



**ELDERBRIDGE AGENCY ON AGING**  
**ADVISORY COUNCIL MEETING MINUTES**  
 308 Central Ave. Fort Dodge, IA  
 Wednesday, May 25, 2016  
 10:30 AM

**0.0 Call to Order**

Kelly Schultz, presiding president, called the meeting to order at 10:33 a.m.

**0.1** The advisory council members, staff members, and guests introduced themselves. Also present were: Donell Doering, Co-Executive Director, Amy B. Simpson, Administrative Assistant, Robert Ammann, Nutrition Director and Taylor Boyle, Healthy Aging/Nutrition Coordinator. A quorum was present with 16 members in attendance in person and via telephone.

Susan Osvald Audubon	P	Tracy Quinones Franklin	P	Larry Pedley Osceola	P
Tracy Gotto Buena Vista	A	Joan Tiffany Greene	P	Maureen Sandberg Palo Alto	Ph
Vacant Calhoun		Vacant Guthrie		Clint Fogde Pocahontas	P
Joene Bohlmann Carroll	P	Vacant Hamilton		Patricia Rubendall Sac	P
Amanda Ragan Cerro Gordo	A	Marlene Gray Hancock	P	Lori Hayungs Sioux	Ex
Judith Bevers Clay	Ph	Janeice Geitzenauer Humboldt	P	Carol Barber Webster	Ex
Steve Fitzgerald Crawford	P	Paul Haverly Kossuth	P	Rick Burke Winnebago	P
Beth Will Dickinson	Ph	Vacant Lyon		Nancy Franck Worth	Ex
Kelly Schultz Emmett	P	Vacant Mitchell		Ann Leonard Wright	Ex
Vacant Floyd		Vacant O'Brien		Wilma Straus Board Rep	P

**0.2** Items to be added to/deleted from the Agenda by Council Members and Staff  
No new items were added and no items were deleted from the agenda.

**0.3** Adopt Agenda

It was moved by Joene Bohlmann and seconded by Joan Tiffany to adopt the agenda.  
Motion carried.

**1.0** **Council Affairs**

**1.1** Approval of the February 24 and April 11, 2016, Council Meeting Minutes

It was moved by Beth Will and seconded by Tracy Quinones that the February 24 and April 11, 2016, meeting minutes be approved. Motion carried.

**1.2** Council Members

**1.2.1** Review Member Terms

Counties up for term renewals are: Crawford, Hancock, Humboldt, Cerro Gordo, Clay, Sac, Sioux and Wright counties. Members will be seated at the August 2016 meeting

Current vacant counties are: Calhoun, Floyd, Guthrie, Hamilton, Lyon and O'Brien

**1.2.2** Seating of New Member, Sandy Chilson, Mitchell County

Sandy Chilson, from Mitchell County was seated. It was moved by Susan Osvald and seconded by Janiece Geitzenauer that Sandy Chilson be approved as the Advisory Council member for Mitchell County.

**1.3** Appointment of Nominations Committee

President Schultz asked for volunteers for the Nominations Committee. Rick Burke, Tracy Quinones and Marlene Gray volunteered to serve on the Nominations Committee.

**2.0** **Board Liaison Report – Wilma Straus**

Wilma Straus had no new items to report.

**3.0** **Agency Report – Donell Doering, Co-Executive Director**

**3.1** Managed Care Update – Angie Martens

Elderbridge has contracts with all three MCO's, AmeriHealth, AmeriGroup and United Healthcare for case management and meals. Iowa Medicaid Management is working on the waiver application process and MCO assignment process to get new members served as quickly as possible. There will be an MCO public comment meeting on August 23, 2016, from 3:00 to 5:00 p.m. at the Fort Dodge Public Library.

**3.2** Area Plan Update

On April 11, 2016, the Advisory Council approved adding Family Caregiver Supplemental Services to the current Area Plan. The Iowa Commission on Aging approved Elderbridge's request to add Family Caregiver Supplemental Services to the Area plan. Family Caregiver dollars are now being spent for this year. The next years Area Plan which starts July 1, 2016, is in the process of being reviewed.

**3.3** Older Americans Month – "Blazing a Trail" – Community Walks

To acknowledge Older Americans month the "Blazing a Trail" campaign was organized. The statewide community walk also takes place in the month of May. Elderbridge is participating in the community walks and has 11 sites that are participating in the 29 county area. The events

were organized to make lowans aware of Older Americans month. The locations are: Mason City, Charles City, Algona, Spencer, Sibley, Fort Dodge, Pocahontas, Webster City, Manning and Clarion. The Walks take place at 11:00 a.m. on May 26, 2016.

### **3.4 Family Caregiver programs and Evidenced Based programs**

There will be a Caregiver open house in Spencer and Mason City on June 20, 2016, from 2:00 to 4:00 p.m. The event will be held at the Elderbridge offices. Caregivers will be appreciated at the open house and can speak with Elderbridge's Caregiver Specialists if they need assistance.

