



Area Agency on Aging

Lewis-Mason-Thurston Area Agency on Aging

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ADVISORY COUNCIL Meeting Minutes for November 1, 2017

Members Present

Lewis County: Linda Tomasheck, Cindy Mund

Mason County: Ida Sevier

Thurston County: Gwen Gadberry, Walter Sulskis, Mike Robbins

Members Absent – Excused

Lewis County: Deb Mizner, Lynn Ford, Lanette Scapillato

Mason County: Ross Gallagher

Thurston County: Peter Witt, Dave Hughes

Members Absent – Unexcused

None

Staff Present

Valerie Lamb, Joy McBride, Mikle Yow, John McBride, Todd Nelson

Guests

Paul Tosch, Elizabeth Hicker

Welcome & Introductions

Linda Tomasheck, Vice-Chair, called the meeting to order at 9:35am and introductions were made.

Approval of Minutes & Agenda

Cindy Mund moved to approve the November agenda with the addition of a report and discussion of the Ad-Hoc Committee and the October minutes. Mike Robbins seconded the motion and it passed unanimously. (It was later discovered that Elizabeth Hicker's appointment to the Council was not official until 11/20/17. As a result, there was not a majority of the membership in attendance when the motion was approved. This will be addressed at the December meeting.)

Community Updates

Walter Sulskis- Walter shared that he attended the Washington State Senior Citizens' Foundation Fall Conference on October 18, 2017. He brought brochures to hand out to the group from the conference and discussed some of the notes he had taken during

the event. Walter felt it was well run with informed speakers and he found the meeting to be very helpful. Interim Executive Director, Joy McBride, encouraged Council Members to review the email and attached conference documents that were sent to them recently.

Cindy Mund- Cindy shared that she is enrolled in a class to be certified in Advance Care Planning. She encouraged those who are interested to consider joining and spread the word in the senior community, as it is an important resource for all of us as we age.

Ida Sevier- Ida shared that the Mason County General Hospital is hosting their annual fundraiser on November 3, 2017 and November 17-18, 2017 at Alderbrook Resort. She also informed the members that Mason County will be opening a homeless shelter run by volunteers from 8pm to 8am for the next 6 months. This shelter used to only be open during severe weather but will be running on the new schedule as a trial this year. Linda expressed that Lewis County is also opening multiple portables at the Lewis County Fairgrounds to shelter the homeless community. Lewis County also has a hygiene station at the local Salvation Army.

Paul Tosch- Paul shared that the State Ombudsman Program received grant money to teach professional guardians about resident's rights. He also advised that he will be out of town from November 19, 2017 through December 5, 2017.

Joy McBride- Interim Executive Director McBride reported that LMTAAA joined with St. Peters Hospital to apply for a Federal Grant for Falls Prevention in May, but did not receive the award. LMTAAA has a small amount of Older Americans Act funding that that can only be used for Evidence Based Programs, which will be used to begin offering Tai Ji Quan classes in Mason and Lewis counties where those type of programs are needed. Funds will be used to hire a master trainer to train another 13 to 18 additional trainers in 2017, with the classes starting in 2018. It is hoped that these classes will aid in reducing falls for our local seniors.

State Council on Aging

No Report.

Ad-Hoc Committee

Discussion ensued on the understanding of what the responsibility of the Ad-Hoc Committee is, and whether there is an ongoing role for the committee. The committee members felt their roles and objectives need to be clarified by the group as they move forward in 2018. Some concerns were expressed about the lack of government funding for senior centers. The council will discuss further at the December meeting what the role of the Ad-Hoc Committee should be and how the council can do more to help the centers with these issues.

Interim Executive Director's Report

Interim Executive Director, Joy McBride, reported on the following topics:

Lewis County Congregate Nutrition Update- Lewis County Seniors, Lewis County, and LMTAAA staff continue to work together to determine whether the Lewis County Seniors will be able to meet the qualifications to provide Congregate Nutrition services in 2018. Lewis County has committed funding to support, but not directly operate the program in 2018, and LMTAAA received an additional \$50,000 for Nutrition Program Support from Aging and Long Term Supports Administration (AL TSA), to help with the transition to a new provider.

New Advisory Council Members- There are three pending Advisory Council Members for Mason County. The Mason County Board of Commissioners will be interviewing potential members before they are officially approved to join the Council. An update will be given to the Advisory Council members as decisions are being made. Elizabeth Hicker was appointed by the Lewis County Board of Commissioners earlier this week.

Executive Director Search- The COG has hired Karras Consulting to recruit for the position. Karras Consulting specializes in public sector executive recruitment, and candidate interviews will likely occur in January, 2018.

December Meeting & Elected Officials- The upcoming December meeting will be followed by the annual Advisory Council Holiday Luncheon. She shared that an email invitation/RSVP will be sent out by Mikle very soon, so that we know how many Council members to expect. The December meeting will also be the final term for 3 members including the Chair and Vice-Chair, so the council will need to elect new officers.

Medicaid Alternative Care and Tailored Supports for Older Adults Presentation

John McBride, Access Services Supervisor, and Todd Nelson, Family Caregiver Resource Manager, shared an informative presentation explaining the new Medicaid Alternative Care and Tailored Supports for Older Adults programs, which officially began on September 11th. Discussion ensued on the benefits of the programs and the anticipated assistance it will provide for Family Caregivers. They also shared the differences between these new programs and the current services already being offered through the Medicaid In-Home Care program and Family Caregiver Support Program.

The Advisory Council members were also reminded of the upcoming Fall Family Caregiver Workshop on November 9, 2017, from 9:30 am to 4:00 pm at the Capital Event Center in Tumwater. The council members were offered a registration form for the workshop and were encouraged to spread the word.

Adjournment

After thanking the presenters, the meeting was adjourned at 11:27 am.

Mikle Yow

Submitted by: Mikle Yow, Administrative Secretary