

MINUTES
FIVE COUNTY CAREGIVER ADVISORY COUNCIL
February 26, 2019
ST GEORGE, UT

MEMBERS IN ATTENDANCE

Rosie Fletcher Chair
Sheila Shotwell
Donna Chynoweth
Christine Holliday
Brenda McKee
Jackie McClellan
Fayann Christensen
Curtis Crawford

REPRESENTING

Iron County Caregiver
Beaver County Coordinator
Garfield County Coordinator
Washington County Coordinator
Washington County RRCI
Memory Matters
Kane County Coordinator
Iron County Coordinator

MEMBERS NOT IN ATTENDANCE

Heather Cox (Excused)
Melinda Barney Co-Chair
Lou Ann Lindquist (Excused)
Cindy Clark
Janet Labrum (Excused)
Mike Miller (Excused)

Iron County Five County AOG
Washington County Caregiver
Memory Matters
APS
Memory Matters
Alzheimer's Association

SUPPORT STAFF

Tracy HeavyRunner
Carrie Schonlaw
Linda Sawchenko

Five County AOG
Five County AOG
Five County AOG

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February 26, 2019
ST GEORGE, UTAH**

WELCOME AND INTRODUCTION

Ms. Rosie Fletcher, Chair, welcomed those in attendance to the meeting.

APPROVAL OF THE MINUTES

Ms. Rosie Fletcher, Chair asked if everyone had received the November 27, 2018 minutes and if any changes to the minutes for November 27, 2018 none was noted. Rosie Fletcher requested a motion to accept the minutes.

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

INTRODUCTIONS

Introductions were made of all attending this meeting. Jackie McMullan will be sitting in for Memory Matters.

NOMINATIONS AND ELECTIONS OF CHAIR PERSON AND CO-CHAIR

It is that time of year again to elect the Chair and Co-Chair persons. Tracy stated that she went over the rules and there are no stipulations on the term length of the Chair person. Donna Chynoweth nominated Rosie Fletcher to serve again as the Chair person and Curtis Crawford seconded that nominations. All approved. Motion carried unanimously.

Melinda Barney is the current co-chair and was not in attendance. Donna Chynoweth nominated Brenda McKee to be the new Co-Chair and Sheila Shotwell seconded that nomination. All approved. Motion carried unanimously. Carrie and Tracy explained to Brenda that her duties would be to fill in when the Chair could not attend. Tracy stated she would inform Melinda Barney of the changes.

Alzheimer's Association – Mike Miller (Tracy Heavyrunner read email)

Mike was excused as he had already accepted to be a speaker at the Cedar City Rotary Club. Mike sent Tracy an email to share his thoughts with the Caregiver Advisory Council. February 27 is the Alzheimer's Advocacy Day at the Capital. They have 50 people joining them for an orientation, meeting with the individual legislators, and a luncheon. The mission is to lobby/advocate for the continuation of the \$1 million in funding appropriated to the Utah Health Department of Aging, as well as the new Silver Alert legislation HB215, which would set up protocols to use when adults 60 and older wander.

Ronnie Daniel will speak at the May 3rd Magic of Aging Conference in Cedar City and they will have an information booth in the expo as well.

They had a Support Group facilitator training on February 23 and seven people attended and they look forward to forming a new caregiver support group in St George and Cedar City.

The Walk to End Alzheimer's will be held on September 14th at the St George Dixie State University this is the same day as the Memory Matters Fall Festival so they are going to meet and make the most out of the double booking. They are working on staging a Walk in Cedar City.

Memory Matters – Jackie McClellan

Jackie was in for Lou Ann Lindquist and Janet Labrum

The new Early Stage Memory loss education class is in its second week and they have moved the moved the memory activity classed to their building on T-W-T. Daffodils fund raiser is going on now. March 9th will be the Art Show. Still have doing the Good Morning Sunshine calls are going great. They hired a new activities director Desiree Dana; she handed out a flyer about her. Jackie is new herself with only 4 months under her belt.

