has been remodeled for a more open concept. Participation at the center is going well and speakers are scheduled for lunch time.

St. George Center-- A wellness fair was recently held at the center with over 45 vendors participating. Approximately \$4,400 in funds was raised during this event. Beginning art classes are now being offered and the ceramics class has resumed. Wii bowling tournaments are held on Thursday's and are very popular. Other activities include Zumba and indoor pickle ball. An AARP driving class, tax assistance Medicare 101 assistance, and a shredding event have been provided. Center staff will be meeting with the Alzheimer Association to discuss hosting the Alzheimer Respite Class again.

Kane County: Ms. Fyanne Christensen reported that the Kane County senior centers are doing well and senior programs recently underwent some major changes. Craig Hansen is now over the senior citizens centers as well as the care and share. The jail will no longer be

providing meals for the centers due to excessive pricing and not meeting nutritional requirements. Meals are currently being cooked at the Long Valley Center and transported to Kanab. Staff at the Long Valley Center are doing an excellent job and the food is much better. She thanked staff at the Long Valley Center for all of their efforts. Meals will be served on Monday, Wednesday, and Thursday rather than five days a week. This schedule allows extra meals on Monday and Thursday for those who are homebound. The senior men competed in the Wii bowling tournament but were eliminated from the finals.

Garfield County: Ms. Donna Chynoweth reported that Garfield County has been very busy since the first of the year. The longtime cook at the Panguitch Center fell and broke her wrist. This has required juggling of cooks to cover Panguitch.

Henrieville Center-- The full time volunteer cook at the Henrieville Center is no longer serving in that capacity. However, her husband is now cooking at the center. The center has seen an increase in home delivered meals. New carpet and vinyl have been installed at the center.

Escalante Center-- The center has been painted and new carpeted and vinyl have been installed. The Daughters of the Utah Pioneers and Sons of Pioneers have been using the center for their meetings during winter months. Movie day is provided two times a month as well as bingo. Busses are taken to Cedar City and St. George for shopping and doctor appointments. A field trip was recently provided to Cove Fort in Beaver County.

Beaver County: Ms. Pam McMullin reported that all three senior citizen centers in Beaver County serve dinner three days a week. The annual health fair was held in March at the fair building in Minersville. There were 25 vendors that participated and a lot of nice prizes were given out. Approximately 160 people attended this event. She noted that the senior citizen centers in Beaver County no longer allow take out meals.

Beaver Center-- Blood and sugar checks are provided monthly and bingo is played once a month. Other popular activities at the center include Tai Chi, cards and pool.

Minersville Center-- Bingo and Bonkers are played once a month at the center.

Milford Center-- Staff is trying to get more people involved at the center and they are still searching for a director for the center. Bingo, cards and other activities are offered.

4. **NUTRITION PROGRAM**

Update on Funding and Proposed Increase in Suggested Donations: Ms. Carrie Schonlaw indicated these items will all be covered with the annual plan and budget discussions.

5. **ANNUAL PLAN**

Overview of Annual Plan: The Annual Plan covers fiscal years 2011 - 2015. This is the second year of the plan covering FY 2013 from July 1, 2012 through June 30, 2013. The plan is submitted annually to the state of Utah and is reviewed by the State Advisory Council. The plan contains a progress report on goals and objectives, accomplishments for the past year, area plan program objectives, and reaffirmation or amendments to the four year plan. Possible changes in the plan would address suggested meal donations and impacts to the area in terms of elimination of the local Alzheimers office.

Questions and/or discussion were entertained. Mr. Vern Kupfer asked how staff is dealing with the issue of inflation, particularly increased costs for gasoline. Ms. Schonlaw explained that each county is seeking ways to streamline services and contain costs. Staff is proposing to look at a possible increase in the suggested donation for meals to offset increased costs and is being proactive in this regard. Further decreases in funding may result in prioritizing services and the potential use of waiting lists to serve those in the most need first. State or federal funds are not anticipated to increase, and funding will not keep pace with the increased demand in services.

MOTION WAS MADE BY MR. WALLACE GIBSON, SECONDED BY MS. MARY STEVENS, TO APPROVE THE ANNUAL PLAN AS PRESENTED. MOTION CARRIED.

