

## TOOELE COUNTY

### Council on Aging

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

Meeting Minutes – June 26, 2018 1:30 pm

**Present:** Joyce Tate, Dianne Johnson, Commissioner Bitner, Anne Smith, Antoinette Romano, Sarah DeBois

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

**Absent:** Karyl Maynard, Linda McBeth, Emily Johnson, Graciela Fernandez

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1. **Welcome:** Joyce Tate called the meeting to order and welcomed everyone.
2. **Approval of March and April 2018 meeting minutes:** Diane Johnson motioned to approve, Sarah DeBois seconded, all were in favor.
3. **New Board Members:** Roger Sawyer will replace Doris Fidler from Grantsville.
4. **Aging Services Director Report:** Sherrie Ahlstrom has met with Sandy Price regarding the nonprofit organization, Light House Adult Care Services. Both Sherrie Ahlstrom and Jamie Zwerin are on the Board. They believe they have found an existing building to house the adult care center. They are hoping to be able to work with the Tooele County Commissioners to secure a building to lease. Commissioner Bateman will join their Board when he is no longer a County Commissioner in January 2019. Six people currently make up the Board and include an attorney and accountant. Jeff Coombs, Health Officer, will be meeting with all three Commissioners to discuss. Commissioner Bitner said to work with Mark McKendrick with Tooele County Facilities Management and Valley Behavioral Health to clear out all unneeded items. They are hoping to offer services on a sliding scale and have meals delivered through the Meals on Wheels program. Those interested in serving on a board, offering recommendations and/or financial assistance can contact Sandy Price by phone at 801-726-5051 or email [life.success@live.com](mailto:life.success@live.com)

Tai Chi classes at the Tooele Senior Center have been successful. 50 people attended the first set of classes. The Tai Chi classes will expand to the Grantsville Senior Center. This is an evidence-based class to help prevent falls and assist those with arthritis.

Sarah Obray is doing Dementia Live with the staff at Rocky Mountain Care Center. She will also be teaching at TATC for their CNA Class. The goal is to make Tooele County a Dementia friendly community.

Sherrie presented the Area Plan and Joyce Tate signed it. This will be good for another year.

5. **Senior Centers Supervisor Report:** Bella Colovich reported that the Cinco De Mayo celebration went well and was very well attended. Everyone enjoyed the mariachis who came to play. Tai Chi classes are very busy at the Tooele Center twice a week. More people in the community are coming for activities and outings, not just for meals. The Golden Mile was well attended, it was held on May 16<sup>th</sup> at noon until 2:00. We did not see a drop in attendance by holding it after breakfast. The next Golden Mile will be held in the Fall in the morning. The Rotary Club came to the Tooele Center in May. We proposed working with Rotary in having them hire professionals to install grab bars in homes of those needing additional assistance at home. We hope to hear back from the Rotary Club after they vote. Grantsville and Tooele Senior Centers went on a day trip to Crystal Hot Springs in Honeyville. The outing was well attended, many have said they would like to go again soon. Canyon Home Health will be coming to the Tooele Senior Center to offer blood pressure checks and to clean eyeglasses. The Wendover dinners went well in May and June. Grantsville Senior Board sponsored a Dutch Oven luncheon, over 100 people attended. The food and entertainment were great. Outing to Clarke Planetarium later this week and July's outings will be to the Living Planet Aquarium and Allstar Bowling Alley. A bake, craft and rummage sale fundraiser for the Tooele School District's Back-To-School Closet will be Wednesday, July 18<sup>th</sup> at the Tooele Senior Center. Last year seniors raised over \$1,200.00. Joyce Tate commented that she enjoyed the Stepping-On class and stated that the outings were all good.

6. **In-Home Services Report:** Jamie Zwerin reminded everyone that the 2018 Senior Expo is fast approaching. The Senior Expo will be held Saturday, September 29<sup>th</sup> from 10:00 am – 1:00 pm. Save The Date flyers were sent out beginning in June. All Platinum and Gold Sponsors have been sold out and only three Silver Sponsor spots remain. 20 exhibitor spots are still available. Huntsman Cancer Institute will be sending out the large inflatable colon. Many health screenings and services such as: blood pressure, glucose, flu shots, balance training, vision, hearing, skin cancer checks, and a prescription drop off box will be available. The Shred-It truck will be in the parking lot. There will be presentations on fraud prevention and the new Light House Adult Day Care.

The Alzheimer Support Group is growing. More people have been coming since they have been able to bring their loved one with them to the meetings. The group is currently held at the Mountain West Medical Center classrooms. Once the Light House Adult Day Care opens they may be able to meet at their location. Medicare is now funding a Senior Medicare Patrol for Fraud Prevention. They can assist with billing issues and they are keeping track of the cost savings amounts. Medicare Part D Prescription Plans have helped 17 clients save \$59,738 since January 2018. Open enrollment will begin in October, volunteers will be assisting.

7. **Roundtable:** Commissioner Bitner stated that over 10,000 seniors are retiring in America daily. It is important for them to keep active and to give them a purpose. Anne Smith said that at the Draper Senior Center they offer free produce from the jail horticulture program and she thinks it would be good if we could get something similar.

Also, Anne walked in the Freedom 5k Run and would like a partner over age 70 to walk in upcoming local 5k's with her. Bella stated that the Senior Center would pay their entry fee.

Antoinette Romano shared a new program she's been working on. It's called the P.A.L.S. Program - Pets Always Lift Spirits. A handout was distributed to the group sighting the groups 3 main areas of focus:

1. Mental/emotional wellness of the human/animal
2. Physical well-being of the animal/human
3. Creating positive relationships throughout the community

(This is a local Tooele County Service Project.) They are currently looking for volunteers to assist with the program. If you and someone you know would be interested, please email: [helpful.P.A.L.S@gmail.com](mailto:helpful.P.A.L.S@gmail.com) Antoinette stated that some seniors are sharing their food with their pets and that pets cause up to 88% of falls. They will be making pet 72 hours kits as well as addressing concerns about what happens to a pet if their senior owner goes into the hospital or passes away. She would like to get a list of seniors with pets and match with volunteers to help take pets for walks and throw balls. She has 7 volunteers now and is currently looking for more.

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

**The next meeting will be held on Tuesday, August 28th, 2018 at 1:30 p.m. at the Tooele Senior Center.**

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