



Heritage
Area Agency on Aging
Linn County Task Force Meeting minutes
August 8, 2019

Present: Barb Young, Chris Shimon, Stephanie Humphries, Kay Fisk, Ruth Cox, Sallie Streib, Judy Fries, Joan West, Sofia Mehaffey, Barb Weber, Ashley Bailus, Sandy Bell

Guest: Karey Chase

Staff: Tim Getty, Harrison March

Approval of the Previous Meeting's Minutes:

The previous meeting's minutes were approved unanimously.

Task Force Training

Tim Getty of Heritage delivered the annual Task Force Training. Handouts of the slides were distributed.

Heritage Committees

- Advocacy/Government: Sandy Bell emphasized that Older Iowans Legislature priorities have been most successful when aligned with AARP's goals, especially in 2018.

Outreach Update

- Heritage recently attended events in Fairfax and the Cedar Rapids Pride Fest
- Explore opportunities for Swamp Fox Festival in Marion, Horizon's two-day lunch box event in October, and Santa for Seniors in December

Open Agenda

- Sofia Mehaffey said the new meal site is open at Horizons with daily average consumers more than tripled. Recognition is coming from state and national levels
- Kay Fisk is joining a task force on older persons' legislative priorities. Focus has been placed on financial concerns (scams, fraud, predatory lending), elder abuse (a "no-wrong-door" point of contact), self-neglect, and exploitation (conservatorship, power of attorney, financial resources).

Next Meeting

- Next meeting is Sept. 12 at 10 a.m.

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533
www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



Heritage
Area Agency on Aging
Linn County Task Force Meeting minutes
September 12, 2019

Present: Chris Shimon, Judy Fries, Ruth Cox, Jim Wasta, John North, Sandy Bell
Phone-In: Barb Young, Nancy Lee Siebenmann
Guest: Phyllis Zalenski from ISU Extension & Outreach
Staff: Harrison March

Approval of the Previous Meeting's Minutes:

A necessary quorum to approve minutes was not present, so review of August minutes was delayed until October.

Heritage Committees (Harrison)

- Interim Board: Per Larry Kudej, the board is no longer "interim" and is transitioning to a regular board. He will likely ascend to chair of its meetings, as he is vice chair and the current chair submitted resignation. Feels confident that it is a quality group, should all offerees accept.
- Advisory Council: Task Force bylaws were approved at the August 22nd meeting. Harrison will email them to Task Force members for review and future reference.
- Advocacy: Next meeting occurs in October, after the Older Iowans Legislature in late September. The committee will consider what is learned at OIL and which legislative priorities it could align efforts with.

Senior Center Update

Senior Center meeting was moved to September 19. An update will be available at the October meeting.

Outreach Update (Harrison)

Harrison reviewed data that Heritage uses to track outreach and services delivered in each of its service counties. Data included: population breakdowns, service goals for the Heritage area, service goals for Linn County based on equitable service per population, and actual services delivered this fiscal year-to-date.

Open Agenda

- Phyllis distributed flyers and gave information about ISU Extension & Outreach's programs available in Linn County
 - Highlighted programs address planning for aging, financial educational, health/wellness, and a soon-to-be-added program on Parkinson's disease.

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533

www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



Area Agency on Aging

- ISU E&O does outreach to older adults who are eligible for food assistance, but are not receiving it. She said often times the barrier is simply knowledge of programs and how beneficial they can be — even in small amounts.
- Phyllis will send Harrison a list of available programs and information on how people can become involved in teaching courses like the new Parkinson's program or *Powerful Tools for Caregivers*.
- Harrison reported a new date for Heritage's 501(c)(3) celebration event. It is now scheduled for October 23 from 4:00 p.m. – 6:00 p.m. at the Kirkwood Hotel.
- Harrison noted that Heritage still has one or two open seats in the van Heritage is driving to OIL on September 24. Those interested in riding should contact Harrison or Bob Welsh in Johnson County, who has been coordinating rides.
- Sandy brought examples of promotional materials she found when visiting the senior center in Davenport as part of the Senior Center group in Linn County. She recommended hard-copy promotional materials and noted that the publications she brought were paid for by sponsors and advertisers, which would ease the financial burden on Heritage for similar projects.

