



MAG

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Aging & Family Services Advisory Council Meeting

Wasatch County Senior Center

Thursday, March 14, 2019

1:30 pm

MINUTES

Conducting: Chairman Glenn Wright, Summit County Council Member

Attending:

Gena Bertelsen, Orem Friendship Senior Center
Lyndia Carter, Springville Senior Center
Ezra Nair, proxy for Commissioner Ainge
Heidi DeMarco, Aging & Family Services Director, MAG
Steve Farrell, Wasatch County Councilmember
Ashley Fish, Wasatch Senior Center
Andrew Jackson, Executive Director, MAG
Jeremy Pehrson, MAG Nutrition Manager
Karen Rodgers, Information & Program Support, MAG
Cheri Tuckett, Utah County Senior Services
Dennis Wilson, RSVP Advisory Board Representative
Jessica Wilde, Summit County Senior Services

Excused:

Patty Cross, Utah County Health Dept
Judy Seegmiller, Caregiver Representative
Grant Parker, American Fork Senior Center
Cheri Tuckett, Utah County Senior Services
Jan Jonsson-Kirkham, Lehi Senior Center
Heath Bateman, Lindon Senior Center

Guests:

April Sandberg, MAG
Spencer Hoffman, Alzheimer's Association

Call to Order:

Council member Wright called the meeting to order. Prayer and Pledge of Allegiance were offered. Council member Wright asked everyone present to introduce themselves.

Minutes

Council member Wright asked if there were any comments or corrections to the January 10, 2019 meeting, copy provided with the agenda.

Lyndia Carter moved that the minutes of the January 10 meeting stand approved. Gena Bertelsen seconded the motion. The motion was carried.

DISCUSSION & ACTION AGENDA:

Update on Silver Alert Bill – Spencer Hoffman, Alzheimer’s Association

Spencer Hoffman thanked the council for opportunity to be here and talk about some of the changes at the Alzheimer’s Association as well as the items currently moving through the legislature. Spencer said in order to better serve communities in Utah, the Alzheimer’s Association has divided the state into regions and assigned a manager over each region who is dedicated to helping the community understand the full mission of the Alzheimer’s Association. Spencer is the regional manager for our area and he is excited to represent the Alzheimer’s Association and help bring the full range of services they provide to our area.

Utah Legislature:

1. Appropriations for on-going funding passed with perpetuity so now instead of asking for money to just survive we can ask for money to grow. The following programs received approval for on-going funding:

- a. Alternatives Program
- b. Caregiver Support program
- c. Aging Medical Waiver program
- d. Ombudsman program

The fastest growing age group in Utah is the Baby Boomers followed closely by Gen-Xer’s, Getting the funding for more resources now is important so we can be prepared to meet the needs of Utah’s aging population in the future.

2. The Silver Alert Bill successfully passed the house and senate and is waiting for the governor’s signature. Similar to Amber Alert which notifies if a child has gone missing or been abducted, the Silver Alert bill will alert the public when a person with dementia has wandered. It’s estimated that 60% of those with dementia will wander. The Silver Alert bill will have law enforcement working with communications systems within the state, using geo-targeting for the 911 call. This will send an alert to phones and information boards on the freeway, focusing on a 2 to 5 mile radius from where the person wandered. The first 24 hours are critical in finding someone who has wandered. Another positive result of this bill passing is that it gives our first responders an opportunity to be trained on what dementia is and how to interact with people who have dementia.

A question was asked if the Alzheimer’s Association only focused on people who have Alzheimer’s. Spencer clarified that the Alzheimer’s Assoc. works with Alzheimer’s and all other types of dementia. Alzheimer’s is the most common form of dementia. In Utah about 33,000 people have dementia or one in three over the age of 65. Nation wide, dementia is the 6th leading cause of death. In Utah it is the 4th leading cause of death.

Chairman Wright asked about the Sprint Mind Study which was done right here in Utah. Spencer talked a little about the study, saying it confirmed something we have always believed - that heart health and brain health are related. The Sprint Mind study showed a 20% increase in cognitive impairment if the systolic (top) blood pressure number rose above 120. This

research was funded by the Alzheimer's Association. To find out more about the Sprint Mind Study go to <https://www.alz.org/news/2019/alzheimer-s-association-funds-two-year-extension-o>.

Update on Actions at legislature – Heidi DeMarco

Heidi stated that Spencer had already gone into detail about the legislation but added that of the \$1,000,000.00 the Alzheimer's Association was able to secure, \$750,000 will go to the Area Agencies on Aging across the state and \$250,000 will go to the State Dept of Health, so working together and with a lot of emphasis by the Alzheimer's Association, this year we were able to get the funding as on-going. This, along with the Silver Alert Bill which passed, will help us provide more support to people with all types of dementia, to keep them home and in a safe environment as long as possible.

A comment was made about Parkinson's Disease and how prevalent it is becoming. Spencer spoke up stating that the actual name of the Alzheimer's Association is Alzheimer's and Related Dementias Association and that Parkinsons is a type of dementia.

Input into Annual Plan – Heidi DeMarco

Heidi next talked about preparing the annual plan and stated it was MAG's goal was to visit senior centers in each of the three counties to talk with seniors about issues with which they're most concerned. So far MAG staff have visited 5 senior centers - Wasatch, South Summit, Provo, Santaquin, and American Fork, with Orem and Springville visits planned for April. At each center we heard different concerns such as cell phone reception, road safety, fraud/identity theft, chore services and emergency alert systems. The two major concerns that stood out were affordable housing and transportation. These issues we hope to address in our annual plan.

Heidi talked about the need for dementia-friendly communities and went on to say that cities who see their populations growing and have a greater percentage of seniors are going to need to be prepared to deal with and interact with those seniors in a professional way. This is something we want to address in our area plan.

