



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

April 2, 2019

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

The Green River Area Council on Aging met on Tuesday, April 2, 2019, 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, Nora Bilbro-Richie, Melinda Cornell, Henrietta Harris
Hancock	Franklin Powers
Henderson	Charlye Jo Griggs, Connie O'Leary, Suzanne Cravens
McLean	Jim Toler, Nancy Wetzel
Ohio	Mary Ashford, Mary Young, Wilda Hardesty
Union	None
Webster	Patty Tapp, Tracy Henry

COUNCIL MEMBERS ABSENT

Daviess	*Sim Davenport, Jon Higdon, *Betty Medley-Wallace
Hancock	*Diann Crask, Jean Mattingly
Henderson	All Present
McLean	Leona Austin
Ohio	All Present
Union	Emily Dominguez
Webster	*Jim Townsend

GUESTS AND STAFF PRESENT

Alysia Adams, Owensboro Health Regional Hospital (OHRH)
Debbie Zuerner-Johnson, OHRH
Lona Kratzer, Hancock County Senior Services
Brenda Renfrow, Ohio County Senior Services
Melissa Polites, Union County Senior Services (UCSS)
Susan Nalley, UCSS
Stefani Lance, The Gathering Place

***Excused Absence:** David Johnston, Chairman ■ Brad Schneider, Vice Chairman ■ Al Mattingly, Jr., Secretary ■ Steve Henry, Treasurer ■ Jiten Shah, Executive Director

GUESTS AND STAFF PRESENT (cont.)

Wanda Blackwell, Webster County Senior Services
Scott Settle, McLean County Senior Services (MCSS)
Daniel Miller, MCSS
Dana Peveler, Senior Community Center of Owensboro-Daviess County
Debra Jacob, Department for Community Based Services
Tammy Vernon Brown, Ursuline Sisters
Dave Farley, Kentucky Legal Aid
Emily Cadiz, Hospice of Western Kentucky
James Warren, Hospice of Western Kentucky
Jennifer Williams, Associate Director for Social Services, GRADD
Amber Phelps, In-Home 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
Liberty Watson, Support Services Technician, GRADD
Hannah Colvin, Intern, GRADD
Jaycie Luna, Intern, 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

Alysia Adams, Director of Trauma Services, shared information about the high number of fall-related trauma, specifically in the senior population. Ms. Adams stated medical expenses related to falls cost around \$50 billion annually. According to the website, Stopping Elderly Accidents, Death & Injury (STEADI), one older adult falls every four seconds. The Center for Disease Control reports a 30 percent increase in the death rate among older adults due to falls from 2007 to 2016. While fall-related injuries sustained by older Kentuckians represent the largest single factor in the state's burden of traumatic injury, Ms. Adams stated falls are largely preventable. Ms. Adams shared common risk factors for falls and provided a handout to all present regarding steps to prevent falls.

III. OLD BUSINESS

A. Minutes of the February 12, 2019, Meeting

Secretary Franklin Powers presented the minutes of the February 12, 2019, meeting of the Green River Area Council on Aging for approval.

A motion was made by Franklin Powers and seconded by Melinda Cornell to approve the February 12, 2019, minutes of the Green River Area Council on Aging meeting. A vote was taken and the motion carried.

B. Program Reports

1. McLean County

Scott Settle reported their Valentine Dance had 148 in attendance. Recently, a respiratory clinic was held at the center. Several activities have taken place: breakfast with a health information fair, going to the movies and eating out on a monthly basis, attending GRADD's Legislative Breakfast and Senior Advocacy Day in Frankfort. A 100th birthday celebration was held for a Sacramento senior. Plans are being made for a trip to the Ark Encounter in July with Ohio County Senior Services.

2. Ohio County

Brenda Renfrow stated Ohio County seniors also attended the GRADD Legislative Breakfast and Senior Advocacy Day. She has been busy providing free income tax service in Ohio County.

3. Hancock County

Lona Kratzer reported a lunch and learn was held with the local Property Valuation Administrator sharing information on the Homestead Exemption Act. Ms. Kratzer continues to partner with the Hancock County Public Library for programs. Seniors will have the opportunity to attend a class about cooking for one or two people. Legal Aid continues to visit regularly. Valentine celebrations were held at each site.

4. Union County

Melissa Polites is making plans for National Health Care Decision Making Day on April 16. The YMCA in Henderson will be providing the opportunity for Union County Seniors to participate in warm water therapy. Union County Senior Services is organizing an Alaska trip for 2020; anyone interested can obtain information from Ms. Polites.

5. Daviess County

Dana Peveler reported several trips and activities continue to keep Daviess County seniors busy. She was excited to announce that a new facility is being planned. Ms. Peveler has been working with area businesses to help them become a designated "Senior Friendly Business."

