

**Advisory Council**  
**Heritage Area Agency on Aging**  
**August 25, 2022**  
**Held Via Zoom Conference Call**

**Present:** Lindsay Glynn, Art Staed, Shari Slaton, Don Kline, Shirley Geadelmann, Kay Fisk, Dora Lorenc, Lynne Cannon, Kellie Elliott-Kapparos, Harrison March & Sjonna Brunt

**Welcome and Introductions:** Shirley Geadelmann called the meeting to order at 1:03 p.m. and roll call was taken.

**Acceptance of Agenda:** Evans Waller motioned to approve the agenda and Kay Fisk seconded the motion. The minutes were approved unanimously.

**Consideration of minutes of June 23, 2022-** Art Staed motioned to approve the minutes and Lindsay Glynn seconded the motion. The minutes were approved unanimously.

**Election of Chair and Vice Chair-**

- Motion from the floor to nominate Evans Waller as Chair for FY23 Advisory Council. Don Kline called for a vote and Art seconded. Evans was unanimously elected as FY22 Advisory Council Chair.
- Motion from the floor to nominate Kay Fisk as Vice Chair for FY23 Advisory Council. Don Kline called for a vote and Art seconded. Kay was unanimously elected as FY23 Advisory Council Vice Chair.

**Annual Training**

- Kellie presented the annual Heritage Training to the Advisory Council.

**County Task Force Update:**

- **Linn County-** Linn County Task Force continues to work on getting more people to sign up as members. The task force is also looking for ways to keep the committee members engaged.
- **Jones County-** The Starlight theater is in Anamosa and a local person wrote the play about Alzheimer's. The committee connected with the theater to provide Heritage information and resources for attendees.
- **Johnson County-** encouraging all members and all counties to attend the Older Iowans Legislature. After the OIL meeting, will start planning the annual legislative forum for December.
- **Benton County-**The task force just wrapped up a several outreach events. As a part of their outreach efforts they found that there continues to be a need for transportation in the area. The volunteer transportation in Benton county now has a volunteer shortage due to some drivers' medical events/health issues.
- **Washington County-**The task force helped promote the grand opening of the Washington County Encore Café. At their grand opening they served over 90 meals.
- **Cedar County-** The task force had a booth at the Cedar County fair. The outreach efforts went well. In addition to general agency handouts, they handed out the menu to the Cedar County Senior Center.
- **Iowa County-**No Active Task Force

Next Meeting September 22, 2022

**Advisory Council**  
**Heritage Area Agency on Aging**  
**September 22, 2022**  
**Held Via Zoom Conference Call**

**Present:** Art Staed, Don Kline, Evans Waller, Nancy Good, Kay Fisk, Dora Lorenc, Kellie Elliott-Kapparos, Harrison March & Sjonna Brunt

**Welcome and Introductions:** Kay Fisk called the meeting to order at 1:03 p.m. and roll call was taken.

**Acceptance of Agenda:** Art Staed motioned to approve the agenda and Evans Waller seconded the motion. The minutes were approved unanimously.

**Consideration of minutes of August 25, 2022-** Art Staed motioned to approve the minutes and Don Kline seconded the motion. The minutes were approved unanimously.

**Staff Update**

- The position for the Health Coach is still open. Kellie hope to have an update on this position soon.
- Quarterly 1 reports are wrapping up & year end fiscal update.
- Heritage staff retreat is this Friday.
- Falls Prevention recognition is the month of September. Harrison has literature that he can share with individuals that would like it.

**Board Update**

- The Board introduced the new members.
- The Board elected the new officers for FY23. The following were elected as officers; Keith Stamp-Chair, Pat Heiden-Vice Chair, Scott Olson-Treasure, & Sister Susan-Secretary.
- Members whose terms were up were reelected for another 3-year term.

**County Task Force Update:**

- **Linn County-** Linn County Task Force continues to do outreach events in the local area such as the farmers market at Noelridge and an open house at the Cedar Rapids Fire house.
- **Jones County-** The task force is focusing on outreach at the senior dining sites in Anamosa and Monticello.
- **Johnson County-** The task force did not meet due to the OIL meeting.
- **Benton County-**Nancy Good shared that HACAP started serving Sunday meals in Vinton.
- **Washington County-**The task force announced that the Encore Café is going well. There were over 50 people served. They are seeing new people coming on a regular basis. Heritage attended the Washington farmers market to do outreach in the community.
- **Cedar County-** The task force discussed the November Fill the Plate fundraiser. The fundraiser raises funds for the Senior Center. The task force is also working on other outreach events in Cedar County.
- **Iowa County-**While there is not an active task force, Harrison is making connections and getting the word out about Heritage's mission.