Next Meeting

Next meeting is October 10, 2019.

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533

www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



Heritage
Area Agency on Aging
Linn County Task Force Meeting minutes
October 10, 2019

Present: Chris Shimon, Ruth Cox, Barb Young, John North, Jim Wasta, Stephanie Humphries
Staff: Harrison March

Approval of the Previous Minutes:

A necessary quorum to approve minutes was not present. Review of August & September minutes was delayed until November.

Heritage Reports

- Board of Directors (Harrison): All memberships are filled and there is at least one representative from each county Heritage serves. First Board of Directors meeting occurs later this day (Oct. 10)
- Advisory Council (Harrison and Barb): Members recapped and reviewed Older Iowans Legislature priority issues. Heritage's Kellie Elliott-Kapparos reviewed year-end service delivery data.
- Advocacy: Next meeting occurs late October.
- Staff Updates (Harrison)
 - Fiscal Director hired: Brad Franzwa starts later in October. Recent position involved managing teams and budgets at the University of Iowa.
 - Elder Rights Specialist Sheila Stepanek is retiring this month.
 - Skilled Older Worker Employment Specialist position is posted. Interested persons should apply via Kirkwood's online system.

Senior Center Update

The Senior Center Task Force determined future meetings will occur at 9 a.m. on the 2nd Thursday of each month at Right at Home. Lindsay Glynn updated the group on:

- Site Development: working on getting numbers from the developer. Some communication issues have slowed this process, but Lindsay will try to schedule more regular meetings with the developer and Councilman Dale Todd to improve communication and respond to any concerns they may have.
- Transitional Care Center: a new facility near Robins, Iowa, to serve as a transitional care center, as well as to host other events and classes geared toward older adults and possibly audiences beyond.
- Leadership Meetings: considering forming a board of young professionals to help evaluate the potential uses of a senior center building. Ideally, this group could offer leadership for projects outside the scope of older adult programming and help plan the future of the facility.

Jim Wasta asked if the Senior Center Task Force could be tackling too many questions at one time. Task Force on Aging members varied in their answers to the question, but all agreed it's important to focus on doing it correctly instead of hastily.

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533

www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



Heritage
Area Agency on Aging

John North recommended creating a guiding one-page document to help lead the project, as well as to inform outside parties. He also noted the importance of determining tax status, which could affect private donations/contributions to offset development costs.

Older Iowans Legislature Recap

Harrison reviewed the handouts of priority issues adopted by the Older Iowans Legislature at September's session: elder abuse protection; accessibility code for new housing; dining site innovations; and incentives, strategies, and community college solutions to bolster healthcare workforce.

Task Force members discussed the hurdles facing the healthcare workforce today, including: private pay vs insurance models, compensation, and lengthy hiring processes. The Task Force will wait to hear more about which issues gain traction at the state level before determining actions on the issues.

Outreach/Advertising

Harrison shared that after several questions and suggestions about advertising options at last month's meeting, Heritage was able to allocate some leftover FY2019 budget to advertising. Content prioritizes certain services based on the funding resource. Placements include: billboards in rural Heritage counties, TV and digital package with CBS2/FOX28, and community print publications.

Open Agenda

Harrison reminded the group of Heritage's 501(c)(3) open house event on Oct. 23. RSVP to Heritage if you plan to attend.

Task Force members decided to hold remaining FY2020 meetings at the Right at Home office, leaving Horizons the space it needs to help the Brownstone Lunch Club continue growing.

Stephanie Humphries suggested a fundraising opportunity for Heritage: partner with the Cedar Rapids Kernels for a "Heritage Night at the Park." Right at Home did this previously and found it successful. Heritage could potentially earn a few dollars per ticket it sold and host a table for outreach on the concourse. She recommended planning early, as Right at Home planned its event in March and was limited to just a few open dates.

Next Meeting

Next meeting is November 14, 2019, at 10:00 a.m.

