



Lewis - Mason - Thurston Area Agency on Aging

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Area Agency on Aging

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Advisory Council
Wednesday, October 5, 2022
9:30 – 12:00 p.m.
Via ZOOM

Minutes

Members Present

Lewis County: *Tim Wood, Carolyn (Carol) Brock*

Mason County: *Glenn Harper, William (Bill Bezanson); Diane McLean; Tamra Ingwaldson;*

Thurston County: *Eileen McKenzieSullivan; Cat McGaffigan; Ellen Wendt; Anna Schlecht; Michele Horaney; Angela Hock*

Members Absent

Lewis County: Liz Hicker, Heidi Buswell, Amy Turnbull

Mason County: Jamie Queen

Thurston County:

Staff Present

Nicole Kiddoo, Executive Director; Jemma Williamson, Deputy Executive Director; Jessica Hodges, Executive Assistant, Donna Feddern, Community Supports Director, Carrie Petit, Contracts Director

Guests: Linda Terry, Steps Program

Welcome & Introductions

Eileen called the meeting to order at 9:36 AM, followed by introductions.

Approval of Minutes and Agenda

Motion to accept the Draft Agenda was made by Glenn Harper and seconded by Bill Bezanson. A vote was taken and carried unanimously.

The Council of Governments held an emergency meeting upon receiving a draft copy of the prepared letter to Senior News. The CoG requested the letter be sent only as individuals, with no affiliation to LMTAAA due to conflict of interest. Eileen will distribute the letter to the Advisory Council to send on an individual basis. Michele Horaney commented political ads still present, and senior highest voting frequency, as well as articles in favor of senior relations. Anna Schlecht added the desire to submit an article regarding the fairness and issue discussed. Diane McLean commented the front page being a defiant response to complaints the newspaper received regarding their September issue. Compliment as given

to Donna Feddern's team referencing the article on page 9 on socialization as it was very well written.

Guest Speaker Donna Feddern, Family Caregivers

Donna oversees the department, with 10 employees. This month we recognize and honor family caregivers and bring awareness to caregiver issues. Our program focuses on the unpaid caregivers. Unpaid caregivers can be anyone in someone's life who routinely provides them with assistance and does not get paid to do so. Some people do it as an act of love – but can also be challenging. The program provides emotional and physical health support, training, counseling and home safety equipment, respite, case management and education about conditions. When people call with questions, some people know they need support while others call with an unrelated question and determine that more support may be needed by way of T-Care assessments. These assessments consist of a series of questions where sources of particular stress are identified. From there a plan can be constructed based on unique needs to reduce stress and improve the caregiving experience. Washington State Trualta offers online caregiving tools to attend a class or ask questions along with basic training on showering feeding, caring after stroke, diabetes maintenance and how to care for yourself whilst caring for someone else. Some caregivers require counseling as depression and anxiety can develop – when specialists determine this, we set up counseling as part of the program.

National 2022 strategy to support family caregivers was delivered to congress from an organization called Raise where they shared their National Roadmap to recognizing Family Caregivers by building partnerships and engagement with Family Caregivers and including them in the care plans. This partnership strengthens services and supports and ensures financial and workplace security. Questions regarding assisting Family Caregivers with needs were discussed.

A MOTION was made by Bill Bezanson to reschedule the December meeting to December 14th 10AM-12:30 PM and was unanimously passed. The motion was seconded by Michele Horaney.

Community Updates & Announcements – Liz Hicker

Carol Brock reported the October scheduled event was rescheduled for March 4th. Carol also announced the hiring of a part time Executive Director, Jessa Lewis. The center is hosting Bunko once a month with Bingo equipment arriving at the center soon.

Glenn Harper reported next Friday will be Friday fun night at Shelton Senior Center.

Veterans Day will be open to honor veterans.

Senior Services held a gala on October 13th raised \$100K

Tamra Ingwaldson reported the Kiwanis club is hosting a Veterans lunch on Veterans Day. Requested RSVP via email prior to November 8th.

State Council on Aging (SCoA) – Michele Horaney

Did not meet as were at W4A with Advisory Council. Meeting later next month with a report for December.

Socialization & Engagement Committee – Glenn Harper / Angela Hock

Angela Hock reported one additional reply from the flyers with a desire to learn tech services. Discussions around getting articles into the Senior News on Socialization, which Donna and Team. Glenn Harper added there were mixed communications on the article,

and requested the submission of all articles to the Advisory Council for proof reading. Donna responded highlighting tight deadlines for the articles may interfere with Glenn's request.