## **County Task Force Update:**

- The Life Enrichment Center at the Bridge is meeting Monday & Thursday in Cedar Rapids. This is the development of Senior Center. Kay wanted asked about getting the word out at the Encore Café and was referred to Tim Getty.
- It was asked if the Advisory Council will start meeting in person and at this time, they will follow the board's lead and continue meeting virtually.
- The HHS reorg meeting was this week and they shared the org chart and the goals of the group.
- Evans talked about the idea of having a legislative event. Kellie said she will speak with Barb as it needs to go before the board for approval.
- OIL meeting is at 9:00 am on Monday.

Next Meeting December 15, 2022

**Advisory Council**  
**Heritage Area Agency on Aging**  
**December 15, 2022**  
**Hybrid Zoom Conference Call/Heritage Conference Room**

**Present:** Don Kline, Art Staed, Evans Waller, Karri Fisher, Harrison March, Sara Meade & Sjonna Brunt

**Welcome and Introductions:** Evans Waller called the meeting to order at 1:01 p.m. and roll call was taken.

**Acceptance of Agenda:** No Quorum

**Consideration of minutes of September-** No Quorum

**Iowa Return to Community Presentation**

Sara Meade talked to the Advisory Council in regards to the new Iowa Return to Community program. It is currently a pilot program through Mercy Hospital in Cedar Rapids. The Return to Community Program will match the patient with a Health Coach that will explain wrap around options/services available for transition home. The Health Coach will support the discharge plan and coach the patient on discharge instructions. The Health Coach assists in the transition to home through coordination of services specific to the individual's needs. The Health Coach will make contact within 2-5 days of referral or discharge and make regular contact for up to 90 days.

The Health Coach will assist with:

- Barriers to healing and compliance with discharge instructions.
- Services that the Health Coach may offer (and potentially fund) to assist with this transition to home may include.
  - Home delivered meals
  - Schedule doctor appointments
  - Transportation to appointments and essential errands
  - Make phone calls to ensure that medications are available
  - Arrange for home cleaning, chore services, or personal care in your home
  - Arrange installation of safety bars, a lifeline, ramps, and more.

To qualify for the program:

- One must be 60 years of age or older
- Agree to actively participate in your post hospital care plan
- Not be on Medicaid waiver have Mercy PCP
- Be admitted to Mercy Hospital and referred by Mercy.

If there is a need for continued care beyond the 90 days, they may be moved to Case Management or Options Counseling.

**Staff Update**

- Dora Lorenc resigned from the Advisory Council.
- Heritage staff is extremely busy. All service areas are experiencing an increase of consumer numbers compared to the numbers from last year.
- Congregate dining numbers have increased in Heritage's service where other Area Agencies are seeing a decline in numbers.

- If you have not already voted for Heritage on the Gazette Gives Back campaign, please do. Heritage has a chance of receiving free advertising dollars from the Gazette.
- Heritage is hosting a Medicaid for Caregivers seminar. The is one event being held in person in Cedar Rapids. In addition to the in person location Heritage has reserved a satellite location in Iowa and Jones County for people to attend a listen via zoom or they can watch via zoom from a place of their choosing. Fliers will be mailed out soon.

