



Cedar County Task Force August 5, 2019 Meeting Minutes

Present: Darlene Elgin, Donna Luepker, Shirley Geadelmann, Fay Wulf, Shari Slaton

Ex-Officio: None

Staff: Eugenia Kendall, Harrison March

Excused:

Guests: Vera Stokes (ISU Extension & Outreach), Kathy Rose (Cedar Co. resident), Beverly Reid (Cedar Co. resident)

Chair, Darlene Elgin, called the meeting to order and attendees introduced themselves.

June 2019 meeting minutes were approved as presented. Motion by Shirley Geadelmann, Second by Donna Luepker.

Heritage Task Force Training/Orientation

Eugenia Kendall conducted the annual Task Force training/orientation.

Committee Reports

1. Interim Board: Shirley mentioned Evans Waller for (not sure)
2. Advisory: had some training/orientation as Task Forces
3. Advocacy: Older Iowans Legislature is in Des Moines on Sept. 24

Outreach Update

Shirley Geadelmann made a poster board and displayed it at the Cedar County Fair.

Speakers Update

Vera Stokes said she has several other programs to present, including some from the same series as the August 5, 2019, presentation. The Task Force will keep in touch with Vera and plan to have her return for future presentation(s).

Open Agenda

Caregiver Wellness Day advertisements were passed out to various members with the goal of placing them in post offices around the county.

Next Meeting

Next meeting is scheduled for September 3, 2019. Harrison March will give end-of-year reports for FY2019.

Adjournment

Motion by Shari Slaton, Second by Shirley Geadelmann

Submitted By

Fay Wulf, Secretary
August 5, 2019



**Cedar County Task Force
September 3, 2019 Meeting Minutes**

Present: Darlene Elgin, Karen LaFrenz, Shirley Geadelmann, Evans Waller, Amy McAtee, Shari Slaton, Fay Wulf, Lynda Hansen

Staff: Harrison March

Excused:

Guests:

Chair, Darlene Elgin, called the meeting to order and attendees introduced themselves.

August meeting minutes were approved with motion by Shirley Geadelmann, second by Evans Waller.

Heritage Report

Harrison presented service data for Fiscal Year 2019 and an update/goals for Fiscal Year 2020. He noted some of the larger programs, namely nutrition-related services such as congregate dining, home-delivered meals and education.

Other Outreach

Members identified some of the advertising and communication that is most popular in their communities so that Heritage can look into those options. Caregiver Wellness Day flyers were distributed by members since the August meeting.

Speakers Update

Vera Stokes from Iowa State Extension & Outreach will come back to present other parts of her series. Emergency Management Services would also be an informative presenter.

Open Agenda

Heritage's 501(c)(3) celebration event was rescheduled due to schedule conflicts for some Heritage staff. The new date is October 23, 2019, from 4 p.m. to 6 p.m. The location is still the Kirkwood Hotel. Invitations will be distributed to Task Force members when they are available.

Next Meeting

Next meeting is scheduled for October 7, 2019.

Adjournment

Motion by Shirley Geadelmann, second by Shari Slaton.

Submitted By

Fay Wulf, Secretary
September 3, 2019



Cedar County Task Force October 7, 2019 Meeting Minutes

Present: Darlene Elgin, Lynda Hansen, Fay Wulf, Deb Helmold, Donna Luepker, Shari Slaton

Staff: Harrison March

Excused: Amy McAtee, Shirley Gadelmann

Chair, Darlene Elgin, called the meeting to order and attendees introduced themselves.

August meeting minutes were approved with motion by Donna, second by Deb.

Older Iowans Legislature Recap

Harrison distributed the priority issues adopted at the 2019 session of the Older Iowans Legislature:

1. Criminal statute(s) for elder abuse
2. Accessibility codes on new housing
3. Dining site innovations
4. Training and recruiting caregivers

Harrison asked members to consider which priorities, if any, they'd like to support on the local level. Future projects can be developed accordingly.

Outreach

Members discussed interest in hosting the annual food drive again. Contact will be made with Shirley and/or Evans Waller to initiate the conversation with the grocery store. The store has been very receptive in the past, so it's hopeful that this year will work as well.

