



Area Agency on Aging

Lewis-Mason-Thurston Area Agency on Aging

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ADVISORY COUNCIL Meeting Minutes for September 4, 2019

Members Present

Lewis County: Cindy Mund, Lynn Ford, and Elizabeth Hicker

Mason County: Ida Sevier, Carroll Raether, William (Bill) Bezanson, and Glenn Harper

Thurston County: Dave Hughes, Walter Sulskis and Michele Horaney

Members Absent

Lewis County: Deb Mizner & Charlene Woodring

Mason County: Beth Gizzi, and Debra Jamerson

Thurston County: Gwen Gadberry, and Howard Burton

Staff Present

Juno Whittaker, Valerie Lamb and Charyl Warriner

Guests

Paul Tosch, Regional Long Term Care Ombudsman

Welcome & Introductions

Cindy Mund, Chair, called the meeting to order at 9:35 a.m. She continued to welcome all to the meeting and introductions were made.

Approval of Minutes & Agenda

Motion to approve the August 14, 2019 minutes as presented, and to approve the draft agenda for the September 4, 2019 with one revision to reflect that there would be no Executive Director report, as she was not feeling well. Lynn Ford so moved; Dave Hughes seconded the motion. The motion passed unanimously.

General Discussion

Cindy Mund, Chair, discussed the PowerPoint Presentation the Advisory Council has decided to use for community engagement. It was discussed that minor revisions needed to be made, such as grammatical errors and font size.

Community Updates & Announcements – N/A

State Council on Aging (SCoA) Meeting Report – N/A (no August meeting)

Council of Governments (CoG) Meeting Report – N/A (no August meeting)

County Meetings

Chair, Cindy Mund requested that the Advisory Council members break into groups based on the county they represent to discuss the following:

1. What types of information we would like to know more about in order to help support the organization, and how the Executive Director can assist us with this?
2. What should we have as a main focal point in 2020? (All ideas will be addressed and prioritized at a later time).

Lewis County members, after discussing question #1, decided that they would like to know more about the following:

- Have someone come in and speak more in depth about Medicaid waivers;
- Get our message out to the public schools;
- Know what the process is for applying, and being appointed to the Advisory Council;
- What other AAA's are doing in regard to nutrition (less sodium, less processed, more fresh fruits/vegetables);
- How to understand the connection between referral and case management (i.e. What happens when we refer someone to the AAA?); and
- Creating a baseline on how many calls are coming in to our toll free number.

Mason County members, after discussing question #1, decided that they would like to know more about the following:

- How can they get a better depth of knowledge on the contracted services with the agency;
- If we would be able to expand on the current PowerPoint presentation with notes explaining each slide; and
- If someone within the agency would be willing to provide a bulleted list of services provided (Kinship Program, Roads to Community Living).

Thurston County members, also after discussing question #1, also felt as though it is important to know the following:

- How our phone calls are filtered/routed through our system;
- If our AAA is linked into Emergency Preparedness, and if so, how;
- If the Advisory Council members could be trained more on learning how to communicate well on behalf of the agency;
- Knowing when/where the staff is speaking, so as not to over saturate areas;
- Would like to hear from the Case Managers to get an idea on what they're facing in the community, as many Council members do not know what their roles are;

- Are there ways that we can reach out to the younger population to let them know how to prepare for their aging parents? It might be beneficial when speaking to the elderly communities, to have a bit of history on types of programs and what we used to be doing, versus what we are currently doing now.

When the Council members asked for their group input regarding question #2, what we should have as a main focal point in 2020, they came up with the following ideas.

Lewis County members wished to focus on advocacy and outreach, while ensuring they were not duplicating efforts of the staff at the agency, as well as bringing in local experts (from each county) to discuss housing, insurance and transportation.

Mason County members agreed that the focus should remain advocacy and outreach, as well as educating ourselves with different programs, terminology, etc.

Thurston County members were more focused on getting regular reports on legislation and what is happening in our areas; the interest to have experts from State Council come and speak based on Senior Lobby meetings was also expressed (Charyl, State Council on Aging and Senior Lobby are two different groups – maybe they meant both State Council and Senior Lobby meetings?); and the request was made to have a narration (vocal) as part of the PP presentation.

Community Supports Director, Juno Whittaker shared with the Council members that there will be a **Powerful Tools for Caregivers** workshop that is scheduled to start in January 2020. This will be a six (6) week course for unpaid family caregivers focused on learning how to care for yourself while caring for others.

Area Plan Discussion – (this discussion was tabled until the next meeting)

Executive Director's Report – N/A

Next Advisory Council Meeting

The next scheduled meeting will be on October 2, 2019.

Adjournment

The meeting was adjourned at 11:11 a.m.

Submitted by: Charyl Warriner, Executive Assistant