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533

www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



Heritage
Area Agency on Aging
Linn County Task Force Meeting minutes
November 14, 2019

Present: Chris Shimon, Barb Young, Sallie Streib, Sandy Bell, Art Staed, Judy Fries (phone)

Excused: Ruth Cox, Stephanie Humphries, Sandra Burns, Joan West, John North, Ashley Balias

Staff: Eugenia Kendall, Harrison March

Guests: Kristin Woodland (Right at Home, for Stephanie Humphries), Kelzye Bedwell (Horizons), Terry Bergen (Linn County), Jessica Pfeiffer (Aging Services), Brad DeBrower (Cedar Rapids Transit), Brock Grenis (ECICOG), Nicole Alexander (Southeast Linn Community Center)

Sandy Bell, Task Force Chair, called the meeting to order at 10:00 a.m.

The meeting agenda was reordered to lead with the Transportation Services Discussion out of consideration to the guest presenters.

Transportation Services Discussion

Eugenia Kendall said national studies suggest that there are adequate transportation services to address most needs, but the primary issue is awareness. She distributed a tool for identifying services in Linn County and a tool from the National Aging and Disability Transportation Center to help consumers navigate the process of finding appropriate transportation services. Please contact Harrison at Heritage if you wish to have a copy of these documents.

Each of the representatives from service providers (see Guests above) shared about their organizations and services. Information included: service areas; service times; ridership; rider restrictions such as age, disability, purpose of trip, etc.; rates; vehicle accessibility; driver status such as employee, volunteer and reimbursed volunteer; and any future plans to change these details.

Terry Bergen recommended the 365-RIDE brochure as a good resource for the general public, as it contains info for several providers and resources to help navigate the process of finding a service.

Barb Young recommended placement of this or similar information in local publications like TidBits or in grocery stores. Kelzye Bedwell said Horizons has tried to get this information into grocery stores, but most are hesitant for outside organizations to advertise within the stores. Terry suggested there is a difference in perception between publications like TidBits or newspapers compared to pure advertisements.

Outreach Opportunities

Barb asked about a past Heritage publication called "The Involvement," which she found interesting and thought would be a good vehicle for promoting Heritage services. Harrison said that while that publication is no longer ongoing, Heritage does plan to create a newsletter in the future. Because the newsletter details are still to be determined, Heritage has yet to consider distribution strategy. Sallie Streib noted the importance of having hard copies distributed, as not all older adults are tech-savvy or are inclined to seek out information when there is a technological hurdle.

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533

www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



Heritage
Area Agency on Aging

Barb recommended outreach at Hy-Vees during breakfast hours, especially on days that older adult diners play games/cards. Harrison noted recent success of outreach at the Marion HyVee Veterans Day breakfast and Collins Aerospace's Silver Sneakers program. Barb recommended other Silver Sneakers programs for outreach, while Sallie said the YMCA has been difficult to get into. They do not tend to be interested in having outside organizations do outreach, but perhaps a focus on Heritage's health & wellness program would help open the door.

Approval of the Previous Minutes:

A necessary quorum to approve minutes was not present. Review of August, September & October minutes delayed until next meeting.

Heritage Staff Report

Heritage's new Fiscal Director, Brad Franzwa, started in late October.

Senior Center Update

Sandy Bell said that she was able to speak with Tim Charles of Mercy Medical Center, who said he'd be open to talking with Kathy Good (Family Caregivers Center of Mercy) about the Senior Center project. Sandy is open to ideas between Mercy and Unity Point, noting that both could bring a lot to the table and that the best interest of the Senior Center must always be considered.

Open Agenda

Because there is no meeting planned for December, Harrison reviewed the ad hoc meeting guidelines outlined in Heritage's County Task Force By-Laws. The By-Laws state that special meetings may be called by the chair with five days written notice to all members or upon request by three voting members with five days written notice to all members.

Next Meeting

Next meeting is scheduled for January 9, 2020.

Sandy adjourned the meeting at 11:31 a.m.

