



GREEN RIVER AREA COUNCIL ON AGING

April 6, 2021

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

The Green River Area Council on Aging met on Tuesday, April 6, 2021, at 10:00 a.m., via ZOOM. The following persons were in attendance:

COUNCIL MEMBERS PRESENT

Daviess	Melinda Cornell, Betty Medley-Wallace, Amy Lilly, Lydia Fusco
Hancock	Franklin Powers
Henderson	Connie O'Leary,
McLean	None
Ohio	None
Union	Gayle McLeod
Webster	Helen Ritterskamp

COUNCIL MEMBERS ABSENT

Daviess	*Henrietta Harris, Daisy James
Hancock	Jean Mattingly, Diann Crask
Henderson	*Janeth Nicolas, Suzanne Cravens, Charlye Jo Griggs
McLean	Anna Pinkston, Nancy Wetzell, Jim Toler
Ohio	Mary Young, Wilda Hardesty, Mary Ashford
Union	Rick White
Webster	Patty Tapp

GUESTS AND STAFF PRESENT

Kay Ewing, Owensboro Health
 Brenda Renfrow, Ohio County Senior Services
 Lona Morton, Hancock County Senior Services
 David Farley, Kentucky Legal Aid

*Excused Absence

Brad Schneider, Chairman ■ Al Mattingly, Jr., Vice Chairman ■ Steve Henry, Secretary ■ Adam O'Nan, Treasurer ■ Joanna Shake, Executive Director

GUESTS AND STAFF PRESENT (cont.)

Melanie James, Five Star Food Service
Becky Barnhart, Senior Community Center of Owensboro-Daviess County (SCCODC)
Tiffany Johnson, SCCODC
Linda Brown, The Gathering Place
Nicole Leach, Owensboro Health
Tiffany Clark, Owensboro Health
Debbie Zuerner-Johnson, Owensboro Health
Sandra Stevens, Help at Home
Bill Cooper,
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
Brad Alley, AmeriCorps Program Director, GRADD
Leslie Wilson, Community Services Manager, GRADD
Jeanette Woodward, SAMS Administrator, GRADD
Kelli King, Family Caregiver Program Coordinator, GRADD
DeLanie Puckett, Case Manager, GRADD
Kelsey Taylor, Case Manager, GRADD
Liberty Watson, Social Services Administrative Assistant, GRADD
Cassie Knott, Intern, GRADD

I. CALL TO ORDER AND OPENING REMARKS

Vice Chairperson Franklin Powers called the meeting to order, led with the Pledge of Allegiance and opened the meeting with prayer.

II. OLD BUSINESS

A. Minutes of the February 2, 2021, Meeting

Secretary Connie O’Leary presented the minutes of the February 2, 2021, meeting of the Green River Area Council on Aging; however, a quorum was not present to approve the minutes.

B. Program Reports

1. Kentucky Legal Aid

David Farley reported their office is behind on billings for this time of year, primarily due to senior centers remaining closed. The office does handle more than Power of Attorney and Living Will documents and currently is handling many eviction cases. KY Legal Aid does not provide criminal law assistance. Anyone interested in services can call the intake line at 270-782-5740. Staff members are also available for community education opportunities.

2. Five Star Food Service

Melanie James reminded the council that Canteen was purchased by Five Star Food Service in January. The transition has been seamless. The central kitchen is preparing approximately 1,500 meals per day for the seven-county region. Pre COVID, about 900 meals were prepared daily.

3. Help at Home

Sandra Stevens provided a report on services provided through Help at Home. COVID-19 has impacted this agency as well. Staff and clients' exposure to the virus, in addition to difficulty finding staff for some counties, has resulted in provision of services to fall behind target. Several clients placed services on hold, but as more people are becoming vaccinated services are re-starting. Help at Home is also offering additional units of homemaker service for clients who need it for chores.

4. AmeriCorps

Brad Alley stated AmeriCorps is halfway through its program year. Member evaluations and site monitoring has been completed. In June, Mr. Alley will begin working with current members to determine who will want to commit to another year with the program and then to determine how many new members will need to be recruited for the new service year beginning in September.

5. Family Caregiver

Kelli King reported the Family Caregiver Program continues to provide Respite, Supplemental Services, such as help with incontinence supplies, and services for grandparents raising grandchildren. The program received CARES funding that made it possible to serve everyone previously on the wait list and provide additional services to caregivers already enrolled in the program. Some clients have put services on hold due to the pandemic but are starting to increase since the vaccine is now available. Satisfaction Surveys were sent out in March, and many have been returned with positive feedback.

The Grandparents Raising Grandchildren Support group meets virtually the fourth Tuesday of every month from 5:30 p.m. to 7:30 p.m. For more information contact Amanda Hirtz at 270-686-1159.

6. Personal Care Attendant Program (PCAP)

Currently, 17 clients are receiving PCAP services, with no waiting list. Participants in this program must have functional loss of at least two limbs and are required to file payroll taxes for their hired caregiver. Because GRADD has no waiting list, funds from this fiscal year were diverted to PCAP programs in other areas of the state.

