SOUTHEAST WASHINGTON AGING & LONG TERM CARE ADVISORY COUNCIL EXECUTIVE COMMITTEE MEETING MINUTES
June 17, 2005

The Advisory Council Executive Committee meeting was called to order at 10:00 a.m. by Chair, Elsie Wells. Members present from each county:

- Asotin: 2
- Benton: 1
- Columbia: 3
- Franklin: 3
- Garfield: 2
- Kittitas: 2, 1 Trainee
- Walla Walla: 4, 1 Trainee
- Yakima: 3, 1 Guest

The Advisory Council Executive Committee Meeting Sign-In Sheet is on file in the ALTC Administrative office.

APPROVAL OF MINUTES
The Minutes of the April 15, 2005 meeting were approved as prepared.

ANNOUNCEMENTS
NONE

MANAGEMENT REPORT
- **Introduction of Guest** - Sheila introduced and welcomed Donna Hilstrum who came to the meeting as a guest of the Yakima County members and is interested in joining the Advisory Board.
- **Guest Speaker** - Sheila explained that Tom Fender, Director of the W4A, was scheduled as the Guest Speaker today but unfortunately was not able to come due to some health issues.
- **Advisory Board Retreat** - The Advisory Board Retreat will be held at the Marcus Whitman Hotel, October 9th and 10th. We will start in the afternoon of the 9th and continue for most of the day on the 10th. Sheila stated that she would like to have a firm commitment of those planning to attend when we meet again in August. Spouses are welcome to come and lodging, meals and mileage will be paid for members. Carpooling is encouraged as always. Sheila has spoken with an individual who has agreed to come and begin the retreat with an “Ice Breaker” and then do a presentation on Monday morning the topic of which will be confirmed soon.
- **N4A Conference** - The National Area Agency on Aging (N4A) is holding its annual conference this year in Bellevue, WA. Several staff members of ALTC, including Helen Bradley, Sheila, Carolyn New, Eliticia Sanchez, and Lori Brown. Kittitas County Advisory Board member, Michael Livingston, is also going to attend. A variety of topics and
workshops will be available including, Social Security, Information and Assistance, Family Caregiver and many more. The conference takes place in July and Sheila and Michael will give a report at our meeting in August.

精益 White House Conference on Aging – This conference, which is held every ten (10) years in Washington, D.C., will have a smaller local gathering June 24th in Cheney, WA. The cost is $15.00 and Sheila passed out the flyer which outlines the topics and registration. She asked that anyone interested in going please let her know. Helen Bradley, ALTC Director and Marlene Howard, Walla Walla County Advisory Board member and Advisory Board member representative to the State Council on Aging (SCOA) will both attend. Sheila said that Marlene would add more about the conference in her SCOA report.

精益 Commissioner’s Meetings – Each year Helen and Sheila, along with Advisory Board members visit the Board of County Commissioner’s throughout our region. The visits are to update the Commissioner’s on the services available, through ALTC, in their county and to answer any questions they may have. Walla Walla County was completed in March, when Bernie Brewer, former ALTC Local Program Coordinator, retired. Asotin, Columbia and Garfield Counties will be visited on July 18th. Kathleen will contact each county Chair to let them know the time of each visit. Sheila asked that any and all Board Members who can attend please do so. The remaining counties will be set up very soon.

精益 Funding Allocation Meetings – The annual funding allocation meetings are coming up in August and as we did last year, Kittitas and Yakima; Benton and Franklin; Walla Walla and Columbia; and Garfield and Asotin Counties will be combined. Sheila will be contacting the Chair of each county in the very near future to arrange the dates.

COMMITTEE MEETINGS
The Finance Committee met with Sue Bubnash, ALTC Accountant, and briefly discussed the budget outlook for 2006. Very shortly the eight county boards will be meeting with ALTC staff to determine funding allocations for programs. In addition, Sue shared that Aging & Disabilities Service Administration (ADSA) are requiring additional breakdown of expenses for reimbursement. This process has slowed the process down somewhat but is workable within the Grant accounting system.
Carolyn New, ALTC Program Specialist, facilitated the joint meeting of the Legislative and Planning Committee where Committee members were given the background and purpose of the 2005 White House Conference of Aging (WHCoA) which will be held in Washington, DC in December. They reviewed the Annotated Agenda to determine which items they wanted to see promoted by Washington State. Helen Bradley and Marlene Howard will be attending a mini-conference in Cheney later this month to help prepare Washington State Resolutions.

OLD BUSINESS

Local Reports

Asotin County – Gena Kurth reported the foot care program is going great. She wanted to say thank you to all who prayed for Gordon Reed who, after having some health issues, is back and in attendance at today’s meeting.

