



August 2, 2021 Meeting Minutes

Present: Shirley Geadelmann, Donna Leupker, Deb Helmold, Shari Slaton, Karen Lafrenz

Staff: Harrison March

Meeting called to order at 12:30 p.m.

Review of Meeting Minutes (May 2021)

Shirley Geadelmann motioned to approve the minutes as presented. Deb Helmold second. Motion passed.

Heritage & Community Updates

Harrison March, Heritage AAA updates:

- Home visits continue with consumers and the office is still closed to the public
- Caregiver Wellness Series continues next week on Tuesday at 1 p.m.
- Heritage is still hiring for the Caregiver Coordinator position

Shirley:

- Shirley and Evans volunteered at the Cedar County Fair, promoting Heritage, the dining site and volunteer services. Shirley also wrote a letter to the editor and Evans was interviewed for a radio station in Maquoketa.

Shari Slaton:

- There is no Cedar County Health Fair this year, an event usually held in August. Hopeful for a return next summer.

Karen Lafrenz:

- Cedar County is going to hire a part-time volunteer recruiter to help with needs at volunteer services, transportation, the dining site and more.

September 2021 Meeting Date

The normal meeting date falls on Labor Day, so the September meeting is typically held the following day. All present agreed to do so again, so the September meeting will be Tuesday, Sept. 7 at 12:30 p.m.

Task Force Forms

Those present completed the annual forms for the task force: Heritage's Volunteer Agreement and Conflicts of Interest forms. Karen will give Fay Wulf her forms when she sees her later this week and Harrison will mail copies to other members.

Fill the Plate Campaign

Karen is on-board with doing the campaign for the senior center again this year, as are Task Force members. Evans Waller, in an email to Harrison, noted that donations were down in 2020, but COVID-19 may have had an impact. Discussion included:

- Karen: need to coordinate with Family Foods to decide dates. Last year had donation options of \$5, \$10, \$15 and \$20.
- Shari: the 2020 campaign lasted multiple weeks, while prior years were a one-day push. Members considered targeting one date in particular with the campaign being open for a few days or a week beyond. Family Foods' input will help determine this.



- Karen will talk to Evans about doing Nov. 20 – the Saturday before Thanksgiving – as the main or only date. Members like doing it around the holidays to line up with the 'giving season.'
- Harrison offered help in making the flyer, but Karen pointed out Family Foods has done so in the past so they can incorporate a barcode.

Open Agenda

Shari asked Karen how the reopening of congregate dining has been. Karen said diners are loving it, having a great time and enjoying the company. Most days are a couple tables of diners with a high of about 30 people one day.

Shirley passed out flyers for her son's 10th annual community potluck.

Shari said public health is hosting a music night at the gazebo along with the Chamber. There will be a fundraiser component, but details on that are to-be-determined.

Adjournment

Meeting adjourned at approximately 1:10 p.m. Next meeting is Sept. 7, 2021 at 12:30 p.m.

Submitted By

Harrison March
August 3, 2021



September 7, 2021 Meeting Minutes

Present: Shirley Geadelmann, Donna Leupker, Shari Slaton, Karen Lafrenz

Staff: Harrison March

Meeting called to order at 12:30 p.m.

Review of Meeting Minutes (August 2021)

Review tabled due to lack of quorum.

Heritage & Community Updates

Harrison March, Heritage AAA updates:

- In-home visits continue while the office is still closed to the public
- No changes to services at this time, but COVID-related concerns are being monitored for needed changes. Older adults are still leaders in terms of vaccination rates, which is helpful for safer delivery of services.

Shari Slaton:

- Attended the recent Advisory Council meeting and provided/heard Task Force updates. Advisory Council plans to elect Officers and the Board of Directors representative at the next meeting.
- Prairie Hill is allowing outside visits with guests and residents can still come-and-go as they wish. They hope to maintain this as long as possible due to the mental health benefits these interactions provide.

Fill the Plate Campaign

No Fill the Plate updates at this time, though Task Force member Evans Waller was planning to talk with Family Foods to confirm details for this year's event. Shirley Geadelmann will contact Evans for an update, then share that with the group.

Shirley has drafted a letter to the editor promoting the campaign. She will submit it after details are confirmed.