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533

www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



Heritage
Area Agency on Aging
Linn County Task Force Meeting minutes
January 9, 2020

Present: Chris Shimon, Sandy Bell, Sandy Bruns, Art Staed, Judy Fries, Ruth Cox, Stephanie Humphries, Sallie Streib, Barb Young (phone), John North, Ashley Bailus

Excused: Jim Wasta

Staff: Harrison March, Ashley Turner

Sandy Bell, Task Force Chair, called the meeting to order at 10:00 a.m.

Review of previous meeting minutes was tabled for open agenda due to two members previously stating they would be a few minutes late.

Heritage Reports

1. Board of Directors (Harrison March): The Board of Directors meets later today, Jan. 9. Later this month the Board will have a retreat and work with a consultant to help plan the hiring process for the Executive Director position and assess other “big picture” topics. Heritage has received Executive Director job descriptions from other Agencies on Aging in the state to help in this process as well.
2. Advisory Council (Sandy Bell): Advisory Council did not meet in December due to the holiday season conflicting with the normal schedule. The group will meet later this month.
3. Advocacy: The legislative session starts Monday, Jan. 13, so advocacy/lobbying work will pick up soon. Rep. Art Staed sends out a newsletter throughout the session and offered to include anyone interested in updates. Sandy said the League of Women voters has a meeting scheduled for Jan. 18 to discuss its advocacy efforts as well.
4. Staff update (Harrison): Paul Swanson, Skilled Older Worker Employment Specialist, started in December 2019. Ashley Maiers, Caregiver Specialist/Options Counselor, resigned from her position effective Jan. 3, 2020.

Senior Center Update

Sandy Bell reported the Senior Center Task Force is trying to get Horizons and Heritage on board the planning process, as they could play roles such as partners or supporters of the project. Horizons may have a potential site on 8th Ave SE in Cedar Rapids, but it currently has a tenant. Senior Center Task Force members will try to meet with Horizons in the near future to determine a potential timeline for that site.

Guest: Ashley Turner

Ashley Turner, Caregiver Specialist/Options Counselor at Heritage, distributed brochures and business cards while talking about her background as a family caregiver. She gave an overview of Heritage’s Caregiver Support Program and how it works to aid caregivers directly and through connections/referrals to community resources.

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533

www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



Judy Fries asked how her role differs from that of Jen Walker, Heritage's Information, Referral and Assistance Specialist. Ashley said her role involves more long-term case management with clients and also focuses more on caregivers than the IR&A service.

Art asked about Ashley's experience with Medicare-related issues and how it might compare to an ACA Navigator. Ashley is trained in Medicare through resources from the federal government and can provide information on the details of the program and help clients complete/submit applications, but she does not guide clients' decision making processes. Her role in this respect is strictly to be informative and present options.

Outreach Opportunities

Sandy Burns recommended returning to farmers markets this season, but only a limited number of times. Last year she represented Heritage at the Hiawatha and Noelridge markets, but over time noticed many of the same people returning and therefore not stopping by.

Harrison shared an update on Community Engagement data through FY2020 Q2. Linn County activities are right about on track and units of Training & Education delivered through outreach are ahead of pace to meet the year-end goals.

Open Agenda

Minutes from November 2019's meeting were considered. Sallie Streib made motion to approve, second by Art. Minutes approved unanimously. Sallie noted the need to review minutes from October 2019 and prior as well. All such minutes were approved unanimously.

Harrison shared information on the Encore Express pilot program in the works for Washington, Iowa. The program will partner with a local food provider to establish a voucher program. Participants would attend a catered meal like a congregate dining setting a couple of times per month to pick up their vouchers, which could be redeemed for an Encore-style meal between then and the next pickup event.

Heritage will participate in an Aging Resource Fair at Peace Church in Cedar Rapids on Jan. 25 from 1pm – 5pm. The fair will have a traditional resource fair set up in addition to time slots for attendees to present on their organization/business.

Sandy Burns shared an issue a friend of hers had regarding transportation services: though many services could offer the curb-to-curb ride, none were able to enter the home to assist the friend in exiting the home to the vehicle. She needs regular transportation to medical appointments, but this has proved to be an obstacle. John North noted that this likely stemmed from the service providers' liability insurance, as it's unlikely to cover anything that occurs within the client's home.