6. Webster County

Wanda Blackwell stated activities are planned for National Health Care Decision Day. Webster County Senior Games is scheduled for May 24. The Older Americans

Month celebration is scheduled for May 30. She has been helping seniors obtain Farmer's Market vouchers.

7. Henderson

Stefani Lance reported dances are held weekly at The Gathering Place. An in-house fundraiser has been planned to help with the purchase of a washing machine for the center. Next week is the annual fundraiser, Pasta for a Purpose. A second nutrition site is in the final stages of approval. Activities are planned for National Healthcare Decision Day, and the health fair will be May 14. The public library is now providing a book service for home-delivered meal clients.

C. Mental Health First Aid Report

Jeanette Woodward reported 51 people attended the eight-hour training, and the participants came from a variety of professional backgrounds. All participants found the training very helpful and informative.

D. TRIAD Report

Lisa Flahardy said the Green River TRIAD met on March 19, and set a tentative date of September 17 for the TRIAD Summit. Senior Day Out at the Mall has been set for September 26. Ms. Flahardy stated this will be the 20th consecutive year for the event.

E. Ombudsman Advisory Council Report

The council last met on February 12, and a copy of those minutes were made available. The council members continue to advocate for legislation regarding adequate staffing. Members reviewed resident rights and were provided a copy of "A Guide to Your Rights."

IV. NEW BUSINESS

A. Staff Updates

GRADD has several new staff members in the social services department. In the Medicaid Waiver program, Jessica Sexton is full-time and Lana Galloway is part-time. Amy Rowe will begin with the Medicaid Waiver program on April 16. Maria Whitney is part-time in the Aging and Disability Resource Center.

B. Volunteer Appreciation Luncheon

All Aging Council members were invited to attend the annual Volunteer Appreciation Luncheon on Thursday, April 25, from 10:00 a.m. to 1:00 p.m., at Old Hickory Bar-B-Que.

C. National Health Care Decision Day

Jennifer Williams stated April 16 has been designated as National Health Care Decision Day. Each county has special activities planned for this day to help educate seniors about things such as living wills, medical directive, etc. Ms. Williams encouraged everyone to discuss these issues with family members.

D. Older Americans Month (OAM)

This year's theme for OAM is Connect, Create and Contribute. Handouts from the OAM website were provided to all members. Ms. Williams encouraged members to visit the senior centers and participate in the OAM activities.

1. County Health Fairs

Throughout April and May, senior health fairs are scheduled in each county.

E. Feed Senior Now

Jennifer Williams provided a report on the annual Feed Senior Now food drive. Ms. Williams stated that rather than hold the food drive in the spring as it has been the past two years, the committee has decided to move it to the fall. The Department for Aging and Independent Living (DAIL) is planning a Hunger Summit in Owensboro this fall, and the committee wants to use the summit as a kick-off to Feed Seniors Now. The committee will meet again on April 26, and Ms. Williams will keep the Aging Council updated as plans progress.

F. DAIL Focus Areas

Jennifer Williams said DAIL has determined the following four areas of focus for improving the quality of life for Kentucky seniors:

- Food Insecurity;
- Smoking Cessation;
- Physical Activity/Exercise; and
- Mental Health.

G. Livable Communities

Jennifer Williams announced that a steering committee has been formed to apply for designation of Owensboro and Daviess County as a Livable Community. This is a distinction, coordinated by AARP, which indicates a community is committed to promotion of policies and activities to make a city and/or county friendly to citizens of all ages. The goal is to ensure neighbors of all ages have the resources to be healthy, independent, and integrated into community life. Anyone interested in this project is welcome and encouraged to join the committee.

H. Council Subcommittee Opportunities

Jennifer Williams informed the council members of opportunities to serve on subcommittees of the Aging Council. Green River TRIAD, which members are most familiar with from Senior Day Out, would like interested seniors to attend meetings and help provide perspective on the needs of seniors and the best way to reach seniors with information about scams, fraud, disaster preparedness, or other safety concerns. The Ombudsman Advisory Council is also open to interested persons who would like to advocate for persons living in long-term care facilities. Ms. Williams said area seniors would be beneficial in serving on the Livable Communities Committee. A new committee, Safe Aging Coalition, is in the early stages of being formed in cooperation with Owensboro Health Regional Hospital. This group will work to bring awareness to fall prevention and general safety for seniors.

V. ANNOUNCEMENTS

- STAND Against Child Abuse: Friday, April 12, 4:30p.m. – 7:00 p.m., at Kentucky Wesleyan College.
- Drug Abuse Prevention Summit: Tuesday, April 23, 9:00 a.m. – 2:00 p.m., at the GRADD Office, with Trooper Corey King and David Parnell presenting, *Facing the Dragon*.
- Next Aging Council meeting – June 4, 2019, 10:00 a.m. – 12:30 p.m. This will be an extended meeting with a presentation on Community Emergency Response Teams (CERT) and Disaster Preparedness. Pizza will be served for lunch.

VI. ADJOURNMENT

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

/lw