



LEWIS-MASON-THURSTON AREA AGENCY ON AGING

 LMTAAA.org

 (360) 664-0791

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Advisory Council

Draft Meeting Minutes for Wednesday, November 6, 2024

9:30 AM – 12:00 PM

In Person & Via Teams

Members Present:

Lewis County: Heidi Buswell, Vice-Chair; Tim Wood; Debbie Aust; Greg Rohr.

Mason County:

Thurston County: Cat McGaffigan, Chair; Eileen McKenzieSullivan; Ellen Wendt; Michele Horaney.

Members Absent:

Becky Cronquist; Anna Schlecht; Angela Hock.

Staff Present:

Jemma Williamson, Deputy Executive Director; Donna Feddern, Chief of Programs & Services; Valerie Aubertin, Community Supports Director; Lisa Bachmann, Senior Executive Assistant; Chrissy Franklin, Executive Assistant; Carrie Petit, Contracts Director; Paul Madison, Care Coordination Supervisor; Courtney Williams, Aging & Disability Resource Connection Supervisor; Jenny McIntyre, Family Caregiver Specialist; Matt Davis, Family Caregiver Specialist; Kathy Howard, Family Caregiver Services Supervisor.

Visitors Present:

Liz Hicker, former Advisory Council member; Glenn Harper, former Advisory Council member; Carol Brock, Timber River Board Chair.

Welcome and Introductions, *Cat McGaffigan, Chair*

Cat McGaffigan, Chair, welcomed everyone, and introductions were made.

Approval of the November 2024 Draft Agenda and October 2024 Draft Minutes

A motion was entertained to approve the November draft agenda and October draft minutes by Cat McGaffigan, Chair. The motion was approved by Tim Wood seconded by Heidi Buswell, Vice-Chair and passed unanimously.

Farmers Market Program Update, *Valerie Aubertin, Community Supports Director*

Valerie shared that the Family Caregiver Specialists sent 160 thank you cards with a packet of seeds in each to caregivers for Family Caregivers Month. 185% of poverty is the number looked at with the census to decide how many cards go to each county. Valerie handed out a document with details on the Senior Farmers Market Nutrition Program reflecting the details for 2024. Each card had \$80 and the increased number of cards that went out was due to food

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prices and Becca Frisch, Communications Manager's work with social media and press announcements promoting the program. Our Aging and Disability Resource Connections (ADRC) staff and our front office team did incredible work as always, fielding calls, getting cards ready for mailing, and sharing about the program at outreach events. When the cards are mailed we include information about local markets, nutritious recipes, and information about the program. The state looks at the allotted cards given to us and then what the redemption rates are. Statewide participants issued benefits 36,657 and the benefits redeemed through October 2023 was \$1,908,535.94. These both represent higher participation and redemption from 2022 (over 2,000 more participants and \$94,000 benefits redeemed). Two years ago, we switched to using cards instead of vouchers and that has helped participants use the full amount on each card. A Feeding America report ranked Lewis County at 12th and Mason County at 13th when it came to highest food insecurity rates in Washington State. Thurston County was listed in 31st place among 39 counties. Glenn Harper asked about the Blue Zone Activates for Lewis and Mason Counties. Valerie and Donna Feddern, Chief of Programs & Services have been meeting with community members about the Blue Zone Activates. Blue Zones are regions of the world where people live longer and healthier lives than average. Blue Zone Activates uses evidence-based strategies to make it easier for people to make healthy choices in the communities in which they live. Valerie stated Lewis and Mason Counties have started Blue Zone Activate groups.