7. Aging & Disability Resource Center (ADRC)

Amber Gebhard stated the ADRC staff has been busy. Since January 1, 2021, 935 calls have been received. Staff have seen an increase in referrals for Medicaid waiver services. With the kick-off of Feed Seniors Now, staff will begin to take referrals for the food donations.

C. Feed Seniors Now

Amber Phelps reported the kick-off for the annual food drive was held on March 31, 2021, at IGA on 25th Street. Donations will be accepted at several locations through April 30, 2021. Ms. Phelps received news of a large donation that will be made to the food drive, but could not provide full details at this time. The goal is to provide approximately one week's worth of groceries to 530 seniors in the counties of Daviess, Hancock, Henderson, McLean, and Webster. Seniors who are at or below 150 percent of the federal poverty level are eligible to receive the groceries. Typically, those seniors who receive any type of public assistance meet the qualification. Referrals can be sent to the ADRC at GRADD by calling 1-800-928-9094.

D. Central Kitchen Equipment Committee Meeting Schedule

Jennifer Williams requested that the committee meet on April 13, 2021, at 1:30 p.m. via Zoom. Committee members include Jim Toler, Rick White, Connie O'Leary, and Diann Crask. Jennifer Williams, Lisa Flahardy, and Leslie Wilson will also serve on the committee.

III. COVID-19 AND EXERCISE IN OLDER ADULTS

Kay Ewing, Community Educator for Injury Prevention at Owensboro Health, presented information on safely returning to activity after a year of pandemic restrictions. Ms. Ewing reviewed the benefits of exercise: increasing/maintaining mobility and independence, opportunity for social engagement, fall prevention, prevention and improvement of outcomes for diseases, and improved mental health. Due to social distancing guidelines, seniors have experienced decreased incidental and formal physical activity. Individuals who contracted the COVID-19 virus typically experience decreased cardiovascular endurance, decreased or loss of muscle strength, and shortness of breath. Tips to getting started with exercise include obtaining medical clearance, finding an enjoyable activity, deciding where to exercise, and setting goals. A quality exercise program will include elements of cardiovascular, strength and balance, and flexibility training. Ms. Ewing emphasized that exercise can be completed in as little as ten-minute segments. Older adults who are limited by health conditions should be as active as their condition and abilities will permit. Some physical activity is better than none.

IV. NEW BUSINESS

A. Older Americans Month 2021: Communities of Strength

Each May, the Administration for Community Living promotes Older Americans Month with a different theme. This year's theme, Communities of Strength, highlights the

resiliency and strength older adults have built over their lives through successes, failures, joys, and difficulties. While celebrations will look differently again this year, members are encouraged to celebrate the older adults in their communities and raise awareness of the contributions made by older Americans.

B. National Health Care Decision Day – April 16, 2021

Jennifer Williams shared the mission for National Healthcare Decisions Day (NHDD) which exists to inspire, educate and empower the public and providers about the importance of advance care planning. NHDD is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be. This day is an annual reminder to discuss wills, living wills, healthcare surrogacy, and power of attorney, among other end-of-life related topics. Although these conversations can be difficult, they are necessary and can eliminate stress and uncertainty for families.

C. Report on Open Enrollment

Leslie Wilson reported the 2020 Open Enrollment period from October 15 to December 7, saw fewer people assisted than past years. In 2020, GRADD staff assisted roughly 400 individuals with Part D plan comparisons. Typically, around 600 individuals are served through the GRADD State Health Insurance and Assistance Program (SHIP). The decrease in clients served is due to COVID-19 restrictions, which prohibited in-person counseling. Clients instead were counseled via phone. Although service to individuals was down, staff still completed over 14,000 minutes of work during the open enrollment period.

D. GRADD & DAIL Updates

Jennifer Williams stated DAIL is working on direction on re-opening senior centers and has set the re-open date of July 1, 2021. Counties will have flexibility in determining which sites to open, and although July 1 is the earliest date centers may re-open, counties or sites that need more time to prepare do not have to open on July 1.

The provision of meals delivered to anyone age 60 and over, which was mandated by the Governor a year ago, will begin to transition those individuals to receiving their meals at a nutrition site. Individuals who are unable to get to a nutrition site due to a health condition or lack of transportation will be assessed for continuing with home-delivered meals.

The GRADD office is now operating under normal business hours of 8:00 a.m. to 4:30 p.m., with more staff in the office. GRADD is working with the Green River District Health Department to help get the COVID vaccine to clients in their homes.

E. Volunteer Appreciation Month

Jennifer Williams took the opportunity to thank council members for their time, knowledge, and input they provide to the aging programs of the Green River District. Volunteer appreciation week is April 18-24, 2021, with a theme of *The Value of One*. Most years, GRADD

would recognize the contribution of volunteers at a luncheon but will be unable to resume the tradition this year due to continued COVID-19 restrictions.

V. ANNOUNCEMENTS

- Next Aging Council meeting – June 1, 2021, 10:00 a.m.
- Ombudsman Advisory Council – April 20, 2021, 2:00 p.m.
- Mental Health & Aging Coalition – May 27, 2021, 10:00 a.m.

VI. ADJOURNMENT

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

Henrietta Harris, Chairperson

/lw