



Area Agency on Aging

# Lewis-Mason-Thurston Area Agency on Aging

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## **ADVISORY COUNCIL Meeting Minutes for February 5, 2020**

### ***Members Present***

Lewis County: Lynn Ford (Chair); Liz Hicker; Cindy Mund; and Deb Mizner  
Mason County: Glenn Harper (Vice-Chair); Ida Sevier; Carroll Raether; and William (Bill) Bezanson  
Thurston County: Gwen Gadberry; Howard Burton; and Michele Horaney

***Members Absent (excused)*** – Judy Stratton

### ***Members Absent***

Lewis County: Charlene Woodring  
Mason County: Beth Gizzi and Debra Jamerson  
Thurston County: (see above excused)

### ***Staff Present***

Nicole Kiddoo; Joy McBride; Valerie Aubertin; Carrie Petit; and Charyl Warriner

### ***Guests***

Paul Tosch, Regional Long Term Care Ombudsman

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

Lynn Ford, Chair, called the meeting to order at 9:35 a.m., followed by the Pledge of Allegiance and introductions.

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

Lynn Ford, Chair, entertained a motion to approve both the January 8, 2020 minutes, and the draft agenda for the February 5, 2020 meeting. Bill Bezanson made a motion to approve the January 8, 2020 minutes as written, as well as the draft February 5, 2020 agenda, as presented. Ida Sevier seconded the motion. The motion passed unanimously.

### ***Comments from the Chair – Lynn Ford***

Lynn shared with the Council that she attended the first Senior Housing meeting in Lacey, and was impressed. She recapped that a few of the Advisory Council members attended the w4a Advocacy Day at the Capitol, on January 30, 2020, and had great meetings. The day was fun and productive, as meetings were scheduled with local Representatives, as well as either Senators, or their Legislative Aides. Lynn informed

the group that several of the Council met again this morning before the meeting to review the By-Laws. The proposed revisions are being tracked. This will help facilitate the meeting with the Council of Governments for their approval of the updated By-Laws, in May 2020. As a reminder, the By-Laws have not been reviewed since 2003.

### ***Community Updates***

Liz Hicker shared that the senior centers in Lewis County are all doing well. They are looking for additional activities to do. There has been internal discussion on possibly renaming the Olequa (Winlock) center, similar to what The HUB did in Mason County. The trend is to move away from calling them "Senior Centers" and renaming them something less stigmatizing. They have several proposed names and will update more as it is decided.

Cindy Mund informed the group that she attends the Senior Network in Lewis County and some of the members have mentioned they would like to have Nicole Kiddoo come and share information about the Agency. Seniors have requested more senior resource directories. Cindy will be bringing more back with her to distribute in Lewis County.

Howard Burton noticed that while driving towards White Pass, there were at least three signs directing to local "Senior Centers". He feels as though it is a lost opportunity. He recommends signage that states something like, "Aging is the future of us all".

Nicole Kiddoo spoke about the good turnout at the first Senior Housing Needs workshops. She mentioned that they are working on a community survey through the collaboration between Thurston Planning, the City of Olympia and the new Executive Director of Senior Services for South Sound. Once completed, this will become part of their TOOLKIT. If any would like to attend, the next meeting is scheduled for February 21, 2020 at the Olympia City Hall.

Deb Mizner informed the group that she works for the Senior Nutrition & Caregiving Program in Lewis County for the Cowlitz Tribe and shared that they will be offering Tai-Chi for Arthritis classes four (4) days per week. These classes will be on-site. In addition, they are working hard to get a second garden established. She provided staffing updates, including the funding of a new FTE, as an Advocate for Elders, doing wellness checks. They will also be hiring another full-time gardener. She was excited to report that the garden crops are being integrated as part of their senior meal plans.

Glenn Harper is working to get the "A Matter of Balance" class going in Lewis County.

Lynn Ford briefed the Council on the w4a Advocacy Day, and the ask of \$3.4M to fund 54 Case Managers. The current budget has only four Case Managers allowed for the entire state, and we are asking that it be revised. She recapped that the current caseload is one Case Manager to approximately 90 clients. The increased funds and the added CMs would be a large cost saving measure.

Lynn Ford reminded everyone that Senior Lobby Day is just around the corner on February 20, 2020. Although Nicole will not be present, having representation by Advisory Council members is highly encouraged. There have been a few appointments already confirmed; some will be on February 20 and others on February 26.

### **Reports**

#### **State Council on Aging (SCoA) Meeting Report – Lynn Ford**

Lynn spoke about the handouts provided to the Advisory Council, on 1) The Review of the Uniform Guardianship Act; and 2) a breakdown of Medicare Choices. There was a general consensus that perhaps we should have Statewide Health Insurance Benefits Advisory (SHIBA) come talk to the Council.

#### **Council of Governments (CoG) Meeting Report – Glenn Harper**

The Commissioners spoke briefly about housing issues, as well as zoning requirements and regulations. They are working collectively on finding more flexible ways of helping those in need.

**Executive Director's Report** – Nicole Kiddoo provided a PowerPoint presentation on the following topics:

- Agency Overview
- AAA History
- Collaboration with both w4a & n4a
- Council of Governments (Commissioners)
- Agency Structure
- Advisory Council
- AAA's role (services provided/partnerships/funding flow)
- Legislative work
- Roles & Responsibilities of the Advisory Council

There was detailed discussion on the funding flow slide, as well as Medicaid/Medicare income reporting and its relevance to obtain services. Nicole thanked the Council members for their participation, and their continued advocacy and outreach.

#### **Advisory Council By-Law Review**

Lynn Ford shared with the Council that a few members have begun reviewing the LMTAAA's Advisory Council By-Laws, and are making note of recommendations for revision. They are working to ensure it is clearly written and outlines more details of what the Council's objective is. They will be meeting several more times, and will present it to the entire Advisory Council for review/input, before presenting it to the CoG (Council of Governments). She shared her excitement to have more standing committees related to advocacy, outreach and recruitment.

***Next Advisory Council Meeting***

The next scheduled meeting will be on March 4, 2020.

***Adjournment***

The meeting adjourned at 11:33 a.m.

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