

TOOELE COUNTY
Council on Aging
Tooele Senior Center 59 E. Vine Street, Tooele Utah
Meeting Minutes – May 24, 2017 1:00 pm

Present: Patty Guerrero, Anne Smith, Joyce Tate, Dianne Johnson, Karyl Maynard, Linda McBeth, Elaine Breitweiser

Staff Present: Sherrie Ahlstrom, Ericka Jordt, Jamie Zwerin, Bella Colovich

Absent: Commissioner Bateman, Emily Johnson, Doris Fidler

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

2. **Approval of April 2017 meeting minutes-** Dianne made a motion to approve the meeting minutes from the April 2017 meeting, Elaine seconded the motion, all were in favor and the motion passed.

3. **Meeting Schedule Survey Results – Sherrie Ahlstrom**
A survey was emailed to the group asking them to select the best day and time for this meeting, nine responses were received. Currently this meeting is held on the fourth Wednesday of the month at 1:00 pm, most those who answered the survey indicated the fourth Tuesday of the month at 2:00 pm would work better. Sherrie motioned to change the meeting time to the fourth Tuesday of the month at 2:00 pm, Linda amended the motion to 1:30 pm, Karyl seconded the amended motion, all were in favor and motion passed.

4. **Aging Services Report-Alzheimer’s and Dementia discussion- Sherrie**
Sherrie has been participating in an Alzheimer’s Coordinating Council workgroup that is led by the state health dept. and co-chaired by the Alzheimer’s Foundation director. The workgroup consists of many caregivers, hospital staff, home health agencies, insurance companies, state aging agency and Home Insight among others. Sherrie shared two handouts that showed data from the 2015 Behavioral Risk Factor Surveillance System on Cognitive Decline in Utah. Sherrie asked the group to think of ways to inform and educate people on Alzheimer’s and dementia because she strongly feels that within the next 5 to 10 years this will become our major focus. The sixth major cause of death in the United States is Alzheimer’s disease and dementia, which receives the least amount of funding. It is the only cause of death that cannot be prevented, cured or even slowed. Linda noted that she has mentioned this to Congressman Chris Stewart who noted there is no additional funding for this issue. Sherrie reviewed some statistics from the handouts including that as of now 5.3 million people are living with Alzheimer’s and we are

spending 172 billion dollars a year. Sherrie noted that there is no test to diagnose for Alzheimer's or dementia, it is considered cognitive decline. The cost paid by both tax payers and Medicare will drastically increase. This data is from the Behavioral Risk Factor self-reported survey from people 45 years of age or older. A concern is that people should be talking to their provider and providers should be screening for cognitive decline. Health Insight and IHC in St. George will be doing a pilot project screening that was recently approved by the FDA to screen for early signs of cognitive decline, it will be done through an iPad application. Depression, activities of daily living will be part of the screening. Sherrie noted that because we are living longer and are healthier we are starting to see more people with dementia. Linda asked what the responsibility is of the senior centers when people with Alzheimer's or dementia visit. Sherrie noted that patrons of the centers must be able to care for themselves or be accompanied by a caregiver and be able to abide by the centers code of conduct. Sherrie mentioned that this group is holding town hall type meetings with presentations and wondered if this group would feel it would be beneficial and agree to support hosting a meeting here in Tooele? The group agreed they would support having the meeting in Tooele, Sherrie will pursue getting this meeting set up. Dianne will check with MWMC to see if they have interest in this meeting. Legislature has put together a workgroup on Falls Prevention, Janie Isowoto has started the group on how to address falls. Dianne feels the biggest issue is seniors don't realize they can call 911 to assist with someone who has fallen, they are afraid they will get charged for it and have to go to the hospital but that is not necessarily true. Need to educate and get seniors in to programs that can help them, due to HIPAA rules it limits what emergency medical responders can do for a person who has fallen. We currently teach Stepping On and Arthritis Foundation classes to help with this issue. Community awareness is an area we need to focus on. The group discussed the problem with sidewalks in Tooele, there are areas that are not safe for seniors to walk on. Linda addressed the issue at a city council meeting, she was told to report any problem areas to the city so they can notify the homeowners that they are responsible to fix it.

