

Advisory Council

April 16, 2008

Area 1 Agency on Aging, (208) 667-3179

ATTENDEES

ICOA:

John Albee

Council Members:

Jack Bowlin - Benewah
Rose Spencer - Benewah
Paul Graves - Bonner
Toni Hollingsworth - Boundary
Tari Yourzek - Boundary
Joanna Adams - Kootenai
Marie Fish - Kootenai
Carey Spears - Kootenai
Dorothy Zakrajsek - Kootenai
Eva Battista - Shoshone
Julie Robbins - Shoshone

Service Providers:

Mike Lape - Benewah
Terry Lape - Benewah
Erma Williams - Kootenai
Lois Porter - Shoshone

Staff:

Marilyn Anders
Tamina Boonisar
Pearl Bouchard
Fran Hunsaker
Bill Langer
Bobbie Sailor
Audrey Wilson
Kaye Wilson

Guests

Judy Gray

The Advisory Council meeting was called to order at 9:30 by the council president, Tari Yourzek. After introductions all around, Carey Spears, council secretary, presented the minutes of the October, 07 Advisory Council meeting for review. Zak motioned to accept the minutes as submitted. Marie Fish seconded. All favored and motion carried.



Presidents Report Tari Yourzek

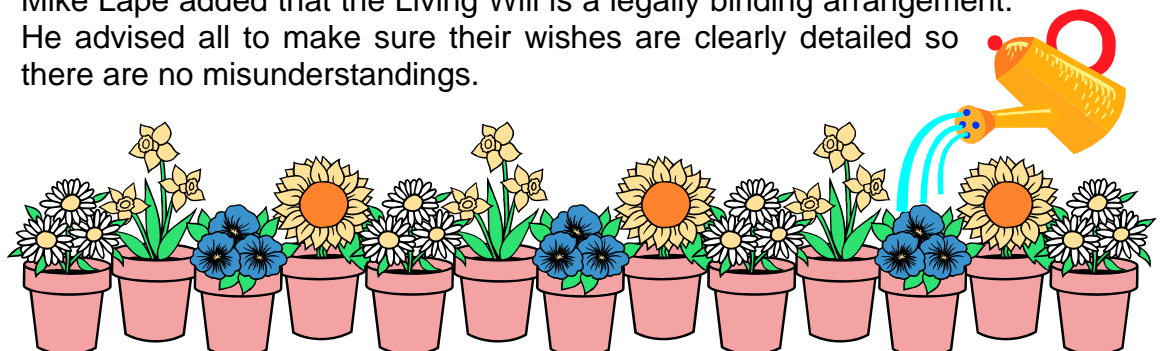
Tari reported on the need for everyone to take time to recharge. This is especially important for caregivers, who can easily become burned out.

Suggestions for recharging included:

- Take a time out – go somewhere comfortable, with or without people,
- Get a check up – make sure you are healthy,
- Get exercise – getting physical feels good and helps with more restful sleep,
- Get outside – get a new perspective,
- Get enough sleep,
- Relax – forget the dishes ... read a good book instead, or whatever feels relaxing to you,
- Think – keeping mentally challenged with puzzles, or reading is the key to cognitive vitality,
- Socialize – easy to forget, we underestimate the value of keeping connected,
- Eat right – harder to do with rising prices, but vital for health and energy.

Today is the first ever National Health Care Decision Day. Tari encourages all to have those difficult conversations about the Advanced Directives (Living Will) with family members now, so they have a say in what happens later. It is important that this decision is made by the individual most affected and not left for a family member to agonize over later. Be sure to take the opportunity to share this information with anyone who would benefit. For more information go to nationalhealthcaredecisionsday.org.

Mike Lape added that the Living Will is a legally binding arrangement. He advised all to make sure their wishes are clearly detailed so there are no misunderstandings.



Special Report..... Bill Langer

April is volunteer month, followed closely by Older Americans month in May. A lot of activities are planned including the Aging Well conference on May 22nd.

