



**Think Progress. Think Tomorrow. Think GRADD.**  
**GREEN RIVER AREA COUNCIL ON AGING**

December 4, 2018

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

The Green River Area Council on Aging met on Tuesday, December 4, 2018, at 10:00 a.m., at the Green River Area Development District (GRADD) office. The following persons were in attendance:

COUNCIL MEMBERS PRESENT

Daviess	Susan Howard, Henrietta Harris, Sim Davenport, Betty Medley
Hancock	Diann Crask, Jean Mattingly
Henderson	Charlye Jo Griggs, Connie O'Leary
McLean	Leona Austin, Jim Toler
Ohio	Mary Young, Wilda Hardesty
Union	Emily Dominguez
Webster	Patty Tapp

COUNCIL MEMBERS ABSENT

Daviess	*Nora Bilbro-Richie, *Melinda Cornell, Jon Higdon
Hancock	Franklin Powers
Henderson	Suzanne Cravens
McLean	*Nancy Wetzel
Ohio	Susan Chinn
Union	*Cathy Strehle
Webster	*Tracy Henry, James Townsend

GUESTS AND STAFF PRESENT

Dana Peveler, Senior Community Center of Owensboro-Daviess County (SCCODC)  
Heather McGarvey, SCCODC  
Wanda Blackwell, Webster County Senior Services  
Lona Kratzer, Hancock County Senior Services  
Scott Settle, McLean County Senior Services

\*Excused Absence

Jack McCaslin, *Chairman* ■ Steve Austin, *Vice Chairman* ■ Kelly Thurman, *Secretary* ■ David Johnston, *Treasurer* ■ Jiten Shah, *Executive Director*

GUESTS AND STAFF PRESENT (cont.)

Daniel Miller, McLean County Senior Services  
Brenda Renfrow, Ohio County Senior Services  
Melissa Polites, Union County Senior Services  
David Farley, Kentucky Legal Aid  
Ginny Vinson, Canteen  
Debra Jacob, Department for Community Based Services  
Bill Cooper  
Lynn Swanson, Audubon Area Community Care Clinic  
Brenda Knollenberg, Hospice of Western Kentucky  
Erin Kamuf, Hospice of Western Kentucky  
Jennifer Williams, Associate Director for Social Services, GRADD  
Janet Clancy, In-Home Services Manager, GRADD  
Leslie Wilson, Community Services Manager, GRADD  
Amber Gebhard, Aging & Disability Resource Center (ADRC) Coordinator, GRADD  
Jeanette Woodward, SAMS Database Administrator, GRADD  
Sheila Howard, District Ombudsman, GRADD  
Lisa Flahardy, Aging Contract Specialist, GRADD  
Kelli King, Family Caregiver Support Program, GRADD  
Liberty Watson, Support Services Technician, GRADD

I. CALL TO ORDER AND OPENING REMARKS

Chairperson Susan Howard called the meeting to order. Everyone joined in the Pledge of Allegiance, then Chairperson Howard led the council in prayer.

II. GUEST SPEAKER

Betty Medley Wallace, Coordinator of Grief Support and Community Care at Glenn Funeral Home and Crematory, shared tips on dealing with grief during the holidays. Ms. Wallace stated loss of a loved one is difficult on a day to day basis, and the holidays often compound the experience of grief. Additionally, holidays can be stressful even under the best circumstances and become a greater source of anxiety when facing long-held traditions without a loved one present. In order to alleviate some of the anxiety, Ms. Wallace suggests first to plan: consider all the events and activities that accompany the holidays, then make decisions about how you will participate or not participate, based on what is best for you. Second, it is important to limit expectations and give yourself permission to do things differently. Life is not the same after the death of a loved one, and celebrating special occasions may need to be different as a result (even if only temporarily). It is also a good practice to balance time spent alone with time spent in the company of others. Spending time alone can be healthy and healing, but if feelings of loneliness become a problem, seek out friends who can support you during the rough times. Last, while friends and family are well-meaning in their efforts to help you through your grief, you need to be able to listen to your own instincts about what is best.

Ms. Wallace briefly shared that Glenn Funeral Home provides grief counseling and support groups to anyone experiencing a loss; they do not have to use Glenn Funeral services to access the after-care services.

