



Area Agency on Aging

Lewis-Mason-Thurston Area Agency on Aging

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ADVISORY COUNCIL Meeting Minutes for December 6, 2017

Members Present

Lewis County: Linda Tomasheck, Cindy Mund, Lynn Ford, Lanette Scapillato
Mason County: Ida Sevier, Ross Gallagher, Carroll Raether, Beth Gizzi, Deborah Reis
Thurston County: Gwen Gadberry, Walter Sulskis, Mike Robbins, Peter Witt

Members Absent – Excused

Lewis County: Deb Mizner, Elizabeth Hicker
Mason County: None
Thurston County: Dave Hughes, Howard Burton

Members Absent – Unexcused

None

Staff Present

Valerie Lamb, Carrie Petit, Alice Cunningham Kane, Lisa Jolly, Joy McBride, Mikle Yow

Guests

Paul Tosch, Carolyn Ham

Welcome & Introductions

Peter Witt, Chair, called the meeting to order at 9:31am and introductions were made.

Approval of Minutes & Agenda

Cindy Mund moved to approve the December agenda and the November minutes. The October minutes were also re-approved as the November meeting did not have a quorum when the minutes were initially approved. Ross Gallagher seconded the motion and it passed unanimously.

Community Updates

No Report.

State Council on Aging

Lynn Ford gave a report on the November SCoA meeting and passed around various materials from that meeting for everyone to review. She listed the top four items of focus on the 2018 legislative priorities and what the council is hoping to achieve.

- The first priority was the support of on-going Information and Assistance of Washington State's Dementia Action Collaborative (DAC). DAC is a group of public-private partners committed to preparing Washington State for the growth of the dementia population. Currently there are only volunteers running this program, so the council is hoping DAC can acquire state funding to be able to hire an employee to assist in running the program and updating pertinent information on their website as needed.
- The second priority was the support of reinstating Medicaid coverage for adult hearing and vision. Lynn shared that currently there is only coverage for hearing correction in one ear, so the goal is to have additional coverage for hearing loss as those problems most often affect both ears.
- The third priority was expansion of the Health Homes Initiative so there may be additional funding to include more local participation.
- The fourth priority was to have the Joint Legislative Executive Committee on Aging and Disability Issues become a standing committee with some additional funding to cover administrative costs and to avoid having to go through the legislative process biannually.

Lynn passed around some materials from the Fall Conference to the Council for review as well.

Ad-Hoc Committee Discussion

The Council discussed what the role of the Ad-Hoc Committee should be and how the Council can do more to help with issues in their communities and continue to be involved in their local senior centers. Current Chair, Peter Witt, shared that the goal of the committee was to get the Council involved with the organizations that the agency supports and get them connected with the different senior services in each county. It was agreed upon that the committee will continue so that the issues in each community will continue to be addressed and the Council will stay up to date with local organizations.

Election of Officers

This item was taken out of order. The Nominating Committee thanked current Chair, Peter Witt, and current Vice-Chair, Linda Tomasheck, for their leadership in 2017 on the Council. Cindy Mund and Ida Sevier expressed their interest as candidates for Advisory Council Chair and Vice-Chair in 2018. Ballots were distributed and Cindy Mund won unanimously with 13 votes for Chair. Ida Sevier received 11 votes for Vice-Chair and two members left their ballot blank for the Vice-Chair vote.

Interim Executive Director's Report

This item was taken out of order. Interim Executive Director, Joy McBride, reported on the following topics:

Lewis County Congregate Nutrition Update- Although the deadline is very short with it now being the end of the year, work continues to assure that the Lewis County Seniors will be able to meet the qualifications to provide Congregate Nutrition services in 2018. The Council of Governments will be holding a special meeting this Friday, December 8th at 2pm and will be discussing the status of the proposal. Lewis County Seniors are still working on their final budget which will hopefully be finalized at their meeting on Thursday, December 7th so that the whole proposal can be brought to the CoG meeting on Friday for further discussion and approval.

Contracts and Budgets for 2018- Early in the new year, the Council will be provided with a list of the Older American's Act contracts for 2018. The list will include how many clients each provider plans to serve, how many expected units of service and their proposed budgets for 2018.

Early 2018 Meeting Schedules- The Council agreed to cancel the January meeting due to likely low attendance so close to the holiday. The next regularly scheduled meeting will be February 7, 2018. An overview of the agency will be provided early in 2018 to help the new Council members understand how the agency is structured. The Council agreed this would be beneficial and also inquired on upcoming legislative days. The Washington Association of Area Agencies on Aging (W4A) Lobby Day will be held on January 31, 2018 to discuss issues of priority with legislators and the annual Washington State Senior Citizen's Lobby Day will be February 22, 2018. Council members were encouraged to attend if possible.

Tribal Initiative Summit- On November 16th and 17th, Interim Executive Director, Joy McBride, Client Services Director, Jemma Williamson, Access Services Supervisor, John McBride, Lead Case Manager, Emily MacFarland and Contracts Manager, Valerie Lamb attended the statewide Tribal Initiative Conference at the Great Wolf Lodge. The conference was a platform for discussion regarding Tribal members receiving state Medicaid services and contracting with Area Agencies on Aging to provide direct service to their members. New contracts are in the early stages of development with language that is more culturally sensitive to Tribal members and it is expected that after these new contracts are implemented, our agency will have more contracts with our local Tribes.

Special Projects Funding- The agency received one-time funding of about \$25,000 from the Older American's Act which will be used to support the needs of our provider programs. The agency's Contracts Managers are working with our providers to identify needs, and Council members were asked for input. Funds will be distributed based on what is most needed and useful for each of these programs.

New Advisory Council Members- With the encouragement of current Chair, Peter Witt, each new Council member gave a brief review of their background and shared why they decided to apply as Advisory Council Members. The new members are Beth Gizzi,

Carroll Raether, and Deborah Reis from Mason County. Howard Burton is a new member from Thurston County, but he was only able to attend the Luncheon portion of the meeting. The Council warmly welcomed the new members and thanked them for serving.

Termed Advisory Council Members- Interim Executive Director, Joy McBride, distributed gifts and expressed her gratitude to Ross Gallagher, Linda Tomasheck and Peter Witt for their service to the Council and their communities over the past six years. This was their last meeting on the Council as each had completed their third term.

Falls Prevention Presentation: Carolyn Ham & Alice Cunningham Kane

Alice Cunningham Kane, Contracts Manager, and Carolyn Ham, Older Adult Fall Prevention Specialist for the Washington State Department of Health, shared an informative presentation explaining the State Falls Prevention Plan, including evidence-based falls prevention programs and what they offer to help keep the elderly community safe. Discussion ensued on the benefits of the programs and the anticipated assistance they will provide for local seniors by reducing falls, which account for the highest rate of both fatal and non-fatal injuries for older adults. They also shared the differences between the exercise programs offered and the in-class trainings to both build strength and help people to be aware of what risks can be avoided.

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: Moving for Better Balance (TJQMBB)* classes in Mason and Lewis counties where this program is not currently offered. TJQMBB has been proven to improve balance, and the agency has contracted with a master trainer to certify additional trainers that will be able to teach these classes locally. LMTAAA has also contracted with a master trainer for the *Matter of Balance (AMB)* program, which is oriented toward education and awareness. There will be an AMB lay coach training in January. LMTAAA plans to provide support for establishing and sustaining new classes in 2018, for TJQMBB in Lewis and Mason Counties, and for AMB in Thurston County.

Adjournment

The meeting was adjourned at 11:21am and was immediately followed by the holiday luncheon.

Mikle Yow

Submitted by: Mikle Yow, Administrative Secretary