

MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
JULY 28, 2009
PANGUITCH, UT

MEMBERS IN ATTENDANCE

Mary Schaidt
Sharon Griffiths
Millie VonRitchie
Norma Foster
Commissioner Clare Ramsey
Clem Griffin
Joyce Griffin
Roy Urie
Doug Maxwell
Vern Kupfer
Arlen Grimshaw, Chair
Hazel Jean Robinson
Mary Stevens
Joyce Ross
Wallace Gibson
Tamara Atkinson
Kaye Reese
Gayle Rohde
Sharon Ott

REPRESENTING

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

MEMBERS NOT IN ATTENDANCE

Wynonna Henderson
Cathy Woodard

Garfield County Advisory
Garfield County Advisory

OTHERS IN ATTENDANCE

Carma Sly
Jim Sly
Pamela McMullin
Donna Chynoweth
Connie Lloyd
Fayann Christensen
Christine Holliday
Beth Cottam
Carolyn Moss

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

**MINUTES
DISTRICT V
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JULY 28, 2008
PANGUITCH, UTAH**

I. WELCOME AND INTRODUCTION

Mr. Arlen Grimshaw, Chair, conducted the meeting and welcomed those in attendance. Introductions of new advisory council members from Washington, Kane, and Iron counties were made. The cooks of the Panguitch Center were introduced and thanked for providing a great lunch.

II. MINUTES APRIL 21 AND APRIL 29, 2009

Mr. Arlen Grimshaw requested a motion to accept the minutes of April 21, 2009 and the minutes from the teleconference held on April 29, 2009.

**MOTION WAS MADE BY MR. CLEM GRIFFIN TO APPROVE THE MINUTES OF
APRIL 21, 2009 AND APRIL 29, 2009. MOTION SECONDED BY MR. WALLACE GIBSON.
MOTION CARRIED UNANIMOUSLY.**

III. LOCAL SHARING

Donna Chynoweth - Garfield County

- New Center - Panguitch. Ordered additional dishes and silverware to accommodate the increase in meals; almost double since the Center has been opened.
- Escalante and Henrieville Centers both have new television sets.
- All buses are providing trips to doctor appointments and shopping.
- Physical Therapists have visited centers three times.

- New low-impact yoga classes available.
- Special thanks to the “greatest commissioners”.

Connie Lloyd - Iron County

- Fire Department has conducted mock fire drills at centers.
- Drivers has been trained by ERSTA and how to use fire extinguishers.
- Four Eagle projects have helped with landscaping, pulling weeds, siding the shed, and building a retaining wall.
- Added a Kick Stick exercise class; additional computer class
- Provide a “Cook’s Choice” on the menu
- Provided information to seniors regarding Emergency Preparedness; USDA Rural Development information
- Holding the quilt raffle
- Seven ladies meet each week and complete plastic canvas projects for centers: spiders for Halloween, turkey napkin holders for Thanksgiving; Christmas tree utensil holders.

Christine Holliday - Washington County

Ms. Holliday reported on each Center’s activities as follows:

St. George Center

- Lower numbers because of snowbirds this time of year.
- Annual 90's Banquet was cancelled due to lack of funding. However, certificates were sent to those in recognition of this accomplishment.
- Changes in Washington County positions - Mr. John Willey will be working with the Master Plan; Mr. Dean Cox, County Administrator.
- On July 7, new lunch option. Self-serve salad bar (1 time through) and 2 choices from the hot side in addition to vegetable, fruit and dessert. Senior are enjoying the change and remain at the Center longer during lunch to socialize. The volunteers have noted that there is less waste because seniors take only what they will eat.

- Once a month the Chef's Choice is offered for lunch.
- The large library is a great resource that is utilized by the seniors.

Hurricane Center

- Holding monthly bake sale
- Peach Day breakfast - held on Labor Day
- In August, the center will be sponsoring a wedding picture contest. Seniors are asked to send in their wedding pictures and see who they can recognize.
- Tuesday is a slow day at the Center - offering Surprise dessert
- Potluck dinners/bingo offered each month.

Springdale Meal site

- Offers meals two times a week
- Other activities include: used book sales, picnics in the park, humanitarian projects, bingo, information regarding health issues.

Enterprise Center

- The Mother's Day brunch and Father's Day bake sale were held.
- Participated in the 4th of July parade with a float
- Two buses are available each month for trips to St. George.
- Annual Corn Fest held the last weekend of August is primary fundraiser for center.
- A picnic is planned at Enterprise Reservoir.

Fayann Christensen - Kane County

- A little slow during this time of year.
- The Orderville Kitchen has been closed temporarily as some staff members are no longer there. Meals are being provided by the Kanab Center. The Orderville Center opened for congregate meals; residents can eat their meals at the Center.

