

TOOELE COUNTY
Council on Aging
Tooele Senior Center 59 E. Vine Street, Tooele Utah
Meeting Minutes – April 25, 2017 1:00 pm

Present: Patty Guerrero, Doris Fidler, Anne Smith, Joyce Tate, Emily Johnson, Karyl Maynard

Staff Present: Sherrie Ahlstrom, Ericka Jordt, Jamie Zwerin

Absent: Commissioner Bateman, Bella Colovich, Diane Johnson, Elaine Breitweiser, Linda McBeth

1. **Welcome** – Sherrie called the meeting to order and welcomed everyone.

2. **Approval of February and March 2017 meeting minutes-** Anne made a motion to approved the meeting minutes from February and March 2017 meetings, Joyce seconded the motion and all were in favor and the motion passed.

3. **Senior Centers Supervisor Report – Sherrie Ahlstrom for Bella Colovich**
 - The Volunteer Appreciation Day that was held last week went well, about 70 volunteers attended.
 - An Easter lunch, parade and activity day was held at both Tooele and Grantsville centers, both were well attended.
 - An adult coloring class just began at both centers. Pickleball continues to have high participation, shuffle board is being looked in to. Recently there has been an increase in the number of seniors visiting the center, this may be due to the increase in activities available. Karyl noted they are seeking out more bridge game participants.
 - Grantsville Center will host a soup cook off contest on April 26th at 1:00, Tooele has rescheduled their event for September.
 - A day trip to the zoo and Chuck-A- Rama has been scheduled for April 27th.
 - The Wendover Senior Center has a dinner planned for April 27th and then again on May 11th.
 - A Cinco De Mayo dinner and entertainment is scheduled for May 4th at noon at the Tooele Center, this is a combined center event.
 - The Grantsville Center has a dinner and theater activity planned for May 13th at 1:00 pm.
 - The Golden Mile walk will be held May 18th from 9 am to 11 am at Skyline Park.

4. In-Home Services Report- Jamie Zwerin

- Jamie noted that after reviewing evaluations from participants of previous support groups they decided to change some of the titles and offer different topics. This change may have helped to increase attendance. Approximately 16 people attended the You Won! Or Did You? Tips to protect yourself and loved ones from scams presented by Tanya Turnbow with Tooele City Police Dept.
- The Caregiver Classes will change from monthly classes to a 4- part class series that will start in October.
- Jamie announced the Senior Expo will be held on Oct. 7th, 2017 from 10 am to 1 pm. AARP will be presenting this year at the Expo. Jamie noted her appreciation for this group for their help in years past to get the word out about this event and for their help at the event itself. Jamie is needing help for this year's event as well. Jamie will send the sponsor package information to Emily Johnson to share with her employer.
- There has been steady growth of volunteers for the Senior Connection program with about one or two new volunteers monthly. Currently there are seven volunteers and the clients are loving having this companionship. Jamie will be creating an assessment for this program to collect data that can be used for future grant applications. As of now there are three seniors that are waiting for a volunteer companion.
- Jamie shared information on a federal Medicare program that can help seniors pay for their prescriptions, the program is called Extra Help. The program is designed to help low income seniors. The program may also help those who did not sign up in time to help pay for part of the penalties they may have been charged. The application is online at the medicare.gov website, there are income restrictions and other requirements that they must meet to qualify for this assistance. Jamie can assist those wanting to apply or they can apply themselves. See attachment for more information.
- Jamie presented on available resources for seniors in Tooele County, Caregiver resources and SHIP information to the members of Our Healthy Circle at Mountain West Medical Center yesterday. She will be presenting next month at Valley Behavioral Health. Contact Jamie if you would like to have her present this information. Joyce suggested to include information regarding prescriptions such as cost, generics, the Extra Help program, coupons, Medicare billing policies etc. to the presentations. Patty suggested presenting this information on prescriptions at the Senior Expo.

5. Aging Services Report- Sherrie Ahlstrom

- Membership & Leadership- Sherrie noted that there is one open board position that is currently not being represented, this position was previously held by a Wendover resident. This position previously also fulfilled the minority

representation requirement of the Older Americans Act. Sherrie advised the group to encourage those they feel would benefit this council to apply even if they are not a minority or from Wendover. Board applications are available online at www.co.tooele.ut.us, click on Tooele County Clerk's Office and then select Forms and Applications / Board Application. The County Commission approves and appoints the selected applicants to the council. See attachment. Patty Guerrero confirmed she can continue to represent the board as Chairperson.