Glenn added the flyer impact is not high enough to implement a program and requesting direction for the Committee's future. Nicole shared a reminder that we are going into a 4-year area plan development year, with programmatic goals. There will be opportunity to support the committee's direction through community forums, community supports and groups which begin in May. Carol questioned if having the survey ready for the first part of the year, with congregated meals, we might get better information as new ones are sent out.

Advocacy & Legislative Committee – Michele Horaney

Michele reported with the impending election results, and seats being filled by newly elected officials, there is not much information to report. Bringing the priorities that we have from W4A and oversight group, we are forming a plan to reach out encouraging our representatives to work on behalf of and support older people. A request for volunteers to join the committee to meet after Thanksgiving to discuss how to get organized was made.

Housing Committee – Anna Schlecht

Anna reported Senior Housing Alliance will be moving to a bi-monthly meeting format with the next meeting scheduled for November 18th. Anna attended the Shelton Homeless Forum where she had the opportunity to meet the Executive Director of Housing Authority. Key voting communities are working on a Veterans tiny home village with other providers. Communities interested in a Senior Village next time with Mason County being a good option for the location. Met with Mayor Kelly Smith Johnson, who was instrumental with Centralia develop a housing plan. Idea is to rotate between Thurston, Lewis and Mason counties to gather information on happenings, resources, needs of each county and to identify housing developers and supporters to find ways to support their efforts. An ordinance to disassemble homeless encampments headed by Commissioner Swope was held on October 25th and passed.

Nominating Committee – Diane McLean and Cat McGaffigan, Liz Hicker

Diane reported little headway had been made in identifying potential candidates to serve as Chair or Vice Chair. Efforts are continued.

Executive Director's Report – Nicole Kiddoo

Nicole reported an update on the constructed letter to Senior News and meeting with the COG. Appreciation of the advisement of the Advisory Council as its one of the Council's main roles, to advise staff and COG; thank you for having our back. COG would like staff to figure out the concerns brought forward as not all are concerning the specific contract LMTAAA has in place. We are paying to put ads in there, not run the entirety of the Senior News. The great news is the idea to submit a letter, without LMTAAA attached to it – please do that at your will. Part of what we do contractually is we evaluate performance of the contract, we link to the law for 501c3's as we review the contract for compliance. Tim Wood requested clarification around Thurston County Board of Seniors. Questions regarding the COG's concern around letters unattributed to LMTAAA being published in the Senior News. Nicole Kiddoo confirmed there is no concern, and it is your right as a citizen to submit a letter at your own discretion.

Nicole continued with optimism in meeting with the Advocacy Committee. She reported She ensured we keep pace with state workers in Case Management doing the same work as

LMTAAA Case Managers. Representative Bateman is looking to push a bill to ensure the parity piece remains in place to keep pace with the intentions of the \$24M for older adults. This would ensure investments are maintained to keep up with COLA's etc that state workers are getting. Reminder end of January is Advocacy Days – it has been virtual in previous years, and some may be in person with possible opportunities for hybrid. Meeting reminders will be sent as things come together.

Guest Speaker – Linda Terry & Pat – STEP Program

Linda Terry is passionate about sharing the magic of generations coming together and the importance of giving time to future generations. The program is running 8 years strong Pat was welcomed as Linda's guest and is a participant in STEP. Step brings intergeneration's with guidelines for meeting requirements to include a seat for everyone at the table – this includes all ages, all races, all genders, all religions, and all abilities. The Pre-Covid atmosphere and during COVID accommodations were presented. Linda elaborated that the inspiration for STEP came by way of the Squaxin Tribe where the youth served the elders. STEP started at Boardwalk apartments and later started working with Senior Services. STEP recently launched in Canada and a Women only group. Collaboration and recruitment of seniors is met by way of bulletins, and flyers. For youth, recruitment is facilitated through Instagram. The program is entirely free and always will be. Questions regarding collaboration with Boys and Girls Clubs were discussed.

Adjournment

Carol Brock motioned to adjourn the meeting; Tim Wood seconded the motion. Motion passed unanimously at 12:10 p.m.

Submitted by: Jessica Hodges, Executive Assistant