



Area Agency on Aging

# Lewis-Mason-Thurston Area Agency on Aging

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## **ADVISORY COUNCIL Meeting Minutes for May 2, 2018**

### **Members Present**

Lewis County: Cindy Mund, Lynn Ford, Elizabeth Hicker, Deb Mizner, Lanette Scapillato

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

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

### **Members Absent – Excused**

Lewis County: None

Mason County: None

Thurston County: None

### **Members Absent – Unexcused**

None

### **Staff Present**

Carrie Petit, Lisa Jolly, Alice Cunningham Kane, Nicole Kiddoo, Joy McBride, Mickle Yow

### **Guests**

Paul Tosch, Eileen MckenzieSullivan, Cheri Knighton

### **Welcome & Introductions**

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

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

Dave Hughes moved to approve the May agenda. Lynn Ford seconded the motion and it passed unanimously. Ida Sevier moved to approve the April minutes. Dave Hughes seconded the motion and it passed unanimously.

### **Comments from the Council Chair**

Council Chair, Cindy Mund, shared that there will be a conflict with the July 4<sup>th</sup> Advisory Council meeting as it falls on a holiday. The Council agreed that it would be best to cancel the meeting instead of rescheduling as they would still be able to meet their 10 meeting per year requirement.

### **County Group Discussions**

The Council was informed to discuss in each group what they would like to learn in the agency overview and what successes or challenges their County is facing currently.

### **County Group Reports**

Following the county group discussions, the following reports were made to the Council.

Mason County- Glenn Harper reported on the Mason County group discussion. It was discussed that during the agency overview, they would like to receive a list of other groups that work alongside LMTAAA so they can contact them and work cooperatively together. The Mason County group also recommended sharing with the Council what programs there are to assist seniors in improving their technological skills. Beth Gizzi shared that one of the successes in Mason County is the Food Commodities Program that was recently started through the Thurston County Foodbank. The program is now delivering 40 pounds of food to qualified seniors, including those with mobility issues. Glenn reported another success is the Dial-A-Ride Program through Mason County Transit which assists in arranging free rides to those in need. A challenge currently is the need for a Home-Share Program or more housing options for low-income seniors.

Thurston County- Walter Sulskis reported on the Thurston County group discussion. They had discussed there are currently 3 Senior Centers and 2 hospitals within the County which is a success. One current Thurston County challenge is a consistent source of income for the Senior Centers as funding often fluctuates. Another challenge is the lack of caregivers currently staffed within the county which has created an issue. Additionally, there seems to be a lack of seniors being engaged within the community as they are tending to isolate. Walter applauded the idea shared by Mason County of a program assisting members with technology as it would be very beneficial to seniors.

Lewis County- Cindy Mund reported on the Lewis County group discussion. She reported that the group recommended during the orientation to have a full history of the agency and how the structure functions. They would also like to hear the role specifically of the Advisory Council and the opportunities offered to Council members such as participation in the annual Fall Conference and Legislative meeting days. A current challenge is funding for the newly started Lewis County Seniors non-profit organization. Currently, the only funding source is the new thrift store which has been very successful so far. Council members were encouraged to come visit if they had the chance. Another challenge being faced is the amount of people within the community that are not being connected to services available to them as they may not be connected to an agency or governmental program to assist them in finding the services. Homelessness has also been a local issue as there are only two shelters that people can go to at night, so they are wandering throughout the community during the day. An additional success within Lewis County is Twin City Transit will potentially be on the ballot this coming Fall to expand their transportation services to the East side of Lewis County which would be an advantage to the community.

Discussion ensued on the upcoming June 6<sup>th</sup> meeting as there will be a conflict with the annual Statewide Staff Development conference in Leavenworth. Lynn Ford moved to change the meeting to the 13<sup>th</sup> of the month. Dave Hughes seconded the motion and it passed unanimously.

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

Lynn Ford gave a report on the April SCoA meeting. She recommended that the Council read the State Plan if possible and to inform her of any questions that they would like to be addressed. There has been great success in the new incentives through the Medicaid Transformation Demonstration throughout Washington State to keep people off of Medicaid funding if possible. It has helped to open more space in Nursing Homes as people have access to these other services. Lynn shared with the Council a copy of the booklet called *Caring for Caregivers: A Training Toolkit*. She found to be a very helpful resource at the SCoA meeting to assist in public speaking.

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

Vice-Chair, Ida Sevier, had no report as she did not attend the last CoG meeting.

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

Executive Director, Nicole Kiddoo, reported on the following topics:

Mission, Vision and Values- Nicole expressed her gratitude towards the Council and to Joy McBride for her warm welcome to LMTAAA and shared her excitement to continue building on the successes of the agency. Her focus as the new Executive Director has been internal functions of the office and learning about the many resources the agency offers to the community. There will be continued focus in organizational development within the agency including staff trainings to support the mission, vision and values of LMTAAA. The Council was encouraged to share their feedback on their expectations for information shared in future meetings and what they want to learn collectively.

Outreach Project- The Council was informed that the agency has formed a committee to focus on outreach and is currently working on updating the LMTAAA website. The goal is that the agency can develop new partnerships within each county to spread the word about the resources available to each community and make it easier to access these services. Discussion ensued on the importance of understanding both as employees of LMTAAA and as a Council to know the mission statement and values for the agency.

### **Momentia Presentation**

Eileen MckenzieSullivan and Cheri Knighton gave a presentation on the Momentia Program offered through Senior Services for South Sound. They shared the many activities offered to help seniors experiencing early stages of memory loss to assist their caregivers in offering a Dementia-Friendly social setting. It is common for those with Dementia to experience isolation, so the program helps keep those experiencing memory loss in a safe and fun environment instead of feeling like they cannot be

comfortable without their caretaker. A hand-out was given to the Council members in regards to the Momentia Program and the upcoming annual South Sound Alzheimer's Council conference on May 18<sup>th</sup>. The Council was encouraged to inform Mikle Yow if they would like to attend so they will be registered to attend in a timely manner.

Discussion ensued on the other local and national programs such as Dementia-Friendly USA that have great opportunities to connect families to additional help. There is a quarterly Dementia 101 class held at the Lacey Senior Center which help families that are going through these situations. Lynn Ford shared that the Dementia Roadmap offered by the Dementia Action Collaborative is a very helpful booklet for families and care partners. It was expressed that it is very important to help educate local communities about Dementia so people going through these struggles feel comfortable and encouraged instead of feeling forced to isolation due to embarrassment.

### **Adjournment**

After thanking the presenters, the meeting was adjourned at 11:30am.

*Mikle Yow*

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**Submitted by: Mikle Yow, Administrative Secretary**