### Board Update

- Board did not meet in December-No update

### County Task Force Update:

- **Linn County-** Linn County Task Force spent time on brainstorming on awareness and outreach opportunities. Some of the areas that they would like to outreach on is Fraud protection and falls prevention.
- **Jones County-** No meeting
- **Johnson County-** The task force said the Johnson County forum on Return to Community and Health & Human Services changes went well. A few keynote speakers were not able to attend due to illness.
- **Benton County-**Task force is currently on break from meeting. They are planning a doing a food drive sometime in the Spring to help the local food banks.
- **Washington County-**The task force announced that the Encore Café continues to do well. The average number of people they serve on a weekly basis is 70. The committee continues doing outreach with the attendees and grow the members of the task force. Don Kline talked about an emergency disaster program through the University of Iowa called Disaster Prepwise. The program helps older adults and their families take the time before an emergency to plan so they can remain healthy for survival at home, in a shelter, or elsewhere in the event of an actual emergency. For more for details on this program visit <https://www.public-health.uiowa.edu/news-items/disaster-prepwise-helps-older-folks-prepare-for-disruptions/>. There is hopes that Washington County will receive a grant to help implement this program for older adults.
- **Cedar County-** The task force is currently on break from meeting. In November for the Fill the Place food drive they raised over \$1600 for the Tipton Congregate Diner. The local Tipton grocery store donated an additional \$300. The Tipton Congregate Diner is able to purchase food at the local grocery store with the funds that were raised.
- **Iowa County-**no formal task force

Next Meeting February 23, 2022 @ 1:00 pm

**Advisory Council**  
**Heritage Area Agency on Aging**  
**February 23, 2023**  
**Hybrid Zoom Conference Call/Heritage Conference Room**

**Present:** Don Kline, Evans Waller, Kay Fisk, Shari Slaton, Lisa Tallman, Jill Sindt & Sjonna Brunt

**Welcome and Introductions:** Evans Waller called the meeting to order at 1:03 p.m. and roll call was taken.

**Acceptance of Agenda:** Don Kline and Kay Fisk moved and seconded the acceptance of the agenda. Motion carried 5-0.

**Consideration of minutes of September-** Kay Fisk and Don Kline moved and seconded the acceptance of the September minutes. Motion carried 5-0

**Consideration of minutes of December-** Don Kline and Kay Fisk moved and seconded the acceptance of the December minutes. Motion carried 5-0

### **Agency Report**

- There are no major staff changes at Heritage.
- The weather over the past few weeks have impacted Heritage programs. Some dining locations have had to close due to the weather.
- April first marks the beginning of Medicaid Unwinding. Medicaid members who kept their coverage due to the public health emergency (COVID) will lose their coverage if they are found to be ineligible. This could impact many of our consumers. Kellie Elliott-Kapparos will review how this will impact our work and Older Iowans. Information can be found here <https://hhs.iowa.gov/ime/unwind>.

### **Area Plan Update**

- Jill reviewed the FY2024 Area Plan update presentation to the Advisory Council. This is an opportunity for the Advisory Council to review the Area Plan update and offer their thoughts and suggestions. As a part of the review, Jill shared the process for updating the Area Plan, the progress to date on the strategies, the proposed FY2024 strategies, and the performance measure outcomes.

### **Board Update**

- The Board met on January 9<sup>th</sup> and welcomed 3 new board members; Chris Montross, Bruce Barnhart, and V Fixmer-Oraiz. These members replace the prior County Board of Supervisors.
- Caregiver Wellness Day is being planned for November 6, 2023. Due to COVID, Caregiver Wellness Day has not been in person since 2019.
- The Caregiver 101 events in January were successful. Heritage is looking at having more events that are small and informative.

### **County Task Force Update:**

- **Linn County-** The committee brainstormed ways to engage in the community. They plan to be a part of some of the Farmers Markets.
- **Jones County-** The committee reviewed Heritage's program data.

- They are also looking at ways to get the word out about the Monticello congregate dining site.
- The committee discussed the Medicaid Unwinding program and the implications that it may have on consumers.
- They continue to promote Caregiving Services in Jones County.
- **Johnson County**-The committee voted on the meetings and the next priority.
- **Benton County**-The committee is planning a food drive that will benefit the local pantry. The committee continues to look for ways to do outreach in the community.
- **Washington County**-Harrison is working to grow the task force by visiting the northern part of Washington county. Encore in Washington County continues to average 70 participants.
- **Cedar County**- The committee had a successful fundraiser for \$1600 in November. They continue to look into outreach opportunities.
- **Iowa County**-no formal task force

### Open Agenda

- OIL identified for priority issues for submission to the 2023 session of the Iowan General Assembly, under the very general titles of:
  - Enacting a dementia specialist program
  - Improving guardianship and conservatorship system
  - Funding Iowa Return to Community from the lottery
  - Improving nursing home care
- Shari Slaton with Care Initiatives will be speaking at the Johnson County Elderly Consortium.

