

HERITAGE AREA AGENCY ON AGING
Regular Meeting of the Heritage Board of Directors
January 11, 2024 - 2:00 p.m.

Via Conference Call and Heritage Area Agency on Aging Location

MINUTES - REVISED

Call to Order

Present: Keith Stamp, Bruce Barnhart, Michelle Buhman, Shawn Ireland, Jasmine McGowan, Chris Montross, Sister Susan O'Connor, Scott Olson, David Thielen, Sarah Wagner, Dusti Winkie and Larry Kudej.

Also Present: Barb Werning, Jennifer Knudtson, Kellie Elliott-Kapparos, Jill Sindt, Kimi Hambright, Harrison March, and Denise Babcock-Assistant Secretary

Chair, Keith Stamp, called the meeting to order at 2:05 p.m.

Mission Moment

Heritage IRTC-Options Counselor, Kimi Hambright, shared with the Board a critical-need Consumer situation where person-center dollars were used to benefit an older adult dealing with terminal illness and her dependent, multi-generational family members, some of whom are also experiencing mental and physical disability challenges. Kimi investigated the caregiving Consumer's housing situation and evaluated the level of need for safe access into and out of the home. She wrote up a request for support and, after bids were gathered and submitted from Contractors, funding was approved to purchase and install a high quality mobility ramp along with room transitioning modifications to improve access from the ramp into and out of the home. Before and after photographs were shared, funding dollars discussed along with the improved quality of life the family would now be experiencing. Kimi was thanked for the good job she did in meeting these Consumer needs.

Approve or Amend Agenda

Directors Ireland and Barnhart moved and seconded approval of today's agenda. Motion carried, 11-0.

Approval of Minutes of Board of Directors Meeting, Held Thursday, November, 9, 2023

Directors Barnhart and Montross moved and seconded approval of the Thursday, November 9, 2023, meeting minutes. Motion carried, 11-0.

Changes to Advisory or Task Force Rosters

Advisory Council Change

Advisory Task Force member, Bob Welsh, passed away December 1, 2023. A strong advocate, for his as well as many other communities in Iowa, he will be greatly missed. We will be looking to fill his Johnson County vacancy so please contact Barb if you are aware of any potential candidates.

REGULAR AGENDA

Finance Report

- Cash in Checking, approximately \$850K. Some state and federal disbursements have been received but not yet recorded in our accounting system as of the report date.

- Congregate Meals account does not have a negative balance. An entry to record December deposits had not been recorded yet as of the report date.
- No unexpected expenses.
- Disbursements from ADS continue to be on time.
- Submitted December 2023 Vocational Rehab report as well as Q2 MAC report. Will be focusing next on Q2 report to ADS and VOCA.

Grant Update

- \$25,000 has been received from Greater Cedar Rapids Foundation and will be used toward funding the Linn County Encore Cafes.
- Heritage received \$6,000 from the Benton County Foundation that will be used for staff mileage and material aid to support Benton County consumers.
- United Fire Group's grant has been applied for as previously discussed.
- The Director Team have discussed, and are in the process of evaluating, ten other grants for which Heritage may qualify.

General Finance Notes

- An ADS update was provided to the Board. ADS continues to talk to developers about updates (small and large) to IAFRS system and is no longer talking about moving to the Iowa Grants system. Currently working with HHS/IT to get a business analyst assigned to work on larger projects/changes.
- HHS has a plan to implement in the event of a government shutdown. Funds are on hand to continue disbursements for at least 1-2 months.
- All the documents requested for the annual Audit currently taking place have been submitted. A draft audit report should be available in late January.
- Grant Luebe, a Financial Advisor with Heartland Investments, is a new member of the Heritage Finance Committee. With over twelve years of experience regarding endowments and helping endowment streams increase, he is a welcome participant in helping Heritage with future growth. He recently participated in the January Committee meeting.

Approval of the Finance Report

Directors O'Connor and Ireland moved and seconded approval of the finance report. Motion carried, 11-0.

Fundraising Committee Report

- The Fundraising Committee had met in November 2023, after the Caregiver Wellness Day event took place, and discussed what went well, areas of improvement and surveys completed by both the Vendor/Sponsors and Participants. This information will be used when planning the 2024 event. The next Committee meeting will take place in February 2024. Keith congratulated the Committee for their CWD success and thanked them for the great job.

Operations/Executive Director Report

- There have been no changes to the Employee roster and Heritage is fully staffed at this time.