Sandy Burns also added support for Sallie's previous idea of reviving a newsletter-type communication from Heritage. She suggested it be used to inform of all types of older adult programs and services. Judy

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533

www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



recommended asking Heritage's Co-Directors about connecting with Ingrid, a former staff member who did some work with the previous project. Ashley Bailus noted Linn County's Older Adult resource sheet should be available in the springtime, at which point she will share copies with the group for distribution to the community.

Ashley Bailus asked the group for recommendations and ideas regarding seniors at the Linn County homeless shelter who have dementia. While the shelter can meet some of their needs, it's not the ideal setting as the volunteers are not trained to assist with dementia-related needs. Sandy Bell recommended connecting clients with Heritage, which may be able to help refer them to other community resources. Ruth Cox suggested the Alzheimers Association, which might be able to tackle some of the work as it's similar to their mission. Art asked if this issue has been presented to city council, but Ashley Bailus said during the rush to receive funding and pull pieces together it was not. It will be presented to council soon. Various members suggested contacting media outlets to spread word of this issue and the shelter at large. Television, newspapers and a few radio stations were all recommended.

Adjournment

John motioned to adjourn the meeting, second by Ruth. Motion approved unanimously. Sandy Bell adjourned the meeting at approximately 10:55 a.m.

Next Meeting

Next meeting is scheduled for Feb. 13, 2020 at 10:00 a.m.

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533

www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



Heritage
Area Agency on Aging
Linn County Task Force Meeting minutes
February 13, 2020

Present: Sandy Bell, Stephanie Humphries, John North, Ashely Bailus, Barb Young, Judy Fries, Nancy Lee Siebenmann

Excused: Jim Wasta, Art Staed, Ruth Cox, Sallie Streib

Guests: Dora Lorenc, Mary Jo Beebe

Staff: Harrison March, Bryan Bruner

Sandy Bell, Task Force Chair, called the meeting to order at 10:00 a.m.

Review of previous meeting minutes was delayed to March due to lack of a quorum.

Heritage Reports

1. Board of Directors (Harrison March): Heritage Board of Directors meets today (Feb. 13) at the Johnson County Health & Human Services building in Iowa City. Meeting locations will move around the service area over the next several meetings. Today's meeting will include review of the Board's January retreat focuses, area plan updates and Q2 financial reports.
2. Advisory Council (Sandy Bell): recent focus of Advisory Council has centered on Area Plan updates
3. Advocacy (Sandy): supporting and advocating for Older Iowans Legislature's bill regarding criminal penalties for elder abuse. Harrison shared information on SB3076 regarding detection and reporting standards for financial institutions in cases of financial exploitation of older adults.
4. Staff update (Harrison): Heritage is accepting applications for the position of Information Specialist/Options Counselor. Interested applicants can apply via Kirkwood's online job board. There are four first-round interviews scheduled for Friday, Feb. 14.

Senior Center Update

Stephanie Humphries shared that Nancy Miller attended the meeting this morning to help brainstorm. Nancy did a lot of work behind the scenes for the Marion Public Library project. Members of the Senior Center Task Force would like to get someone from Horizons as a regular attendee.

Guest Speaker: Bryan Bruner

Bryan Bruner, Heritage's Health & Wellness Coordinator, shared information on his programs and classes. His main focuses are on Evidence-Based Programs and falls prevention. Classes he can offer include:

- Tai Chi: features slow and smooth movement, works on joints and internal muscles, and integrates mind and body. Bryan said the smooth movement and ease of the activity leads many participants to complete a class but not feel tired like they do after some other activities.
- Matter of Balance: held this class in the fall and it requires to instructors at a time. Attendees at the fall class at the Marion Public Library formed a group of good friends, often going to lunch or the movies together after class. The class addresses fears of falling, safely getting up after falling and

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533

www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



Heritage
Area Agency on Aging

restructuring how participants make choices in their daily lives (e.g. waiting to cross a street so you aren't hurried).