Shari has a contact at Family Foods that she can reach out to if needed.

Upcoming meeting topics and ideas

Harrison asked members about focuses and ideas for upcoming months. Conversation included:

- Shari noted Fill the Plate will take the majority focus in the coming months.
- Shirley asked if a third COVID-19 vaccine dose would be good to promote. Members agreed that while important, without knowing if/when that dose is suggested for older adults it's hard to plan for. Support for this could be on more of an as-needed basis. Donna Leupker added that doctors' offices will likely have information/materials available to promote this if they are needed.
- Mental health, particularly related to social isolation, was agreed to be critical at this time and in the coming months with winter on the horizon. Promoting ways to combat social isolation would be an important and worthwhile effort as Fill the Plate come to a close in November.
- Harrison suggested working with the nutrition network and Cedar County Public Health to promote the importance of social engagement and ways older adults can be socially active during the winter.



- Shari noted the success of Prairie Hills' virtual Bingo and Trivia nights with residents and their families.
- Shirley stressed the importance of options that are not technology-dependent as well. Many seniors don't have internet access or aren't comfortable navigating certain programs like Zoom.

Open Agenda

Harrison noted the Older Iowans Legislature is coming up later this month. Shirley recommended that those who are able to attend the virtual event do so. Harrison will send out information on the day, how to register, etc.

Adjournment

Meeting adjourned at approximately 1:00 p.m. Next meeting is Oct. 4, 2021 at 12:30 p.m.

Submitted By

Harrison March
Sept. 8, 2021



October 4, 2021, Meeting Minutes

Present: Donna Leupker, Karen Lafrenz, Evans Waller

Staff: Harrison March

Meeting called to order at 12:30 p.m.

Review of Meeting Minutes

Review tabled due to lack of quorum.

Heritage & Community Updates

Harrison March, Heritage AAA updates:

- No operational changes to report
- Heritage has posted three jobs in the last month, with one more expected to come. Information can be found on the Heritage website or by contacting Harrison.
- Evans Waller asked about the new Encore Express program in Washington. Harrison said it's a voucher system only at this point, but congregate dining will be added eventually. This is a spin-off of the Encore Café program in the Cedar Rapids area.

Fill the Plate Campaign

Evans shared an update on Fill the Plate:

- Family Foods is open to holding the event on the dates presented by the Task Force.
- Family Foods thought the in-person campaign had a better turnout than the long-term version. This year's event could focus on one day in particular, but be open beyond just those hours.
- Those present agreed on Nov. 20 from 9am – 1pm for the in-store promotion.

Discussion regarding volunteers for the day of:

- Karen Lafrenz noted there is still one more Task Force meeting before the event to help organize or do a sign up.
- Donna Leupker suggested having two people present at a time since there isn't a ton of room, but this would allow for more interactions with shoppers.
- Evans said the biggest function for volunteers will be greeting and welcoming shoppers.

For preparing and promoting the event:

- Evans asked if Heritage signs, table covers or decorations will be available to use. Harrison said he will coordinate delivery of those items.
- Family Foods will likely want to create the flyer so they can create the barcode.
- Consider newspaper ads the week before, as well as a Thank You in the paper afterward. Harrison will submit the event to KCRG's Show You Care for consideration.

Brainstorming: Combatting Social Isolation this Winter

Continuing discussion from last month regarding social isolation this winter:

- Karen recently attended a meeting where a group talked about a Pen Pals activity with high schoolers. This might work as a non-tech option.
- Evans suggested establishing a calling tree or system for check-ins and to promote community events. Harrison asked if home-delivered meals routes could be used to promote a calling system and generate members. Karen said that would be feasible. Evans added this would be nice for the winter and holidays to stay connected during poor weather.



- Karen suggested asking Tipton High School about an event calendar, as they used to deliver them to the senior center. If she has a list of websites to check, she can plan to find these monthly.
- Evans noted that other towns should be part of this as well, not just Tipton.

Open Agenda

Karen reported her walk-in freezer was recently repaired and is now back to full capacity.

Adjournment

Meeting adjourned at approximately 1:00 p.m. Next meeting is Nov. 1, 2021 at 12:30 p.m.