MAG also wants to become more involved in emergency planning and work with each county on their emergency planning boards so they'll be aware of seniors needs and issues during an emergency. An example of this was the fire in South Utah County this past summer. Emergency services contacted MAG about where seniors were, how to get them out, where to take them, and what their needs were. MAG feels a higher level of involvement might help counties identify the needs of their seniors in case of an emergency. It's not just big events that we need to be concerned about. There are a lot of little things that happen in day to day life that we should be prepared for. Chairman Wright said they're working on a plan in Summit County which he called the Wild and Urban Interface (WUI) Strategy. They are compiling a list of seniors who live in more remote areas to give to county emergency management personnel to have so that when fires or other dangers occur there may be some who need help evacuating.

Heidi went on to say MAG is also looking at filling in gaps in service with the annual plan. Help with chores is an issue that needs to be addressed. Many of the seniors we talked with

were willing to pay for chore services but couldn't find anyone to do it. Tax preparation is another service we'd like to make more accessible to seniors.

These are the main issues MAG is working on for next year and Heidi said the council's input and thoughts about any other needs of seniors would be welcome.

NAPIS Service Reporting - April Sandberg

April explained that NAPIS (National Aging Programs Information System) is the reporting system MAG uses to submit all client demographics and service stats to the state which in turn must submit this information to the federal government yearly. It is very helpful in comparing data from year to year of the services MAG provides. April used NAPIS to create charts to show the demographics of some MAG services and how they've trended over the past few years.

The first chart April displayed showed that Home Delivered Meals (HDM) and Congregate Mealshave have been on a slight downward trend since 2010. She explained the sharp drop in 2014 is due a change in being able to count Ensure as a meal. Congregate meals stayed more level than HDM, but still overall the trend has been declining. April then asked what these statistics might mean. Some of the responses were:

1. Gena said that Baby Boomers don't seem to be as interested in "Mashed potatoes & gravy" meals. They are more interested in classes, physical activities and more salad bar-type meals.
2. Jeremy said the trend his team is seeing is that with HDM, as older seniors are either passing away or moving to assisted livings, and their numbers aren't being replaced as quickly.
3. Ashley commented that they are seeing younger seniors come in and use the exercise room more and not stay for meals.
4. Gena said she has noticed that on a day when they have an activity like bingo, many people will come after lunch to do that activity whereas in the past many would come for lunch and stay to do the activity.

Heidi said that MAG is trying to provide more choice by offering soup and sandwich or soup and salad meals. Gena responded to Heidi by saying that these were very popular at her center and she thought they could almost do those every day and people would be very happy. Heidi also said with HDM they are offering more choices by using Homestyle Direct and the jail is doing more than 30 types of special diets, they are really trying to accommodate the needs and wishes of the seniors we serve.

Consensus among Advisory Council members was that as we move forward, having more options will be very important with younger seniors. Their expectations are much different than older seniors.

April then went on to show a few more graphs that tracked the ethnicity of those who received the meals, how many meals were served in rural area (Summit and Wasatch Counties), the number of meals delivered over each fiscal year, and the number and gender of caregivers accessing services, including attending support groups. Jeremy noted that while Utah County MOW numbers have been decreasing, Summit & Wasatch counties seem to be increasing and we want to see those numbers increase even more.

Elder Justice Conference – April Sandberg

April said MAG is very excited about this conference and a lot of thought and planning have gone into it. She handed out flyers announcing the Conference and a schedule of the topics and presenters. The Elder Justice Conference is on May 9 in Park City at the Park City Marriott on Sidewinder Road. We have had a lot of interest and willingness in the professional community to participate. April said the agenda is pretty much complete with approximately 25 to 30 presenters and a variety of topics. She pointed out just a few of these. The keynote speaker will be Kathy Greenlee, former U.S. Assistant Secretary for Aging, and Administrator for Community Living For Department of Health and Human Services at the US Department of Health and Human Services. She is very passionate about seniors and is a rallying call for senior justice.

There will be four tracks of emphasis: health and wellness, legal and law enforcement, at-risk groups, and prevention and advocacy. There will be a law enforcement panel with representatives from three counties. There will also be an elder justice round table discussion with different representatives from the legal community whose goal is to create a coalition that will focus on senior justice.

For more information and to register go to utahelderjustice.org. Right now we have 205 registrants, we can accommodate 280. Most of those registered so far are professionals and Heidi said we would really like to see some seniors attend. We anticipate it being a great event.

Open and Public Meeting Training - Heidi DeMarco

Due to time constraints, Chairman Wright suggested the council discuss this at the next council meeting and move to the next item on the agenda.

Adjustments to Meeting Schedule – Heidi

Heidi brought up two schedule conflicts with upcoming advisory council meetings.

1. The Elder Justice Conference is on the date of the next Advisory Council Meeting. Heidi explained we do need to meet to approve the 4 Year Plan so we can take it to the Executive Council at the end of May. After some discussion of dates, it was decided we will meet on April 25 at 1:30 pm at the Orem Senior Friendship Center.

2. The September 12 meeting is on the same date as the Senior Health Fair and after some discussion it was decided to meet the same day at 2 pm in the MAG large conference room.

Roundtable Discussion

Gena gave everyone a copy of the Orem Friendship Center newsletter and reminded the council of the Grammy's which will be next Friday (March 22). There were no other announcements.

Chairman Wright thanked everyone for coming and thanked Ashley for the wonderful St. Patrick's Day lunch and adjourned the meeting.

Next Meeting

The next meeting of the Advisory Council will be April 25, 2019 at 1:30 pm at the Orem Senior Friendship Center.

Meeting adjourned at 2:40 pm.