

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

Present: Commissioner Bateman, Joyce Tate, Emily Johnson, Karyl Maynard, Diane Johnson, Roger Sawyer for Doris Fidler

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

Absent: Linda McBeth, Elaine Breitweiser, Patty Guerrero, Anne Smith

1. **Welcome** – Sherrie called the meeting to order and welcomed everyone. Each member introduced themselves to the group.

2. **Approval of August, September and October 2016 meeting minutes-**
Karyl made a motion to approve the August, September and October 2016 meeting minutes, Commissioner Bateman seconded the motion, all were in favor and the motion passed.

3. **Aging Services Director Report – Sherrie Ahlstrom**
 - Social Security VDS Program - Sherrie announced that beginning February 7, 2017 anyone needing to meet with an SSI representative can do so here at the Tooele County Senior Center. A computer with face to face video capability with a representative will be available the first and last Tuesday of each month from 10:00 am to noon. This service is offered on a first come, first serve basis. If there proves to be a greater need for time, additional time slots may be added. This service is available to the general public, not just seniors. Sherrie asked that the group share this information with others. This service will be advertised in the newspaper, newsletters, Facebook page, website etc. Jamie confirmed that Medicare enrollment is done through the Social Security office, Jamie also advised that herself, Evelyn or Sarah can assist enrolling in Medicare through the Senior Health Insurance Program (S.H.I.P). Sherrie announced that extra funding has been received from the state aging service to be used to do more outreach for the Senior Health Insurance Program (S.H.I.P). Sherrie, Jamie and Bella will be meeting to come up with ways to use this extra funding.
 - Youthful Living Program- Sherrie announced a new program called Youthful Living that just began in January. This program is a joint effort with Salt Lake Valley Behavioral Health and Tooele Aging Services. The program provides presentations relevant to the needs of the senior population by licensed social workers. This is a trial pilot project that is paid for by Salt Lake Aging Services

and provided to Tooele seniors for free. The presentations are held at the Tooele Senior Center on the second Wednesday of each month from 11:00 am to noon. About 10 people attended the presentation that was held in January. Each month is a new topic and participants are able to schedule one on one appointments with the social worker if they would like. Eventually staff from Tooele Valley Behavioral Health will be trained to hold these presentations.

- Senior Services Survey- The Senior Services Survey responses have been collected through January 1, 2017. A student from Westminster will compile the responses and present the findings at the February 22nd meeting.

4. Senior Centers Supervisor Report – Bella Colovich

- Pickleball- Bella stated a pickleball set has been purchased for Grantsville and Tooele centers. An area has been set up at the Tooele center in the gym and is available on Tuesdays and Thursdays from 8 am to noon. On Tuesdays and Thursdays after the exercise time and before lunch an area will be available for one hour at the Grantsville center. Myron announced there is an area at Deseret Peak that is available to use for \$10 per hour, contact Misti at 843-4103 for availability. Myron confirmed nets are available but he is unsure if nets and balls are.
- On February 10th the Grantsville Senior Center will host a Valentine's dinner and entertainment. Bella will email the flyer to Diane to distribute.
- Bella said that several seniors have asked her about having an earlier dinner and entertainment that starts at noon instead of the typical Friday afternoon dinner that starts at 4pm. By adjusting the time, it would allow the seniors to eat and enjoy the entertainment and still make it home before dark. They tried this in November for the Day to Give Thanks and January for the Happy Noon Year celebration and they both were well attended. The Senior Planning Committee decided the dinner and talent show for March will begin at noon. The date has not been decided yet. The group discussed the challenges in estimating how many people will attend, how much food to prepare and portion out. Roger said at the last dinner they had helpers carry the plates of food for the seniors back to their tables but the line did not move very quickly because it took a long time for the seniors to decide what they did and didn't want. For future dinners they will just have the seniors already be seated, have helpers serve everything on the plates, and then helpers will take the plates to the tables. The group shared different ways that have worked and improved the meals such as limiting choices, having helpers serve the plates and deliver plates to the table etc.
- In February both centers will be hosting an outing to Cabela's for the seniors. Details will be published in the newsletter. Diane asked Bella to have both activity specialists email her so they can coordinate activities to avoid duplicating what Diane may already have planned through Healthy Circle.

