

Southwest Washington Agency on Aging & Disabilities
Advisory Council (SWAADAC)
Meeting Minutes of the February 17th, 2010
201 NE 73rd Street, Ste 201, Vancouver, WA 98665

Call To Order:

The meeting was called to order at 10:12 a.m. by Chair, Pat Culver.

Roll Call:

Members Present:

Clark County: Karin Woll, Ginny Wilberg, Mike Teefy
Cowlitz County: Patty Kinswa-Gaiser, Marc Bollinger
Klickitat County: Lowell Smith
Wahkiakum County: Anne Snyder
Skamania County: Patricia Culver, Sandra Bacus, Jim Jordan

Members Absent:

Clark County: Roxanne Jones (Excused)
Elizabeth Brown (Excused)
Shanti Potts (Excused)

Wahkiakum County: Nicki Thomas (Excused)

- A quorum was present.

Guests: None

Staff Present: Doug Hooper, Program Coordinator
David Kelly, Executive Director
Klaus Micheel, Planner

Approval of Agenda:

The agenda was approved.

Approval of Minutes:

The minutes for the January 20, 2010 meeting were approved with one correction: on page 4 (director's report), first paragraph, last sentence, the phrase *in Book 2 of the Governor's budget* was added to clarify that the Legislature had not taken any action (yet) on the budget.

EnhanceFitness Presentation:

Doug Hooper, SWAAD program coordinator, created an implementation plan for the *EnhanceFitness* program after a feasibility study and market research had been completed.

The specific municipalities targeted for year-one and year-two include Battle Ground, Ridgefield, La Center, Woodland and Longview. Agreements have been initiated with Battle Ground Community Center and St. Stephens Episcopal Church, Longview, WA. Both sites have a congregate meal program in place.

The program is an effort in disease prevention and health promotion. The exercises increase balance, stamina, cardiovascular fitness and provide socialization. The cost will be \$2.50 per session, the budget does not allow for a lower fee or participation free of charge.

Kelly Farrell, already an instructor and administrator of this program, will be the Master Trainer training instructors for the local program. SWAAD will pay Kelly for training, travel and related expenses and will pay instructors for the time spent in training.

Doug Hooper described in detail the various exercises which will be included in the program. He further suggested that the council may be interested in a demonstration. Council members said they would like to see the demonstration.

The *EnhanceFitness* brochure will provide participants' physicians with an opportunity to comment if he/she feels participant has any limited abilities for exercise.

David Kelly mentioned that data provided by the University of Washington indicates this program improves the fitness of all participants from the very fragile to more active.

Doug Hooper then turned to the council for suggestions on the best way to notify seniors about the *EnhanceFitness* Program:

Ginny Wilberg suggested having information available at Health Fairs.

Lowell Smith suggested providing information and perhaps a demonstration of the exercise program at meal sites. He also mentioned possibly discounting the meal if seniors participate in the exercise program, thus providing incentive to join the fitness program.

There was further discussion of utilizing radio, newspapers, Senior Newsletters, and having brochures about the program at physicians' offices.

Doug Hooper then asked how long did the council feel this program should be running before it is expanded to other areas? The council felt 6 months at a minimum to a year.

The last question related to keeping participants interested in the program.

Lowell Smith suggestion of connecting the meal with exercise would be beneficial because many seniors are already at the site for a meal. Another suggestion was to model Weight Watchers use of competition and encouragement from the participants for each other, also the social aspect and establishing new friendships will play a large role in keeping people involved.

Doug Hooper concluded his presentation by thanking the council for its recommendations. He promised to keep the council informed as the *EnhanceFitness* Program progresses.

Bylaws Change:

The council unanimously approved the bylaws change below necessitated by the change to the annual meeting schedule. It allows for the slate of officers to be presented *at the scheduled monthly meeting prior to the November meeting* rather than being presented at the October meeting

ARTICLE IV – Officers and Duties

Section 1 – **Election of Officers:** *The elected officers of the Advisory Council shall be:*

Chairperson

Vice-Chairperson

Secretary

These 3 officers shall be elected annually by a majority vote of the Advisory Council at the November meeting of the Council and shall comprise the Executive Committee. The election of these officers shall be by presentation of a slate of nominees, screened by the Nominating Committee, and nominated at the scheduled monthly meeting prior to the November meeting of the Council. The Chairperson shall request nominations from the members assembled at the scheduled meeting prior to the November meeting of the Council. A member's motion, a second, and a majority vote of the members present close the nominations. A majority vote by secret ballot shall finalize election at the November meeting.

Announcements/Community Outlook:

Patty Kinswa-Gaiser told the council she was working with other tribes reviewing the re-authorization of the Older Americans Act. She will travel to Nashville meeting with other tribal representatives and share recommendations made by Cowlitz tribe.

Ginny Wilberg said she will be attending a Mental Health Program February 26th, starting at 1:00p.m. [Forum: *Healthy Minds, Healthy Bodies, Happy Hearts* – Integrative Primary and Behavioral Health Care for Older Adults]. The program is presented by Gerontologist Dr. Corey Bolkan, Assistant Professor at WSU Vancouver. Other council members attending included Karin Woll and Marc Bollinger. Klaus and David will also be in attendance. David stated the program will have a Clark County focus.

Karin Woll informed the council that the Senior Messenger is not at this time ready to do an article for SWAAD. Greg Johnson, Senior Messenger editor, indicated he would like to meet with David and Klaus to discuss the possibility of an article related to the Area Plan. The meeting will take place early in April.