- Aqua Aerobics for Arthritis: Hasn't taught this class yet. Buoyancy of the water is easy on joints, while the water provides gentle natural resistance to movements.
- Stepping On: A type of falls prevention class that incorporates community experts to educate on all aspects of falls prevention (e.g. managing prescriptions, wearing proper footwear). Class starting soon at Virginia Gay Hospital in Vinton. Research shows this class leads to a 31% reduction in falls compared to older adults who have not taken the class.
- Walk with Ease: Bryan begins training for this class soon. It incorporates a simple group walking session with an educational speaker/topic. Hopes to partner with Parks & Recreation departments to utilize local trails.

Bryan also works on nutrition education initiatives, including a monthly newsletter. 1,400 copies are distributed to 8 sites each month.

Sandy told Bryan that she and a handful of other Heritage volunteers are trained to lead Matter of Balance classes. They may be good resources when Bryan needs another leader to start up new classes.

Nancylee Siebenmann asked if Walk with Ease includes users of canes and walkers. He is not sure right now, but will know after completing his training. Stephanie asked if Bryan will need a physical therapist for this program as well. Bryan will need one, and will contact Stephanie to coordinate that.

Dora Lorenc asked to be updated when a new class of Bryan's starts up in the Cedar Rapids area, as she's recovering from an incident in the fall. Harrison will share that information when a new class is being formed.

Volunteers and potential participants can talk to Harrison about upcoming courses and he will work with Bryan to get details and other relevant information.

Outreach Opportunities

Harrison noted two resource fairs coming up in March: one at the Marriott for Aetna Medicare enrollees and KGAN/KFXA's event in late-March.

Open Agenda

Harrison shared i4a has released its 2020 policy priorities. Those interested in copies can find them online or can contact Harrison.

Harrison also noted a bipartisan and bicameral bill is in the works to reauthorize the Older Americans Act for five more years. The OAA provides critical funding to Heritage and dozens of community resources/organizations in the region as a result. I4a is supporting the bill and is advocating for its passage with national-level legislators.

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533

www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



Dora voiced concerns regarding power of attorney and patient information disclosure as it relates to caregivers. She is a caregiver for her partner and has felt the need to help him make informed medical decisions for quite a while, but only recently had her consent form approved. Sandy said these kinds of issues have been a focus of OIL before, as current legislation can be confusing with many 'levels' of powers of attorney.

Ashley Bailus updated the group on overflow shelter concerns from the prior meeting. It has been fairly quiet on this front, but in a good way. She shared the Task Force's advice to call Heritage with overflow shelter volunteers who needed to find help for someone with Alzheimer's. Dora asked if this person could be referred to a nursing home, but Stephanie noted that these facilities are almost all private pay, which this particular person could not afford at this time.

Adjournment

John North motioned to adjourn the meeting, second by Stephanie. Motion approved unanimously. Sandy Bell adjourned the meeting at approximately 10:55 a.m.

Next Meeting

Next meeting is scheduled for March 12, 2020 at 10:00 a.m. The scheduled guest speaker is Angela Harbour, Prevention Specialist at ASAC. March is Problem Gambling Awareness Month and she will discuss her work to promote financial wellness for older adults.

Heritage Area Agency on Aging
6301 Kirkwood Boulevard SW ● Cedar Rapids, Iowa 52404
319-398-5559 ● 1-800-332-5934 ● Fax: 319-398-5533

www.heritageaaa.org

Heritage Area Agency on Aging does not discriminate based on age, color, creed, familial status, gender identity, marital status, mental disability, national origin, physical disability, race, religion, sex, sexual orientation, or political affiliation in its employment practices or the provision of services except where it is a requirement of law.



Heritage
Area Agency on Aging
Linn County Task Force Meeting minutes
May 14, 2020

Present: Barb Young, Chris Shimon, Sandy Bell, Art Staed, John North, Dora Lorenc, Sallie Streib, Stephanie Humphries

Staff: Harrison March

Sandy Bell, Task Force Chair, called the meeting to order at 10:05 a.m.