Benton County – Joyce Dosch reported the Kennewick Senior Center is very active and will be hosting a recognition luncheon for their volunteers in June and are having a Stars and Stripes Independence lunch on June 30th. July 15th is a trip to Walla Walla to watch an outdoor production of “Bye Bye Birdie”. A fundraiser was recently held for Kids Day, sponsored by Catholic Family Services and the Tri Cities Herald. Tri Cities Herald newspapers were sold all over the area and with each newspaper sold for $1.00, Catholic Family Services received $.75 and the Tri Cities Herald received $.25. Last year was the first year the fundraiser was held and the goal was to make $10,000 while $15,000 was brought in and this year the goal was to make $18,000 while $30,000 was brought in! June 16th, Joyce represented the Kennewick Police Department at the Tri Cities Country Club with Muscular Dystrophy for a fundraiser. Joyce poured champagne and handed out chocolates and the goal for this fundraiser was to earn $100,000 – Joyce didn’t know yet if that goal had been met.

Columbia County – Jean Jones reported that each month the Senior Center has a dinner to celebrate the birthdays for that month. This month they celebrated the birthdays of those who were 90 years old or older and there were 5 who met the criteria and who regularly go to the senior center! Fred Little turned 92 and he is very active playing pool
and cards and sometimes even rides his motorcycle to the senior center! The footcare program is becoming very popular and Betty Keller, Columbia County Advisory Board Trainee, is the R.N. conducting the program which is averaging about 20 clients a month.

**Franklin County** – Katie Barton reported the fitness program, held on Wednesday’s and Friday’s, at the Pasco Senior Center is going well. Every fourth Friday night a birthday potluck is held. The Tri Cities area wants to build an aquatics center but a decision has not yet been made as to which City it will be built in. Katie also told the group about an elderly man, in a fraudulent situation, in which he has lost his home and most of his money over the past years. She said the person responsible for the fraud was found guilty and spent some time in jail but the judge appointed a guardian to take care of the man’s finances and the guardian “has ended up being worse than the original person”. She said she asked Virginia Heyer, ALTC Local Program Coordinator, for help and said that ALTC has been instrumental in helping this elderly man.

**Garfield County** – Eloise Bartlow reported the Pomeroy Senior Center conducts a monthly footcare and blood pressure clinic. In May Older Americans Month was celebrated by having one related activity each week of the month: The local ALTC staff, Jan Zorb and JoAnne Cassetto, held an open house; the Mayor, Sheriff and County Commissioners came and spoke to the group; the President of the Chamber of Commerce came and did a presentation; and Attorney Eric Vargas came and spoke on Living Wills. The month also saw a regular Mother’s Day program with a baked food sale. As in past years a dinner was held for the high school graduating class (34 seniors). The Pioneer Days and Tumbleweed Festival were recently held. A food fair was held and as a fundraiser for the Senior Center, pie and coffee were sold and proceeds of over $400 were made.

**Kittitas County** – Michael Livingston reported on the excellent Caregiver Conference held in May where attendance for the event increased by ½ from the Upper County area. The third Assisted Living facility named Dry Creek is slated to open August 1st in Ellensburg. Several volunteer seniors were recently given awards by the IRS for promoting free tax return help. Some 108 tax returns were done which is considered a record. Fifteen seniors
are taking part in The Cancer Relief Walk next week and the goal of raising $1500 has already been met and happily the majority of all the money raised stays in the County. The footcare nurse is now fully scheduled and the program is in full swing. The American Red Cross will conduct a Senior First Aid course at the Senior Activities Center on July 1st. RSVP was at the Upper County Senior Center the end of May and during their presentation signed up 30 volunteers who will be working not only at the Senior Center but also helping seniors in the entire Upper County community. Michael concluded his report by saying that all seniors in Kittitas County are concerned about the Medicare Part D will affect their county.

