

TOOELE COUNTY
Council on Aging
Tooele Senior Center 59 E. Vine Street, Tooele Utah
Meeting Minutes – August 22, 2017 1:30 pm

Present: Anne Smith, Doris Fidler, Linda McBeth, Karyl Maynard, Emily Johnson,
Commissioner Bateman

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

Absent: Joyce Tate, Patty Guerrero, Elaine Breitweiser, Dianne Johnson

Guest: Joy Wymore with JustServe

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

2. **Approval of June 2017 meeting minutes-** Karyl motioned to approve the minutes from the June 2017 meeting, Anne seconded the motion, all were in favor and the motion passed.

3. **Guest speaker, Joy Wymore with JustServe:** Joy introduced herself to the group and explained the JustServe program where she volunteers as a website coordinator for Tooele County. JustServe is an online volunteer network that was created to match volunteers with opportunities. JustServe works with sponsors to make opportunities visible to the volunteer network. The service is free and is a great way to promote volunteerism and connect people in faith, nonprofit, community and government organizations with volunteers. Visit the site at justserve.org or download the app. Joy provided a brochure about the program that includes her contact information. The group introduced themselves to Joy and asked questions about the program. Joy noted that the program is in its beginning phase for Tooele County, so as of now there are a limited number of projects available to join. Joy encouraged the group to share this information with anyone looking for a way to volunteer or who needs volunteer help.

4. **Aging Services Report – Sherrie:**

Dementia Dialogues- Sherrie noted that Evelyn Van Zanten, case manager for Aging Services recently completed a training for Dementia Dialogues which is an evidence based program. Evelyn is now a certified Dementia Dialogue trainer. The course is designed to educate the community and individuals who care for persons who exhibit signs and symptoms associated with Alzheimer's disease or related dementias. Sherrie noted that research has shown that there will be a significant increase in the future of the number of seniors affected by Alzheimer's or dementia, which also means there will be a significant increase in the number of caregivers. Sherrie is working on how to involve the

community and draw interest, she feels the Dementia Dialogues will be a good starting point. Anne felt it would be beneficial if the staff at assisted living centers could train family/friends of those residents with dementia on how to converse with them. Jamie stated that she attended a conference that held an activity called A Taste of Dementia. The activity required her to perform every -day tasks while wearing goggles, gloves, background noise etc. which mimicked a senior with limited skills. Jamie noted it gave her a new perspective on what it may be like living and performing everyday tasks as a senior. The group agreed that the community will need to focus on how to prepare for and provide a livable community for our senior population. This includes creating and maintaining safe walking paths, transportation, balance and strength classes. Other items they felt were important included adult day care services, senior friendly restaurants (low noise, larger seating areas, table height seating instead of bar height) etc. Commissioner Bateman noted that the county is working on a plan that will incorporate walkable paths, parks etc. that will include senior living areas. Jamie noted that unsafe sidewalks is an issue that affect not only seniors but children and those with disabilities as well. An idea was suggested that Tooele City create a place on their website where residents can report unsafe sidewalks. Anne noted that homeowners may be responsible for the repairs, Myron mentioned that grant money is a possibility to help with the cost of repairs.

Walk to End Alzheimer's- Sherrie has created a team named Tooele County Healthy Aging on the alz.org website for the Walk to End Alzheimer's. She encouraged the group to participate and to include family and friends. The walk starts at the state capital on Sept. 23rd and is approximately one mile long. Monetary donations are accepted but not required.

5. Senior Centers Supervisor Report- Bella Colovich

Upcoming events include:

Aug. 29th- tour of the railroad museum

Sept. 6th- tour of the Donner Reed and Daughters of Utah Pioneers museum in Grantsville

Sept. 21st @ noon- luau lunch and entertainment at the Tooele center (combined center event)

Sept. 22nd- Falls Prevention class

Sept. 22nd- Pet Show

See newsletter for a complete list of activities offered or speak to an activity specialist for details. Some activities require advance sign ups.

Bella noted that about 7 seniors attended the dinner last week at the Wendover center, Wendover Ambulance offered free blood pressure checks. The combined bowling event went well, as did the day trip to Ophir, the picnic at the park and the solar eclipse viewing event.

