



Area Agency on Aging

# Lewis-Mason-Thurston Area Agency on Aging

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## **ADVISORY COUNCIL Meeting Minutes for June 5, 2019**

### ***Members Present***

Lewis County: Cindy Mund, Lynn Ford, Elizabeth Hicker and Charlene Woodring  
Mason County: Ida Sevier, Carroll Raether, Debra Jamerson and William Bezanson  
Thurston County: Howard Burton, Walter Sulskis, Gwen Gadberry and Dave Hughes

### ***Members Absent – Excused***

Lewis County: Deb Mizner  
Mason County: Beth Gizzi and Glenn Harper  
Thurston County: Mike Robbins

### ***Members Absent – Unexcused***

None

### ***Staff Present***

Nicole Kiddoo, Joy McBride, Valerie Aubertin-Lamb, Carrie Petit and Charyl Warriner

### ***Guests***

Paul Tosch and Michele Horaney

### ***Welcome & Introductions***

Cindy Mund, Chair, called the meeting to order at 9:32 a.m. and the attendees introduced themselves to the group.

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

The June agenda was proposed with one revision. The revision was to add a new Proclamation by Mason County, reported by Ida, that the month of May will be recognized as Older Americans Month. Bill Bezanson moved to approve the agenda with one revision; Dave Hughes seconded the motion. The motion to approve the agenda with one revision, and to approve the May draft minutes as presented, passed unanimously.

### ***Community Updates & Announcements***

Cindy Mund, Chair, distributed the list of Goals & Objectives that were discussed during the March meeting; she asked that each member report on their outreach and advocacy opportunities to the group.

Debra Jameson shared that she had placed LMTAAA materials in a public access area within the cities of Belfair and Allyn. She had also written an article for the North Bay Review in the month of April that outlined Older American's Month and the Area Agency on Aging.

Carroll Raether reported that he had attended several support groups and distributed information to the Alpine Way Alzheimer's meeting, the Parkinson Support Group, as well as at a Memory Café location. He noted that those who attended the Memory Café event were mostly agency employees. Carroll also provided LMTAAA's Resource Directory booklets to Adult Family Homes and Assisted Living locations. He worked his 'elevator speech' in three different locations, successfully.

Walter Sulskis reported that he spoke to the Pastor at his local church, and handed out some of the Agency's brochures. He also traveled to the Timberland Library in Lacey and left some books that he felt would be helpful to the community. In addition, Walter shared that Saturday, June 8, 2019 he would be going to the Farmer's Market in Olympia with Chair, Cindy Mund. They plan to bring brochures and additional information on the Agency, will talk about the services we provide. He intends on repeating his efforts two more times this summer, with the next date being July 27. Gwen Gadberry added her interest in accompanying Walter and Cindy to the market this Saturday.

Elizabeth Hicker recommended that the council members visit restaurants to share the Agency's information. She recently visited Red Rooster restaurant in Winlock and provided flyers and brochures. After speaking with an employee for follow-up from her visit, she was pleased to hear that all the flyers are gone, and they requested more. In addition, Elizabeth was happy to report that literature left in the doctor's office, had also been taken by patients and/or visitors.

Howard Burton shared that he had taken 10 copies of the Agency's Resource Directory, has distributed them to other associates, and will be in need of more. In addition, he reported a recent conversation he had with Congressman Denny Heck. Howard recommended a follow-up conversation with Nicole Kiddoo in regards to the OAA.

Lynn Ford shared that she continually restocks the thrift store at the Senior Center with information on the Agency and provides our resources. She recently sent out a letter to the editors in Lewis, Thurston and Mason Counties regarding Older Americans' Month, and shared a personal story of her assisting a woman who was having difficulty managing her husband's Alzheimer's, by providing her a LMTAAA Resource Directory. She continues her outreach to the Lewis County support groups.

Gwen Gadberry shared that she attended the recent Alzheimer's Conference and commented on the progress with understanding Alzheimer's. Gwen noted that the Dementia Road Map is a wonderful resource and recommended more copies. In

addition, Gwen circulated to the Council members, a Falls Prevention checklist that she has been passing around within the community.

Bill (William) Bezanson mentioned that he was impressed with the Dementia Roadmap booklet and would like have the agency share the link, as well as obtaining more copies.

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

Lynn Ford shared Legislative updates and passing of recent bills, such as *The Guardianship Bill*. Many have reported mixed reviews to this new bill, with certain aspects being better than the previous bill; but mostly that the previous bill had better protections. Lynn recommended that it might be helpful to have someone come and speak on guardianship in the near future. She was pleased at the funding for the Dementia Action Collaborative (DAC) of \$1.5 million. Lynn touched briefly on the Long Term Care Trust Act handout she provided to the group.

Cindy Mund provided an update to the Council on an informal meeting held, to review our current PowerPoint and modify it to use for our outreach message to the community. This discussion was taken out of order. The Advisory Council wanted something broad that they could use within their communities to explain who we are as Council members, what our purpose is, and why it is important to learn about the services and resources the Agency provides to the community. Elizabeth Hicker offered her assistance with the creation of the presentation. It was recommended that each member have a thumb drive with the PowerPoint presentation, as well as having hard copies printed to share. The group decided to bring their recommendations back to the members during the August meeting.

