



Area Agency on Aging

# Lewis-Mason-Thurston Area Agency on Aging

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## **ADVISORY COUNCIL Meeting Minutes for March 6, 2019**

### **Members Present**

Lewis County: Cindy Mund, Lynn Ford, Elizabeth Hicker, Lanette Scapillato, Charlene Woodring

Mason County: Glenn Harper, Ida Sevier, Carroll Raether, Debra Jamerson

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

### **Members Absent – Excused**

Lewis County: Deb Mizner

Mason County: Beth Gizzi

Thurston County: None

### **Members Absent – Unexcused**

None

### **Staff Present**

Valerie Aubertin-Lamb, Carrie Petit

### **Guests**

Paul Tosch, Long Term Care Ombudsman; Melissa Lawton, South Puget Intertribal Planning Agency

### **Welcome & Introductions**

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

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

Council Chair, Cindy Mund asked if there were any changes to the agenda as published. As there were none, a vote was not taken and the agenda stood as published.

*Note: Approval of the February Minutes was taken out of order due to printed copies not being initially available for review. Cindy Mund asked if there were any changes to the February 6, 2019 minutes. Paul Tosch suggested an addition to the last paragraph regarding Guardianship and Power of Attorney Decision Making, adding an additional resource for more information. Cindy clarified that the change could be written as*

“...more information can be found online at [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org) and [www.waombudsman.org](http://www.waombudsman.org).” Glenn Harper moved to approve the February minutes with the recommended change. Lynn Ford seconded the motion and it passed unanimously.

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

Cindy Mund, Chair, welcomed the Council members and thanked Valerie Aubertin-Lamb and Carrie Petit for filling in for Mikle Yow who was out sick. She stated that she was looking forward to the continued discussion about the Council's goals.

### **Community Updates & Announcements**

Ida Sevier shared that the American Legion will be celebrating its 100 year anniversary this year, and that there is a Shelton resident who was in the first American Legion. There will be a celebration to honor this gentleman and the American Legion's anniversary. The date is yet to be announced.

Elizabeth Hicker announced that the Olequa Senior Center in Winlock will have a Corned Beef and Cabbage Dinner for St. Patrick's Day on March 15, 4:30 pm – 7:00 pm. The Center will also be holding a rummage sale on March 23 and 24, 9:00 am – 3:00 pm.

Elizabeth Hicker and Lynn Ford shared that the Lewis County Seniors' A Second Time Around Thrift Store will accept all kinds of clothing, including items that are damaged. Lynn also showed a beautiful brand new blouse she purchased at the Thrift Store for \$1.99 and shared how easy it is to find some great deals at the store.

Lynn Ford also announced that the Master Food Preservers are now meeting at the Twin Cities Senior Center. At their upcoming meeting in March, they will share tips on bread baking. Lynn noted that the group does not have a website, but information can be found on the Washington State University (WSU) Extension website.

Walter Sulskis announced that Thurston County's annual Spring Fling will be held at the Thurston County Fairgrounds on March 9 & 10. This event is open to the public.

Dave Hughes shared that Family Education and Support Services is offering a Chronic Disease Self-Management Program workshop series specifically for kinship caregivers (relatives raising children). The workshops started March 1 and will be held for six weeks at LMTAAA's Olympia office.

Carroll Raether announced that The Hub in Belfair is also holding a St. Patrick's Day event.

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

Ida Sevier, Vice-Chair, stated that due to the two feet of snow at her home, she was unable to attend the February Council of Governments (COG) meeting. However, she shared that the COG will now be meeting every other month, as some signature duties for contracts have been passed on to Executive Director Nicole Kiddoo. The next

meeting will be on Thursday, March 28, 2019.

### **State Council on Aging (SCOA) Meeting Report**

Unfortunately due to Mikle's absence, the SCOA report was not distributed before the meeting. Lynn Ford, State Council on Aging Representative reported to the Council that Department of Social and Health Services Aging and Long Term Support Administration (DSHS/AL TSA) had cancelled the procurement process for the establishment of the Consumer Directed Employer. AL TSA is reviewing the process and will determine the next steps. Lynn also shared that Council Members may be interested to sign up for the Healthier Washington newsletter from the Washington State Health Care Authority. Further information can be found in Lynn's report which was provided to the Council by email on March 7, 2019.

### **2019 Senior Lobby Day**

Six Council members attended the 2019 Senior Lobby Day, along with LMTAAA staff members Alice Cunningham Kane and Lisa Jolly. Gwen Gadberry, Ida Sevier, Lynn Ford, Elizabeth Hicker, Howard Burton and Glenn Harper shared their feedback on the day's activities. Several members stated that the morning speakers were good, but the sound system and the speakers' fast manner of speech made it difficult for many people to hear and understand well.

