

## Advisory Council meeting minutes

February 22, 2024

Present: Shirley Geadelmann, Evans Waller, Lisa Tallman, Larry Kudej, Marianne Hanshaw, Don Kline

Staff: Harrison March, Kimi Hambright, Jill Sindt

Evans Waller called the meeting to order shortly after 1 p.m. Those present introduced themselves.

### **Acceptance of Agenda**

Don Kline motioned to accept the meeting agenda, Larry Kudej second. Motion passed, 6-0.

### **Consideration of the meeting minutes for October 2023**

No changes proposed. Larry motioned to approve, Don second. Motion passed, 6-0.

### **Agency Report**

Harrison March provided the agency report:

- Heritage is working on two Area Plans: an update for the final year of the current plan and beginning work on the next four-year plan that begins July 2025. The Advisory Council will hear about both as work progresses, including an update later today.
- Caregiver 101 educational programs are ongoing. The next installment is March 6 at noon regarding in-home care.
- Heritage has opened registration for Powerful Tools for Caregivers, a small group class for family caregivers of older adults. Anyone interested should contact the agency.
- DeLaney, an AmeriCorps intern is still with the agency and plans to do outreach for Disaster PrepWise this spring. Contact Heritage or Harrison to learn more. Shirley Geadelmann suggested disaster preparedness as part of the Caregiver Wellness Day program.
- Heritage and the other Area Agencies on Aging are helping recognize Iowa's centenarians along with the Iowa Dept. of Health and Human Services. If anyone knows an Iowan age 100+, they can submit their information online or Harrison can do it on their behalf via phone call.

### **Program Report – Iowa Return to Community**

Kimi Hambright of Heritage AAA reported on Iowa Return to Community, a pilot program at Heritage. It is a partnership with Mercy Medical Center in Cedar Rapids that assists adults 60+ during their transition from the hospital back to home. The goal is to prevent readmission by reestablishing a healthy life at home with maximum independence. Harrison will send Kimi's presentation to the Advisory Council.

Questions included:

- Larry: How is the program funded? Jill Sindt of Heritage said it is funded by the state of Iowa but only for a pilot period. Heritage is hopeful that the success of IRTC will lead to another round of funding when the pilot ends.
- Evans shared about a program in Arizona in which the state assists Medicaid-eligible seniors with rent payments to prevent premature nursing home placements. Kimi noted that rent payments are not included in Heritage's IRTC program, but understands how Arizona's version of the program would be beneficial.
- Don: Is there anything like this in Washington? Kimi said that at this time, but she would like to see the program expanded if the resources (namely staff and funding) were available.

### **Area Plan Update**

Jill Sindt presented on Heritage's Area Plan Update for the coming Fiscal Year, FY2025. This Update only covers the one year at the end of Heritage's current Area Plan that started in July 2021. A copy of her presentation was mailed to members earlier in the week. Questions included:

- Evans: there seems to be a need to reach more seniors in rural areas. Is that reflected in the Update? Jill said yes and that it is emphasized in various goals Heritage set throughout the plan.

Don motioned to approve the Area Plan Update as presented, Marianne Hanshaw second. Motion passed, 6-0.

### **County Updates**

Benton: Harrison plans to attend the Benton County Health Fair next Saturday for outreach. It is usually the biggest such event in the county each year.

Cedar: Shirley and Evans reported the senior center's plans to host a pancake breakfast fundraiser in April. HACAP has also been a big help in the county with various pantries.

Johnson: Larry shared about a forum regarding Wills that is planned for April 8. Speaker will be Len Sandler from the University of Iowa College of Law. The Task Force is thinking of ways to honor Bob Welsh's legacy with the program.

Jones: the Task Force has teamed up with the local Elderly Consortium and would like to bring back the county's annual Health Fair that ended during the pandemic.

Linn: Harrison said the next meeting is coming up soon so nothing big to report at this time. The Life Enrichment Center that is often reported on sounds like it is doing well with increased participation.

Washington: Don and Marianne said it was a great day at Encore Express in Washington with a HACAP produce pantry and a speaker on 'good fats.' Attendance remains strong.

Iowa: Harrison spent a day earlier this week doing outreach in Iowa County: visiting Heritage's three dining sites, churches, banks and libraries.

### **Open Agenda**

Evans asked Larry if he had any updates from the legislature. Larry has been travelling so he still has some catching up to do, but he has seen that Senate File 295 will probably make changes to guardianships with final details to-be-determined. Many other bills are still floating around, but hard to say how many will find the finish line.

Evans shared concerns in Arizona regarding immigration and noted it's less of an issue in Iowa. He asked for opinions regarding services provided to non-citizens and shared his feelings that US citizens should be prioritized. Harrison noted that Heritage AAA follows the rules set forth at federal and state levels, which currently do not require the agency to consider immigration status when determining eligibility. Lisa Tallman noted her family's history as immigrants from Europe and feels that it's important to remember the vast majority of current US citizens can be traced back to immigrants as well.

Larry shared that AARP and Fraud Fighters are hosting a statewide series of presentations, including Coralville on March 5 and Cedar Rapids on May 9.

Harrison observed that the past couple meetings have gone beyond the one hour scheduled. He asked for permission to schedule 90 minutes for the next meeting, proposing that it's better to end early than run late and cause conflicts for others. No formal vote was required, but all present agreed to this.

### **Adjournment**

Lisa motioned to adjourn the meeting, Larry second. Meeting adjourned at 2:21 p.m.