Walla Walla County – Evelyn Gibson reported Howard Ostby announced the resignation of the Home Meals Coordinator, Kathy Hastings, from the Walla Walla Senior Center meal site. Between the fall of 1994 and June 14, 2005, she had overseen the delivery of nearly 12 million meals. Evelyn added her own recent personal experience with this program while recovering from over a 3 week bout of a virus and pneumonia. The meals were well balanced, the proportions generous and the entrees were varied. She said this is such a wonderful service for those over age 65 and in need of nourishing meals. Howard also reports his receptionist, Joan Love Wood, has resigned to take care of her ailing husband. A temp has replaced her and also the dietician, Jody Martin, is resigning as she is waiting the birth of twins in August. Howard states he has a possibility for a replacement for that position. The Senior Farmer’s Market Basket Program has distributed $2,000 worth of vouchers so far this season in Walla Walla County. The Walla Walla Senior Center is presenting a 6 session, 12 topic seminar, focusing on the 12 steps of healthy aging, called “Take Charge” starting next week. This free workshop is a partnership with the Walla Walla General Hospital and a dietician from there will present. So far 9 seniors are registered to participate. Thursday, June 9th, the Walla Walla Senior Center hosted a jet boat trip up Hell’s Canyon. 25 people took part in the two meal all day excursion. The ALTC office announces 2 new Case Managers, Julie Paynter and Jackie Logan Cruz. The Annual Caregiver Conference on May 7th was well attended by 130 people.
Yakima County – Charlotte Jones reported the Yakima Herald Republic recently had an article on why seniors live alone and how they cope with living alone. She explained a couple of the reasons given were, their spouse passed away; the spouse is living in a nursing home or other care facility. The parquet floor has been repaired and dances and the exercise program have resumed. The footcare program is continuing on a 3 month schedule which Charlotte feels is too long a time period in between for diabetics and hopes it can be shortened in the very near future. The previous Senior Center has been taken over by the Police Athletic League (PAL) who will use the building for organizing activities for teens and young adults.

State Council On Aging (SCOA)
Marlene Howard reported on the recent meetings of the SCOA and the Senior Citizen’s Lobby. Some key issues: Regarding Medicare Part D a major concern of the SCOA is the feasibility of scams and fraud; SHIBA cannot tell anyone what Medicare Part D plan to choose, but can explain all the options fully so that a senior can make the choice best suited for them. The White House Conference on Aging will be held June 24th in Cheney, WA. Possible topics could include: resolutions from the National Council on Aging, Healthy Aging, Elder Friendly Communities, Social Security, Medicare / Medicaid Drug Program. Marlene said that everyone is welcome to attend and registration is $15. Regarding Legislative issues Marlene reported that there will be no additional funding for the Ombudsman Program, Respite Care, Adult Day Program, dementia beds in boarding homes, or personal needs allowance. Current legislative bills supported by the SCOA (bill numbers are available from Marlene) are: Information Release, Prescriptions, Long Term Care, Miscellaneous Other Bills to include Kinship Care, no privatization of Social Security, and an Estate Tax on amounts over $2million. A request has been made that DSHS cut up to $24million from their budget. Proposed action in doing this includes increased cost recovery, reduce nursing home rates, change eligibility requirements, reduce or eliminate some services. Marlene encouraged the group to carry the message to their elected officials “It’s cheaper to care for people in their own homes”! Possible upcoming ballot measures include an Estate Tax on amounts over $2million; a Service Tax on consumer goods;
consumer services; business services; reduce / eliminate tax exemptions; and tax reform. Marlene will report on both the White House Conference on Aging and the National Association of Area Agencies on Aging (N4A) conference at the August meeting.

NEW BUSINESS

Quarterly Report – January through March 2005

Sue Bubnash presented the Quarterly Report. A few key issues she spoke about began with Senior Employment in which Sue explained this program was contracted out last November to People for People (PFP) in Yakima. The program has changed significantly from the way it was previously handled and also the Dept. of Labor now has much stricter rules when it comes to the program and because PFP is very experienced in both employment and training they are better equipped to handle a program such as this. She next explained the State funded Chore program which has just three (3) clients in one county and no additional funding is expected for it this year. She said that all previous clients on the program have been transitioning to the Medicaid Personal Care program over the past several years and the program will cease to exist after the last client leaves it. When allocating for the Nutrition program each year NSIP (Nutrition Services Incentive Program), formerly the USDA, allocates a several hundred thousand dollars based on the number of meals served in each county. Sue then asked Carolyn New, ALTC Program Specialist to speak briefly on the Senior Market Basket and Take Charge of Your Health programs. Carolyn reported the Senior Market Basket Program will be conducted in all eight counties this summer. This program is for those persons 60+ years of age with an income of 185%, or less, of the federal poverty level. A person interested in taking advantage of the program can contact their local nutrition site where they will be given a voucher that can be taken to the local farmers market or roadside produce stand. The Take Charge of Your Health classes are going on in all counties except Kittitas for this year. A registered dietician, through the Nutrition Program, will cover topics such as diet, exercise, blood pressure, diabetes, etc. and the classes are available through a grant secured by ALTC.

Miscellaneous / Not on Agenda
None
Next Advisory Meeting Date

The next meeting will be August 19, 2005 at the Pasco Senior Center.

ADJOURNMENT
Meeting adjourned at 12:15 p.m.

Elsie Wells, Chair

Phyllis Winn, Secretary

Kathleen Coffey, Scribe

!!!!!!REMEMBER!!!!!!

!!!MARK YOUR CALENDAR!!!!!!

THE ALTC ADVISORY COUNCIL RETREAT

WHEN: October 9TH & 10TH

WHERE: Marcus Whitman Hotel, Walla Walla