- A large television has been placed in the dining area of both centers that continuously show different flyers of upcoming activities and announcements of classes, presentations, pictures etc.
- A bingo fundraiser is being planned, more details to follow.
- An indoor snowball fight using giant marshmallows was held today, it turned out really well. The seniors really enjoyed it as well as the staff.
- AARP will not be sending a volunteer to come out to Tooele to help with preparing taxes this year. They have provided addresses of locations in Salt Lake where seniors can go. Bella is looking for volunteers. AARP is going to advertise that they need volunteers for Tooele next year. **If you know anyone who is willing to volunteer preparing taxes for seniors, please have them contact Bella.**

5. In-Home Services Report- Jamie Zwerin

- The Senior Connection Program- This program matches volunteers with home bound seniors to provide companionship through either weekly phone calls or home visits. The volunteer that offered to help start the program was not able to continue helping so Jamie and Sarah have been working to get this program started. Jamie and Sarah have put together a training manual, volunteer tracker and visit log. This program is based solely on the effort of volunteers, there is no funding available. Diane Johnson will work with Jamie on getting names of both volunteers and possible recipients of the program. AARP has advertised the importance of this program and has reported that isolation is as bad as smoking seven cigarettes a day. Volunteers can do a variety of things such as watch tv, do a craft, go outside, read a book, have a conversation etc.
- The Next Chapter- Jamie explained that The Next Chapter is a social support and educational program that helps widows and widowers adjust to the loss of their loved one. Activities are held the third Tuesday of the month; time and location varies. This has been well attended and participants have even gotten together outside of the planned activities.
- Caregiver Group- Jamie explained that the Caregiver Group meets once a month for educational based support for caregivers. Jamie expressed that attendance has been low. The group agreed that some may not consider themselves caregivers when it is a family member they are caring for. Also the group agreed sometimes it is hard for the caregiver to get away to attend. Roger suggested adding the definition of a caregiver to the flyers, he feels some only consider nurses, aides etc. to be caregivers. Diane suggested having Jamie attend one of her presentations and explain what a caregiver is and what resources are available to them. The group also discussed the need of having a senior day care facility, currently there is no facility in Tooele County that offers this type of service. Jamie did mention that with the Caregiver Support Program there are some respite services available where they work with home health agencies to have an aide come in to stay with the patient while the caregiver has a break. Currently there is only 1 person on the waiting list for respite care. In March they will be able to add

3 additional spots. Please refer anyone you know who could benefit from this service to Jamie. There may be some other resources Jamie can offer them while they are on the waiting list.

- Alzheimer's Association Education Series- Jamie advised this is a monthly educational series hosted by Mountain West Medical Center on the first Thursday of the month from 2:00 to 3:30 pm.
- Alzheimer's Association Caregiver Support Group- offers emotional, educational and social support for caregivers- held third Monday of the month (except holidays) 2-3 pm @ Mountain West Medical Center

6. Speaker- absent

7. Council Elections- Diane motioned to elect Patty Guerrero as chairperson, Myron seconded the motion, all were in favor and motion passed. Karyl motioned to elect Joyce Tate as the vice chairperson, Myron seconded the motion, all were in favor and motion passed.

8. Council Approval of 2017 Meeting Schedule- The group was given a handout showing the dates for each meeting to be held during 2017. Meetings will be held on the fourth Wednesday of every month except July, November and December at 1:00 pm at the Tooele Senior Center. A vote was not needed to approve the schedule.

9. Roundtable-

- Roger mentioned that Grantsville Senior Center was recently recognized from Grantsville City for all the things they do to help the community. Roger discussed some issues about the painting that was done at the Grantsville center, Sherrie has discussed this with Doris already and in the future Bella will ask to be put on the agenda in hopes to improve communication. Roger also mentioned running low on fundraiser funds, Sherrie confirmed Doris has already submitted a request.
- Joyce is teaching an upholstery class March 6th- 13th, contact the Extension Office at the health department to get on the list.
- Joyce is impressed with all the different activities and services being offered to seniors.

Meeting Adjourn- the meeting, meeting was adjourned at 2:15 pm.

Action Items:

The next meeting will be held on Wednesday February 22nd, 2017 at 1:00 p.m.