Speakers Update

Vera Stokes from Iowa State Extension & Outreach spoke to diners about "Healthy Aging Series: Three Meals a Day." She will return in February 2020 to speak to continue to Healthy Aging Series.

Heritage's Bryan Bruner, Health & Wellness Coordinator, could present to diners and/or the Task Force on a variety of health related topics. He can also lead exercise classes geared toward older adults.

Eugenia Kendall will attend the November meeting and will speak with diners about transportation services available in Cedar County.

Harrison will look into other potential speakers for future dates.

Open Agenda

Heritage's 501(c)(3) celebration event is Oct. 23. Harrison distributed invitations.

Staff reports: Brad Franzwa hired as Fiscal Director and will start Oct. 21. Job is posted for a Skilled Older Worker Employment Specialist, who helps older adults with employment opportunities matched to their skills and abilities.

Members discussed ways to engage older adults who are newly retired or looking to be active. Oftentimes they are willing to participate, but are not actively seeking. The Task Force will



explore creating an outreach tool for matching potential volunteers with volunteer opportunities. At the October meeting, Harrison will bring a draft version of a form to suggest volunteer opportunities and a flyer to share/recruit volunteers.

Next Meeting

Next meeting is scheduled for November 5, 2019.

Adjournment

Motion by Shari, second by Lynda.

Submitted By

Fay Wulf, Secretary

October 7, 2019



Heritage
Area Agency on Aging
Cedar County Task Force
November 5, 2019 Meeting Minutes

Present: Donna Luepker, Darlene Elgin, Shari Slaton, Fay Wulf, Lynda Hansen, Evans Waller, Karen LaFrenz

Staff: Eugenia Kendall

Excused: Shirley Geadelmann, Deb Helmold

Chair, Darlene Elgin, called the meeting to order and attendees introduced themselves.

Many good comments about Nikki, who spoke at lunch about the services of River Bend Transit.

Review of Meeting Minutes

October meeting minutes were approved. Motion by Evans Waller, second by Donna Luepker.

Heritage Reports

- A. Board of Directors is set in place with at least one representative from each county.
- B. Caregiver Wellness Day was successful. Record number of registered attendees (about 190) and vendors (about 40).
- C. Advisory: new duties related to Heritage Board of Directors. Eugenia spoke on Elder Rights
- D. Advocacy: Evans reported the need to combine Older Iowans Legislature points to make passage at the state house more likely, including uniting building codes for wider doors and fewer steps.
- E. Staff Update: New Fiscal Director, Brad Franzwa, started in late October. He previously worked at the University of Iowa.

Outreach

Promote volunteer opportunities in local communities. Heritage does not have the capacity to promote all opportunities within the county, but members can certainly promote them as they see fit. Heritage will continue promoting volunteering with the Task Force on Aging.

Food Drive

Food drive planning will proceed and volunteers will work out the early problems. It will be held Nov. 30, 2019.

Speakers Update

Harrison March will work with Heritage's Bryan Bruner to set up presentations.

Open Agenda

Darlene presented a problem with table arrangement at the Senior Center and card players are upset. It also affected where certain diners were able to sit during the meal.

Next Meeting

Next meeting is scheduled for February 3, 2020.

Adjournment

Motion by Evans, second by Shari Slaton.

Submitted By

Fay Wulf, Secretary
November 5, 2019


Area Agency on Aging
Cedar County Task Force
February 3, 2020 Meeting Minutes

Present: Deb Helmold, Donna Luepker, Shirley Gadelmann, Karen LaFrenz, Darlene Elgin, Fay Wulf, Amy McAtee

Guests: Dionne Daedlow (Iowa State University Extension & Outreach)

Staff: Harrison March

Excused: Evans Waller

Speaker during dining: Vera Stokes of ISU Extension & Outreach doing “Power Up with Protein.”

Chair, Darlene Elgin, called the meeting to order and attendees introduced themselves.

Review of Meeting Minutes

November 2019 meeting minutes were approved unanimously.

Heritage Reports

A. Board of Directors (Harrison): Held a retreat in January. Topics covered Heritage’s Mission and Vision statements, the vacant Executive Director position and more. Next meeting is February 13 in Iowa City.

