



Area Agency on Aging

Lewis-Mason-Thurston Area Agency on Aging

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ADVISORY COUNCIL Meeting Minutes for February 14, 2018

Members Present

Lewis County: Cindy Mund, Lynn Ford, Elizabeth Hicker

Mason County: Ida Sevier, Deborah Reis

Thurston County: Gwen Gadberry, Walter Sulskis, Mike Robbins, Howard Burton

Members Absent – Excused

Lewis County: Deb Mizner, Lanette Scapillato

Mason County: Beth Gizzi, Carroll Raether

Thurston County: Dave Hughes

Members Absent – Unexcused

None

Staff Present

Valerie Lamb, Carrie Petit, Lisa Jolly, Joy McBride, Mikle Yow

Guests

Paul Tosch

Welcome & Introductions

Cindy Mund, Chair, called the meeting to order at 9:30am and introductions were made.

Approval of Minutes & Agenda

Mike Robbins moved to approve the February agenda. Lynn Ford seconded the motion and it passed unanimously. Mike Robbins moved to approve the December minutes.

Gwen Gadberry seconded the motion and it passed unanimously.

Comments from Council Chair

Council Chair, Cindy Mund, discussed her goals for the Council such as coming to the meetings prepared to discuss and communicate with each other and not just listening. She encouraged the Council to review the By-Laws and understand what is expected of them as members beyond just attending the monthly meetings.

Cindy shared the importance of being involved in their individual communities and representing those people by giving feedback on policies. The Council was reminded of opportunities to get involved such as Senior Lobby Day on February 22nd, committees, and assignments, such as site visits.

Council members were informed that a new Executive Director will hopefully be hired within the next few months and it will be a great opportunity for the members to support the agency and Interim Executive Director, Joy McBride, through this transition.

Community Updates

Elizabeth Hicker- Elizabeth shared with the Council that she has been attending a craft class at a senior center in Lewis County, and the paintings have been sold as a fundraiser. She passed around a few of the pieces she made to share with the members. She also shared her opinion that the lunches served at the local Senior Centers seem to be lacking in nutritional value. Discussion ensued on the requirements of the Older Americans Act Nutrition Program. Valerie Lamb will follow up with Lewis County Seniors to ensure the meals are meeting the standards.

Lynn Ford- Lynn shared that it's been a very busy time in Lewis County with the new non-profit organization, Lewis County Seniors, beginning to provide senior center operations January 1st, and then opening a new thrift store on February 1st. She passed around the newest edition of the Senior Dynamics newspaper with an article about the organization and the thrift store and encouraged members to visit the location if they can. There are high hopes for the store not only to raise funds, but to reach out to the senior population that is not already involved in the local senior centers. The store is accepting donations.

Gwen Gadberry- Gwen shared that she attended an exercise program training led by Sophia Risorto for Falls Prevention and had a great experience. Even though she is unable to commit to the entire 8- 2 hour sessions to help lead one of these groups, she encouraged other Council members to get involved if they're interested in leading one of these groups with a partner. Gwen also informed the group that she attended a day long class on Mental Health First Aid in December. Behavioral Health and Suicide-Prevention were discussed at the class and she found it very informative. A copy of a book from the class entitled "Mental Health First Aid USA" was passed around for the Council to review.

Ida Sevier- Ida shared that the HUB in Belfair is having a St. Patrick's Day gala fundraiser to help support the HUB. She will be attending the event and also going to both of the Mason County senior centers this month to connect with local seniors.

Ida shared that there will be changes in local government during the fall elections in Mason County. This led to discussion about major changes also happening in Lewis County and how the local government will be led in the near future.

Cindy Mund- Cindy shared that she was able to stop by the new Lewis County Seniors thrift store and also encouraged the Council to visit the location if possible.

State Council on Aging (SCoA)

Lynn Ford gave a report on the January SCoA meeting. It was an abbreviated session

since most members were attending the Legislative meetings. The members that were there shared updates for each of their local counties which was very informative. There was also discussion about their proposals and Legislative priorities. She shared that they will only be discussing their three top priorities with the Legislators since the meeting time is so short, but they will give materials on all the priorities.

Ad-Hoc Committee

No Report.

Interim Executive Director's Report

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

Executive Director Search- The Council was informed that interviews have taken place for the new Executive Director. Though the majority of the hiring process is being kept confidential, Joy shared that references are being checked for the candidates and a recommendation will be taken to the Council of Governments (CoG) meeting on February 22nd.

Older American's Act Contracts for 2018- The Council was informed that the 2018 Older Americans Act contracts have been approved. Further details will be provided to the Council within the next few months in regard to the specific Older American's Act contracts.

CoG Meeting Attendance- Cindy Mund shared that Vice-Chair, Ida Sevier, has volunteered to attend the CoG monthly meetings as the representative for the Advisory Council.

Preparation for 2018 Senior Lobby Day

Interim Executive Director, Joy McBride, shared a video presentation with the Council to help prepare them for the 2018 Senior Lobby Day and how to discuss these issues with the Legislators. It was very informative and led into discussion on the current priorities that will be addressed at the upcoming meetings.

Further discussion ensued on expectations of the attendees and how to best prepare the Council members who will be attending Senior Lobby Day for the first time. Interim Executive Director, Joy McBride shared a handout to help the members understand the current issues and bills being focused on during this Legislative Session.

Adjournment

The meeting was adjourned at 11:30am.



Submitted by: Mikle Yow, Administrative Secretary