Lynn shared information and a handout about HB1078/SB 5210 regarding Telecoil and Bluetooth Consumer Education for Hearing Aid Buyers. Howard expressed frustration that the information presented by the speakers appeared to be one-sided. Elizabeth Hicker felt that she was not as prepared to speak to the Legislators and would have liked to have bill information available beforehand. She did note that she was able to watch the Washington Association of Area Agencies on Aging (W4A) advocacy video which was very helpful. Glenn Harper expressed that he could have been more prepared with the elevator speech and was also surprised that they didn't meet with many of the Legislators themselves, but rather with the Legislative Aides. Gwen shared that she plans to follow up by sending each of the Legislators she visited an email to thank them for their time and to remind them of the visit.

### **2019 Council Goals**

Council Chair Cindy Mund handed out a draft chart listing the Advisory Council's 2019 Goal to "Improve Outreach and Advocacy", and reviewed the objectives of this goal with the Council. She asked the members to break out into their County groups in order to focus on Objective One, "Strategically Place and Maintain Materials for Public Access"; and to discuss any additional tasks to include, prioritize the tasks and assign tasks to members.

Before the members broke into County groups, discussion ensued about how to measure the success of the goals and to make each goal measurable. The Council also briefly discussed the need for more social media presence along with the new website. Members also requested to hear from LMTAAA staff regarding outreach which is already done in the communities. Valerie Aubertin-Lamb also invited members to look

at the local resources available at [www.washingtoncommunitylivingconnections.org](http://www.washingtoncommunitylivingconnections.org).

Each County group met and reported back to the full Council.

#### Thurston County:

- Would like to know what the approved message is that LMTAAA wants the Council to take to their communities.
- Asked if LMTAAA staff could create a 15-20 minute PowerPoint presentation for Council members to share.
- Believe it is important to ask community partners to link to LMTAAA website.
- Would like to have a case study (story) of success that could be shared.
- Dave, Gwen, and Mike all committed to provide presentations once materials are developed and also committed to recruiting to fill the vacant Thurston County Advisory Council position.

#### Mason County

- Would like to hear from LMTAAA staff regarding outreach that is already done; feels that staff may already be handling the need to share printed materials.
- Debra is willing to take printed material to key people at banks, financial planners, pharmacies, elder law attorneys, clinics/physicians and dentists in the Belfair and Allyn areas.
- Glenn had previously volunteered to be on the website committee, and restated his interest and willingness to help.
- Most of the group thought that having a social media presence is important. They suggested creating a You Tube channel to share videos, client success stories and Advisory Council member testimonies to attract new members.

#### Lewis County

- Felt that a mix of written material and social media is a priority.
- Suggested using resources such as a community chamber newsletter (Such as Biz Buzz in Lewis County) to publish information about the agency.
- Would like to look at ways to make the website more robust.
- Would like to have links to the LMTAAA website on various partner websites.
- Suggested having an event at Stillwater to present about the agency.
- Liz and Lynn committed to taking written material to the local libraries.
- Charlene committed to taking written material to local hospitals and clinics.
- Members will check with Marla Lund (Lewis County Information and Assistance Specialist) to be sure they aren't overlapping.
- Lanette is interested in working on the social media presence as well.

#### Summary of Action Items:

- *Invite John McBride and/or other I&A staff to the next meeting to discuss specifically where and how outreach is already being done in each county.*
- *Determine if staff can create a PowerPoint for short presentations.*

- Invite members of the Website Committee to the next meeting to share plans for the new website.
- Create a subcommittee to address social media (possibly in conjunction with LMTAAA Website Committee?) Volunteers included Glenn, Debra, Liz, Lynn, Lanette and Cindy.

### Introduction of New Members

Before the meeting was adjourned, Council Chair Cindy Mund asked the two newest members to introduce themselves.

- Debra Jamerson is representing Mason County. She works at The Haven in Allyn which provides respite, adult day care and home care. She often refers people to LMTAAA for assistance and is very excited to be a part of the Advisory Council.
- Charlene Woodring is representing Lewis County. She has worked with seniors in several capacities during her career including Cascade Mental Health, social worker at Visiting Nurses, senior case management at Providence Hospital, Employment Security and most recently as a Rehabilitation Counselor at the Department of Services for the Blind. She is also looking forward to participating on the Advisory Council.

### Adjournment

The meeting was adjourned at 11:50 am.

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Submitted by: **Carrie Petit, Contracts Manager**

### Notes from group discussion:

