



Area Agency on Aging

# Lewis-Mason-Thurston Area Agency on Aging

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## ADVISORY COUNCIL Meeting Minutes for October 3, 2018

### Members Present

Lewis County: Cindy Mund, Elizabeth Hicker

Mason County: Ida Sevier, Carroll Raether, Glenn Harper, Beth Gizzi

Thurston County: Walter Sulskis, Howard Burton

### Members Absent – Excused

Lewis County: Lynn Ford, Deb Mizner, Lanette Scapillato

Mason County: None

Thurston County: Mike Robbins, Dave Hughes, Gwen Gadberry

### Members Absent – Unexcused

None

### Staff Present

Valerie Lamb, Nicole Kiddoo, Mickle Yow

### Guests

Paul Tosch

### Welcome & Introductions

Cindy Mund, Chair, called the meeting to order at 9:37 am.

### Community Updates & Announcements

This item was taken out of order as there was not a quorum at the start of the meeting. Cindy Mund, Chair, informed the Council that there would be a nationwide alert on every cell phone at 11:20am that would more than likely disrupt the meeting briefly.

The Council was encouraged to refer potential new Council members to their local County Commissioners website or to the LMTAAA website to apply for the Advisory Council as there are multiple vacancies currently.

Introductions were made and the Council was reminded that there will be a vote during the December meeting to nominate the 2019 Chair and Vice-Chair for the Advisory Council. Members were encouraged to participate if they are interested in a position on the ballot and to reflect on their recommendations for the vote.

Cindy Mund, Chair, informed the Council that there will be a fundraiser dinner coming up for the Lewis County Senior Centers. She will email Mickle details to forward to the Council when she is able so those wanting to participate can do so.

Elizabeth Hicker reported that the Winlock senior center has been planning a fundraiser dinner with a medieval theme, but it has been postponed until possibly the end of this year or the beginning of 2019. She also shared with the Council that there is discussion of a possible closure of either the Packwood or Morton senior centers since they have been struggling to keep enough members.

Paul Tosch reported that he has three potential new volunteers for the Ombudsman program that will hopefully go through the certification training soon. He also shared that he will be attending a three day training from October 31<sup>st</sup> through November 2<sup>nd</sup> with all the Regional Ombudsman and their staff to educate Attorneys and Guardians on Resident's Rights.

Glenn Harper reported that the Falls Prevention presentation at the Mason County senior center was very informative and well done, but he would recommend more promotion for future classes so there is better attendance.

Beth Gizzi shared with the Council that the Mason County HUB Center for seniors had a '40+ Event' that was very successful. The center partnered with the Gig Harbor Basket Brigade and in November will be giving out turkey baskets to seniors in need. The HUB will also be offering a free Thanksgiving Day lunch on Wednesday, November 21<sup>st</sup>.

Ida Sevier, Vice-Chair reported to the Council that OysterFest will be held in Shelton on October 6<sup>th</sup>-7<sup>th</sup> which is always a big attraction every year for Mason County.

Howard Burton shared with the Council that the Olympia senior center had a successful fundraiser recently.

### **Approval of Minutes & Agenda**

Ida Sevier, Vice-Chair, moved to approve the October agenda and the September minutes once a quorum was reached. Walter Sulskis seconded the motion and it passed unanimously.

### **State Council on Aging (SCoA)**

Lynn Ford was unable to attend the meeting so there was no State Council on Aging report. Cindy Mund, Chair, encouraged the Council to read the report that Lynn sends by email so the members are staying up to date on the current Legislative agenda. It is important that the issues that require advocacy are discussed so actions can be taken. Mickle will start printing the SCoA reports monthly as part of the Council materials for those that would like a paper copy.

### **Council of Governments (CoG) Meeting Report from Vice-Chair**

Ida Sevier, Vice-Chair, was unable to attend the September CoG meeting as the original date was cancelled and the Commissioners met briefly with LMTAAA during a lunch hour to go over agency business on a special meeting day.

### **Fall Conference**

Cindy Mund, Chair, reminded the Council about the annual two-day Fall Conference coming up. Members were reminded to let Mickle know if they decide to attend the Statewide Advisory Council meeting and Senior Citizens Foundation Conference on October 10<sup>th</sup> and 11<sup>th</sup> as the deadline for registration has already passed. Executive Director, Nicole Kiddoo, passed out a copy of the agenda for the W4A day on the 10<sup>th</sup> and the agenda for the Senior Lobby Day will be sent by email as soon as possible.

### **Executive Director's Report**

Executive Director, Nicole Kiddoo, reported to the Council that she recently attended a leadership training with the upper Executive team at LMTAAA. She was very happy with the results and shared the importance of appreciating the hard work of others. Nicole expressed her gratitude towards the Council for all their dedication and efforts.

Nicole is looking forward to the All-Staff Development Training coming up on October 15<sup>th</sup> and 16<sup>th</sup>. The agency will be able to focus as a team to create their mission, vision and values. The facilitator of the meeting, Julie Lancaster, will be helping to facilitate leadership within the agency and setting up LMTAAA for success in the future.

In the spring, LMTAAA will be launching a Leadership Academy for staff that are interested in participating. A facilitator will be coming in to assist in creating leadership components within the agency and to focus on current and potential leaders within LMTAAA. It will be a 6-session academy with a graduation ceremony at the completion. Nicole recommended that some of the Council members assist Nicole and one of the County Commissioners in the review process of the applications for the academy.

The Council was informed that Nicole will be out in the community much more in the coming months for outreach. She is looking forward to meeting with the different groups and expressed the importance of understanding each community at multiple levels.

Ida Sevier expressed her gratitude to Executive Director, Nicole Kiddoo, for her attendance at the National Active and Retired Federal Employees (NARF) meeting as she was a very positive influence on the group. Her participation encouraged great conversation and helped the group to understand what LMTAAA is all about.

### **Developing Our "Elevator Speech"**

Executive Director, Nicole Kiddoo gave a PowerPoint presentation on how to craft an elevator speech for the agency. Some of the key components discussed were the programs and services that LMTAAA provides, the roles and responsibilities of the Advisory Council and how to best share that information in a simple and straightforward

manner to others so they understand what services are available through the LMTAAA.

During the presentation, the Council discussed the importance of helping to educate each community about help that is available to them and to share personal stories that others connect with. Nicole shared materials with the Council to help them have a better understanding of our agency. The members worked as a team to develop a first draft of an "elevator speech" to share with others in local communities that aren't aware of LMTAAA or the services available to them. The Council practiced the speech one-on-one and decided it would be beneficial to update the current Advisory Council business cards to include the LMTAAA five core services on the back of the cards.

See notes from the group discussion below.

### Adjournment

After thanking Nicole for her presentation, the meeting was adjourned at 11:57 am.

*Mikle Yow*

Submitted by: Mikle Yow, Administrative Secretary

### Notes from the Group Discussions:

