



Think Progress. Think Tomorrow. Think GRADD.

GREEN RIVER AREA COUNCIL ON AGING

December 1, 2020

M-I-N-U-T-E-S

The Green River Area Council on Aging met on Tuesday, December 1, 2020, at 10:00 a.m., via ZOOM. The following persons were in attendance:

COUNCIL MEMBERS PRESENT

Daviess	Melinda Cornell, Henrietta Harris, Lydia Fusco
Hancock	Diann Crask
Henderson	Charlye Jo Griggs, Connie O'Leary, Janeth Nicolas
McLean	Jim Toler
Ohio	None
Union	Emily Dominguez
Webster	None

COUNCIL MEMBERS ABSENT

Daviess	Betty Medley-Wallace, Daisy James, *Sim Davenport
Hancock	Franklin Powers, Jean Mattingly
Henderson	Suzanne Cravens
McLean	Leona Austin, Nancy Wetzel
Ohio	*Mary Ashford, Mary Young, Wilda Hardesty
Union	Rick White, Gayle McLeod
Webster	*Jim Townsend, *Patty Tapp, *Tracy Henry

GUESTS AND STAFF PRESENT

Kenny Williams, Sunrise Children's Services
Brenda Renfrow, Ohio County Senior Services
Lona Morton, Hancock County Senior Services
David Farley, Kentucky Legal Aid

*Excused Absence

GUESTS AND STAFF PRESENT (cont.)

Ginny Hodskins, Canteen Service Company
David Tucker, Senior Community Center of Owensboro-Daviess County (SCCODC)
Becky Barnhart, SCCODC
Mandy Fambrough, Webster County Senior Services
Linda Brown, The Gathering Place
Melissa Polites, Union County Senior Services (UCSS)
Tamara Hunley, UCSS
Nicole Leach, Owensboro Health
Jennifer Williams, Director for Aging & Social Services, GRADD
Amber Phelps, In-Home Services Manager, GRADD
Amber Gebhard, Aging & Disability Resource Center (ADRC) Coordinator, GRADD
Lisa Flahardy, Aging Contract Specialist, GRADD
Heather Mullican, Long Term Care Ombudsman, GRADD
Sarah Duncan, Participant Directed Services Manager, GRADD
Kristy James, Community Collaboration for Children Program Coordinator
Leslie Wilson, Community Services Manager, GRADD
Jaycie Luna, Case Manager, GRADD
LJ Douglas, Service Coordinator, GRADD
Kelli King, Family Caregiver Coordinator, GRADD
Taylor Burchett, Disaster Recovery Coordinator
Liberty Watson, Social Services Administrative Assistant, GRADD
Lana Galloway, Service Advisor, GRADD
Lee Ann Edmonson, State Health Insurance Assistance Program Assistant
Nancy Williams, ADRC Counselor, GRADD
Kelsey Taylor, Case Manager, GRADD
Kathy Poe, Intern, GRADD
Megan Wood, Intern, GRADD
Cassie Knott, Intern, GRADD

I. CALL TO ORDER AND OPENING REMARKS

Chairperson Henrietta Harris called the meeting to order and led with the Pledge of Allegiance.

II. MENTAL WELLSNESS DURING COVID HOLIDAYS

Kenny Williams, Vice-President of Community Based Services with Sunrise Children's Services, presented information to help those in attendance understand the additional stress that COVID-19 will add to the holiday season, particularly among the aging population. Nine months into the coronavirus pandemic, older Americans are experiencing an increase in depressive and anxiety disorders leading to self-harm, diminished desire for self care, increases in malnutrition, disruption to sleep patterns, onset of communication disorders, and worsening of chronic health problems. While it is common knowledge that older adults are at a greater risk related to COVID-19 illness, the statistics are alarming, with eight out of 10 COVID-19 deaths reported in the U.S. occurring in adults age 65 and older. The likelihood of requiring hospitalization and risk of dying from the virus multiples significantly in older age groups.

For example, compared to individuals 18 to 29 years old, persons 65 to 74 years old are five times more likely to be hospitalized and 90 times more likely to die from the virus. Those 85 and older are 13 times more prone to hospitalization and risk for death is 630 times higher. Mr. Williams emphasized that many factors determine a person's response to stress, such as, background, social and family support, financial situation, faith, and various other factors. Active steps that can be taken to help older adults cope with the stress of COVID include making sure they know what to do if they are sick or who to speak to about COVID concerns. Seniors may need to take a break from the news cycle in its many formats. Encourage older adults to care for their body by taking deep breaths or stretching, choosing healthy meals when possible, avoiding excessive drug/alcohol use, and maintaining a regular routine. It is also important to participate in enjoyable activities and to stay connected with others. Additional coping skills during the holidays may include evaluating expectations, keeping self-care a priority, knowing your limits, giving healthy expression to feelings rather than bottling them up, and trying to do something nice for someone else. Mr. Williams also reminded the council that although the pandemic has created stress for older Americans, this same population is a generation known for overcoming difficulties and enduring, providing them a unique perspective during this time.

III. OLD BUSINESS

A. Minutes of the October 6, 2020 Meeting

Chairperson Henrietta Harris presented the minutes of the October 6, 2020, meeting of the Green River Area Council on Aging for approval.

A motion was made by Melinda Cornell and seconded by Diann Crask to approve the October 6, 2020, minutes of the Green River Area Council on Aging meeting. A vote was taken and the motion carried.

B. Program Reports

1. Kentucky Legal Aid

Dave Farley stated most appointments are conducted by phone, and the agency continues to provide counsel and advice to clients.

