

**HERITAGE AREA AGENCY ON AGING**  
Regular Meeting of the Heritage Board of Directors  
July 13, 2023, 2:00 p.m.  
Conference Call and Heritage Area Agency on Aging

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**MEETING MINUTES**

**Roll Call and Introduction**

Present: Keith Stamp, Sarah Wagner, Bruce Barnhart, David Thielen, Karen Huber, Karri Fisher, Chris Montross, Jasmine McGowan, Sister Susan O'Connor, Shawn Ireland, Dusti Winki and Larry Kudej

Also Present: Barb Werning, Jennifer Knudtson, Harrison March and Denise Babcock- *Assistant Secretary*

Chair Keith Stamp called the meeting to order at 2:00 p.m.

Heritage Board members welcomed new Operations Coordinator, Denise Babcock, to the group.

**Approve or Amend Agenda**

Directors Montross and Barnhart moved and seconded the agenda. Motion carried 11-0.

**Approval of Minutes of the Board of Directors held in June**

Directors Ireland and O'Connor moved and seconded approval of the minutes for the regular meeting held in June. Motion carried 11-0.

**REGULAR AGENDA**

**Financial Reports (Abbreviated)**

- Heritage insurance renewal process completed except for Cyber Policy which is estimated to increase by \$2,300 (\$5,300 to \$7,600). Finance Committee is recommending mirroring Kirkwood Community College's decision to use Travelers insurance at \$6,000. Upon further discussion, Board moved to accept the recommendation.
- Monthly meeting with Health and Human Services (HHS) taking place, Monday, July 17. A Consultant has been hired to help with addressing Fiscal backlog.
- Heritage will receive MIPPA funding to assist with Medicare outreach for training and other associated activities.
- Currently in the process of closing out Quarterly and Fiscal Year '23 financials. Balance Sheet reflecting Total Assets, Liabilities and Net Assets to be presented at August meeting.

Directors Huber and Barnhart moved and seconded approval of the financial reports as presented. Motion carried 11-0.

**Fundraising Committee Report (Dusti Winkie, Shawn Ireland, & Karen Huber) (Abbreviated)**

- Give 65 Fundraising Campaign
  - The event runs July 11, 8:00 am - July 14, 1:00 am. Karen thanked Harrison for the great job he's done promoting the event through radio, television and news coverage. She's also posted the event on Facebook and sent e-mail reminders to individuals. As of today's date, there have been 74 heritage donations with the event closing at 1:00 a.m. tonight. Again,

she asked everyone to reach out to 10 people and ask them to donate during the campaign time. (If each board member reaches 10 people this will help Heritage win \$10,000 for the most unique donations.) The minimum donation amount is \$10.00.

- Also: 98% of the donations go to Heritage and 2% goes to credit card fees.
- For more details, please visit the following link. <https://www.give65.org/content/about>.
- Caregiver Wellness Day (CWD) Update
  - Count of vendors who have committed and paid in full to participate in CWD, Monday, November 6, 2023, is now at 41. Only one more table is available and, if not taken, can be used for information or refreshment purposes.
  - The committee will meet on Monday, July 17, to discuss and solidify more details related to event logistics.

After asking Board members if there were questions (and receiving none), Chair Keith Stamp thanked the Committee for the great report.

### **Operations/Executive Director Report (Abbreviated)**

- With Kimi Hambright's placement as our new IRTC Health Coach, we've advertised, interviewed and extended an offer for the Options Counselor position she previously held. The external, chosen candidate is pending a successful background check. Kellie and Kimi will soon be restarting the IRTC activity at Mercy.
- Thanks to Harrison for representing Heritage and having an information table at the recent CR Pride Festival, Saturday, July 8, held at NewBo.
- Review of flyers included with Board Member packet took place (Disaster PrepWise and Powerful Tools for Caregivers). Our involvement with the PrepWise AmeriCorp volunteer from the University of Iowa is going well – nice partnership. Jones County will soon be hosting their first Powerful Tools for Caregivers class on Thursdays, August 17 through September 21, 2023, 1:30 to 3:30 p.m. at the Jones County Public Health building, 105 Broadway Place, Ste. 11 in Anamosa. Suggested cost is \$10.
- Also in the packet - Iowa Department of Health and Human Services (DHHS) has given Public Notice of the Service Delivery Alignment Assessment project (posted June 28, 2023). The notice states the need, purpose and program areas to be impacted, along with scheduled In-Person and Virtual Town Hall meetings for further information. Participation is encouraged and feedback invited. Directors and staff will participate and there will be a separate sessions for the Area Agency on Aging Directors.

When Board Members were asked, no questions were raised regarding the information presented.

### **Action Items and Assignments**

- Barb reminded everyone that Board Elections are taking place at next month's meeting in August. The same slate of officers have been nominated and would like to remain in their positions. Please plan on being present to cast your vote and have it recorded.

### **Board Training**

- Chair Keith Stamp introduced Heritage's Health and Wellness Coordinator, Bryan Bruner. He has and continues to teach many Heritage classes and is providing an important 60-minute training session regarding dementia and becoming "Dementia Friends."

- Brian presented coverage of the Session Workbook with content that included examples, tasks and associated videos. These were designed to help individuals understand “what dementia is, how to determine the difference between usual aging vs. dementia, helpful ways of reacting and communicating with individuals who are facing this challenging disease then turning our understanding into action” as well as a list of Iowa dementia resources for Board Members.
- The training proved very valuable; many present wanted to have this information shared with their family, friends and in their community groups as well as assist with presenting it. Brian stated that you have to be a certified “Dementia Champion,” but he was willing to travel to present the material. Further discussion took place by Board Members regarding the constant demands around-the-clock and stress that Caregivers experience when caring for individuals with this disease. In addition, there are limited options when caregivers efforts are exhausted. The most important concern is the person’s safety and education is key. Individuals in rural areas most often have a long amount of travel to get to a day care facility and the need is going up. Barb stated that all of the Area Agencies on Aging hope to have a Dementia Coordinator skilled to support Caregivers someday.

Everyone thanked Bryan for his presentation and involvement regarding this important subject. Chair Keith Stamp encouraged them to push out the information to their communities.

### **Open Agenda**

There being no further business coming before the Board, Directors O’Connor and Huber moved and seconded a motion to adjourn. Meeting ended at 3:12 p.m.

Respectfully submitted by:

*Denise Babcock*

Denise Babcock, Assistant Secretary

Approval by Board:

*Keith Stamp*

Keith Stamp, Chair