### III. OLD BUSINESS

#### A. Minutes of the August 7, 2018, Meeting

Chairperson Susan Howard presented the minutes of the August 7, 2018, meeting of the Green River Area Council on Aging for approval.

A motion was made by Connie O’Leary and seconded by Diann Crask to approve the August 7, 2018, minutes of the Green River Area Council on Aging meeting. A vote was taken and the motion carried.

#### B. Program Reports

##### 1. Union County

Melissa Polites stated the Union County Senior Services is in its third year of the Christmas Wish project and will be granting the wishes of 36 seniors this year. The senior services is beginning a commodities program with the first delivery scheduled for next Wednesday. Ms. Polites said 107 seniors have already signed up for this program, showing a great need for this service.

##### 2. McLean County

Scott Settle began his report by thanking the GRADD staff for all they do to help the senior service coordinators and the seniors they serve. McLean County seniors traveled to Branson, MO, last month and will be visiting Badgett Theatre on Friday. Rite Aid has provided flu and pneumonia vaccine clinics at each site. Regina and Daniel have been busy helping seniors with Part D comparisons during the open enrollment period. Mr. Settle will be teaching a cake decorating class at Ohio County Senior Center next week. Community Health hosted an ice cream social. A bountiful Thanksgiving meal was held at the senior center. Mr. Settle shared an outreach opportunity met by the senior services: the family of a homebound client notified Mr. Settle that they were going to be cleaning and painting the client’s home, but that the client had little to no furniture or décor in the home. Mr. Settle was able to find furnishings for the client’s home, as well as to provide some decorations for walls. In November, Mr. Settle and Daniel Miller, along with other senior service coordinators and GRADD staff, had the opportunity to attend an Alzheimer’s training in Lexington conducted by Naomi Feil. Ms. Feil is nationally recognized as having developed the validation technique of relating to persons with Alzheimer’s and other forms of dementia. The training was eye-opening in understanding the behaviors that Alzheimer patients may demonstrate.

##### 3. Daviess County/Senior Community Center of Owensboro-Daviess County

Dana Peveler announced *Supper with Santa* to be held at the community center on December 14, at 5:30 p.m. Ms. Peveler also informed the council of a new software installation at the center. The software will benefit both participants and the community center staff.

4. Kentucky Legal Aid

David Farley announced that Susan Gesser is leaving Kentucky Legal Aid; therefore, he will become the lead attorney in Owensboro and someone will be hired to fill his position. Mr. Farley was pleased to state that Kentucky Legal Aid is billing ahead of schedule on services.

C. Senior Games in the Park

Leslie Wilson reported that despite the cold temperatures, 135 participants (including staff and volunteers) showed up for Senior Games on October 24, at Moreland Park. Those who attended had a fun time. Ms. Wilson will keep the council updated as plans take place for next year.

D. Senior Day Out

Lisa Flahardy stated that Senior Day Out took place September 20, with 74 vendor booths and 533 seniors signing in. Ms. Flahardy stated that taking into consideration volunteers, vendor representatives, and seniors who may not have signed in, total attendance was estimated at 700. According to participant surveys, gaining new information from vendors and the program is the number one reason seniors attend the event.

IV. NEW BUSINESS

A. Bids for Senior Center Services and Catered Meals

Jennifer Williams stated the Executive Committees of the Green River Area Council on Aging and GRADD Board of Directors met on November 7, 2018, to review all proposals. The committees authorized the Area Agency on Aging staff to enter into non-competitive negotiations with responsive bidders regarding the narrative and financial portions of their proposals. Spreadsheets detailing the unit costs which were bid for each of the services were presented and reviewed. The spreadsheets are available, upon request, to any member who would like a copy. Ms. Williams informed council members that there was no competition to our current providers. Chairperson Howard asked for a motion to approve the proposals for Senior Center/Supportive Services.

A motion was made by Sim Davenport and seconded by Connie O'Leary to approve the recommendation for providers for Senior Center Services, as recommended by the Executive Committees of the Aging Council and GRADD Board of Directors. A vote was taken and the motion carried.