Overview of FY 2013 Budget: Ms. Schonlaw indicated that staff would be presenting some proposals to the Council for consideration. The overall budget has decreased by \$73,153, the majority of which is in the in-home services programs. Cuts received under the Older Americans Act in state aging and nutrition funds are due to a two percent (2%) population change based on the 2010 Census. These cuts were buffered as a result of a one-time allocation by the state. The portion of one-time funds to Five County is \$31,705. The Cash in Lieu funding increased slightly and donations were higher than anticipated. These additional funds will be used to offset the overall cuts to the budget for the upcoming year. Some carryover funds were allocated to each of the county councils on aging this year, but these funds will not be available in the upcoming year. Ms. Schonlaw outlined proposed changes in the budget as follows: **1) Five County Overall Administrative and Programs Costs--** Due to some reorganization and staffing changes at the Five County level some savings will be realized. These savings will be passed down to the County Council on Aging for direct services; **2) Supervisory Salaries --** These salaries will be incorporated into each county's base budget and formulary based on percentage of population; **3) Base Budget--** The budget to each county will increase from \$27,000 to \$45,000; **4) Mileage Reimbursement for Meals on Wheels Delivery--** This funding is now included in the base budget; **5) Kitchen Supplies--** The budget will be adjusted to reflect the increase in kitchen supplies. Five County staff will monitor costs and amount of these supplies to stay within budgetary limits; and **6) Project Income--** The current suggested meal donations are \$2.50 for those over 60 and the set cost for those under 60 is \$6.50. Staff is proposing an increase in the suggested donation amount for over 60 as well as the set amount for those under 60. Ms. Schonlaw noted that a \$.25 increase could provide up to \$34,843 in additional funds and a \$.50 increase could provide up to \$69,687. Approved increases would be effective July 1, 2012.

MOTION WAS MADE BY MS. MARY STEVENS TO INCREASE THE SUGGESTED MEAL DONATION AMOUNT TO \$2.75. MOTION DIED FOR LACK OF A SECOND.

MOTION WAS MADE BY MS. KAYE REESE, SECONDED BY MS. CHRISTIE BENTON, TO INCREASE THE SUGGESTED MEAL DONATION AMOUNT TO \$3.00. MOTION CARRIED BY UNANIMOUS VOTE.

The Council briefly discussed the set cost charged for those individuals under 60 and determined that this amount should also be increased.

MOTION WAS MADE BY MR. WALLACE GIBSON, SECONDED BY MS. JUDY HENRIE, TO INCREASE THE SET AMOUNT CHARGED FOR THOSE UNDER 60 TO \$7.00. MOTION CARRIED BY UNANIMOUS VOTE.

Approval of Budget: Ms. Schonlaw asked for formal approval of the budget as outlined above for submission to the state of Utah.

MOTION WAS MADE BY MR. WALLACE GIBSON, SECONDED BY MR. VERN KUPFER, AUTHORIZING THE FY 2013 BUDGET AS PRESENTED. MOTION CARRIED UNANIMOUSLY.

6. CHANGE IN TITLE III-D: PREVENTATIVE HEALTH

Ms. Carrie Schonlaw reported that new requirements have been attached to the Title III-D preventative health program. Each county has received a portion of these funds, but the funding level has been cut to \$12,000 for the Five County Area. New requirements dictate that preventative health activities must be evidence based. Research will need to be provided to support activities covered under this program. The Bottom line is these funds can no longer be used for health promotion, i.e. health fairs. Participation in a Webinar indicates that these requirements will only impact the program going forward. Further discussion and information will be provided to the county coordinators.

7. OTHER BUSINESS

Mr. Calvin Sly indicated that Ms. Norma Foster will no longer be serving on the Beaver County Advisory, and Ms. Carma Sly will replace her in this capacity.

Open Forum/Discussion: Ms. Schonlaw asked to meet briefly with county coordinators immediately following the meeting to discuss county in-kind/match funds information needed to complete the budget. Mr. Vern Kupfer asked that a list of State Advisory Committee members be provided at the next meeting.

Annual Senior Conference in May: Ms. Carrie Schonlaw provided flyers regarding the Annual Senior Conference which is scheduled for May 4, 2012 at the Festival Hall/Heritage Center in Cedar City.

Next Meeting: It is suggested that the next meeting be scheduled for Tuesday, July 31, 2012. Ms. Donna Chynoweth indicated that the meeting will be held at the Panguitch Center.

MOTION WAS MADE BY MS. CHRISTIE BENTON, SECONDED BY MS. JUDY HENRIE, TO SCHEDULE THE NEXT ADVISORY COUNCIL MEETING FOR TUESDAY, JULY 31, 2012 AT 10:00 A.M. MOTION CARRIED.

8. ADJOURN

MOTION TO ADJOURN WAS MADE BY MR. ARLEN GRIMSHAW AND SECONDED BY MR. WALLACE GIBSON. MOTION CARRIED.

Meeting adjourned at 11:30 a.m. Lunch was then served at the Kanab Senior Citizens Center.