

## **Aging Advisory Council Meeting**

Wasatch County Senior Center

Thursday, November 1, 2018

1:30 pm

### **MINUTES**

**Conducting:** Chairman Glenn Wright, Summit County Council Member

**Attending:**

Lyndia Carter, Springville Senior Center  
Heidi DeMarco, Aging & Family Services Director, MAG  
Steve Farrell, Wasatch County Councilmember  
Ashley Fish, Wasatch Senior Center  
Andrew Jackson, Executive Director, MAG  
Grant Parker, American Fork Senior Center  
Jeremy Pehrson, Nutrition Manager, MAG  
Randall Probst, Wasatch County Health Department  
Joan Stradling, Information & Program Support, MAG  
Lopini Wolfgramm, United Way  
Jessica Wilde, Summit County Senior Services  
Dennis Wilson, RSVP Advisory Board Representative

**Excused:**

Gena Bertelsen, Orem Friendship Senior Center  
Alicia Christensen, Provo Senior Center  
Judy Seegmiller, Caregiver Representative

**Guests:**

Hannah Bakker, Utah County Health Department  
Amber Pulley, Wasatch County Health Department  
Warren Booth, Weatherization Program, MAG  
Samantha Collier, Aging & Family Services, MAG

Council member Wright called the meeting to order and welcomed everyone in attendance. Steve Farrell offered the opening prayer remarks and Council member Wright led the group in the Pledge of Allegiance. A special thank you was extended to Ashley Fish and senior center staff for hosting this meeting and providing the wonderful lunch.

## **Minutes**

Council member Wright asked if there were any comments to the minutes of the September 13, 2018 meeting, copy provided with the agenda.

**Dennis Wilson moved that the minutes of the September 13th meeting stand approved. Randall Probst seconded the motion. The motion was carried.**

### **DISCUSSION & ACTION AGENDA:**

#### **Weatherization Program Update – Heidi DeMarco/Warren Booth**

Heidi introduced Warren Booth, program coordinator for the Weatherization Program. She commented that November 1<sup>st</sup> marks the first day that the Weatherization Program and HEAT Program will be referred to on the Mountainland website as the “Home Programs”. Both programs are now up and running. She invited Board members to spread the word to individuals in their respective communities who may need help with the Weatherization Program, noting that we are especially watching for seniors in our 3-county area who have needs.

Warren Booth explained that the Weatherization Program is able to provide emergency assistance if there is no heat or hot water to a person’s home. He noted that they are interested in doing more outreach in Wasatch/Summit areas.

Heidi commented that the HEAT Program will be in Summit and Wasatch counties one day per week, conducting appointments at the DWS offices in Park City and Heber. She added that Mountainland is in the process of creating a flyer that will explain the HEAT and Weatherization programs. As part of our outreach efforts, we will work with the utility companies and Habitat for Humanity, and will advertise in the city newsletters that go out to utility customers.

Heidi explained that the HEAT Program uses the 150% poverty level for eligibility, but we offer a 20% offset on wages. We primarily use the HEAT criteria for Weatherization eligibility, which tends to benefit the clients more. The DOE uses the 200% poverty level for Weatherization eligibility. If clients are HEAT eligible, they are also Weatherization eligible.

Heidi remarked that the Weatherization Program contracts all of the work performed, this has allowed us to realize cost savings on interventions performed. Warren added that our program has the lowest job cost in the state of Utah.

#### **Utah County Health Department Training Programs – Hannah Bakker**

Hannah Bakker provided a power point presentation outlining various training programs offered by the Utah County Health Department, programs specifically geared toward helping older adults. She noted that she works primarily with injury prevention through the Stepping-On Program. She explained that falls are the leading cause of injury, hospitalizations, and deaths for older adults, and more than one-third of those 65 or older fall each year. The consequences of falling increases fear, which then reduces physical activity and mobility. She

emphasized that falls are preventable and not part of aging. There are five things seniors can do to help prevent falls 1) work on balance, 2) incorporate strength training, 3) have regular vision checks, 4) review medications, and 5) make physical changes in the home.

