

MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
April 23, 2019
BEAVER, UTAH

MEMBERS IN ATTENDANCE

Sharon Ott (Chairperson)
Karr Farnsworth
Nancy Ford
Earl Paddock
Sondra Akins
Geraldine Liston
Wynona Henderson
Pauline Prince (Co-Chairperson)
Art Cooper
Clem Griffin
Joyce Griffin
Sharon Griffiths
Wallace Gibson
Doug Maxwell
Lois Bulloch

MEMBERS NOT IN ATTENDANCE

Connie Ball (Excused)
Carol Sullivan (Excused)
Mary Schaidt
Lael Chynoweth
Judy Henrie
Robert Rasmussen (Excused)
Ron Lehm (Excused)
Arlen Grimshaw

OTHERS IN ATTENDANCE

Christine Holliday
Curtis Crawford
Sheila Shotwell
Donna Chynoweth
Fayann Christensen
Ramona Sorenson (At-Large Rep)
Craig Hansen
Carrie Schonlaw
Linda Sawchenko

REPRESENTING

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

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

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

M I N U T E S
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
April 23, 2019
ST GEORGE, UTAH

I. WELCOME AND INTRODUCTION

Ms. Sharon Ott, chairperson welcomed the members of the council. Sharon expressed that she had someone make a comment that our Senior Centers should be a happy place and this is something we have been striving for in Washington County so for it to be a happy place we need to be happy. It depends on us to make it a happy place and to keep a smile on our face. Sharon thanked Sheila for hosting the meeting.

II. MINUTES PREVIOUS MEETING OCTOBER 23, 2018

Ms. Sharon Ott asked if everyone had gotten the minutes from the last meeting and if there were any comments or changes. No changes to the January 22, 2019 minutes were needed. It was noted that on the agenda that the next meeting date and location was incorrect. Ms. Ott requested a motion to accept the minutes from the last meeting.

MOTION WAS MADE BY MR. DOUG MAXWELL TO ACCEPT THE MINUTES OF JANUARY 22, 2019. MOTION SECONDED BY MS. LOIS BULLOCH. MOTION CARRIED UNANIMOUSLY.

III. LOCAL SHARING

Ms. Sharon Ott requested local sharing from County Coordinators.

Beaver County - Ms. Sheila Shotwell

Beaver Center- The attendance at the congregate meals is coming back up the snowbirds returning for the summer and the MOW is staying about the same. They are still playing cards every Wednesday and bingo the fourth Friday of the month. Bunco will be starting in May. On the way back from a visit to St George it was discovered in Cedar City that the bus had a big hole in the tire and they were able to drive it back to Beaver without any incident.

Milford Center- They hired a new cook's assistant since the one they had retired. This is working out really well. Every third Monday they have Bunco which is going quite well. The turnout for bingo is great and being held the second Tuesday of the month. Cards are once a week and billiards is going on most days the Milford center is open. The attendance for congregate meals is good and they are up to servicing 26 people for MOW's.

Minersville Center- Now that the snowbirds are returning the congregate meals are coming up. Bunco is once a month with usually 12-16 players and bingo is the third Thursday of the month with good attendance. They brought a group of 7 to Beaver to check out the new Creamery and have lunch.

Other things of interest-The annual Beaver County Senior Health Fair will be this Thursday from 11 to 2pm at the Minersville Fairgrounds and they have about 24 vendor booths. You all are welcome and we are hoping for a good turnout.

Kane County - Ms. Fayann Christensen

No date set yet to open the new Senior Center but the work is ongoing and they are close. Meals are about the same. Still doing the exercise classes. Took the bus to St George shopping and to the movies. Did some local shopping. The seniors have a sewing class and they have some local boys from the 4H coming to help teach the

seniors how to use their electronic devices. Celebrated Chinese New Year and shopping trips. Craig is looking for 2 people to help in the kitchen. She stated that she has an awesome staff and are doing great.