Next Meeting May 25, 2023 @ 1:00 pm

**Advisory Council**  
**Heritage Area Agency on Aging**  
**May 25, 2023**  
**Hybrid Zoom Conference Call/Heritage Conference Room**

**Present:** Don Kline, Kay Fisk, Shari Slaton, Art Staed, Harrison March, Kellie Elliott-Kapparos, Delaney Frater & Sjonna Brunt

**Welcome and Introductions:** Kay Fisk called the meeting to order at 1:03 p.m. and roll call was taken.

**Acceptance of Agenda:** No Quorum

**Consideration of minutes of February-** No Quorum

### **Agency Report**

- Welcome to Delaney Frater. Delaney is joining Heritage as VISTA Intern. She is a University of Iowa Social Worker student and will be working on the Prepwise program.
- Sara Meade-IRTC Coordinator resigned from Heritage. Heritage will be posting this position internally.
- Harrison accepted a Memorial Day Proclamation with the Johnson County Board of Supervisors today.
- Reminder to register for the June 5 Caregiver 101 Elderly Waiver Information session.

### **Board Update**

- No Update

### **3<sup>rd</sup> Quarter program Data**

The Program Dashboard was presented to the Advisory Council comparing 2019-2023.

- Congregate Dining-2021 Congregate dipped due to all sites being closed for most of the year. By the end of FY2023, Heritage is projected to serve the most they have served since 2019. Heritage projects 1800 unduplicated consumers and 60,000 units.
- EAPA-Elder Rights Services -Services include consumers who call to receive information and discuss a possible occurrence as well as the services provided to a consumer for a period of time needed to resolve and support them through an abusive situation. The data does not include VOCA.
  - Heritage is projected to serve 210 unduplicated consumers and 2.73K Units by the end of 2023.
  - Heritage is on track to serve more consumers than served in 2019, 2020, and 2022. FY2021 Heritage served 219 which is slightly higher than projected for FY2023.
  - The number of units is projected to be more than any other year between 2019-2022. This means the cases tend to be more complex cases and are taking more time.
- Options Counseling-This service helps people age 60+ make informed decisions about their long-term planning and care. The service is not more than 90 days. If more time is needed the consumers are often referred to Case Management.
  - The data reflects that Heritage is projected to serve slightly fewer unduplicated people in FY2023 than in FY2019 (more than 2020-2022), they are projected to serve significantly more units (2,247) than served since 2019.
  - The increase in units reflects the complexity of the cases and situations.
- Case Management-This is long-term support to help an individual maintain their plan of care.
  - Heritage is projected to serve 100 unduplicated people and 1,461 units in 2023. This is more than served between 2019-2022.

## Elder Rights Program Update

- Kellie talked to the Advisory Council about the Elder Rights Program and the Elder Abuse Law that went into effect earlier this year.

## County Task Force Update:

- **Linn County-** The Life Enrichment Center had its first large event on May 25. They hosted the American Legion Commander to talk to older adults. 30 people were in attendance.
- **Jones County-** The committee is working to partner with the Elderly Consortium to bring back the local health fair that was well attended prior to COVID.
- **Johnson County-**
- **Benton County-**The Task Force is busy organizing a food drive for Older Americans Month and will take the food to a local food pantry that serves older adults.
- **Washington County-**
- **Cedar County-** The committee is preparing for outreach events at the local fair and the Public Health Fair.
- **Iowa County-**no formal task force

## Open Agenda

- Kellie mentioned to the Advisory Council the need to better align the task force and Advisory Council By-Laws to the Board's. This will be a conversation held at a future meeting.
- Give 65 Fundraising Campaign
  - Heritage was invited to participate in the GIVE65 fundraising campaign through Home Instead. Thanks to Karen Huber for recommending Heritage. The campaign is a fundraising campaign that lasts for 65 hours in July. Every organization is eligible for up to \$5,000 matching grants, while funds are available. It's a dollar-for-dollar match. That means, gifts of \$5,000 or less will be matched until:
    - The organization hits \$5,000 in funds raised, and/or
    - The \$215,000 matching grant fund is exhausted
  - Home Instead Charities will offer an additional \$10,000 in grants once \$500,000 is raised on the Give65 site.
    - The Give65 homepage tracks the progress of each organization's goal.
  - For more details, please visit the following link.  
<https://www.give65.org/content/about>.