

TOOELE COUNTY

Council on Aging

Tooele Health Dept. 151 N. Main Street, Tooele Utah

Meeting Minutes – October 23, 2018 1:00 pm

Present: Joyce Tate, Sarah DeBois, Anne Smith, Emily Johnson

Staff Present: Sherrie Ahlstrom, Bella Colovich, Jamie Zwerin, Kristen Bolinder

Absent: Dianne Johnson, Karyl Maynard, Commissioner Bateman, Roger Sawyer, Graciela Fernandez, Antoinette Romano, Linda McBeth

1. **Welcome:** Joyce Tate welcomed everyone. Joyce thanked Sherrie Ahlstrom for her hard work and dedication. Sherrie will retire in January 2019.
2. **Approval of August 2018 meeting minutes:** Approval of meeting minutes will wait until the next meeting on January 22, 2019. Due to not having a full quorum.
3. **Senior Expo Report:** Jamie reported that 372 people attending this year's Senior Expo. She believes that moving the date of the Expo up a few weeks made a difference. The first two hours of the Expo was jammed packed with Seniors. Past years attendance has been spread out. Overall numbers for individuals screened were impressive. Numbers of individuals for screenings and services are:
 - 94 immunizations
 - 62 memory and mood screenings
 - 180 fall prevention screenings
 - 120 blood pressure and glucose checks
 - 140 individuals went through the inflatable colon
 - 54 vision screenings

Sarah DeBois reported that attendees had said they would like to have even more screenings and information available on nutrition, supplements and available classes. Jaime said she heard that the caregiver resources were difficult to find. She would like to get better signage for next year.

Suggestions for upcoming Expos are:

- Moving the greeters with swag bags to the middle
- Having two tables and volunteers handing out bags
- Have drawings upstairs to get participants in front of as many vendors as possible
- Making past screening results available for people who want them
- Additional memory and depression screenings

Sarah DeBois said she had a 12% increase this year in her screenings. She was able to refer three people for additional services and encouraged a few who were borderline to visit with the personal doctors.

Jamie currently has eight exhibitors signed up to participate in the 2019 Senior Expo. Exhibitors expressed what friendly staff and volunteers we had assisting and how well organized the Expo was. Jamie thanked everyone for their hard work.

4. **Senior Centers Supervisor Report:** Bella reported that Fall Prevention was the last week of September. Physical therapists with Meyer and Marsh came and presented on subjects such as how to fall correctly. The Tooele County Health Department Health Promotion staff had a sign-up sheet for the Stepping On class and the Tai Chi class did a demonstration. Tai Chi classes will begin in Grantsville the end of October – December. The Golden Mile was held at the Skyline Park on October 16th. The weather was nice, and it was well attended. Seniors enjoyed walking, visiting and winning prizes. Several exciting activities are upcoming such as:

- Oct 25th – Halloween Festival in Grantsville, Tooele will close at 11:30am
- Oct 26th – Cowboy Poetry fieldtrip to Heber - Leave at 9:30am
- Oct 29th – Tai Chi begins at the Grantsville Center at 10:00am
- Oct 30th – Movie – First Man – UEC Theater - Leave at 3:30pm
- Oct 31st – Flu Shots at Tooele Center
- Nov 8th – Cowboy Roundup at the Tooele Center, Grantsville will close at 11:30
- Nov 12th – Closed for Veterans Day
- Nov 13th – Thanksgiving Lunch – Both Senior Centers at noon
- Nov 15th – Wendover Senior Dinner
- Nov 22nd & 23rd – Closed for Thanksgiving
- Nov 28th – Mrs. Cavanaugh’s Chocolate Factory tour – Leave at 10:00am
- Dec 13th – Holiday Luncheon – Both Senior Centers at noon
- Dec 25th – Closed for Christmas
- Dec 27th – Holiday Lights fieldtrip to Salt Lake City - Leave at 4:00pm
- Dec 31st – Noon Year’s Eve Celebrations – Starts at noon.
- See Newsletter for complete list of activities, classes and times

Bella reported that the HEAT program will be coming to present at both centers, dates and times to be announced.

5. **In-Home Services Report:** Jaime Zwerin stated that Medicare open enrollment is October 15th – December 7th. Staff is very busy with appointments. In January they will report the amount they have been able to save seniors. The State Program Manager will be going to the Wendover Dinner on November 15th. Visiting Angels has a representative who is bilingual that will be assisting. Visiting Angels offers nonmedical care such as bathing, dressing and housekeeping. Remington Senior Complex is having an enrollment event. Dual Medicaid and Medicare eligible people can also get assistance. Appointments can be made at the Tooele Health Department or by phone at 435-277-2440. The Lunch and Learn Caregiver program is held on Fridays. Anyone is welcome to attend. Next Chapter classes have ended. Dementia Dialogues now has onsite respite care available with 48-hour notice, call Jamie with questions.

- 6. Roundtable:** Nomination and election of Council on Aging's new Chair and Vice Chair will wait until the next meeting on January 22, 2019.
Sherrie said everything is going well, she thanked everyone.

Meeting Adjourn- the meeting was adjourned.

The next meeting will be held on **Tuesday, January 22nd, 2019 at 1:00 p.m.** at the Tooele Senior Center.
