



Area Agency on Aging

# Lewis-Mason-Thurston Area Agency on Aging

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## ADVISORY COUNCIL Meeting Minutes for February 6, 2019

### Members Present

Lewis County: Cindy Mund, Lynn Ford

Mason County: Ida Sevier, Glenn Harper, Carroll Raether

Thurston County: Howard Burton, Gwen Gadberry, Mike Robbins

### Members Absent – Excused

Lewis County: Elizabeth Hicker, Lanette Scapillato, Deb Mizner

Mason County: Beth Gizzi

Thurston County: Walter Sulskis, Dave Hughes

### Members Absent – Unexcused

None

### Staff Present

Valerie Aubertin-Lamb, Carrie Petit, Nicole Kiddoo, Joy McBride, Mikle Yow

### Guests

Paul Tosch

### Welcome & Introductions

Cindy Mund, Chair, called the meeting to order at 9:32am.

### Comments from the Council Chair

Council Chair, Cindy Mund, expressed to the Council that there was a lot of content to get through in the meeting and they would do their best to get through it all on time.

### Approval of Minutes & Agenda

The February agenda was accepted as written and no changes were made.

Council Chair, Cindy Mund, suggested correcting the date on the header of the January draft minutes before approval. The council agreed to these changes. Ida Sevier moved to approve the January minutes with the recommended change. Lynn Ford seconded the motion and it passed unanimously.

### **Community Updates & Announcements**

Lynn Ford shared that the Lewis County Thrift Store is re-designing their clothing racks on Friday, February 8, 2019 and is looking for volunteers to come and assist with that. She reported that Master Food Preservers also had their first class at their local senior center. They were able to work in the commercial kitchen and it was well received.

Council Chair, Cindy Mund, shared that the Lewis County Advisory Council members had lunch together at the Cowlitz Tribal Center and had a great time.

Howard Burton reported back on the "Point in Time (PIT)" study that took place on Thursday, January 24, 2019 and was organized by the Thurston Thrives Network. He served lunch to the homeless and had a very good experience. The results of the study are still pending, but it is expected that the number of homeless seniors was double what was previously recorded. Howard expressed he anticipates the agency's involvement in this group will be very helpful for the senior housing and senior homelessness issues. Council Chair, Cindy Mund, shared that House Bill 1090 is meant to reduce taxes on those aged 65 and older which will hopefully help low income seniors be able to stay in their own homes.

Gwen Gadberry shared that she attended a meeting at Cooper Point Village in regards to Emergency Preparedness and found it was a very important topic of discussion.

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

Ida Sevier, Vice-Chair, was in attendance at the January Council of Governments meeting. She reported that elections were held and Commissioner Gary Stamper of Lewis County was appointed as Council Chair and Commissioner Gary Edwards of Thurston County was appointed Vice-Chair. Commissioner Sharon Trask of Mason County was also welcomed as a new member to the Council. There was a long discussion at the meeting in regards to affordable senior housing as it is a major topic for each County. Executive Director, Nicole Kiddoo, reported to the CoG that the first meeting for strategic leadership went well and they are working on the organizational structure of the agency. The Leadership Academy will be starting in March and the Commissioners were invited to attend the graduation ceremony in May. There was some discussion at the meeting in regards to the Long Term Care Trust Act and other legislative priorities. Ida shared that the CoG Bylaws were updated to give Executive Director, Nicole Kiddoo, more authority to sign and approve contracts. Fiscal Director, Dan Speigle, also gave a financial update to the Council at the meeting.

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

This item was unintentionally missing from the agenda. Lynn Ford gave a report on the January SCoA meeting. There was a great speaker from the Kinship Care program who shared her own personal experience in taking care of family members.

### **Senior Lobby Day**

Executive Director, Nicole Kiddoo, shared information on the upcoming Senior Lobby Day scheduled for Tuesday, February 26, 2019. The Council was reminded to inform Mikle Yow as soon as possible if they plan to attend so she can register attendees. Mikle Yow will email the Council a copy of the Washington Association of Area Agencies on Aging (W4A) PowerPoint and training video to assist them in preparing for meetings with Senators and Representatives. Nicole encouraged the Council members to attend as it is a great way to advocate for the legislative priorities and issues the agency is focusing on for our local communities. Members of the Council shared their experiences attending Senior Lobby Day in previous years. Discussion ensued on what is to be expected at the event and how to be prepared for the meetings.

### **2019 Council Goals**

In continuation of the January Advisory Council meeting, the Council members reviewed their top areas of focus for 2019, in order to narrow them to a few for which they would set goals. As a group, the members chose transportation, housing and outreach as their top three priorities. The Council broke down the specific areas of focus and established when and how they would like to specify the goals into measurable tasks.

Discussion ensued on the key areas of focus and how the Council could make an impact in the communities through outreach and advocacy. The Council shared their ideas and brainstormed on ways to spread the word about the type of help the agency can offer those in need, such as sharing materials and brochures locally (notes below). By the March meeting, the Council would like to understand where the agency is already distributing materials so they can start sharing them elsewhere and decide as a group what other tools they need to be successful in meeting their goals to improve outreach.

Council Chair, Cindy Mund, encouraged the Council to read the information that was sent to them by email in regards to Guardianship and Power of Attorney Decision Making for Long-Term Care residents, as she found it very informative. Paul Tosch gave additional information about the training presentation and reference guide and shared that more information can be found online at [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org) and [www.waombudsman.org](http://www.waombudsman.org).

### **Adjournment**

The meeting was adjourned at 11:38am.



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

**Notes from the Group Discussions:**

Improve Outreach & Advocacy

*8th month*

- Learn where are staff currently placing brochures etc.
- AC members commit to distributing to one or two places/groups and maintain
- Question re: Do staff currently track where/how many (Data collection)
- Cindy will summarize all in a chart to help guide discussions.
- What are the tools we need to do outreach?  
*for next month* - National & state materials & speakers

- Materials/Brochures - place & maintain
  - Libraries
  - Hospitals
  - Chamber
  - Thrift Stores
  - Senior Housing/ Assisted Living
  - Doctor's Office/ Clinics
  - Support Groups
- Public Speaking/Educating
  - Rotary
  - Service Clubs
  - Churches
  - Senior Centers
  - Libraries
  - Real Estate
- Website - Glenn volunteered
- Political
  - W4A
  - N4A
  - Senior Lobby
  - Fall Conference
- Recruitment
  - Data for those being served
  - Encourage Visitors
- Inviting Resources into Meetings