Bill Langer, Program Manager for R.S.V.P., reported on the impact of senior volunteers. Nationwide 63,000,000 volunteers report over 8.1 billion volunteer hours. He is sure the report falls short of actual numbers due to volunteers who prefer not to report for whatever reason.

In Idaho 35% of the population volunteer in one form or another, nearly 400,000 people, compared with the national average of 27%. Nationally Idaho ranks #2 in volunteer retention, and #2 in hours per volunteer reported each year.

Our RSVP program has been in existence for 35 years. Federal funding requirements say that 30% of funding must be contributed from the community. Our biggest local contributors are United Way, Outback Steakhouse, and the 3C's program. Their support allows this program to continue to grow.

Bill wanted to mention that there has been a change in the mileage reimbursement for volunteers. Whereas previously reimbursement was sent out monthly, now it will only be sent out quarterly.

Finally, Bill was happy to announce that one of our local volunteers, Frank Biddick, nominated by the RSVP program, will receive national recognition for mentoring from the Association of Area Agencies on Aging and MetLife. He and his wife will fly to Washington D.C. the first week of May to receive an award for his mentoring program.

County Council ReportsCounty Commissioner Updates

Benewah Rose Spencer

Benewah County Commissioners showed great interest in the county meal sites. Mike Lape, service coordinator for the county meal sites, gave a brief update on the Fernwood, Plummer, Worley and Tensed locations. The commissioners announced their intension to purchase the Panhandle Health building, which will enable the St. Maries meal site to remain open at their current location.

Three other meal sites were reported to also be in need of help. One of these, Fernwood, is hoping to purchase and expand to adjacent lots currently used for parking to accommodate their increased attendance.

Older adult and caregiver emergency preparedness was discussed. The commissioners provided contact information for the Local Emergency Planning Committee (LEPC) and their meeting schedule. The county council will appoint a local representative to network between the LEPC and the Area Agency on Aging.

Bonner Paul Graves

Paul shared the need they have to recruit additional county council members.

The pilot Bonner Adult Day Program is progressing well. They are confident that they have found a location, but are still looking for a sponsor. Donations are being received.

The council is investigating the possibility of establishing a reverse 911 program.

Boundary Tamina Boonisar

Discussion with the Boundary County commissioners included acknowledgement of the county representative's resignation, and submission of Toni Hollingsworth as a possible new candidate. Commissioners reported on their support of the local senior center with repairs and insurance for van.

Bill Langer spoke briefly about the RSVP Citizen's on Patrol program. The commissioners liked the idea of starting a similar program in their area and suggested contacting Police Chief Kramer.

Kootenai Marilyn Anders

The county council reported efforts by the Area Agency on Aging to address disaster preparedness. In participation with the Office of Emergency Management (OEM) Bill Langer is developing a volunteer program, utilizing volunteer participation database software to benefit the county.

The commissioners were informed of the Area Agency’s disaster planning including the development of a Continuity of Operations plan targeting home delivered meal clients, and plan for dissemination of information to seniors. They showed great interest in the planning and expressed interest in planning for other homebound individuals and assisted living facilities.

The county council expressed their thanks to the commissioners for their efforts to provide funding to six Kootenai County senior meal centers. Targeted funds totaling \$11,200

Shoshone Julie Robbins

Julie reported the need to recruit additional county council members. The newest board member, Shoshone county clerk Peggy White, works with seniors and veterans. The council also viewed disaster preparedness materials, and discussed problems with the bus system over the winter.

They acknowledged outgoing commissioner, Sherry Krulitz, and the wonderful contribution she has made to seniors in the valley. The commissioners seemed receptive and open to senior issues.

Julie asked that the Advisory Council consider a flag salute at the beginning of all meetings. Apparently it was previously done. The subject will be reviewed.

Pearl wrapped up discussion by reviewing reports showing an increase in commissioner’s response to the council’s efforts.