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

Ida Sevier, Vice-Chair, reported that she presented LMTAAA's PowerPoint presentation, as well as the Advisory Council's action plan, to the three Commissioners. Ida expressed interest to the Commissioners about doing more, when it came to the Older American's Month. Commissioner Trask later met with Ida, and stated, on behalf of Mason County, she was pleased to provide a Proclamation that May will now be known as the *official Older American's Month*. Ida reminded the members that the next CoG meeting would be held in September.

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

Executive Director, Nicole Kiddoo, shared her excitement that we have so many Council members actively reaching out to members in the community. She asked that any published articles, brochures, or additional documents be sent to Charyl, so we can share information where needed.

Nicole spoke proudly of our recent LMTAAA Excellence in Leadership Academy. This Academy, led by Julie Lancaster, started in February, had 13 participants from the Agency and each individual graduated at the end of April. The desire is to continue this Academy annually to interested staff within the Agency.

As a follow-up from the March meeting, there was a request that Bob Blancato from NANASP (National Association of Nutrition and Aging Services Programs) accompany Valerie Aubertin-Lamb to a few of our congregate meal sites and discuss the impact of the congregate meal program. These site visits help support the OAA reauthorization and show the importance of programs related to nutrition. In May, Nicole and Valerie Aubertin-Lamb attended the NANASP Conference in Long Beach, CA where they learned many ways to increase nutrition program usage by incorporating senior malnutrition standards and linking dental health to overall health. As we continue to highlight programs across the nation, we will keep the Council informed.

Nicole was pleased to announce that we have filled our Community Supports Director position, and will welcome Juno Whittaker in the latter part of June. Juno has attended some Advisory Council meetings before and we look forward to welcoming her to the team. With growth comes the need for additional team members. We plan to bring on additional staff to support our Case Management department in the near future, as we fill our final open positions.

Nicole updated the Council that our 2017 fiscal audit has been completed and there were no findings, only a few corrective recommendations were noted by the State Auditors. The auditors will be returning in July for our 2018 audit and will be on site for approximately three weeks.

Thanks were extended to Lynn for the informational handouts on the recent signing of the Long-Term Care Trust Act. There was general discussion from Council members around this and they expressed the need to help promote saving more money in order to be prepared financially for the future. Nicole stated that with the passing of this bill, will come additional components that we do not fully understand. She is happy to report on any updates as they become available.

Nicole also updated the Council members that she had recently been nominated to run for the National Association of Area Agencies on Aging (n4a) Board, as an alternate seat. The ballots have been submitted and the results will be in the latter part of the month notifying us as to whether or not she has been elected. She outlined that this would be a great opportunity for the Agency, as it would allow increased communication with n4a, as well as increased access to their policy briefings. The Council wished Nicole luck on her potential appointment. Nicole was also pleased to report that Jon Rudicil, Director of the Washington Association of Area Agencies on Aging (W4A), will present in August to discuss advocacy and outreach with the Council.

An update was provided to the Council regarding difficulty in finding a new building for our Mason County operation. We have had some challenges to overcome, and felt as though we had a good solution. Unfortunately, the plan did not materialize as expected. Nicole stated that she would appreciate input from the Council members on any recommendations they might have, in acquiring office space in Mason County.

Nicole shifted the conversation towards our 2020-2023 Area Plan which will be one of

our top priorities over the next few months. We are currently working timelines and community forum locations and will bring more for review in the upcoming months. A PowerPoint presentation outlined key elements, timelines and a general overview. Discussion ensued over the new Key Themes, which are: 1) Healthy Aging; 2) Expanding Services; 3) Person Centered Home & Community Based Services; and 4) Recognizing Tribal Sovereignty in planning services for older Native Americans. We will review our Plan with the Advisory Council and will need the Council's recommendation to go before the Council of Governments for approval prior to it being submitted to the state.. One of our focus points will be to gather input from the communities we serve on what we do well, in addition to any potential service gaps that we may have. We will be holding Community Forums, outlining our Area Plan, and looking for input from the community. Currently we have five locations scheduled for our presentation within Lewis, Mason & Thurston Counties. We will soon be looking for input via a survey, which we will place online, as well as in paper form, for those at the community forum locations. We would greatly appreciate Advisory Council members sharing the news about the survey, as well as attending the forums.

***Revision to Advisory Council Meeting***

Cindy Mund, Chair, noted that there is a meeting room conflict with the originally scheduled August 7<sup>th</sup> Advisory Council meeting. A recommendation was made to shift the Advisory Council meeting to August 14<sup>th</sup>, 2019. Lynn made a motion to move the meeting from August 7, 2019 to August 14, 2019. Dave seconded the motion. The motion passed unanimously. Recap: the Council will not meet in July, but will resume their next scheduled meeting on August 14, 2019.

***Adjournment***

The meeting was adjourned at 11:23 am.

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**Submitted by: Charyl Warriner, Executive Assistant**