B. Advisory (Shirley): Focused on Area Plan updates

C. Advocacy (Shirley): Supportive of OIL priority bill to add criminal penalties for older adult abuse. Education is the biggest piece, as many people don’t believe they can be abused by family members or by themselves in cases of self-neglect.

D. Staff Update (Harrison): Ashley Maiers, Options Counselor/Caregiver Specialist, resigned her position in early December. Executive Director position remains a work in progress.

Outreach

Heritage is on track to surpass outreach goals for this fiscal year, including in Cedar County.

Comments from diners such as “What is the Task Force?” and “What do they do?” How does the Task Force get this info to the public? Suggestions: Harrison put on a program at a meal, Cedar County Health Fair (1st Friday in August), and Cedar County Fair.

An OIL bill requests \$180,000 for Area Agencies on Aging to split among counties for dining programs. This funding might help with starting a program and/or spreading the word.

Outreach should also focus on loneliness. Studies show it affects health as much as smoking 14-15 cigarettes per day.

A caregiver support group is starting at UCC Church in Clarence on Wednesday the 17th at 7 p.m. Heritage’s Maria Donohoe is planning to attend the first meeting to talk about her program.

Open Agenda

No comments.

Next Meeting

Next meeting is scheduled for March 2, 2020. Harrison will present during the meal this day.

Adjournment

Motion by Donna, second by Deb.

Submitted By

Fay Wulf, Secretary

November 5, 2019


Area Agency on Aging
Cedar County Task Force
February 3, 2020 Meeting Minutes

Present: Deb Helmold, Donna Luepker, Shirley Gadelmann, Karen LaFrenz, Darlene Elgin, Fay Wulf, Amy McAtee

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Open Agenda

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Next Meeting

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Adjournment

Motion by Donna, second by Deb.

Submitted By

Fay Wulf, Secretary
November 5, 2019


Area Agency on Aging
Cedar County Task Force
May 4, 2020 Meeting Minutes

Present: Shirley Geadelmann, Karen LaFrenz, Deb Helmold, Shari Slaton, Darlene Elgin
Staff: Harrison March

Meeting called to order at 12:32 p.m.

Review of Procedure

Harrison March reviewed the procedure for nominating a volunteer to the Advisory Council. Terms on the Advisory Council last up to 3 years, at which time the volunteer must take a one-year hiatus from being a voting member.

Shari Slaton asked about the role of the Advisory Council. Harrison explained its role in helping Heritage management identify opportunities to grow or better serve older adults while also learning more about the agency at a higher level, such as hearing reports from management or offering input on special projects.

Shirley Geadelmann, current Advisory Council representative, added that the Council serves as a “grassroots” effort for the agency to incorporate volunteers across the region in planning and delivering services. She emphasized the importance of representing rural counties and advocating for fighting the unique challenges their communities face.

Advisory Council Appointment

Harrison asked if anyone attending the meeting would like to be considered for nomination. Karen LaFrenz asked for confirmation on her ineligibility because she is an employee of Heritage through the dining site, which Harrison confirmed.

Shari asked if she can listen in on the next Advisory Council meeting to see if her talents and expertise would be a good match for the group. Darlene Elgin also asked to receive the information so she can stay in the loop as well. Harrison will share the information with Shari and Darlene when the council’s next meeting date is confirmed.

Questions About Heritage Operations

Harrison reported all Heritage employees are still working remotely.

Deb Helmold complimented Karen’s work getting home-delivered meals to seniors throughout the county during the shutdown. Karen reported her numbers were up to more than 100 per day last month with about 12 new participants.

Deb asked if they have a need for drivers to maintain home-delivered meals. Karen said she has enough regular drivers and a couple she can call to fill in when needed. Drivers are doing no-contact drop offs and are using gloves, masks and hand sanitizer, some of which was provided by Heritage. Only hard part is the need to use Styrofoam containers, which don’t always fit perfectly in coolers.

Karen has about 20 food boxes that Heritage delivered from HACAP still available. Recipients need to be age 60 or older and in Cedar County. They should call Karen to coordinate pick up or delivery.

Submitted By

Harrison March, Heritage Area Agency on Aging


Area Agency on Aging
Cedar County Task Force
June 1, 2020 Meeting Minutes

Present: Darlene Elgin, Fay Wulf, Evans Waller, Donna Luepker, Shari Slaton
Staff: Harrison March

Meeting called to order at 12:35 p.m.

