

Senior Services Advisory Board Council

Meeting Minutes

April 16, 2021

Council Members Present:

Commissioner Bob Stevenson
Mark Perry
Johnnie Cook
Julia Bentley
Kelly Van Noy
Manuel Martinez
Lorna Koci

Department Staff Present:

Kristy Cottrell
Shawna Mahan
Tazia Venstra
John Cowan
Alianna Sipes
Debbie Draper
Megan Forbush

Members Excused:

Becky Spinoza

Guests:

Stoney Wayment

Welcome

Julia Bentley called this meeting to order at 10:30 am. The Senior Advisory Council meeting began with introductions

Update to the 4 Year Plan and 2020 Annual Report/Kristy Cottrell:

Kristy presented a detailed overview of accomplishments made within the Davis County Senior Services Program this past year as well as plans for the future:

- **Goals & Objectives**
 - Integration of healthcare and social services systems.
 - Discussed changes as a result of COVID-19.
- **Initiatives**
 - Combining Senior Center Events moving forward based on the success of conducting previous activities in this fashion
 - Addressing technology needs
 - Case Managers and staff members quickly acclimated to virtual options (ie: meetings, classes, etc), ensuring high-risk individuals in particular, continued to have access to necessary resources
 - Acknowledgement there is room for improvement with virtual services moving forward within the Senior Centers as well as in long-term care facilities
- **Nutrition Services**

- Grab & Go meals were offered during the pandemic since congregate meals could not be offered in the Senior Centers
- Meals On Wheels services nearly doubled in 2020
- Observation there is a need for those under 60 years of age in the community to receive nutritional help. Kristy is currently working on a solution for this
- Transportation Services information and survey results were shared
- Support Services
 - 3 Senior Services staff members were trained as Community Health Workers during the pandemic
 - Dementia Dialogs
 - 2,091 units of information and assistance were provided to caregivers about the types of support systems and services available within the community
- Elder Justice/Long-Term Care Ombudsman Services
 - Despite pandemic barriers, services continued to be offered via email and newsletters
 - Early outreach to long-term care facilities was initiated with tracking guidance provided from the federal level. A partnership with the National Guard was created and proved to be very beneficial
- Direct Service Waivers

Johnnie Cook made a motion to approve and accept the plan as listed

Kelly Van Noy accepted the motion

All parties were in favor, none opposed

Julie Bentley approved the motion

Alzheimer's Association Activities and Groups/Julia Bentley:

Julia informed the council that all Alzheimer's Association offices are currently closed; however, staff are able to meet in-person with others while following current CDC guidelines. Support groups remain virtual due to the high-risk involved. Education programs are being offered and even increased. The following are available in April (visit www.alz.org/utah for additional information):

- Understanding Dementia
- Virtual Caregiver Support Groups
 - Group 1
 - 1st & 3rd Thursday of the month
 - 3:00pm-4:30pm
 - Group 2
 - 1st Wednesday of the month
 - 3:00pm-4:00pm
- Additional participation is urged as attendance has been minimal
- Caregiving Stages
 - 3 groups led by staff and/or trained/screened volunteers
- Healthy Living Through The Brain and Body
 - Evidenced-based
 - Good for all ages

- Free
- Register at: www.alz.org/utah
- Weber/Davis Walk to End Alzheimers: This event is scheduled to take place on October 9th, 2021 . An in-person, group setting is planned. Making virtual options available are also being discussed. Kristy Cottrell mentioned that a team from Davis County Senior Services has participated in previous years. She encourage anyone interested to participate as well
- Alzheimer's Association Virtual Town Hall Meeting With Representative Blake Moore: Will take place on April 28th and attendance is urged. See attached flyer for additional information

Julia is seeking volunteers to provide community education in a virtual setting. Those who are interested have been asked to reach out to her directly (jbentley@alz.org / 385-831-7126)

LTC Ombudsman Update/Alianne Sipes:

Alianne informed the council that individuals, up until March of this year, had been unable to visit long-term facility residents in-person (for approximately 1 year). A team of 8 volunteers (5 who are new) have been hired in an effort to expand in-person visits. They will be assigned to specific buildings and will help build relationships and connections. The monthly newsletter that has been consistently provided, will continue to be produced (hard copies and e-mailed). Cases have increased due to residents feeling isolated and needing to express their feelings and concerns. State guidance from the Department of Health specifies that if the county is under a 5% positivity rate, in -person/indoor visitations can continue to occur, so long as infection control protocols are adhered to. If the rate increases, additional limitations can be set. Reaching out to your local Ombudsman to connect folks in need was recommended

Senior Centers Opening/Debbie Draper:

Debbie informed the council that all Davis County Senior Centers have opened, offering select activities and in-person exercise classes, with parameters in place. Patrons are currently required to wear masks and socially distance while inside of the buildings. These activities include:

- Lapidary
- Ceramics/Crafts
- Card Playing
- Lapidary
- Enhance Fitness Classes
- Tai Chi Classes

Congregate meals are not yet being offered; however, grab-and-go meals are still available for pickup at every center. Debbie also stated that volunteers are currently transitioning back into their Meals On Wheels roles. Moving forward, plans are in place to increase evidence-based classes. 9 individuals will be trained to teach Living Well With Chronic Conditions courses.

Community Living/Kristy Cottrell:

Funding will soon be available for vaccine outreach efforts. Kristy reported that additional approach efforts may be necessary to ensure more individuals get vaccinated. Targeted outreach efforts are currently taking

place (including branding county vehicles).

Johnnie Cook made a motion to end the meeting

Mark Perry seconded the motion

All parties were in favor, none opposed

Kristy Cottrell approved the motion and adjourned the meeting

Upcoming Events:

- **2021 Virtual Elder Justice Conference:** Join community leaders and senior advocates from all over the state of Utah as we unite to envision a more just world for older adults. The Utah Elder Justice Conference will be held virtually on May 13, 2021. Registration is free and open to the public: <https://www.surveymonkey.com/r/EJRegistration>.
- **Community Shred Event:** Will take place at the South Davis Senior Activity Center in Bountiful on May 14th. Kristy shared the flyer for this event with the council, encouraging everyone to share the information with others. See attached flyer for additional information
- **Online Medicare 101 Classes:** Free Medicare 101 classes take place virtually via Google Meet, every 2nd Wednesday at 2:00 pm and every 4th Wednesday at 6:00 pm. To join: <https://meet.google.com/pcz-mhhp-mzg> Call 801-525-5050, option 5 for additional information
- **The Caregiver Academy:** This free, six series class, will begin on May 11, 2021 at the Central Davis Senior Activity Center. Space is limited and registration is required. Call 801-525-5050, option 5 to sign up

2021 Meeting Schedule:

Third Friday, every other month from 10:30am - 12:00pm

- June 18th, 2021
- August 20, 2021
- October 22, 2021
- December 17, 2021