Presentations:

Disaster Preparedness Larry Isenberg

Project manager, Larry Isenberg, spoke to the council about Firesmart, a program introduced by former Governor Kempthorne in his National Fire Plan (2002-12). With fire an ever present concern for homeowners living rurally in the Idaho panhandle, this program is aimed at assisting in the removal of highly flammable growth and debris located around homes, and education about building an environmental ecosystem around the home to keep it safe.

This service is provided through a grant. Steps to participate include submitting an application, and a site visit. Once approved, a contractor will be assigned and work scheduled. Debris is gathered into small slash piles that the homeowner is responsible for disposing of.

More information about north Idaho’s Firesmart program is available at: www.plrcd.org/NOFIRE/.

ICOA Update John Albee

John reported that there was not much in this Idaho legislative session that affected seniors. The Governor submitted a fraction of the budget each regional area agency office requested, and they were awarded even less. The growing senior population continues to outdistance available funds.

County commissioners in our area are doing great with the encouragement of county councils. Some commissioners are still unclear on how senior funded programs work. Need to recognize that seniors represent a large contingency of the community.

John informed the council that Frank Henderson and Jim Hammond had met with a Governor staff member and Kim Toryanski, ICOA administrator, to request that state funds be distributed on the federal formula. An increase in the Governor’s budget brought \$16,000 worth of additional funds to northern Idaho.

However, programs like home delivered meals are running short of the funds needed to continue operating. Lois expressed concern about having to eventually tell someone that they can't have food. John suggested this was due to a much greater participation in the program than was initially anticipated. Jack Bowlin shared the ingenuity of one person in Plummer to raise funds and keep their program going. John stressed the need to continue to find ways to draw from the community that we are serving for financial support. A recent success was the financial support by Kootenai County Commissioners for senior centers home delivered meals program.

Discussion Items:

Fiscal Year 2008 BudgetBobbie Sailor

The agency has been advised by ICOA of our 2008 federal funding. At the October meeting federal budget presented was \$847,705. The total 2008 federal award is \$855,465, an increase of \$7,760. 2007 carryover in the amount of \$37,642 included carryover from other areas. Our carryover, \$31,530 or 3.7% of federal funding, with a maximum allowable carryover of 10%, fell well under the allowable amount.

We requested an additional \$282,290 from 2009 State Funding (July1, 2008 – June 30, 2009), to help with the waiting lists, but will receive only \$16,190, bringing our state budget from \$737,069 to \$753,259. This represents a 2% increase in state funds.

Our last meeting included discussion of additional funding distribution. Approved by the board were recommendations for a cost of living raise for AAA staff from 3% to 6%, equaling approximately \$23,000; funding for a part-time staff to coordinate the Volunteer Ombudsman Program; and funding to aid the reopening of the Blanchard meal program. All three goals will be addressed in the disbursement of additional funding.

2007 Annual Report Highlights & Other Updates Pearl Bouchard

- Pearl took a moment to thank those whose stories were related in the AAA Annual Report.
- She reminded the council that it will soon be time to review the Area Plan again. The immediate focus will be on reviewing original planning (from river meeting), tackling the items that have not yet been addressed and revisit those needing more attention. She asked the council how they would like to address the upcoming planning session, giving the suggestion of either one large meeting, as was done previously, or trying a "meeting in a box" approach in each county. The council voted unanimously for the "meeting in a box".
- It was recently decided that the Aging Connections program will be developed into a state-wide model. Our current local staff will be supporting this development, however the program will not be able to support the satellite offices in Sandpoint and the Silver Valley and they will close.
- Pearl was also able to report on the success of the Ombudsman program which is currently 15+ volunteers strong.

For the Good of the Order

Joanna Adams spoke about two senior programs Panhandle Health District is promoting, Fit & Fall Proof, and Living Well. Currently three of our five counties are participating. Volunteers are needed to teach.

The meeting adjourned at 12:08 p.m.

Approved By: Carey Spears (Via E-mail). *Respectively submitted by Fran Hunsaker*

Next Meeting: October, 2008