Review of Procedure

Harrison March reviewed the nomination and election procedure for Advisory Council positions: Members may seek a nomination or nominate another member. All Officio members may then vote on who is nominated to the Council. Representative Art Staed is not considered an appointee of Linn County, as his position on the Council is as a local elected official.

Upon noting there are no needed changes to Task Force officers, Sandy Bell said she would be resigning as Task Force Chair. She purchased a home in Florida and will be moving there in the near future, so is therefore unable to remain on the Task Force.

Chris Shimon stated interest in being Task Force Chair. Some members noted that Stephanie Humphries, current Vice-Chair, should be considered for Chair. Chris agreed, asking to be considered for Vice Chair if Stephanie agreed. Sandy tabled a possible motion until Stephanie was able to join the call and complete a quorum.

Advisory Council Appointments

Sallie Streib asked if the Task Force can re-elect those whose terms are expiring this year. Harrison said that, per the bylaws, they must take 12 months off before being eligible for re-appointment.

Sandy asked first if anyone would like to seek a nomination. Dora Lorenc stated interest in being nominated. Sandy nominated Stephanie, which Sallie said she would support as well.

Harrison asked current representatives Sandy and John North to talk about what they've recently done on Advisory Council in case it may clarify or help generate interest. John said it was a unique year for the Council after Heritage's transition to a non-profit organization. Representatives' main role is to represent the interests of older adults to Heritage management in an advisory role concerning programs, possible funding sources and other aspects of the organization. John has also served on an advocacy subcommittee to identify and advocate for legislation relevant to the Heritage mission. Sandy added that the Council's input is important to Heritage management and helps with their decision making. Sallie encouraged Dora, who has previous experience working at an Area Agency on Aging, to seek a nomination.

Chris updated Stephanie, who had since joined the meeting, about the nominations for her to ascend to Task Force Chair and to serve on Advisory. Stephanie said she would accept the nominations.

Sandy entertained a motion to elect Stephanie as Task Force Chair and Chris as Vice Chair. Chris motioned, Barb Young second. Motion passed unanimously.



Sandy entertained a motion to nominate Stephanie and Dora to Advisory Council. Barb motioned, Chris second. Motion passed unanimously.

John suggested nominating one of the representatives to a two-year term to help stagger term expirations, as there is currently only one term expiring (Sofia Mehaffey) in FY2022. Dora stated she would accept the two-year term.

Heritage Operations

Harrison shared a few updates:

- The Heritage office will continue following Kirkwood Community College's direction on reopening the office. The college is scheduled to start an incremental return to campus on June 1 beginning with high-level college administration.
- Nutrition providers across the region continue offering home-delivered meal programs. Though restaurants can soon reopen, the providers are also categorized as senior centers and therefore cannot open for congregate dining. Some locations have seen an increase in participants due to concerns about getting takeout meals, going to the store, etc.
- Heritage has been awarded some grants related to COVID-19 response and continues applying for other grants as appropriate.

Dora asked for recommendations regarding a neighbor who she believes may be suffering from abuse. She contacted the police department and asked them to make a referral to Heritage. An officer told her the referral had been made, but she remains concerned. Sandy and Chris recommended that Dora make a referral herself just to be sure.

John asked if there needs to be one more nomination to the Advisory Council, as two nominations were made and three members have terms expiring. Harrison said the group can make another now, but does not necessarily need to. A nomination can be made any time of the year as long as there is a vacancy and the nominee is eligible. No other nominations were made at this time.

Next Meeting

The next meeting will be June 11 at 10am, likely using the same video chat/conference call system out of caution.

Adjournment

The meeting adjourned at approximately 10:35am.



Heritage
Area Agency on Aging
Linn County Task Force Meeting minutes
June 11, 2020

Present: Chris Shimon, Sandy Bruns, Barb Young, Nancy Lee Siebenman, Dora Lorenc
Staff: Harrison March

The meeting was called to order at 10:05 a.m.

Review of Meeting Minutes

Review of the Meeting Minutes from February and May 2020 were delayed due to lack of quorum.