There will be a Family Caregiver Conference on June 29, 2016, from 11:00 to 4:00 p.m. at Iowa Central Community College in Fort Dodge. Elaine Sanchez, the author of "Letters to Madelyn: Chronicles of a Caregiver" will be doing the keynote address as well as a workshop. CEU's will be offered at the conference.

Public Libraries in the 29 counties will have the option to choose from a list of caregiver books and DVD sets. They will have the option to pick 15 books from the list and Elderbridge will provide the books to them, free of charge. The response from the libraries has been good.

Home Meds is an evidenced based program that Elderbridge has started in order to do medication assessments for seniors in their homes. Options Counselors, Elder Rights Specialists and Case Managers have gone through training to use the software program. Elderbridge is the first in the state to be licensed to use the Home Meds program.

### **3.5 Nutrition Report**

Nutrition Director, Robert Ammann, introduced Taylor Boyle as the new Healthy Aging/Nutrition Coordinator for the Carroll office. She is a graduate of Iowa State University with a degree in Culinary Science. She has attended Stepping On and Matter of Balance training and has become certified to teach those programs.

The nutrition program went through the Lean process. New procedures regarding client intakes and processing of rosters has been streamlined and implemented. Duplicate data entry into multiple spreadsheets has also been eliminated.

Senior's Farmers Market Nutrition Program will start June 1, 2016. This year's allotment checks are for 2,862 participants. The checks are used for the purchase of unprocessed fruits, vegetables, herbs and honey. All checks need to be used by October 31, 2016. The redemption rate for the program averages 85%.

The Menu Committee met on April 21, 2016, in Spencer to begin work on the fall/winter menu cycle. The spring/summer menu cycle began on April 4, 2016.

I4a Nutrition Directors met in Des Moines on April 28, 2016, to discuss changes in nutritional requirements that were requested by the AAA's. The AAA's are now allowed to track nutrient levels over a week instead of daily. An increase in the sodium levels was also granted. The increase allowed was 50 ml. AAA's no longer have to track Folate on the menus. The new guidelines will impact the fall/winter menu cycle.

Growing Bolder Initiative – Developed by Iowa Department of Public Health and Iowa Department on Aging to reduce hunger and food insecurity in older lowans. The AAA's are assisting in the development of the strategy to reduce hunger in older lowans.

Fort Dodge Home Delivered Meals – A meeting of community partners was held on May 20, 2016, to discuss getting the home delivered meal program running in Fort Dodge. Unity Point, Webster County Public Health, the Community Foundation and the Johnson family of Fort Dodge Ford were in attendance.

#### **4.0 Community Relations**

- 4.1** County Updates – Feedback from Council Members
- Palo Alto County – Dinner Date is not well attended.
  - Osceola County – Completed trail system in Sibley. Renovation of pool has been approved. RIDES is experiencing some issues.
  - Franklin County – Has heard complaints that meal site portions are too small
  - Kossuth County – Would like to have a list of the meal sites. The Renaissance newsletter is listing the sites in the newsletter also.
  - Winnebago County – The Meals on Wheels numbers are declining
  - Sac County – The meal site is gaining in numbers because of people going home from hospitals and nursing homes.
  - Hancock County – Has been receiving phone calls about Farmer’s Market tickets.
  - Emmet County – Starting a group Respite program in September. Will meet once a week on Friday mornings at Calgary Methodist Church.
  - Audubon County – A bridge will be closing which may cause a problem for Meals on Wheels. Will notify the Exira Meal Site of the caregivers books that will be available to libraries.
  - Crawford County – Rotary donated money for carpeting in the Senior Center.
  - Greene County – New community center in Grand Junction is completed.
  - Pocahontas County – Pocahontas meal site is going well. Pocahontas has a program with the local Catholic school where students come to the meal site to serve meals and entertain meal site participants. The farmer’s market is growing.
  - Carroll County – On June 1 there will be a new assisted living center in Manning.

#### **5.0 Coming Dates**

- 5.1** Next Board Meeting – June 8, 2016, at 10:00 a.m. in Fort Dodge Elderbridge Office
- 5.2** Older Americans Month – May 2016
- 5.3** Iowa Governor’s Conference on Aging and Disabilities - May 23-26, 2016, in Des Moines
- 5.4** World Elder Abuse Day – June 15, 2016
- 5.5** Family Caregiver Open House on June 20, 2016, in the Mason City and Spencer offices from 2:00 to 4:00 p.m.
- 5.6** Family Caregiver Conference on June 29, 2016, at Iowa Central Community College in Fort Dodge
- 5.7** Next Advisory Council Meeting – August 24, 2016, 10:30 a.m. in Fort Dodge Elderbridge Office
- 5.8** N4a Annual Conference and Tradeshow – July 2016, San Diego, California

#### **6.0 Adjournment**

- 6.1** Adjournment
- There being no further business before the Advisory Council, it was moved by Susan Osvald and seconded by Joene Bohlmann to adjourn the meeting at 1:04 p.m.