Klaus shared folders with newly developed resource materials for family caregivers with the council.

The council decided to establish a fund for sending greeting cards to council members who are ill or in need of encouragement. An envelope was circulated and money collected. There was discussion about having a contribution box available at future meetings to continue funding this effort.

Director's Report:

David informed the council about Karin Woll going to SW Washington Medical Center and speaking with employees who work in the Patient Discharge Department. Karin inquired if the Medical Center would be interested in providing informational packets to patients being discharged about the services SWAAD offers. The Medical Center was very appreciative of the opportunity to better assist their patients. Karin then reported this information to Marina Nazaretyan, SWAAD Senior I&A program coordinator. Marina then visited the SW Washington Medical Center; she spoke to the staff about services SWAAD offers and also left informational packets to be distributed. The Medical Center is now on track utilizing information about programs offered by SWAAD. David thanked Karin for her efforts in the important work of informing people where to go for help when they are in need of assistance.

92.8% of the coupons shared with eligible seniors during the 2009 Senior Farmer's Market Nutrition Program (SFMNP) were redeemed. David said this was the second highest redemption in the State, which indicates the success of this program in our community.

Walt Bowen, Senior Lobby Chair, recommended holding a Press Conference with Media who cover stories for seniors and provide information about the Governor's Book 2 budget and what the outcome will be if it is not passed.

David told the council about the Press Conference which was held on Feb 11 to report the Book 2 budget. We targeted newspaper reporters who commonly report matters of interest to seniors. Reporters from the Reflector, Columbian and Senior Messenger were invited. We had a good response. People who would be affected by budget cuts were available for interviews. The event went very well. Kathie Durbin of *The Columbian* uncovered another story about transportation not being provided by one of the contracted transportation providers in Clark County. David told the council he would follow-up with the transportation provider and *The Columbian*.

Patty Kinswa-Gaiser asked why other counties' reporters were not invited. David said this Press Conference was a learning experience and improvements will be made in the future.

Pat Culver stated that she felt it was important to include all counties in future Press Conferences.

David Kelly then spoke about a forum [Aging Readiness forum May 14, 2009] held last year with Dr. Long, WSU Vancouver, as partner. One of the speakers [Bob Blancato] served on the Policy Committee and the Executive Committee for the 2005 and 1995 White House conferences on aging. Bob Blancato had talked about planning being done best at the County level. Counties need to develop an Aging Readiness Task Force for zoning and planning for seniors. David Kelly and Klaus Micheel visited each county to discuss this issue. Clark County recently sent out a press release looking for community members to serve on the Clark County task force (advisory committee). We would like to see council members become more involved in this area. Clark County commissioner Marc Bolt, who attended the forum, said if your community is looking to develop an elder friendly community they need to make planning changes to accommodate seniors with level lots and the right lot size. The keynote speaker, Bob Blancato, said when you lose seniors due to zoning, the wealth controlled by these seniors will be lost to the community.

Marc Bollinger told the council that his parents are experienced builders and they know you must develop to meet customers' needs.

For the second forum [June 2010] Dr. Long will be on sabbatical, and Dr. Dana Baker will work with SWAAD instead. Klaus has studied the forum which will take place in June of this year. He is proposing a more action oriented forum. David said he is looking forward to an action orientated forum which will include transportation, housing, long term costs for Aging in Place rather than flight or blight.

David was asked if there were any counties other than Clark County who had expressed interest in planning for the aging boom. David said Cowlitz County has shown interest. He further explained that this has been a very difficult year for governments.

Senior Lobby Day February 18th

Klaus Micheel shared the schedule for meetings with legislator on the 18th and a folder of handouts to be shared with legislators. It was agreed that for each meeting one council member would take the lead by handing the folder to the legislator, explaining the folder's content and reiterating the message that SCSA funds must be preserved at current levels. The folder contained fact sheets explaining how SCSA funds are used to support Senior I & A, Transportation, and Senior Personal Care. Nine of thirteen council members were expected to participate in Senior Lobby Day.

Public Comment: None.

Meeting Wrap-up:

Klaus spoke about the upcoming Senior Lobby Day and Town Hall meetings which will be held after Lobby Day. Members may be able to speak with representatives who are not available on the 18th during the Town Hall meetings.

Lowell Smith discussed a large article in the Yakima Herald regarding in-home care and how devastating cuts would be to people in this program. Additionally, the article showed a comparison of in-home care versus nursing homes. Another story told of a nursing home resident whose lack of care resulted in her death.

Ginny Wilberg would like to see caregiver information provided to hospitals. This would be beneficial for patients being discharged who will require caregiver assistance.

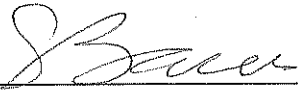
Karin Woll asked the Advocacy Council members to get the email addresses to add to the list of mailing addresses which had been provided previously.

Pat Culver said she had visited North Bonneville Senior Center and spoke about the Powerful Tools Program which will be offered in Skamania County beginning April 6. Pat also left a flyer with the group. There was some interest expressed in attending the program.

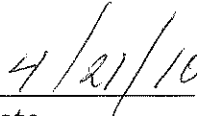
Adjourn:

Meeting was adjourned at 12:48p.m.

Minutes respectfully submitted by SWAADAC Secretary



Signature



Date