STAR-C Training Presentation, Matt Davis, Family Caregiver Specialist & Jenny McIntyre, Family Caregiver Specialist

Matt and Jenny shared a PowerPoint presentation and handed out documents. The STAR-C program was designed to help family caregivers who are caring for someone with Alzheimer's disease or a related dementia. The program was clinically tested and proven to lower depression in caregivers and decrease problem behaviors in the person with dementia. The evidence-based program developed by the University of Washington is now being offered in Lewis, Mason, and Thurston counties. Program details are four one-hour in-home (or virtual) visits with two fifteen-to-thirty-minute phone calls over six weeks, four follow-up calls, and a caregiver feedback survey. The program ends at 6 months but if they are an existing client of the agency, they also get eight counselling sessions which can help once the program ends. The program is ideal for caregivers who want to keep their loved one at home for as long as they can. Jenny shared that clients do not need a formal diagnosis for dementia to be eligible for the STAR-C program. The caregiver needs to either live in the clients home or come to the clients home daily. Matt shared that they have the caregivers use the A-B-C Problem Solving Plan. The caregiver fills out a form and the Family Caregiver Specialist goes over it with the caregiver to

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strategize ways to help the caregiver and the client. Glenn Harper mentioned that this program seems like the PEARL program, and he may be able to help create space for the caregivers that go through the STAR-C program to meet or share information so they don't feel isolated and can support each other. Valerie Aubertin stated funding for the program is provided through the agency for staff training and once the staff member is trained there are no additional costs. It's something we can add to our toolbox to help families. Tim Wood asked if this a program we need to advocate for and Carrie Petit, Contracts Director responded stating the Family Caregiver Support Program is funded through the Older American Act (OAA and there is also state funding so general advocating would help. Valerie Aubertin, Community Supports Director stated there is funding and now we need to get more of our staff trained. Greg Rohr asked how we are collecting data on how the program is going and Matt stated they use the caregiver feedback survey results.

Agency Liaison News, Chrissy Franklin, Executive Assistant

Chrissy shared that the agency Open House event on Thursday, October 24th was a success and thanked the members that were able to attend and help at the information table. Reminded members that the December Advisory Council Meeting and Appreciation Luncheon will be on Monday, December 2nd. Meeting will be from 9:30am – 11:30am and the luncheon will be 11:30am – 12:30pm.

Membership Committee Report, Chrissy Franklin, Executive Assistant

Chrissy shared the Advisory Council Volunteer Drive flyer that was created by Becca Frisch, Communications Manager. Chrissy will email the flyer to members so they can print and handout to community members. Chrissy shared that Glenn Harper applied to be a Mason County member and will join the Advisory Council again next year. If there are any events we can attend to encourage community members to join let Chrissy know.

Nominating Committee Report, Cat McGaffigan, Chair

Cat thanked Debbie Aust for being on the Nominating Committee. Cat stated that we need one person from each county to be on the committee. We will need to appoint people if no one volunteers.

Advocacy & Legislative Committee, Michele Horaney

Michele stated that the committee met on Monday, October 28th. New legislative session begins in January. Kate Tudor will offer advocacy trainings in January. Legislative visits will start the end of January into the beginning of February. Cat McGaffigan reminded everyone that we

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still need an Advisory Council member to become our Washington State Council on Aging (SCoA) Chair. Eileen McKenzieSullivan will be the Interim SCoA Chair until January.

Community Updates

Ellen Wendt shared that she attended the Senior Services for South Sound Fall Gala on Saturday, October 26 at the Olympia Senior Center. It was a lot of fun and they raised \$100,000. Glenn Harper shared that the Death Café's schedule is on Facebook.

Socialization & Engagement Committee, Ellen Wendt

Ellen reported for Angela Hock. Ellen reported that volunteers for Mon Ami should be trained before the end of the year.

Village to Village, Ellen Wendt

Ellen reported there is a meeting for all members and those that are interested on November 12, 2024, at the Quakers House. They will present on how to become a member. The annual membership fee per person is \$200. There is no age requirement. The current members range from the ages sixty to eighty. They are hoping that adult community members of all ages join. They are continuing to work on setting up the software. They volunteer by taking people in the community to doctors appointments and helping them with manageable tasks at their home. They are looking for grant writers to help with their Internal Revenue Code Section 501c3 for exempt purposes.

Adjournment

A motion was entertained by Eileen McKenzieSullivan to adjourn the meeting. It was seconded by Tim Wood and unanimously decided to adjourn the meeting. The next meeting will be November 6.

Minutes taken by

Chrissy Franklin, Executive Assistant

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