



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

February 12, 2019

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

The Green River Area Council on Aging met on Tuesday, February 12, 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, Sim Davenport, Jon Higdon
Hancock	Diann Crask, Franklin Powers
Henderson	Charlye Jo Griggs, Connie O'Leary, Suzanne Cravens
McLean	Jim Toler
Ohio	Mary Ashford
Union	Randy Greenwell
Webster	Jim Townsend, Tracy Henry

COUNCIL MEMBERS ABSENT

Daviess	*Nora Bilbro-Richie, *Melinda Cornell, Henrietta Harris, *Betty Medley
Hancock	Jean Mattingly
Henderson	All Present
McLean	*Nancy Wetzel, Leona Austin
Ohio	*Mary Young, *Wilda Hardesty
Union	All Present
Webster	Patty Tapp

GUESTS AND STAFF PRESENT

Leah Jacobs, Green River District Health Department (GRDHD)
Brad Conrad, GRDHD
Elizabeth Howard, GRDHD
Lona Kratzer, Hancock County Senior Services
Brenda Renfrow, Ohio County Senior Services
Melissa Polites, Union County Senior Services
Stefani Lance, The Gathering Place
David Farley, Kentucky Legal Aid

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

Excused Absence

GUESTS AND STAFF PRESENT (cont.)

Debra Jacob, Department for Community Based Services
Lynn Swanson, Audubon Area Community Care Clinic
Robyn Mattingly, Audubon Area Community Services
Erica Wade, Owensboro Health
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
Amber Phelps, Support Broker, GRADD
Rita Gazelle, Data Services Coordinator, GRADD
Liberty Watson, Support Services Technician, GRADD
Steve Joines, Volunteer Ombudsman, GRADD
Judi Mayo, Benefits CheckUp Counselor, 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

Leah Jacobs, Public Health Services Coordinator and Patient Navigator, presented information on heart health. Ms. Jacobs stated heart disease is the leading cause of death in the United States. Common types of heart disease, risk factors, and signs and symptoms were reviewed. Ms. Jacobs then discussed heart disease prevention through healthy living habits, including: healthy diet, achieving and maintaining healthy weight, physical activity, abstaining from smoking, and limiting alcohol consumption. When combined with other medical conditions or risk factors such as high cholesterol, high blood pressure, or diabetes, prescription medication is an important prevention measure. It is important for individuals to know their numbers: blood pressure, cholesterol, and blood sugar. Body Mass Index (BMI) and waist circumference are also helpful in knowing your risk for heart disease. All present were provided a “Diabetes and your Heart” handout.

III. OLD BUSINESS

A. Minutes of the December 4, 2018, Meeting

Secretary Franklin Powers presented the minutes of the December 4, 2018, meeting of the Green River Area Council on Aging for approval.

A motion was made by Franklin Powers and seconded by Connie O’Leary 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. Ohio County

Brenda Renfrow reported that thanks to a generous donation, all home-delivered meal clients in Ohio County received angel tree gifts at Christmas. Activities enjoyed by Ohio County seniors include monthly mystery trips, bingo and other games. Recently, seniors participated in a cake decorating class taught by Scott Settle and Daniel Miller. Hartford clients have started visiting the Fordsville and Horse Branch sites. A total of 30 seniors from Ohio and McLean Counties traveled to Frankfort on February 5, for Senior Advocacy Day, where they had the opportunity to meet with their legislators. Ms. Renfrow and Mary Ashford have been busy providing free income tax services for seniors.

2. GRADD

Lisa Flahardy provided the year-to-date program reports for the period of July 1, 2018 to December 31, 2018. The report shows the percentage of the budget used for each program, as well as clients served. Ideally, at this time in the budget year, programs should be at 50 percent; however, Ms. Flahardy noted areas that show a low percentage are not a concern and are expected to be on track by the end of the fiscal year. Ms. Flahardy also pointed out the area of Supportive Services, which are the services provided through the county senior services programs. The county programs are going above and beyond serving the seniors in their communities, and it is reflected in the numbers shown. In the area of Title III D Health Promotion, a Tai Chi training is being scheduled so these classes can be offered to area seniors. Ms. Flahardy stated she is always glad to answer questions relating to a specific county.