2. Union County Senior Services

Melissa Polites shared senior centers are thinking outside the box in keeping homebound clients active and engaged. Facebook Live has been utilized for Bingo and yoga. The center has also hosted parking lot Bingo, line dancing, and drive-in movie night.

3. Henderson County Senior Services

Linda Brown shared in the Zoom comments, stating The Gathering Place will be purchasing a commercial freezer, made possible through generous donations.

4. District Report

Lisa Flahardy stated year-to-date service numbers are on track with most services at the 33-percent goal for this time of year. Those services that are below the 33-percent service goal are expected to pick up as the year progresses. Ms. Flahardy commended the county aging coordinators for their continued efforts to provide services throughout the pandemic.

IV. NEW BUSINESS

A. Silver Bells

Heather Mullican shared this year's plans for the Silver Bells program, which delivers gift bags to residents of local personal care homes. This year, bags will be delivered to residents of The Oaks in Hancock County and Sunny Acres in McLean County. Most years, the District Long Term Care Ombudsman Program requests donations of items to fill the gift bags; items such as snack crackers, socks, gloves, and other small items to brighten someone's day. This year, due to the pandemic, only monetary donations are requested. Donations can be made payable to GRADD with Silver Bells indicated in the memo or marked clearly on an envelope. GRADD staff will use the donations to buy items to fill the bags.

B. Feed Seniors Now (FSN)

Amber Phelps reported the FSN committee met last month and established a rough plan of action. Food donations will take place during the month of April, with delivery to seniors in May, Older Americans Month. The committee will meet again in January to continue planning efforts. Anyone interested in being part of the committee can contact Ms. Phelps.

C. Central Kitchen Equipment Usage Cost

Jennifer Williams provided an update on the status of central kitchen equipment and how the equipment is funded. GRADD aging programs owns the equipment used by Canteen for the preparation of Title III and Homecare meals. Canteen also prepares meals for other area agencies and pays GRADD 33 cents per meal for equipment usage for the non-GRADD meals. Roughly, 1,700 non-GRADD meals are billed per year. Over the last few years, GRADD has needed to replace two big-ticket items, each costing approximately \$20,000, some of which was supplemented by a United Way Grant. Under the current arrangement, GRADD cannot maintain surplus funds to replace equipment. Ms. Williams requested the council's guidance moving forward. GRADD staff proposes raising the equipment usage fee to 40 cents per meal and raising the fee incrementally at least every two years. After discussion, it was determined to form a committee to explore kitchen equipment ownership and to make a recommendation to the council. The committee will be formed in the new year. Ms. Williams requested that in the meantime, the council permit GRADD to notify Canteen of the 40 cent per meal increase.

A motion was made by Jim Toler and seconded by Janeth Nichols to raise the equipment usage fee from 33 cents to 40 cents per meal. A vote was taken and the motion carried.

D. Report from Executive Committee

Jennifer Williams reported concerning the combined meeting of the Aging Council Executive Committee and GRADD Board Executive Committee for the review and approval of submitted proposals for In-Home and Legal Aid services. Kentucky Legal Aid was the only bidder for Legal Aid services and proposed providing services at the same rate. The committee recommends approval of Kentucky Legal Aid as the legal aid service provider.

A motion was made by Jim Toler and seconded by Melinda Cornell to approve Kentucky Legal Aid as the legal aid provider for FY 2022-2024. A vote was taken and the motion carried.

Ms. Williams stated Help at Home was the only bidder for in-home services and proposed a slight rate increase from \$9.99 to \$10.24 per unit. The committee recommends approval of Help at Home as the in-home service provider.

A motion was made by Melinda Cornell and seconded by Becky Barnhart to approve Help at Home as the in-home services provider for FY 2022-2024. A vote was taken and the motion carried.

The GRADD Board of Directors will meet Wednesday, December 9, and provide final approval for these providers.

E. Report from Nominating Committee/Election of Officers

Chairperson Henrietta Harris provided a report from the nominating committee. Our current officers are as follows:

- President – Henrietta Harris
- Vice President – Franklin Powers
- Secretary – Connie O’Leary

The position of president is appointed by the GRADD Board of Directors, while vice president and secretary are elected by the council. Due to the disruption in meetings caused by the COVID-19 pandemic, the current officers did not have an opportunity to become well acquainted with their positions or serve in much capacity. Therefore, the nominating committee recommends keeping the current slate of officers for 2021.

A motion was made by Melinda Cornell and seconded by Diann Crask to approve the slate of officers as presented. A vote was taken and the motion carried.

F. Fiscal years 2022-2024 Regional Plan on Aging

Every three years, the Area Agency on Aging & Independent Living (AAAIL) is required to submit a Regional Plan on Aging, with updates to the plan completed annually. The plan details how funds will be utilized to deliver mandated services. In writing a new plan, the AAAIL conducts a needs assessment survey to determine the greatest needs of the aging population in the region. Prior to submitting the plan to the state, a public hearing is held to gain input and answer questions. Typically, the hearing is held the same morning of a scheduled Aging Council meeting. The 2021 hearing will be conducted virtually. At this time, Jennifer Williams asks that council member remain aware of the upcoming survey and take time to respond to the survey when it becomes available.

V. ANNOUNCEMENTS

- The council welcomed Becky Barnhart as the new director for the Senior Community Center of Owensboro-Daviess County.
- Mental Health & Aging Coalition VIRTUAL meeting – January 21, 2021, 10:00 a.m.
- Next Aging Council VIRTUAL meeting – February 2, 2021, 10:00 a.m.

VI. ADJOURNMENT

With no further business to come before the council, the meeting adjourned.

Henrietta Harris, Chairperson