Hannah indicated that the Stepping-On workshops meet for two hours a week for seven weeks, and several workshops are offered during the year. These workshops are led by a health professional and a peer leader. Local guest experts such as occupational or physical therapist, pharmacist, and optometrists provide information on exercise, vision, safety and medication. The Stepping-On Program is an evidence-based program that has been researched and proven to reduce falls by 30% in older adults.

Hannah also briefly touched on other senior programs offered by the Utah County Health Department including the “Living Well with Chronic Conditions” workshops, the Senior Companion Program which is “seniors serving seniors”, and the Foster Grandparent Program which is “seniors serving youth”. The SCP and Foster Grandparent programs ask seniors to serve a minimum of 15 hours per week. Volunteers receive a stipend, meal allowance, and are reimbursed for transportation.

Hannah stated that the Utah County Health Department also has the Immunization Clinic operating out of American Fork, Provo and Payson. Other programs include the Mosquito Abatement, Car Seat Inspection, Poison Control, Bike Safety, Radon Testing, Asthma and Pre-Diabetes Counseling, and other services. Hannah said she is willing to do presentations anywhere in the county to get information out to the public.

### **Wasatch County Health Department Training Programs – Amber Pully**

Amber Pulley was invited to present on the various programs that are offered by the Wasatch County Health Department. She indicated that they do a lot of the same programs that Hannah talked about. They are doing the Stepping-On program one time per year. She commented that seniors respond when the physical therapist comes to teach exercises on how to increase strength and balance. She can see the progress that participants make in the seven-week course.

Amber also identified the Dining with Diabetes Support group, another program offered to support older adults. This program has grown to a year-round program. This group meets the last Wednesday of the month at the Health Department. A meal or snack is prepared and a recipe is shared. She also talked about the Suicide Prevention Program. She noted that the Wasatch County Health Department Annual Report has a comprehensive list of services that are offered.

Ashley Fish acknowledged Randall Probst as the director of the Wasatch County Health Department and extended appreciation for all they do for their community.

### **Dementia Dialogues – Samantha Collier**

Samantha Collier was asked to inform the Council about the new Dementia Dialogues program. She remarked that Mountainland recently partnered with the Utah Department of Health to

start this program. We saw this as a gap, so we jumped in and became certified to teach dementia courses to anyone who works with aging adults. The program offers five modules, and we recently completed our first training at Mountainland. Currently, there are four staff members who are certified as facilitators. There is a great resource book that comes with the course. Sam noted that there are multiple agencies in the community now certified in this program. She distributed a handout prepared by the Health Department and stated that Mountainland is open to presenting this course to anyone who can benefit.

### **Aging Department Overview – Heidi DeMarco**

Heidi gave an overview of the Aging Department. She indicated that Mountainland Aging & Family Services recently started the “Love Your Later Life” campaign. She noted that the department serves a wide range of ages, so we are trying to expand our reach to include volunteers, caregivers and families in the community.

She talked briefly about the “Home Programs” which include Weatherization, HEAT and Home Safety, and noted that this program decided to adopt the “Thrive in Place” theme, as most seniors aspire to age in place.

Heidi commented that the Aging Department consists of 18 full-time staff and 17 part-time staff. We have 3 on-call drivers with the MOW program. We have seven new full-time staff that elected to move to Mountainland when the Weatherization Program was added. In the HEAT program, we have 1 full-time and 12 seasonal staff members

In addition to successful application for the Weatherization Program, recent accomplishments include update of our Senior Help Guide and training of two new staff members in Dementia Dialogues. We had approximately 350 attendees at our Senior Health Fair and just completed our outreach for HEAT in October. We are planning a State Elder Abuse Conference that will be held in May 2019. We are working with other AAA’s and the legislature to continue the one-time \$750,000 for our senior programs that was awarded last year, we are preparing for our annual Caregiver Conference on November 3<sup>rd</sup> and a Caregiver Appreciation Dinner to be held November 8 at the Midway Community Center.

### **Other News & Business**

Jessica Wilde, Senior Coordinator for Summit County, was introduced as the newest member of the Aging Advisory Board.

### **Roundtable Discussion**

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

### **Next Meeting**

The next meeting of the Advisory Council will be held January 10, 2019, 1:30 pm at the Mountainland Conference Room.

Meeting adjourned at 2:40 pm.