C. Silver Bells

Sheila Howard reported on the outcome of the Silver Bells project conducted by the Ombudsman Program. The Silver Bells Project was able to serve 117 individuals in two personal care homes. Residents received bags full of goodies. Snack crackers, snack cakes, raisins, drink mix packets and bottled water, chips, tissues, chap stick, and socks and gloves were among the items given. Kentucky Wesleyan College Campus Ministries provided 50 bags already supplied with several items. Other items were donated by various individuals. Monetary donations were made by some local businesses, clubs and organizations, as well as a number of individuals. GRADD staff delivered the bags on December 13, to Sunny Acres, located in Calhoun, and Davco Rest Home in Owensboro. The residents were very appreciative.

IV. NEW BUSINESS

A. Area Plan Update

Jennifer Williams stated the Area Agency on Aging & Independent Living is required to compile and submit a Regional Plan on Aging every three years for the Department for Aging and Independent Living (DAIL). Last year, GRADD submitted a new plan. During the "off years" an update is required, which indicates any new providers, changes in program funding, or staffing changes. Ms. Williams reviewed the FY 2020 Regional Aging Plan Update and copies of the summary were made available to members. There have been no changes in service providers. As GRADD has not received a budget for FY2020, program funds are based on the current budget. Ms. Williams reported budget cuts are expected for the coming year and

allocations will be communicated as they are available. Chairman Howard asked for a motion to approve the Aging Plan Update.

A motion was made by Connie O’Leary and seconded by Jim Townsend to approve the FY2020 Regional Aging Plan Update. A vote was taken and the motion carried.

B. GRADD Legislative Breakfast & Senior Advocacy Day

Jennifer Williams reported several area seniors attended the GRADD Legislative Breakfast held on February 2. Legislators present addressed issues such as nursing home staffing and a “green alert” for vulnerable veterans. Ms. Williams traveled to Frankfort on February 5, 2019, for Senior Advocacy Day, where she and seniors from Ohio and McLean Counties met with representatives and shared important issues facing seniors.

C. Mental Health First Aid

Jeanette Woodward informed the council of a Mental Health First Aid Training scheduled for March 28, at GRADD. The training will be conducted by Dr. Lionel Phelps and Dr. RonSonlyn Clark of River Valley Behavioral Health. The training was funded through a grant from the state mental health coalition. The training is limited to 50 attendees, is free and will include materials and lunch. Those interested in attending can contact Ms. Woodward.

D. TRIAD

Lisa Flahardy stated the Green River Regional TRIAD is working to educate local law enforcement and officials of the role and purpose of TRIAD. Members are in the early planning stages for a TRIAD summit which would bring these and other community partners together. TRIAD focuses primarily on fraud prevention by making seniors aware of common scams, but TRIAD has a broader mission in being concerned with the overall safety and well-being of seniors in GRADD communities. Other issues addressed range from education about the opioid epidemic to disaster preparedness. The next TRIAD meeting will be March 19, at 10:00 a.m., at GRADD.

E. Ombudsman Advisory Council

Sheila Howard reported the advisory council last met on December 4, 2018, at which time they reviewed the state’s standard operating procedures for Ombudsman Advisory Councils. The members then outlined the four chief duties of the Green River Ombudsman Advisory Council. The council will meet today at 11:30 a.m.

F. New Members

Chairperson Howard welcomed Mary Ashford, who is representing the Mayor of Hartford on the council. She is involved with seniors at her AmeriCorps service site, the Ohio County Senior Center. Randy Greenwell, Mayor of Morganfield, was also welcomed. Mayor Greenwell expressed his appreciation for the work the council does on behalf of seniors in the GRADD area.

G. Staff Updates

Janet Clancy, In-Home Services Manager, is taking a position with the Owensboro Diocese. Her last day at GRADD will be February 22. Amber Phelps, who has worked in the waiver program and with Veterans Directed Care (VDC), will be the new In-Home Services Manager. Ursula Mabrey will take over the Personal Care Attendant Program, in addition to her waiver and VDC responsibilities. GRADD will be hiring for one full-time and one part-time position in the Medicaid Waiver Program, and a part-time position for the ADRC. Brad Alley has taken the position of AmeriCorps Program Director.

V. ANNOUNCEMENTS

- Brescia University and Timesavers Present: Alive Inside – Thursday, March 21, 2019, 6:00 p.m., in the Taylor Lecture Hall.
- Next Aging Council meeting – April 2, 2019, 10:00 a.m.

VI. ADJOURNMENT

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

/lw