- Due to the closure of the Orderville Kitchen, meals are now being provided through the Kanab Center five days a week.
- Shopping trips to St. George 2-3 times each month.
- Held the annual Health Fair

Pam McMillan - Beaver County

- Health Fair - temporary 2-hour evacuation due to gas leak. However, vendors stayed and it turned out great.
- County Fair - August 14 - assigned to decorate the stage. August 13 is specifically "Seniors Day" at the Fair beginning at 1:00 p.m. with lunch, bingo, etc.
- Milford seniors went to Cedar City to the program honoring Cody Wright.
- A blood drive was held; 35 units were requested; 32 units were received. Another drive will be held in six months.
- Jim and Carma Sly are now certified in CPR.
- Once a month in Beaver, a representative from Beltone comes to the center to adjust hearing aids, provide cleaning, etc.
- The Seniors in Beaver were invited to attend the dress rehearsal for the Children's Theater. Seniors "passed a hat" and presented the Theater with a contribution to help with costumes, etc.
- Meals on Wheels truck participated in the Minersville 4th of July parade; distributed chocolate milk.
- Prisoners provide community service and helped with trimming trees, landscaping, and cleaning of the exterior of the Milford Center.
- Bingo is held each month; RN from Beaver Home Health checks blood pressure and glucose levels.
- Advisory Council for Beaver County is now fully staffed.
- Beaver Center has purchased a new ice machine; Beaver City will maintain.
- Minersville has a new treadmill and will hold their annual bazaar in August.

- New tai chi classes are being held in Beaver; averaging about 15-20 participants.
- The buses are running; and the seniors are going places.

IV. FUNDING REPORT

Ms. Beth Cottam reported that the contract with the Division of Aging and Adult Services has been signed and returned to the State. Mr. Bob Rasmussen will be determining budget amounts for the counties and contracts will be sent within the next couple of weeks.

V. BYLAWS

The Bylaws were sent to the Council with the agenda for review. Ms. Hazel Robinson noted that there was a duplicate of Articles VI and VII. It was determined that these had been copied twice. Ms. Beth Cottam clarified the addition of the electronic meeting resolution that was added to the Bylaws. Mr. Arlen Grimshaw requested comments, suggestions, and corrections to bylaws.

MOTION WAS MADE BY MS. MARY STEVENS TO ACCEPT THE BYLAWS AS PRESENTED WITH THE ADDITION OF THE ELECTRONIC MEETING RESOLUTION. MOTION SECONDED BY MR. DOUG MAXWELL. MOTION CARRIED UNANIMOUSLY.

VI. MEAL ANALYSIS

Ms. Beth Cottam introduced the new ESHA meal analysis software that will be available to assist with menu planning. This software was purchased by the State, but it not fully functional at this time. Ms. Gloria Johnson, our Dietitian, will still approve menus as in the past and Ms. Cottam distribution information with recommendations for menu planning.

VII. VISTA PROGRAM SUPPORT

Ms. Beth Cottam and Ms. Linda Sappington have completed the application process for additional VISTA support in our area. The Five County area will be receiving 5 VISTA

volunteers; one for each county. These volunteers will be working with the Emergency Food and Senior Programs, assisting with food stamp outreach and application process, and food distribution programs. The volunteers have been hired for Iron, Beaver, Kane and Washington Counties. Garfield County has recommendations for the VISTA that will serve in Escalante. Training will be provided during August.

X. OTHER BUSINESS

- New NAPIS reporting system - No additional information has been received from the State about this program. The State has indicated that it will be operational on October 1, 2009. Training will be provided and additional information will be sent to County Coordinators when received.
- Ms. Carolyn Moss reported on the LTC Ombudsman Program. This program is now coordinated through the Five County Aging Office. Ms. Moss will be the coordinator and intake worker for this program. Five County has hired two (2) contracted certified ombudsman; Ms. Jennie Cerrito for Washington and Kane Counties, and Ms. Susan Swapp for Iron, Beaver, and Garfield Counties. Ms. Moss explained the importance of this program as an advocate for residents of long-term facilities.
- Mr. Vern Kupfer asked about our representation on the State Advisory Board. Mr. Jim Sly has been our representative, but meetings have not been held. With State budget cuts, it appears that this board has been disbanded.
- Next meeting to be held on Tuesday, October 27, 2009 at the Kanab Center.

XI. ADJOURN

Mr. Arlen Grimshaw again thanked the council for attending the meeting and expressed his appreciation for all that the council and coordinators do to support senior programs in our area. Meeting was adjourned at 2:00 p.m.