- Caregiver Advisory Board discussion on combining with COA- Sherrie asked the council to consider combining this council with the Caregiver Advisory Board. Jamie explained that the Caregiver Advisory Board is made up primarily of caregivers and home health agency employees. Jamie felt this may be a good avenue to come up with ideas of what the senior community needs and share ideas and market classes and support groups. The Caregiver Advisory Board currently meets quarterly but attendance has not been consistent. Jamie noted that several AAA have combined groups of Caregiver Advisory and Council On Aging. If combined this council would be required to discuss caregiver issues and have presentations twice a year related to caregiving to meet guidelines. The current members of the Caregiver Advisory Board would be invited to attend future COA meetings. Sherrie reminded the group that these COA meetings are open to the public. Jamie noted that Brent Pitt, Director of Rocky Mountain Care Center is a member of the Caregiver Advisory Board. The group discussed whether new board positions would need to be created and if the current COA By-Laws would need to be changed to include additional voting members. Jamie confirmed that if the boards are combined there would no longer be a Caregiver Advisory Board although their participation with this council would be encouraged. Sherrie also noted that there is an open position for representation from Tooele City although is not a requirement from the Older Americans Act. By-Laws could be changed to amend voting members and representation. Ann Smith motioned to combine the Caregiver Advisory Board with Council on Aging, Doris Fidler seconded the motion, all were in favor and the motion passed. Jamie will invite the members of the Caregiver Advisory Board to the June Council on Aging meeting. Future meetings will include an agenda item of Caregiver Advisory Report.
- Change of meeting schedule discussion- The group discussed if this meeting schedule should be changed from Wednesdays to Tuesdays to increase consistent attendance. The group agreed they would like a survey to be sent out to members to inquire what day works best for the members. Sherrie noted that if the group does decide to change the day these meetings are held the By-Laws will need to be changed. The results of the survey will be discussed at the next meeting.
- Sherrie has applied for an RSVP grant through Senior Core. The grant would provide money to hire a volunteer coordinator. This would help as our volunteer base grows. The coordinator would handle the large amount of paperwork and training that is required for volunteers. Another grant Sherrie has applied for is a Pet Program through Meals On Wheels. This grant would provide some money to

provide a low- income recipient with pet food, supplies and care. There are many low- income seniors who would greatly benefit from the companionship a pet provides but they cannot afford to feed and care for a pet.

- Through the USU Extension Office Jamie has secured an intern from the social work program to assist her for about six months. The intern will assist with refining the Senior Services Survey so collected data can be used on future grant applications.
- Resource Guide project discussion- Sherrie noted that the intern can also work with Elaine Breitwieser to create a one page resource guide for seniors and caregivers that Elaine has suggested. Discussion on the resource guide idea will be added to the next meeting agenda.
- Area Plan- Sherrie explained that the Older Americans Act requires that all Agencies on Aging submit their yearly plan. This plan renews every fourth year and we are currently submitting year three. Sherrie went over Section III – Progress Report on Goals and Objectives. Sherrie noted that the goals and objectives are set by the government.
 1. Coordination of Title III and Title VI Native America programs
 2. Integration of health care and social services systems
 3. Empowering seniors in maintain health, safety and independence
 4. Planning for the future
 5. ACL Discretionary Grants
 6. Participant-Directed/Person-Centered Planning
 7. Elder Justice

Sherrie also reviewed the challenges listed in the plan as being

- Meeting the needs of the growing number of seniors without increased funding
- Increased number of volunteers creating a need for staff time to oversee the volunteers, train them, and recruit since volunteers tend to come and go
- Providing quality meals at low cost while meeting the Federal regulations
- The growing number of seniors and their families looking for services to help them stay in their homes longer
- A need for adult day care

Roundtable-

- Patty shared a Taxes in Retirement Workshop that she saw on Facebook. Patty will forward the information to Jamie, Patty thought it might be a good presentation to have at the Senior Expo.
- Karyl noted that the Hale Theater outings have had a decrease in attendance. She also mentioned that the heat is not working in the card room, a maintenance work order will be submitted.

- Jamie shared the sponsor levels and prices for the Senior Expo, she will forward the information to Emily Johnson.

Meeting Adjourn- the meeting, meeting was adjourned at 2:30 pm.

The next meeting will be held on Wednesday May 24th, 2017 at 1:00 p.m. at the Tooele Senior Center
