



Think Progress. Think Tomorrow. Think GRADD.

## GREEN RIVER AREA COUNCIL ON AGING

June 4, 2019

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

The Green River Area Council on Aging met on Tuesday, June 4, 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, Betty Medley-Wallace
Hancock	Franklin Powers, Diann Crask, Jean Mattingly
Henderson	Charlye Jo Griggs
McLean	Leona Austin, Nancy Wetzel
Ohio	Mary Ashford, Mary Young, Wilda Hardesty
Union	None
Webster	Patty Tapp, Tracy Henry, Jim Townsend

### COUNCIL MEMBERS ABSENT

Daviess	*Sim Davenport, *Melinda Cornell *Henrietta Harris, Jon Higdon, Nora Bilbro-Richie
Hancock	All Present
Henderson	*Connie O'Leary, Suzanne Cravens
McLean	Jim Toler
Ohio	All Present
Union	*Emily Dominguez
Webster	All Present

### GUESTS AND STAFF PRESENT

Charlotte Whittaker, AARP  
Kenny Garrett, Henderson Emergency Management  
Brenda Renfrow, Ohio County Senior Services

### \*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.)

Melissa Polites, Union County Senior Services (UCSS)  
Susan Nalley, UCSS  
Linda Brown, The Gathering Place/Henderson County Senior Services  
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  
Dave Farley, Kentucky Legal Aid  
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  
Leslie Wilson, Community Services Manager, GRADD  
Sarah Ackerman, Case Manager, GRADD  
Kristy Clark, Community Collaboration for Children Program Coordinator  
Kelli King, Family Caregiver/SMP Program Coordinator  
Ursula Mabrey, Services Coordinator, GRADD  
Heather Mullican, Waiver Case Manager, GRADD  
Liberty Watson, Support Services Technician, GRADD  
Kelsey Taylor, Social Services Assistant/Intern, GRADD  
Judi Mayo, AmeriCorps Member, 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.

Chairperson Howard shared information from a recently published study from Leigh Pearce of the University of Michigan School of Public Health. Results of the study indicate older adults with a sense of life purpose appear less likely to die from heart, circulatory, and digestive diseases and more likely to live longer. The study followed nearly 7,000 people over age 50 for more than a decade. Subjects who felt they had little purpose in life were more likely to die at a younger age. Regarding the definition of “life purpose,” Pearce simply defined it as whatever is most valuable to an individual; such as, community, achievement, reputation, relationships, spirituality, kindness. “So there is not a specific definition for any one person.” The following web address provides an article with more information about the study:  
<https://www.reuters.com/article/us-health-longevity-purpose/seniors-who-feel-their-life-has-purpose-may-live-longer-idUSKCN1SU2DM>

## II. OLD BUSINESS

### A. Minutes of the April 2, 2019, Meeting

Secretary Franklin Powers presented the minutes of the April 2, 2019, meeting of the Green River Area Council on Aging for approval.

A motion was made by Franklin Powers and seconded by James Townsend to approve the April 2, 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 provided a summary of the many activities taking place with McLean County Seniors. Will Muster provided an informative presentation on National Health Care Decision Day. Several seniors visited the other counties as they hosted events for Older Americans Month (OAM). McLean County hosted the other six counties with a Roaring '20's themed celebration. Exercise classes are taking place at the Calhoun and Livermore centers, and line dancing is a popular activity at the Livermore center. A dance and roast beef supper was held and well attended. Some community partner events include: respiratory clinics held regularly in Calhoun; Bingo and prizes provided by Home Instead; and yard work for seniors in need is provided by Buck Creek Baptist Church. Mr. Settle and Daniel Miller have recently received Tai Chi for Arthritis training and hope to offer those classes soon.

#### 2. Daviess County

Dana Peveler provided nomination forms for the annual Silver Salute Awards Program. Nominations for persons age 60 and older are taken for the categories of education, faith, and inspiration. The Elizabeth Munday Award is for a person of any age who has made a significant contribution in supporting or celebrating seniors in Owensboro-Daviess County. Ms. Peveler shared a story of a client who related to her how proud he was to have been able to remain independent in his own home. Because of the services he received, he did not have to live in a nursing home. Ms. Peveler expressed to the council the need to share these type of stories and stated that often the county aging coordinators cannot share these stories due to privacy concerns. If anyone has ideas about how to share these type of stories which highlight the vital need for senior services, please bring those ideas to the council or to the county aging coordinators.