5. Caregiver Advisory Board combining with COA- Jamie Zwerin

Jamie explained that at the last meeting the group agreed to combine the Caregiver Advisory Board with COA. To fulfill the requirement of the advisory board, this group will be required to discuss caregiver topics and issues, this is already being done. The Caregiver Advisory Board is made up primarily of caregivers and home health agency employees. Jamie noted that several AAA have combined groups of Caregiver Advisory and Council On Aging. The current members of the Caregiver Advisory Board will be invited to attend future COA meetings. In June, a meeting with the advisory board will be held and Jamie will announce the change and explain the application process if they are interested in applying for a board position. Jamie reminded the group that these COA meetings are open to the public.

6. By-Law Membership- Sherrie Ahlstrom

Sherrie noted that at the last meeting there was discussion on changing the membership by-law requirements. The city has not been participating and the Wendover position is still open. Tooele City wanted a letter specifically from the County Commission stating this board wanted representation from the city, the letter has been sent. Since the last meeting the County Commission has stopped accepting application for all boards in the county. They are reviewing the by-laws with lawyers for each organization so no new positions will be opened at this time. Jamie will let the members of the Caregiver Advisory Board that new COA member applications are not being accepted until further notice but they are still invited to attend these meetings.

7. Resource Guide Project- Jamie Zwerin

Jamie announced that Utah State University student Teresa Lewis will start working on the resource guide project at the end of August. She is a student in the social work field and has a knowledge in this area. She will be putting all the ideas and thoughts from this group in to the creation of the guide. Hopefully it will be put together in time to hand out at the Senior Expo in October.

8. Senior Centers Supervisor Report- Bella Colovich

Bella noted that May was a very busy and fun month. A combined center Cinco De Mayo luncheon with entertainment was held at the Tooele center on May 4th, over 190 people attended. The meal was prepared by our vendor Trinity, the seniors enjoyed the meal. Transportation from the Grantsville center was provided. The Golden Mile walk was held last week and due to inclement weather, it was moved inside. The seniors still enjoyed the event and even asked to have a second event added. Treats and prizes were provided by the health department, Harmony Home Health and Mountain West Medical Center. A picture of the event was put in the senior newsletter. The Grantsville seniors have been creating little crafts to be handed out to the Meals on Wheels recipients and they have offered to help with folding the newsletter. The Grantsville center will have an upcoming day outing to visit the cemetery. Terri, the Tooele center Activity Specialist has been working on a project to honor veterans. She has been taking their pictures and displaying them on the televisions. 4H students have been coming after school teaching seniors how to use cell phones, they are teaching at both centers. On June 13th, a Social Security representative will be here to help seniors set up a My Social Security account online, seniors will need a cell phone or an email address to confirm their account. In Grantsville, they have been working on helping seniors set up email accounts. A combined center day outing to Gardiner Village will be held June 21st. Wendover center has planted a senior community vegetable garden. On June 23rd the regular meal will be served at the Grantsville center but also that same day at 4:00 pm a dutch oven meal will be served. The mayor is going to ask for the local police officers to serve the meal and the center board will provide the meal.

9. In-Home Services Report- Jamie Zwerin

Jamie noted that attendance for the Alzheimer's support group has not been consistent. We will continue to promote this group and will create a survey to send out to gather thoughts, ideas etc. to hopefully increase attendance. The Next Chapter group continues to be well attended. An activity is held once a month, members are also mingling outside of the planned activities. One participant created a calendar for the group to recognize each other's birthdays as well as to be aware of the date their loved ones have passed on. Elaine mentioned that the group has printed out coupons that offer free hugs and the groups information that they have been passing out. Jamie noted that an immense number of people are turning 65 years old this year, last year there were 62 people that were assisted with Medicare enrollment by her staff and so far already this year they have assisted 98 people. Jamie shared her appreciation of the group for the suggestions they have made for the caregiver education series, Sarah is working with pharmacists to help educate seniors on how to keep their prescription drug costs low. Jamie noted that the sponsorships for the Senior Expo are the same this year as they were last year. She has already had several sponsors sign up. The Chamber of Commerce is going to advertise the sponsorships packages for exhibitors. Jamie has packets if anyone would like one.

Roundtable-

- Jamie reminded the group that the Senior Expo will be held on Oct. 7th, 2017 from 10 am to 1 pm. Let Jamie know if you would like to volunteer to help with the event.

Meeting Adjourn- the meeting, meeting was adjourned at 2:35 pm.

The next meeting will be held on Tuesday June 27th, 2017 at 1:30 p.m. at the Tooele Senior Center