The Senior Planning Committee met last week, some ideas they suggested included:

- Day trip to Saltair
- Day trip to Heber for the Cowboy Poetry event
- Day trip to Antelope Island
- Costume show/contest on Halloween (dinner will be held on 10/27)

The group discussed the difference between events sponsored by the senior center and events sponsored by the senior council.

6. In-Home Services Report- Jamie Zwerin

Jamie handed out a flyer announcing the Senior Expo that will be held on Oct. 7th, 2017 from 10 am to 1 pm at the Tooele Technical College. Let Jamie know if you would like to volunteer to help with the event. Jamie noted that flu shots will only be available for adults although families and children are welcome to attend. There are only 6 open spots left for vendors. Jamie has tried to get a variety of vendors to attend the event, not just home health/hospice/mortuary type of services. The Vet Center, emergency alert button, and Red Tree Yoga and Tech Talk presentation by TTC are a few of the vendors that will be attending the event. AARP will do a presentation on powerful tools for caregivers. Jamie encouraged the group to let their churches and other groups know about the event. About 375 people attended the event last year, hopefully this year will have an increase in attendance. Volunteers are needed to distribute the flyers, let Jamie, Bella or Evelyn know if you can help.

The Caregiver Educational Series will begin holding lunch and learns on Fridays from 11 am- 12:30 at the Tooele Senior Center. RSVP's are needed due to the free lunch that is provided. See attached flyer for upcoming topics. In the past, a full day conference for caregivers was offered but attendance was low due to it being difficult to get away for a full day. Respite services will be available through Cottage Glen.

Jamie announced that an intern in the social services field will be starting on Aug. 28th. The intern will be helping 16 hours a week with Meals on Wheels, Senior Connections and the Senior Resource Guide.

There has been an increase in attendance for the Alzheimer's Support Group. Different topics for caregivers are discussed the 2nd Monday of every month from 2-3:30 pm at MWMC.

Roundtable-

- Karyl thanked the center staff for everything they do.
- Myron is pleased to see that TTC will be offering technical presentations at the senior expo.

- Linda noted that she receives a monthly calendar of classes and presentations from AARP. She feels sharing this list with the center will be beneficial. Linda will share the list and also get a contact name and number for Sherrie and Jamie.
- Emily volunteered to help at the senior expo.
- Bella commended the Grantsville Center Board for all of the their support with the different activities.

Meeting Adjourn- the meeting, meeting was adjourned at 3:01 pm.

The next meeting will be held on **Tuesday September 26th, 2017 at 1:30 p.m.** at the Tooele Senior Center



You're Invited

Lunch & Learn

Fridays

11 am – 12:30 pm

Tooele Senior Center

Conference Room

59 E. Vine Street

RSVP - limited seats

1 (435) 277-2456

Mark Your Calendar

October 13th - Bed, bath and beyond

Join us to learn about different devices and techniques to ease some of your daily tasks as a care provider. These practical tips will be presented by Dave Parke, Managing Owner of Home Instead Senior Care.

October 20th - The power is out or

you must evacuate your residence, now what?

Recent emergency situations in our community put caregivers and the ones they love in challenging circumstances. Do you know what steps to take in an emergency? Join us for an important presentation on emergency preparedness for caregivers by Scott McKenzie, Emergency Planner with Tooele County Health Department.

October 27th - What's so funny?

Humor can be experienced every day, even when caregiving. In addition to health benefits, laughter can be used as a coping mechanism and an avenue through which relationships can be strengthened. Come laugh with Dr. Roy Van Orman, retired professor of gerontology, Weber State University.

November 3rd - Take care to give care

Join us in celebrating YOU during National Family Caregiver Month. Because of the taxing responsibilities of caregiving, it is very important to take care of yourself. Come learn some strategies and receive some gifts to do so.