Senior Farmers Market Nutrition Program (SFMNP)

Harrison shared the SFMNP is back for 2020 with some tweaks due to COVID-19. Distribution events are still available throughout the region, but this year participants can call Heritage to request an application by mail. The application must be completed and approved by Heritage before checks will be sent to the participant.

Sandy Bruns asked about the income levels for this year. Harrison said for single older adults it is \$23,107 and for couples it is \$31,284. Chris Shimon noted that these guidelines are up from last year's program. Harrison added that economic impact payments from the federal government do not count toward the income figure, though other conditions related to COVID-19 can be considered (loss of income, living arrangements, etc.).

Dora said someone she knows receives a monthly "compensation" from the government resulting from his injury suffered during military service, but that compensation doesn't come with a statement, pay stub or anything similar. Would this count as income? Harrison hasn't heard of this, but will check with Bryan, who is running the program for Heritage. Sandy said it is likely up to the participant to report what they consider income. (Note: Harrison called Bryan after the meeting. Bryan said the applications are on the honor system and Heritage will not do as for verification. As Sandy said, it is up to the participant to answer that question as honestly as possible.)

Barb Young expressed concern regarding using annual income as an eligibility guideline. For example, many older adults have low monthly incomes, but may have investments valued at \$1 million or sometimes even higher. The monthly and annual income does not always reflect this. Other members agreed this is a possible flaw with the current system. Harrison noted that the guidelines are set at the state level, so Heritage has no control of this part.

Caregiver Wellness Webinar Series

Harrison notified members of Caregiver Wellness Day's cancellation. The event is typically held in November at the Kirkwood Hotel, but concerns over audience size and the older demographic that makes up a majority of attendees warrant the cancellation. In its place, the planning committee and a group from Johnson County are coordinating a series of webinars designed to offer the same type of information and resources. Details and speakers are being finalized.

Chris shared he likes the idea of offering it virtually given the circumstances. Sandy recommended sharing the flyer with participants in the SFMNP. Nancy Lee Siebenman recommended sharing the flyer with the Alzheimers



Association, as they typically offer caregiver support groups. Harrison will share the flyer with Task Force members when the final version is approved.

Open Agenda / Community Updates

Harrison asked Sandy to talk about the COVID-19 Recovery Iowa counseling service, of which she is a part. She shared that they are just getting started as funding has been secured. The service is confidential and available to all ages in 1-on-1 and group counseling to help cope with the pandemic. It is similar to the service offered after the flood of 2008, with which she also helped. The phone line is open 24/7 and there are multilingual counselors available. NancyLee will contact Sandy to coordinate speaking opportunities with some small groups she knows. Barb asked if small groups are done in-person or virtually. If in-person, are they social distancing and wearing masks? Sandy said virtual and in-person are both options, though if in-person she hopes attendees observe those practices.

Harrison asked if maintaining the FY20 schedule for FY21 worked for members present: meetings at 10 a.m. on the second Thursday of each month, with July and January off. Meetings will be on Zoom for the foreseeable future until it is safe for the group to meet in-person. NancyLee asked if the Task Force meeting ever conflicts with Advisory Council or Advocacy Committee. Harrison said he would check, but did not think so. (Later on, Barb was able to look it up and answer that they do not conflict.) Members agreed to maintain the meeting schedule for FY21.

Dora asked if senior dining centers are reopening. Harrison said a lot still needs to be figured out after the Governor lifted restrictions on senior centers. Factors include: sanitation protocols, restocking food, setting up space for social distancing and more. It will likely be a while before centers in our area actually do reopen, but Harrison will keep the group updated as needed.

Sandy asked if Meals on Wheels still has openings for new participants. Harrison recommended contacting Horizons to find out. Prior to COVID-19 the program was close to full, but emergency situations and funding may have changed that.

Sandy shared that someone from Compass told her some CARES Act funding had been received to supply Grandpads to help combat social isolation during COVID-19. Had anyone heard of this or when they'd be available? Nobody present reported hearing of this yet.

There being no other business presented, the meeting adjourned.

Next Meeting

Thursday, August 13 at 10:00 a.m. via Zoom/conference call.

Adjournment

The meeting adjourned at 10:43 a.m.