Submitted By

Harrison March

Oct. 8, 2021



November 1, 2021, Meeting Minutes

Present: Shari Slaton, Karen Lafrenz, Evans Waller

Staff: Harrison March

Meeting called to order at 12:30 p.m.

Review of Meeting Minutes

Review tabled due to lack of quorum.

Heritage & Community Updates

Harrison March, Heritage AAA updates: no operational changes to report

Shari Slaton, Prairie Hills:

- Working on a meal coupon with Family Foods for Veterans Day next week. This is in place of the usual meal event.
- Many events around town for Small Business Saturday on Nov. 27

Karen Lafrenz, Senior Dining

- Attendance remains steady lately
- Hosting a thanksgiving meal the week before the holiday. Limited to 50 and for current attendees only.

Fill the Plate Campaign

Evans Waller, Shirley Geadelmann and Karen all plan to help at the event. Harrison will call members to see if one more person may be available.

Harrison will make plans to deliver materials to Tipton before the event. Karen plans to bring info on Senior Dining as well.

Evans asked about procedures for cash donations. Karen plans to give them to Family Foods like last year. This makes the overall process easier than accepting the donations two different ways (cash and at the register).

Evans suggested taking photos at the event to submit with a "Thank You" to the paper after.

Shari commended members for putting together another well-planned Fill the Plate event.

Brainstorming: Combatting Social Isolation this Winter

Continuing discussion from last month regarding social isolation this winter:

- Shari noted that no meetings are planned for December or January, so we may need to consider adding one to coordinate this effort. Members will touch base mid-month to consider a December meeting
- Evans asked if the Task Force will have enough time to get pieces together by a December meeting. Harrison thinks yes, that by then we could pull together some promotional pieces: flyers, letter to the paper and community calendars
- Evans suggested asking long term care residents as well

Open Agenda

Shari offered to host Shirley for using Zoom at Advisory Council meetings. Harrison will pass this along to Kellie Elliott-Kapparos, who is the staff representative for Advisory Council meetings.



Adjournment

Meeting adjourned at approximately 1:00 p.m. Next scheduled meeting is Feb. 7, 2022. Harrison will reach out mid-November regarding a December meeting.

Submitted By

Harrison March

Nov. 4, 2021



February 7, 2022, Meeting Minutes

Present: Shari Slaton, Karen Lafrenz, Evans Waller, Shirley Geadelmann, Donna Luepker, Deb Helmold

Staff: Harrison March

Shari Slaton called the meeting to order at 12:30 p.m.

Review of Meeting Minutes

Shirley Geadelmann motioned to approve as presented, Deb Helmold 2nd. Motion passed, 6-0.

Heritage & Community Updates

Harrison March, Heritage AAA:

- No operational changes from November meeting, though in the meantime Heritage did go to fully remote work and now back to hybrid. Programs continue to offer in-home visits.
- Two new staff have been hired: Lauren with the nutrition team and Mandy working with elder rights. Becky Briggs, Encore Café Coordinator, had her last day on Friday.
- Evans Waller asked Harrison to elaborate on Tim Getty's recent recognition. Tim was invited to join a national advisory committee for Meals on Wheels. He is the only member from Iowa and 1-of-10 from across the country. They will advise on trainings, new program features and more.

Fill the Plate Campaign

Shirley and Evans said they had a good time at Fill the Plate in November, though overall donations and traffic were down a bit from pre-COVID years. Karen shared that over \$1,700 was raised for the senior center, including \$500 from Family Foods.

Evans said the morning was slower than the afternoon and wondered if that could be related to the date of the event. Might be worth considering other date options next year.

Combatting Social Isolation

Shari recapped the calling tree idea and noted one resident at Prairie Hills would like to be involved. Karen had five sign-up forms sent back from home-delivered meals. Harrison thinks that even with a small group, it's worth giving this a try to start out. This concept can grow over the months to come if it's enjoyed by participants. Shari and Karen will send Harrison contact info to set up the order of callers.

Open Agenda

Evans asked Karen about participation at the dining site. Karen reported adding a few more this month, which is encouraging. December was low due to staff limitations, but they've since recovered.

Shirley noted elder abuse legislation at the state level is off to a promising start this session. The bill emphasizes criminal punishments for all types of elder abuse.