Tooele County **SENIOR EXPO**

Saturday, October 7, 2017
10AM - 1PM
Tooele Technical College
88 S Tooele Blvd

Powerful Tools for Caregivers presented by AARP

- Flu Shots and Health Screenings
- Shred-It
- Prescription Take Back
- PRIZES

Tech Talk presented by Tooele Technical College

Platinum
Sponsors



Gold Sponsors





Become a JustServe Sponsor

Register on **JustServe.org**. There are no fees or obligation to participate. You can begin by submitting a project through **JustServe.org** for local approval, or ask your JustServe representative how to become a project administrator for your faith, nonprofit, community, or governmental organization.

Contact your local JustServe representative or visit justserve.org for more information.



Building unity through
community service.

Serve in Your Community

JustServe sponsors around the country are discovering how JustServe can bring communities together by making volunteer opportunities easy to find and fun to participate in.

Volunteers include individuals, families, service clubs, faith organizations, and youth and student groups.

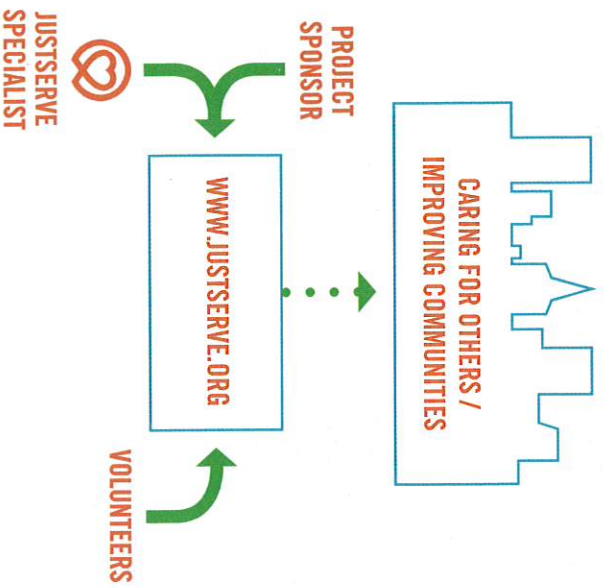
*Joy Wymore
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VISIT JUSTSERVE.ORG OR DOWNLOAD THE APP TODAY!



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How it Works



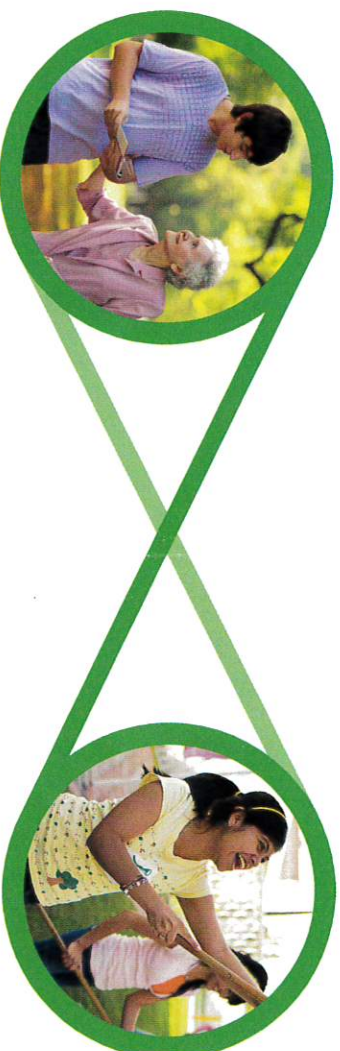
JustServe works with sponsors to make opportunities visible to the volunteer network. Find a project, sign up within minutes, and help care for others and build your community, with no fees or obligations.

Projects Include:

- | | |
|-----------------------|-----------------------------|
| Blood Drives | River and Coastal Clean-ups |
| Shelters | Schools & Libraries |
| Soup Kitchens | Park Beautification |
| Food Banks & Pantries | Senior Centers |
| Faith Groups | Community Gardens |
| Disaster Relief | Tutoring |



JustServe's Combined Approach



Improving Communities

JustServe is a great way to promote volunteerism and connect people in faith, nonprofit, community, and government organizations with volunteers.

Building Volunteers

It's an easy way for volunteers to search for opportunities that resonate with their interests. Through their efforts, they develop a sense of unity, collaboration, and friendship with others.