- Our offices will close for MLK Day on Monday, January 15, 2024. A message will be placed on Heritage's voice mail and office doors regarding the closure and what actions Consumers should take.
- The annual Heritage Staff retreat was held December 1st. ADS Director, Zach Rhein along with several members of his team, attended and discussed upcoming organizational changes, the outcome being to create more efficient collaboration, particularly with APS (Adult Protective Services).
- The Caregiver 101 Series will take place the first quarter of 2024 (a copy of the detailed flyer is attached). Topics are taken from previous participants and will include stress reduction for Caregivers, Medicare and Medicaid as well as in-home care providers. This series is a part of the Area Plan for Heritage and will take place twice a year in addition to the Caregiver Wellness Day event. Thanks to Kellie and her Care Team for the excellent job they do in not only presenting this material, but supporting Caregivers.
- Barb and Tim Getty met with Marion Mayor, Nicholas (Nick) AbouAssaly, regarding the Encore Cafes at both Lowe Park and the Marion Public Library to discuss increasing participant numbers. He requested additional data and they will meet with him again to present that data and request potential funding from the City towards the weekly Cafes.
- Senior Dining Program. The Encore Express, which uses paper vouchers, will transition to a Sr. Dine Card process instead. This will help with accessing data for reports sooner and improve efficiencies. The Nutrition Team will load the cards with funds monthly for eligible Consumers to use. An AAA in Kansas currently uses this method with their Hy-Vee stores and they have had success with it.
- Older Workers Employment Program. The age 55 and over identified disability partnership with Iowa Vocational Rehab is in the process of changing. Paul Swanson, OWEPE Specialist, has exceeded expectations and consistently meets Consumers needs.
- Integration with Iowa HHS. The Health Management Associates (HMA) Consultant's report, dated November 2023, is completed and comments came out regarding it on Monday. (The 193-page report can be viewed at <https://hhs.iowa.gov/initiatives/system-alignment>. Scroll down the page under Resources to find a PDF copy of the document for review.) A message from HHS Director Garcia was shared with the Board regarding goals to implement the suggestions made.
- Arbor Services. The Arbor is a 70-unit senior living apartment complex Heritage provide services to under a partner contract. Building residents were recently surveyed regarding their interaction with Heritage's Care Team and their response was overwhelmingly positive!

Coe College Partnership – Jill Sindt, Community Advancement Director

Jill shared that Heritage and Coe College's Department of Nursing have entered into to a new cooperative initiative designed to benefit both our Consumers and senior students looking to broaden their skill sets while serving our communities' older adults. Nutrition team members, Lauren Geistkemper and Julie Roman, coordinate and successfully support the Encore Cafes in both Cedar Rapids and Marion locations. They build ongoing relationships with and schedule a team of outstanding volunteers for each site. One of the volunteers shared their Encore experiences with a family member and the idea of partnering with Coe College came into being.

Starting February 1, 2024, a team of 22 seniors will rotate out to the Encore Café sites to assist with helping Consumers and potentially provide routine health checks (i.e., blood pressure checks, health presentations, etc.). Eventually, it's hoped students from Kirkwood and Mount Mercy Nursing Colleges could become involved in this type of program, too.

Action Items and Assignments

Barb reminded Board Members our February 8, 2024 meeting will be an abbreviated Board meeting at 1:30 p.m. and then move into a Heritage 101 Training session from 2:00-3:30 p.m. Materials for both

activities and a zoom conference call link will be sent out via e-mail. Please let her know if there are any questions.

Open Agenda

The Governor's Condition of the State Address as it related to Aging Services – Larry Kudej

- Larry gave Board Members an update regarding the Iowa Governor's "State of the State" address. Kim Reynolds only made one statement about the aging population and it contained nothing that was specific or directly impacted older adults.
- He met with Zach Rhein, ADS Director, who was complimentary of Heritage. Zach mentioned they were working on their HHS plan to implement by the end of the year.
- Other Legislative issues.
 - Larry was recently named AARP Iowa Volunteer State President and will lead the Association's Iowa Executive Council, working closely with the AARP Iowa State Director, Iowa staff and volunteers in their efforts on behalf of AARP's 328,000 members in Iowa.
 - AARP Lobby Day will be on Wednesday, February 14, 2024 in Des Moines, IA. One of the areas of greatest concern to be discussed with Legislators is long-term care. Arrangements are being made for transportation from Cedar Rapids to the Capitol for the event and he will provide information for Barb to distribute to Board Members. This is a great opportunity for advocacy and all are encouraged to attend. The deadline to register is Monday, January 22nd.
 - Barb mentioned that legislative bills recently came forward to create a Dementia Specialist position in each AAA region. Larry said he was aware and further discussion took place.

Chair Keith Stamp asked if there were any other questions, then thanked Larry for his continued involvement on bettering the lives of older adults in Iowa.

Public Comment

No members of the public were present, however, a question was raised by a Board member if there was any more funding for services in Cedar County. Barb mentioned the Request for Proposal process just started and she would follow up with Kellie regarding this.

Motion to Adjourn

Directors Ireland and Barnhart moved and seconded a motion to adjourn. Motion carried, 11-0.

There being no further business coming before the Board, the meeting was adjourned at 3:25 p.m.
Respectfully submitted by:

Denise Babcock

Denise Babcock, Assistant Secretary

Approval by Board:

Keith Stamp
Keith Stamp, Chair