Ms. Williams then reviewed the proposal for Catered Meals from Canteen, who also had no competition. Chairperson Howard asked for a motion to approve the proposal for Catered Meal services.

A motion was made by Sim Davenport and seconded by Connie O'Leary to approve the recommendation for Canteen to provide Catered Meal Services, as recommended by the Executive Committees of the Aging Council and GRADD Board of Directors. A vote was taken and the motion carried.

Chairperson Howard stated the only concern voiced during the meeting of the Executive Committees was in regard to Canteen as the only bidder for catered meals. The committees want to ensure that the meals being provided are quality meals and are meeting the expectations of those served. Leslie Wilson responded to the concern stating client satisfaction surveys are provided to home-bound and congregate clients annually. In addition, Canteen provides comment cards to the senior centers. Ms. Wilson and the senior center coordinators expressed that Canteen is very good about responding to any quality concerns that are raised. Chairperson Howard would like the Aging Council to have the opportunity to hear any concerns raised by clients and to see the results of the satisfaction surveys.

B. Nominating Committee

On behalf of the Nominating Committee, Chairperson Howard presented the following slate of officers for 2019:

Chairperson:	Susan Howard
Vice-Chairperson:	Henrietta Harris
Secretary:	Franklin Powers

Franklin Powers was not present and will be contacted to ensure his willingness to serve as secretary. With no nominations from the floor, Chairperson Howard asked for a motion to approve the above slate of officers, pending Mr. Franklin's agreement to serve.

A motion was made by Connie O'Leary and seconded by Charlye Jo Griggs to approve the slate of officers, as presented and pending Franklin Howard's agreement to serve as secretary. A vote was taken and the motion carried.

C. ADRC Report

Leslie Wilson provided a brief overview of the one-stop-shop resource service provided by the ADRC. In the last quarter, ADRC staff completed 233 Level One screenings. The screenings are the first step to connect individuals with services for which they may qualify, and each screening takes 30-45 minutes to complete. After completing a screening, staff must input the information into the database within 48 hours. In addition to the Level One screenings, staff also completes Quick Calls. Quick Calls are completed when the caller is seeking simple information, such as a phone number or name of an agency, but not interested in applying for services provided through GRADD.

D. TRIAD

Lisa Flahardy stated the last meeting took place November 1. Topics discussed at the meeting included a recap of Senior Day Out, with a look forward to next year's event. A medical information project is underway. Ms. Flahardy recently visited with Webster County seniors to present information and stated all counties will receive information over the coming weeks. The possibility of a springtime TRIAD summit is being considered as a way to engage local elected officials and law enforcement; reminding them of the purpose of TRIAD.

E. Ombudsman Advisory Council

Scott Settle presented the minutes of the August 7, 2018, Ombudsman Advisory Council meeting for approval.

A motion was made by Connie O'Leary and seconded by Diann Crask to approve the minutes of the August 7, 2018, Ombudsman Advisory Council meeting. A vote was taken and the motion carried.

F. Silver Bells Project

Sheila Howard reported that collection of items and monetary donations were underway for this annual project of the District Long-term Care Ombudsman Program. This year, goodie bags will be delivered to residents of Sunny Acres and Davco Rest Home. The total number of residents in the two personal care homes to be served is approximately 120.

G. Be a Santa to a Senior

Janet Clancy provided information about Home Instead's *Be a Santa to a Senior*. Each year, Home Instead places the names of area seniors on Christmas trees at various businesses. Shoppers can take a name from the tree, purchase items for the senior, and deliver them to Home Instead who will then ensure they are delivered to the seniors. Some of GRADD's home-care clients are among the seniors served by this program.

H. Staff Updates

Jennifer Williams announced Dave Clark, AmeriCorps Program Director, is retiring from GRADD, effective December 19. The ADD is in the process of hiring a new program director. The ADD will also be filling a Medicaid Waiver support broker position. Jessica Burk has been hired as a part-time case manager.

V. ANNOUNCEMENTS

- Next Aging Council meeting – February 5, 2019, 10:00 a.m.

VI. ADJOURNMENT

With no further business to come before the council, the meeting adjourned with the singing of *The Twelve Days of Christmas*.