

# TOOELE COUNTY

## Council on Aging

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

Meeting Minutes – April 24, 2018 1:30 pm

**Present:** Joyce Tate, Linda McBeth, Sarah DeBois

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

**Absent:** Dianne Johnson, Karyl Maynard, Commissioner Bateman, Emily Johnson, Doris Fidler, Anne Smith, Graciela Fernandez

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1. **Welcome:** Joyce Tate called the meeting to order and welcomed everyone.
2. **Approval of March 2018 meeting minutes:** Approval of meeting minutes will wait until the next meeting on May 22, 2018.
3. **New Board Members:** Antoinette Romano has been approved as a new member of Council on Aging. Graciela Fernandez has also been approved, Linda McBeth will be visiting with her.
4. **Aging Services Director Report and Area Plan Presentation & Orientation Manuals:** Sherrie Ahlstrom made an orientation guide and manual for every member. Each guide contains an organizational chart for the Tooele County Health Department as well as a chart for Aging Services. Sherrie reminded the group that we are still looking for one new member, it can be anyone from the community. Sherrie led a brief discussion on the Older Americans Act and encouraged everyone to look it up online and review it. The new Caregiver brochure as well as our existing Aging Services brochure was discussed and distributed to the group. Both brochures will be electronically attached to the meeting minutes.  
Linda asked about funds for legal services for seniors. Sherrie explained that legal services are available through Utah Legal Services.  
A Utah Basic Napis/Nutrition Intake form was distributed and explained to the group. Each person who comes to the Senior Center is asked to complete a NAPIS form.  
Sherrie gave an update on our Area Plan. This is required by AAA – Triple A and is a four-year plan that must be updated every year. The State Aging Board, COA Chair and a County Commissioner all sign the plan. We are in our fourth year of the four-year plan. Next year we will have a new four-year plan. Sherrie will share the plan at May's meeting.
5. **Senior Centers Supervisor Report:** Bella reported that the Spring Fling celebration was a success. The Senior Center also had a craft sale with Hot Soup and Fire Dancing as a fundraiser. The community was invited to come and enjoy soups donated by nine local restaurants and purchase handmade crafts. The fundraiser raised over \$1,300 for senior activities. AARP came to the Tooele Senior Center and presented on brain

training and wills and trusts. AARP paid for 90 meals and donated an additional \$300. The field trip to Mrs. Cavanaugh's Chocolate Factory will be tomorrow and Wendover will be holding their dinner on Thursday. The AARP driving course will be advertised and promoted.

- May 3<sup>rd</sup> – Cinco de Mayo with Mariachi Band begins at noon
- May 8<sup>th</sup> – Tai Chi classes series begins 9:00
- May 14<sup>th</sup> – Tooele Rotary Club will visit for lunch
- May 16<sup>th</sup> – Golden Mile at Skyline Park 12:00 – 2:00
- May 17<sup>th</sup> – Senior Planning Meeting 10:00
- May 23<sup>rd</sup> – Crystal Hot Springs Field Trip 10:00
- May 30<sup>th</sup> - Volunteer Appreciation luncheon 1:00.
- See Newsletter for complete list of activities, classes and times

Linda commented on how well the outreach has been for new activities. She would like a community activities section or resource list added to the newsletter.

Linda made a motion for the COA to find activities that would include activities for seniors. Anne, seconded the motion, all in favor.

Some ideas were to partner with Tooele County Live Fit and Communities That Care. Also, advertise in the newsletter, water bills and swimming pools.

6. **In-Home Services Report:** Jaime Zwerin stated that the Senior Health Insurance Program (SHIP) has been able to assist 16 residences on saving a combined total of \$56,243.00 on their medications. This reflects only the savings amounts of individuals that changed their plans. Starting May 1<sup>st</sup> they will be able to report savings for everyone that comes in. This is important because staff is non-biased. Jamie announced that the Lunch & Learn that have been held every Friday 11:30 am – 12:30 pm at the Tooele Senior Center have been going well. Most classes have averaged between 13 and 19 participants. May 4<sup>th</sup>, they will be doing a Dementia Live presentation for the Caregivers program.

Jamie discussed a new Senior Medicare Patrol Program where they will be assisting with billing issues. She also reminded the group that over the next year Medicare will be mailing out new Medicare Cards with new ID numbers to all their clients. Medicare Cards will no longer have Social Security Numbers on them, no benefits will change. Flyers will be distributed in the Seniors Centers to educate seniors on what to look for to lessen the chance the cards are thrown away with junk mail. The Social Security office will be mailing the new cards out, not Medicare. Remind people that Medicare will never call you and there is no cost for the new cards. Do not give out personal information. Please refer people to 435-277-2440 to have their questions answered.

Jamie reported that the Tooele Aging Services Caregiver Support has a new brochure guide. Also, Utah Symphony is giving free tickets to their Friday, May 25<sup>th</sup> Season Finale: Rachmaninoff's Symphony No. 2 for Alzheimer's care recipients and their care givers.

7. **Roundtable:** Sarah DeBois announced that NAMI will be raising awareness for mental illness on Saturday at Liberty Park in Salt Lake City. Also on Saturday DVSAVA

will be doing their Walk A Mile In Our Shoes annual event beginning at Veteran's Memorial Park at 9:00 AM in Tooele.

The Senior Expo will be held Saturday, September 29<sup>th</sup> 10:00 am – 1:00 pm. Jamie Zwerin is the contact person.

**Meeting Adjourn-** the meeting was adjourned.

**The next meeting will be held on Tuesday, May 22<sup>nd</sup>, 2018 at 1:30 p.m. at the Tooele Senior Center.**

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