



Lewis - Mason - Thurston Area Agency on Aging

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Advisory Council Meeting Minutes for Wednesday, March 1, 2023

Members Present

Lewis County: *Tim Wood; Carolyn (Carol) Brock; Liz Hicker; Heidi Buswell; Debbie Aust.*

Mason County: *Glenn Harper, Vice-Chair; Tamra Ingwaldson; Becky Cronquist; Cynthia Stang.*

Thurston County: *Eileen McKenzieSullivan, Chair; Ellen Wendt; Michelle Horaney; Angela Hock; Anna Schlecht*

Members Absent

Lewis:

Mason:

Thurston: *Cathleen (Cat) McGaffigan*

Staff Present: *Nicole Kiddoo, Executive Director; Jemma Williamson, Deputy Executive Director; Carrie Petit, Contracts Director; John McBride, Access Services Supervisor; Megan King, Interim Senior Executive Assistant; Lisa Bachmann, Administrative Coordinator; Chrissy Franklin, Administrative Assistant*

Call to Order

The meeting was called to order by Eileen McKenzieSullivan at 9:37 am, which was followed by introductions.

Approval of Minutes & Agenda

Eileen McKenzieSullivan, Chair, entertained a motion to approve the draft agenda for the March 1, 2023 meeting as well as the draft meeting minutes from February 1, 2023 meeting. Glenn Harper made the motion to approve both items and it was seconded by Tim Wood. The motion was passed unanimously.

Comments from the Council Chair - Eileen McKenzieSullivan, Chair

Eileen thanked everyone for coming and for their hard work. She shared that this month is National Social Workers Month, Woman's History Month and Developmental Disability Awareness Month.

Community Supports Presentation, Alzheimer's and Dementia – John McBride, Access Services Supervisor

John McBride, Access Services Supervisor, shared that while Alzheimer's Disease is the most commonly diagnosed form of dementia there are almost 100 types, some tied to different diseases like diabetes. Symptoms of dementia can start to show 20-30 years before the onset of the illness which typically progresses over 8-12 years. Obesity is a high risk factor for dementia, so eating a Mediterranean diet, high in healthy, full-fat foods; limiting sugar; and exercising are beneficial.

John gave an overview of the programs the Lewis Mason Thurston Area Agency on Aging (LMTAAA) provides for family caregivers. The Family Caregiver Specialists work to support caregivers who are assisting people experiencing symptoms of dementia. The Dementia Study Group provides a safe place where caregivers can come and share challenges and wins with other caregivers in their community. These classes currently take place via Zoom, but eventually may return to in-person meetings.

LMTAAA will be partnering with local author Gretchen Staebler for a three part series at the Centralia Library on March 8, 14 and 21. Gretchen will share portions from her book "Mother Lode; Confessions of a Reluctant Caregiver" based on her experience caretaking for her mother. John and his staff will bring materials to share about LMTAAA programs. John also shared that LMTAAA will co-sponsor the local Alzheimer conference on May 18, which will be held in person.

Area Plan Survey Request – Jemma Williamson, Deputy Executive Director

Jemma Williamson gave a brief overview of the area plan survey. She shared her appreciation for the input the members had already given and asked for input on the survey. Glenn Harper, Vice-Chair and member of the Socialization Committee wants to know if participants are experiencing any social isolation. The committee agreed that there should be 2-3 questions for each of the following topics: social isolation, housing, transportation, nutrition and LGBTQ+ as well as space for any additional information the participant wants to share.

It was suggested that the council members have the previous survey emailed to them for ideas. Also discussed was the option to skip sections of the survey if not applicable. To reach more seniors, it was suggested that the survey be offered in print form as well as on Survey Monkey in English and perhaps other languages.

The survey will go out in April by email to consumers and community partners; by distribution to different groups in the community; and by council members spreading the information in person, by email and using social media. There are plans to have a QR code for the survey. Nicole Kiddoo, Executive Director, shared the agency will send staff to local events to share the survey prepared with brochures listing LMTAAA programs & resources. It was suggested that the agency create a simple brochure that is smaller than the Resource Directory.

Community Updates & Announcements:

Lewis County: Carol Brock shared a poster of the Night of Magic, hosted by the Lewis County Seniors, happening March 4. Doors open at 5:00 and the event starts at 6:00 which includes dinner, a magic show featuring Jeff Evans, and a raffle. Ticket can be purchased online or at the door. The event can also be attended virtually.

Mason County: Glenn Harper, Vice-Chair, shared that Friday Fun Night will March 10 at the Shelton Senior Center with free pizza, dancing and drinks for a minimal charge. On March 23, 2:00 pm at the Lacey Senior Center, Glenn will be hosting a Death Café; an open discussion on what happens after we die. There will be cake and beverages.

Thurston County: Angela Hock shared that the Lacey Senior Center will be having a sock hop in April with nostalgic memories, retro games, music from the 50's, root-beer floats and snacks.