Iron County - Mr. Curtis Crawford

Overall the programs congregate and MOW's are doing fine. The numbers continue to grow, especially at the Cedar Senior Center and the MOW's in Parowan. Finally finished the remodeling of the older bathrooms at the Cedar center and will be re-doing the floors in bot Cedar and Parowan the next couple weeks. They had the health inspector come a few months ago who had found lots of problems so they had the Parowan custodian repair everything in Parowan then come and do the same thing at the Cedar center and I am pleased to announce that the inspector came back and couldn't find any issues. The activities at both the Parowan and Cedar centers have increased with something going on at the Cedar center every morning and afternoon and most evenings by various groups. You can see all the activities going on in the newsletter handed out. The monthly dance night is still going strong with over 100 people attending. They are in the process of creating a Military Veterans board at the Parowan center just like the one they have at the Cedar center. They are looking for two cooks assistants at the Cedar center but they have cross trained all their employees so they are not hurting at this time. All is going good.

Garfield County - Ms. Donna Chynoweth

Garfield – All is going good. The numbers in Boulder are really going up and Donna feels they could almost do another route. The new Senior Center is not quite finished yet but very near being done. They have lost a few seniors over the winter. Ramona is very busy with the exercise classes.

Henrieville- All is doing well. They are planning a meeting with the Mayors to see if they will build one big Senior Center for those areas. Still lots of MOW's people.

Panguitch is looking forward to warmer weather and being able to take more trips.

Washington County – Ms. Christine Holliday

All the centers celebrated St Patrick's Day. The VITA program has kept the Center busy, it is a very important program, but Chris stated that they are glad tax season is over. All three centers had a hard of hearing specialist come to speak and we all had the fire chief come to teach our employees how to use the defibrillators and did it at the same time that the seniors were there.

Enterprise – They are having craft days. Some volunteers were trained as leaders for the Stepping On classes and in May they will also be trained to teach Tia Chi. They celebrated Valentine's Day and had an Easter Egg Hunt. Van went to St George for health fair.

Hurricane- They made a trip to Springville for the Easter Parade. Hurricane is also having volunteers trained for Tai Chi in May. Celebrated Pie Day. They have a new performer for lunch time.

St George – They are still having the Desert with Doctor Day. They had waffles with Chantilly strawberry cream on Valentine's Day. The VA came a couple times. They had the Health fair which was a Western Theme this year and they had about 400 people attend and made around \$7,000. They are going to be doing a billiards tournament this year for the first time. Like all the other centers they are having some staff issues. Unlike all the other centers the snowbirds are leaving so the numbers are going down.

IV. LEGISLATIVE & FISCAL UPDATE

The State Legislature approved the one time money from last year be allocated as ongoing funds for future years. This is a great accomplishment and the Area Agencies on Aging and Division of Aging appreciated all the work staff from the Alzheimer's Association, in particular, Jeremy Cunningham put in to making this happen.

Carrie stated that she has not received the 2020 budgets yet. She has seen an overall statewide preliminary budget which has some small increase in meals, supportive

services, preventative health and ombudsman, with a decrease in SHIP/SMP. Overall the increase is about \$111,000 statewide.

FY19 Budget

Ms. Carrie Schonlaw handed out spreadsheets for the remainder of the FY19 budget. Across the top is the actual cost to date. In January extra dollars were allocated to the Senior centers and the council approved an increase of \$5,000 for Utah Legal Services. Congregate and HDM meals are still a little high so more will need to be spent out before the end of the fiscal year, June 20, 2019. The areas highlighted in yellow impact the Senior Center services directly while the other programs impact all of the Five County area but are administered at the Five County level. The estimated expenditures through the end of the year should put the supportive services under the amount allowed to carry over. Congregate meals Carrie stated that at the last meeting we had discussed ordering emergency meals again since it has been a couple years since we last purchased these. The home delivered meals are our biggest concern with \$76,000 balance and we can only carry over a balance of \$32,000. With \$28,000 earmarked for MOW's containers and some equipment we need to discuss our options. One option is to purchase some one time equipment and if we still can maybe a couple MOW vehicles. Carrie explained that she has emailed the State to see if we can still request capital expenditures for this year for vehicle purchases. There may be the potential to purchase 2 MOW's once she gets approval from the state to make the capital expenditure, if Counties can match at about same rate as before. Beaver could use another MOW's vehicle and if anyone else has a vehicle need they should get with Carrie. We need to think about next year and discuss options for expansion to be able to serve more individuals since we have received these increases in funding over the past couple years. Some options would be to either expand outreach to identify additional consumer to serve in current areas and/or look at options and costs to expand in to some of the underserved areas. The Counties would need to look at the