Review of May 2020 meeting

With Evans' term expiring, there is one opening for a Cedar County representative on the Advisory Council. In May's meeting, Shari Slaton said she may be able to fill the vacancy but would like to sit in on a meeting first. She was able to do so last week. Harrison March asked if Shari was still interested in seeking the nomination. Shari said she is.

Darlene Elgin motioned to nominate Shari to the Advisory Council, Evans second. Motion passed unanimously.

Evans told Shari he would be happy to help her transition into the role if she would like – answering questions, introducing her to other members, etc. Shari thanked Evans for the offer.

Harrison will update Heritage management regarding this new appointment.

Guest: Renee Mueller, Cedar County Public Health

Renee Mueller had to cancel for June 1's meeting due to work commitments. Fay Wulf noted she enjoyed Renee's presentation at the March meeting and would like to help bring her information to Durant. Harrison offered to connect them, but Fay asked to wait until the COVID-19 situation is improved. Fay said there is educating to do on resources available and Renee would be a good fit.

FY2021 Meeting Schedule

Harrison reviewed the Task Force meeting schedule. FY2020 meetings were held the first Monday of the month at 12:30 p.m. He asked if the same date/time works for members in FY2021. All members present approved maintaining that date/time for FY2021.

Harrison asked if members would like to keep the same schedule for months without meetings, too. In FY2020 the Task Force did not hold meetings in July, December and January. All members present approved the same schedule for FY2021.

Fay Wulf added that September usually has a different meeting date due to Labor Day. Last year the meeting was held the day after Labor Day. All members present agreed to discuss the plans for the September 2020 meeting in the August 2020 meeting.

Open Agenda

Harrison said an Executive Director candidate has been selected for the position and is currently going through the new hire process. Heritage AAA management hopes to announce the hire later this week. Harrison will share an announcement with Task Force members when he is able.

Evans asked about the reopening process for the senior center in Tipton. Harrison said that location – and all congregate dining locations in the Heritage AAA region – fall into two categories as far as restrictions go: restaurants and senior centers. Restrictions would have to be lifted for both categories before locations are able to reopen in any capacity. Evans said it's likely that reopening would come with tweaks, such as no more salad bar or temperature checks. Darlene said the dining area is not big enough to hold everyone while maintaining six



feet of social distancing. Harrison shared workarounds he has seen/heard of with other types of facilities, such as scheduling people to come in certain windows of time.

Evans asked how busy Karen LaFrenz at the senior center is with home-delivered meals. Darlene said Karen has more than 100 participants right now, about 12 of which are new. Fay said she picks up about 15 meals once a week and brings them back to Durant for herself and some others in her community. She said the meals are good and stay warm in the to-go containers.

Evans brought up the online tai chi classes Heritage has posted on Facebook and its website. He suggested trying to host the classes on Zoom. Harrison will pass the idea along to Bryan, Heritage's Health & Wellness Coordinator.

Evans asked Shari about the classes they're holding at Prairie Hills. Shari said they're maintaining normal classes as best as possible while accounting for social distancing, class sizes and other safety precautions. Darlene asked if they are allowing visitors. Shari said not at this time and likely not for a while. While it's not ideal, it is necessary when considering the safety of residents. They are helping residents coordinate Zoom and phone calls with family.

Evans mentioned news stories he's seen from other states regarding overflow COVID-19 patients being sent to assisted living facilities with open rooms. Is this a concern in Tipton? Shari said it is not at this time.

The next meeting will be held August 3, 2020, at 12:30 p.m. Harrison said members should plan on using Zoom/conference call for the foreseeable future, though he will keep them updated.

Evans asked if the conference call service will be available year-round. He would like to use it while in Arizona in the winter. Harrison said the conference call will continue to be an option.

Evans asked if anyone had heard from Shirley Gadelmann lately. He did not hear her on the call for Advisory Council last week and she was not on the call today. She is normally very active in the meetings. Harrison will try to connect with Shirley to check in. (Later that afternoon, Harrison was able to reach Shirley via phone. She is doing well.)

Adjournment

Meeting adjourned at approximately 1:00 p.m.

Submitted By

Harrison March
June 1, 2020