RRCI – Brenda McKee

Brenda gave an overview of the things that they do. Brenda passed out flyers on the Donut Dash 5K which will be held on March 30th at 10am in the Crosby Confluence Park. Brenda spoke on the loan bank where they can loan out equipment that is needed temporary they can borrow it. Work with Utah assisted technology funds that will provide equipment and devised for the blind. Brenda handed out an RRCI events calendar so we can see all the services and support groups they have. They also sponsor for the Don't Laugh at Me Players this helps raise awareness for peoples with disabilities she handed out a flyer in case someone is interested in having the players perform for them.

Five County Programs – Tracy HeavyRunner.

Jamie Vanderlaan did a small presentation on the telephone reassurance program stating we had plenty of volunteers but could use some clients. She named all the programs under the RSVP grant and that they looking for trainers in the Chronic Disease Leadership Training which will be held in St George on March 11th to 15th from 9am -5pm. Will also be looking for leaders to be trained for the Stepping On fall prevention program that training class will start in St George on April 9th to 11th from 9:30 to 5 pm each day.

Tracy passed out a flyer on the 17th Annual Senior's Conference this will be in Cedar City at the Heritage Center Theater; the theme is The Magic of Aging. Curtis Crawford will be preparing the lunch this year, we will also be having a Senior Expo this year which will be upstairs. We will be giving out T-Shirts this year and the name tags will be the admission to luncheon.

Legislative Update - Carrie Schonlaw.

This is going on now so she has no updated information yet. Chris Holliday pulled up an email she had received from Sharon Ott which stated that the appropriation committee has indicated that the at the top of list is a \$750,000 of ongoing funds for Alternative, Aging Waiver, Long Term Ombudsman, and Caregiver support programs this looks good that this will go through.

Outreach- Tracy Heavyrunner stated that the newsletters were going out via emails and Brenda at RRCI could use some extras as they put them out on the front desk.

Making a Link packaged last year we gave out over a 1000 packages but in January alone this year we have given out 114 packages already. She has brought some if anyone needs any for their area. On our Facebook in the last 90 days we had 690 hits. She gave a small demo of how to get into it.

Respite – Waiting list is around 49 people and we currently are servicing 23 clients.

Training

RCI this is a 12 week long training and we currently have 7 clients. We are discussing doing some SKYPE calls with the clients to see how that would work for them.

Dealing with Dementia- Dementia Dialogues Caregiver Academy -we have our monthly calendars out and all the classes are in the newsletters. Sheri added our services to all the free papers.

Music & Memory- We now have 5-6 clients on this program. We have over 300 CD's put on our computer with a lot of them being donated. Brian Caldwell is our new case manager in Cedar City and he is now the coordinator.

Support Groups

Cedar City is doing the lunch bunch at the Cedar City office they have about 7-8 attending so they are doing well. St George is not doing as well and we are considering some changes. Kanab support groups are going well. Brookdale is doing its own support group at night. Some ideas were traded as to how to get something going in the more rural areas.

BEC- Benefits Enrollment Program

They screen and help people apply for different benefits including Medicare and Medicaid. This program has exploded so that we now have a waiting list to do the intakes. They are setting up a one day a month for people who need help filling out the forms come in to the St George office and the volunteers will help them.

Updates from Committee Members

Chris Holliday stated that the St George Senior Center will have its Health Fair on March 22nd it will be a western theme last year they had 400-600 people attend and will provide lunch. Sheila Shotwell stated that Beaver County will be having their Health Fair at the Fairgrounds on April 24th. Tracy will get information to everyone on the Traumatic Brain Injury Alliance as she forgot to bring in the support group information but she will email it to everyone.

New Member ideas – Chris Holliday said she could talk to Phyllis Daniels who volunteers at the Senior Center and have her talk to Tracy about this.

Rosie asked if we would be doing anything for Senior Day or Senior Voice Day Tracy said they were thinking about doing one this coming fall and she will work on that with Rosie and the BEC team.

Next meeting will be May 28th at Cedar City

**MOTION TO ADJORN MEETING WAS MADE BY FAYANN CHRISTENSEN AND
SECONDED BY CURTIS CRAWFORD. MOTION CARRIED UNANIMOUSLY.**