#### 3. Webster County

Wanda Blackwell announced an open house and ribbon cutting event will be held for the new senior center on June 19. Everyone is invited to come out and see the beautiful new center. Also, Senior Games in the Park will be held June 14 at Baker Park in Dixon. As Webster County hosted area seniors for OAM, the theme for the day was an old-fashioned county carnival.



4. Henderson

Linda Brown was introduced and welcomed as the new County Coordinator for The Gathering Place/Henderson County Senior Services. Ms. Brown has served in the role in the past and is excited to again work with older adults and provide the services they need.

III. NEW BUSINESS

A. Senior Games

Leslie Wilson shared information about the upcoming Senior Games in the Park. The event will be held in Webster County at Baker Parker, located in Dixon. Future plans are to host the games in a different county each year. The event will begin at 10:30 a.m. Hamburgers and hotdogs will be served for lunch, and the day will end with the awards presentation. Fun, new games have been added. Ms. Wilson invited everyone to come out and enjoy the activities.

B. Safe Aging Coalition

Jennifer Williams said the first meeting of this group will be held at GRADD, on June 11, at 10:00 a.m. Alysia Adams with Trauma Services at Owensboro Health Regional Hospital will be partnering with GRADD in the formation and function of the coalition. Anyone interested can attend the June 11 meeting.

C. Staff Updates

Jennifer Williams shared a couple of recent changes in GRADD Social Services staff. Kelsey Taylor, a student at Western Kentucky University and intern at GRADD, will be serving as a case manager for Henderson County clients, as she completes her internship. Sheila Howard has announced her retirement after 12 years at GRADD. Ms. Howard's last day will be June 28. Heather Mullican, who has been at GRADD for 10 years and worked with the Medicaid Waiver program is training to take on the role of District Long-term Care Ombudsman. Ms. Mullican has her Master's degree in gerontology and has a passion for long-term care residents.

IV. EMERGENCY PREPAREDNESS TRAINING

Charlotte Whittaker had coordinated with Charlie Shields, Ohio County Emergency Management (EM) Director, and Jennifer Williams to provide Emergency Preparedness Training to the council. Other EM directors from the GRADD region were also invited. Due to a rescue operation, several EM directors were unable to attend.

Kenny Garrett provided an overview of EM operations in the area, stating 70-80 percent of the individuals involved are volunteers. Mr. Garrett highlighted the Community Emergency Response Teams (CERT). Training for CERT is offered annually in the GRADD counties. The training emphasizes individual/family preparedness and caring for self and immediate family before trying to help in the larger community when disaster strikes. CERT members respond when called upon by their local EM directors. EM personnel attend trainings/exercises to assess

the needs and response plans of their service area in a variety of disaster situations. Mr. Garrett encouraged members to visit [www.READY.gov](http://www.READY.gov) for information about disaster preparedness.

Ms. Whittaker provided all present with a large zip-lock bag for important documents. The bag contains a list of documents that should be kept together, safe, and readily accessible should evacuation be necessary during a disaster.

V. ANNOUNCEMENTS

- Next Aging Council meeting – August 6, 2019, 10:00 a.m.
- TRIAD – July 26, 10:00 a.m.
- Mental Health & Aging Coalition – July 25, 10:00 a.m.
- Senior Day Out at Towne Square Mall – September 26, 8:30 a.m. – 12:00 p.m.
- Feed Seniors Now – October 22, 2019.
- AARP Town Hall: Stop Rx Greed – June 8, 10:00 a.m., at the Senior Community Center of Owensboro-Daviess County. Free and open to the public, as light snacks will be provided, attendees are asked to RSVP to 1-877-926-8300. All present were provided a petition to “Tell Congress to Cut Drug Prices Now!”

VI. ADJOURNMENT

With no further business to come before the council, the meeting adjourned and council members enjoyed pizza provided by AARP.

/lw