Shari will be out-and-about spreading cheer for National Random Acts of Kindness Day next week. Harrison relayed praise for the team at Prairie Hills Tipton, which he heard from a consumer referral.

Adjournment

Meeting adjourned at approximately 1:00 p.m. Next scheduled meeting is March 7 2022. Harrison is optimistic about offering an in-person option for the meeting.

Submitted By

Harrison March on Feb. 7, 2022



March 7, 2022, Meeting Minutes

Present: Shari Slaton, Shirley Geadelmann, Donna Luepker, Deb Helmod, Dionne Daedlow

Excused: Evans Waller

Staff: Harrison March

Review of Meeting Minutes

Deb Helmod motioned to approve as presented, Donna Luepker 2nd. Motion passed.

Heritage & Community Updates

Harrison March, Heritage AAA:

- Heritage is still hiring for a position on the nutrition team running its Encore Café program.

Dionne Daedlow, Iowa State Extension:

- Dionne has been hosting Fresh Conversations, a nutrition and health program, at senior dining in Tipton. She is scheduled for the 3rd Friday of the month. She will share the flyer, including ways to join another session via Zoom. Shari hopes to return to hosting monthly programs soon.

Calling Tree Update

Harrison shared only a little progress has been made, mainly having issues with getting ahold of everyone. He needs to carve out more time to reach out to members and to put together a hard copy piece that can go out to them as well. Will provide another update in April.

Upcoming Outreach

Shari asked if the group knew of any upcoming outreach opportunities for the Task Force. Harrison said he recently registered for the Cedar County Public Health Fair in August, where Heritage will have a booth and lead Tai Chi demonstrations.

Shirley said the County Fair will likely be in July again and that Evans Waller would know more details. Harrison found that the Fair is set for July 13 – 17 with registration info online.

Training/Presentation Topics

Suggestions for speakers at lunch in Tipton included:

- Shari: recalled that pre-pandemic there were good presentations from the Fire Department
- Dionne: Vera Stokes from the Extension office has a series of topics, but was interrupted by COVID. She would be happy to finish or restart that series.
- Shirley: simple, small home modifications that make it safer to navigate

Harrison's Reminders

Elections: Task Force and Advisory Council elections are coming up in May. Only Shirley on Advisory Council is ineligible due to term limits. Harrison will put together a handout to review in April.

Paternity Leave: though it's unlikely to align with the Cedar County meeting, Harrison will be out on paternity leave sometime in April. He will share updates as able, and someone from Heritage will cover correspondence and meetings during his leave.

Adjournment

Meeting adjourned at approximately 1:00 p.m. Next scheduled meeting is April 4, 2022.

Submitted By

Harrison March on March 7, 2022



April 4, 2022, Meeting Minutes

Present: Shari Slaton, Shirley Gadelmann, Donna Luepker, Deb Helmold, Karen Lafrenz, Lynda Hansen, Evans Waller

Staff: Harrison March

Review of Meeting Minutes

Donna Luepker motioned to approve the minutes as presented, Deb Helmold second. Motion passed.

Heritage & Community Updates

Harrison March, Heritage AAA:

- Denise Babcock recently started at Heritage as Program Assistant, providing support for the nutrition and elder rights programs.
- Elder abuse legislation continues to progress through the Iowa legislature.
- Heritage's office is now open to consumers by appointment. Call the office to schedule.

Shari Slaton, Prairie Hills:

- The Chamber is hosting a job fair on May 27, which may be a good spot to recruit volunteers for senior dining and/or volunteer services. If interested, would need to provide own table/chairs. This may be a better fit with the Health Fair in August, too, but keep in mind for now.

Karen Lafrenz, Senior Dining

- Hosting a pancake breakfast this Saturday. All are welcome for pancakes, eggs and sausages.

Elections

Harrison reminded all that annual elections will take place next month. He will send out an elections cheat sheet outlining positions and who is eligible.

Task Force Officers:

- The Task Force needs to vote on Chair, Vice-Chair and Secretary.
- Shari and Evans Waller are eligible to return as Chair and Vice-Chair, respectively.