cost of expanding routes and service areas and we could possibly look at a rural enhancement rate to help those areas willing/able to expand to help cover the additional costs associated with expanding services. Once Carrie gets the response back from the state on the vehicles she can have discussion with County Coordinators about equipment needs their centers may have. Carrie's proposal is to do the vehicles if we can as we may not have that chance again.

FY20 Budget

Once Carrie gets the FY20 budget she will get it prepared and submit to state. We will go over the FY20 budget in July and if she needed will reach out to the co-coordinators separately.

V. NUTRITION PROGRAM

Carrie handed out the response on the MOW's survey and went over the responses to the questions on the survey. We received 409 surveys back.

VI. REPORTS

Carrie handed out the First Year of the Four Year Annual Plan for fiscal years 2020 to 2023. This is the first year of the Four Year Plan the first section is the overlying goals and objectives which includes the umbrella issues that the federal government wants us to address. The Feds did not make any changes to these for the new four year plan so Carrie just updated them to reflect any changes for the upcoming four years. The second section is what we accomplished over the past year; including any goals and any challenges.

Carrie briefly went over the goals:

1. Coordination of Title III and Title VI Native American programs
2. Integration of health care and social services systems
3. Empowering seniors in maintaining health, safety and independence

4. Planning for the future
5. ACL Discretionary Grants
6. Participant-Directed/Person-Centered Planning
7. Elder Justice

Carrie also went over the accomplishments for the past year:

1. Senior Center's Nutrition & Supportive Services
2. Advisory Councils
3. Community Outreach
4. Home & Community Based Programs & Case Management Teams
5. Caregiver Support Program
6. Veteran's Services, LTC Options Counseling & Benefits Enrollment Center's
7. Senior Corp Volunteer Programs
8. Senior Health Insurance Information Program & Senior Medicare Patrol
9. In Home Services
10. Other Accomplishments/challenges in Five County Programing

Carrie briefly went over the remainder of the plan which includes assurances and specific numbers of individuals to be served along with any attachments. Sharon Ott opened it up for any questions, discussion about the plan and a motion to approve the plan by the council.

MOTION WAS MADE BY MR. ART COOPER TO ACCEPT THE FOUR YEAR PLAN. MOTION SECONDED BY MR. CLEM GRIFFIN. MOTION CARRIED UNANIMOUSLY.

VII. OTHER BUSINESS

Upcoming Events

Upcoming Training/Classes

Dementia Dialogues- Kanab in April, Beaver in June, and Cedar in May, Escalante in June.

Care Giver Academy – Cedar City in May

Dealing with Dementia- St George in April, Panguitch in June.

Carrie explained that Jamie is no longer with us and that we are in the process of interviewing for a new RSVP director so no new Preventive Health classes are scheduled at this time.

ANNUAL SENIOR'S CONFERENCE

Carrie handed out a flier on the 17th Annual Seniors Conference taking place at the Heritage Center in Cedar City on May 3rd starting at 9am. The format will be different this year we are adding a larger vendor expo in the large room where we used to hold lunch. Lunch will be served downstairs in the rotunda outside the auditorium. The agenda will be reversed with breakout sessions and Resource being held first, upstairs. Then everyone will go downstairs for lunch and finish with keynote and door prizes in the auditorium. Carrie reminded everyone to register if they want a meal but check to see if they have already been registered by their Senior Center. We have limit of 200 for meals so need to be registered to receive a meal; however anyone can attend the breakouts, keynote and resource fair.

Open Floor for discussion

Sharron Ott asked if anyone had anything they wanted to report or discuss, no one had anything else to discuss.

Next meeting will be on July 23, 2019 at the new Escalante Senior Center.

X. ADJOURN

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