

MINUTES

FIVE COUNTY CAREGIVER ADVISORY COUNCIL

December 3, 2019

ST GEORGE, UT

MEMBERS IN ATTENDANCE

Rosie Fletcher-Chair
Brenda McKee-Co-chair
Mike Miller

REPRESENTING

Iron County Caregiver
Washington County RRCI
Alzheimer's Association

MEMBERS NOT IN ATTENDANCE

Sheila Shotwell
Donna Chynoweth
Christine Holliday
Jackie McClellan
Fayann Christensen
Curtis Crawford
Lou Ann Lindquist
Heather Cox
Melinda Barney
Cindy Clark

Beaver County Coordinator
Garfield County Coordinator
Washington County Coordinator
Memory Matters
Kane County Coordinator
Iron County Coordinator
Memory Matters
Five County
Washington County Caregiver
APS

OTHERS IN ATTENDANCE

Mike Hart

Five County AOG RSVP

SUPPORT STAFF

Tracy HeavyRunner
Carrie Schonlaw
Linda Sawchenko

Five County AOG
Five County AOG
Five County AOG

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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 stated that most of the county coordinators were not in attendance so we did not have a quorum to vote on the May 28th minutes. This will need to be postponed until the next meeting.

INTRODUCTIONS

Introductions were made of all attending this meeting.

Alzheimer's Association- Mike Miller

Mike stated that the walk for Alzheimer's in St George in September had over 500 at the walk and for the first walk in Cedar City had over 300 at the walk and between both walks they raised around \$45,000. They have a new support group in Hurricane which meets the second & fourth Monday of the month from 2-3. Mike mentioned how they have more men caregivers now. The Cedar City group meets the second Friday of the month and the fourth Tuesday of the month from 5:30 to 6:30pm. The St George group meets the first Wednesday of the month from 4-5pm. Mike handed out a list of the support groups he was aware of and wanted to verify them and add any we have that might not be on this list. A discussion ensued about the places these support groups were being advertised to the public such as websites and local newspapers. The second page of the handout listed the various organizations that offered these support groups. Carrie stated that our website was listed incorrectly and she gives him the correct one.

Mike wanted to discuss volunteers for home respite so the caregivers can attend the support groups. Talked about if we could train the students from the college to do respite while the caregiver was at the meetings and was wonder how that would work as far as any liability goes.

January 8th will be screening Alive again. Music and Memory with SSU has been brought up to help catalogue the music and Brian Caldwell will be in charge of that.

Mike wanted to know if we had a community forum for the needs of the elderly not just the ones with Alzheimer's. Carrie pointed out that IHC does a Health & Needs which does a general assessment and CAP team here does one as well for the needy.

Memory Matters - Luann Lindquist

No Attendee

Tracy informed everyone that Memory Matters now has its Adult day Care license and she would be getting more information on that for everyone.

Memory Matters gave us some paintings done by people with memory loss and we will be displaying them in our building.

RRCI - Brenda McKee

Brenda shared with everyone the fund raiser they had Friends In Kind at Bloomington Country Club had 140 guests and raised \$80,000. They have been having all kinds of fund raising events. Carrie suggested that Brenda get with Barbara to check on help with new building with Gary of CDBG for any funding they may have for the building. Brenda handed out a brochure about the new support group for mental wellness they have called "TRIBE" for those ages 14-21 years of age. Carrie suggested we make our case managers of this for the grandparents caring for grandchildren. Brenda wanted to remind everyone that they have funds left for USOR for hearing aids. Low vision support group and she left us some of the referral reports for the patients to give to their doctors to get help. Brenda handed out a flyer about the equipment loan bank and that they can use donations. RRCI will be having its annual Donut Dash 5k on March 21st and Brenda left us with some flyers to give out. Changed the evening activity programs to once a month.

Rosie took the time to thank Mike of the Alzheimer's Association and Brenda with RRCI for how much we appreciate what they do for the community.

Five County Programs

RSVP-Mike Hart

Mike explained that RSVP was having a contest to get new volunteers between now and the 20th. The person bring in the most volunteers can win prizes. He is looking for locations to hold some of the classes also trainers at those locations. Walk with Ease can be held almost anywhere. He handed out a list of the class schedules. Mike explained his ideas on agencies sharing volunteers.

Outreach Monthly newsletter and our web page. Kristina puts all the classes in the newsletter and if Alzheimer Association, Memory Matters or RRCI have any upcoming events she can add it to our newsletter. Carrie mentioned that the support groups can be placed on the KSL.com site and they can contact Wid Covey with any questions.

Respite - Tracy explained that she is the manager of the case managers for the Caregiver program which allows people to stay in their own home. Caregiver is meant to educate. We are adding about 14 new clients which would put us up to about 39 clients. Our major issue is we only have so many case managers and money. Tracy gave statistics of how we did for FY19

though the newsletters we had 15,551 people, social media we had 4,415 people and with our respite training programs we had 481 people for 1,736 units.

Tracy stated we had our Caregiver audit and all went well. Nancy Madsen got to visit some of the caregivers. We just need to make sure to get the information on the grandparents taking care of their grandchildren.

Training

RCI this is a 12 week long training and so far we have 3 people on the program with a goal of 18 people complete this program next year.

Dealing with Dementia- Dementia Dialogues - Caregiver Academy and a new class that Sheri designed "So Now You're a Caregiver" -we are working on the new schedule for next year. Will try to have a quarterly class of each in the St George and Cedar area. Then we will work on the outlying areas. Just a note that if you do have a caregiver who is having trouble attending classes because they can't leave the care receiver alone we have the RCI program which is done in home just have them call in to do an intake for the RCI program.

Music & Memory- We now have 5-6 clients on this program. We have over 300 CDs put on our computer with a lot of them being donated. Brian Caldwell is our coordinator for this program. .

Support Groups

Cedar City is doing the lunch bunch at the Cedar City office the attendance has been sporadic. St George is not doing as well and we are considering some changes. Kanab support groups are going well. The case managers will be giving out the annual Caregiver Baskets to our Respite clients and these are items donated by the community.

Senior Voice Day

Rosie wanted to know everyone's take on how the Senior Voice Day went. Carrie and Tracy felt it went well with at least 63 attendees. The general consensus was that the seniors were hesitant to ask question while the elected officials were doing their presentations but after when they mingled one on one they really interacted. Carrie and Tracy are thinking about switching this up next year and having the open forum before the presentations.

Senior Conference

Tracy handed out a temporary flyer for the Senior Conference to be held at the Heritage Center in Cedar City with the date, time and speakers. We will be having the set up the same as last year with the Resource Fair starting at 9am upstairs. She will keep everyone updated as time gets closer.

Senior Expo

The Senior Expo will be held at the Dixie Convention Center on January 14th & 15th and it is free to the public. The Dementia Care Conference will be on the 15th Carrie handed out a flyer of the agenda. It was suggested that we have our booths be interactive.

Meeting Adjourned

Next meeting will be in Cedar City on February 25th.