Advisory Council:

- The Task Force may nominate up to two representatives for Advisory Council.
- Shirley Gadelmann (term limit) is the only member ineligible for the next year.
- Shirley noted that all are still welcome to attend and speak during Public Comment, even if they are not on the Advisory Council.

Outreach Events

- Harrison and Bryan Bruner will represent Heritage at the Public Health Fair in August. Bryan plans to lead 2-3 tai chi demonstrations throughout the day.
- Harrison asked Evans about the County Fair in July. Evans said he'll know more about a month before the fair and will pass along updates. He and Shirley are both interested in attending again. Shirley noted that Evans has very kindly been paying registration for the Fair in recent years. All members thanked him for doing so, and Harrison encouraged Evans to have Heritage pay the fee or to submit his receipt as an in-kind donation to the agency.



Open Agenda

- Shari: still awaiting word regarding fitness classes reopening to the public. She'll share updates when available. She is also planning more upcoming drive-thrus and monthly events.
- Harrison: Heritage is hosting another event for caregivers this June. Tentative plans are to host in Stanwood right off the highway, but details are not final yet. He will share them when available. Shirley offered to volunteer at the event if help is needed.

Adjournment

Meeting adjourned at approximately 1:05 p.m. Next scheduled meeting is May 2, 2022.

Submitted By

Harrison March on April 8, 2022



May 2, 2022, Meeting Minutes

Present: Shirley Geadelmann, Deb Helmold, Lynda Hansen, Evans Waller

Staff: Harrison March

Review of Meeting Minutes

Shirley Geadelmann motioned to approve the minutes as presented, Deb Helmold second. Motion passed.

Heritage & Community Updates

Harrison March, Heritage AAA:

- The final dining sites to reopen in the Heritage region are set to do so in the coming months.
- Heritage is distributing Senior Farmers Market checks again this summer. First date to send out checks is June 1, so there is still a short wait until it can begin.
- Heritage is still hiring for a position on the nutrition team. A couple interviews are scheduled.
- Office is open for in-person services by appointment. Call or email to schedule.
- Heritage is registered to attend the Cedar County Health Fair in August. Members are welcome to join him at the booth and are encouraged to come check out the resources/vendors.

Karen Lafrenz, Senior Dining:

- Last month's pancake breakfast was a great success with more than 200 attendees.

Shirley Geadelmann, Advisory Council/Board of Directors Representative:

- Heritage's audit report came back positive with no infractions noted.

Elections

Without a quorum present, motions were made to be voted on by electronic ballot:

Task Force Officers

- Shirley nominated Shari Slaton and Evans Waller to return as Chair and Vice-Chair, respectively. Deb Helmold second.
- Those present voted in favor 3-0, with electronic ballots approving 2-0. Motion passed unanimously.
- Harrison will maintain Secretary duties unless Fay Wulf is interested in returning to the position now that in-person meetings are more common again.

Advisory Council

- Shirley recommended electing Shari to return to Advisory Council and asked Evans about his interest. Evans is open to rejoining. Deb motioned to elect Shari and Evans as Advisory Council Representatives. Shirley second.
- Those present voted in favor 3-0, with electronic ballots approving 2-0. Motion passed unanimously.

Caregivers' Event

Harrison provided background information on the caregivers' seminar scheduled for June 7. Shirley will write a letter to the editor encouraging attendance and place posters at the local post office.

Deb noted she is unavailable for the event due to assisting with primary elections voting.

Those present agreed to attend the caregivers' seminar in place of having the regular Task Force meeting, as they would be back-to-back days.



Open Agenda

- Evans will handle application for the Cedar County Fair in July. Harrison will contact Evans closer to the Fair to make sure he has the necessary materials.
- Harrison asked about desire or need to recruit volunteers at the Job Fair mentioned in last month's meeting. Karen said she doesn't have a big need at this time with just one route needing coverage. Evans wondered if there have been concerns about gas costs, but Karen said this hasn't been a worry among volunteers so far.
- Evans would like to learn about contributions and food donations at dining sites around the region. Harrison will have to look into this.

Adjournment

Meeting adjourned at approximately 1:00 p.m. Next scheduled meeting is June 7 at 3 p.m. for the caregivers' seminar at Tipton Senior Dining.

Submitted By

Harrison March on May 6, 2022