



Regular Meeting of the Heritage Board of Directors
Thursday, January 8, 2026 – 2:00 p.m.

Via Conference Call and Heritage Area Agency on Aging Location

MINUTES

Call to Order

Present: Keith Stamp, Bruce Barnhart, Chris Montross, David Thielen, Karen Huber, Peggy Doerge, Karri Fisher, Mandi Remington, Sister Susan O'Connor, Scott Olson, Dusti Winkie, Jon Zirkelbach, Larry Kudej and Grace Schmidt (new BOS for Benton County).

Also Present: Barb Werning, Jennifer Knudtson, Kellie Elliott-Kapparos, Jill Sindt, and Denise Babcock-Assistant Secretary.

Board Member Changes and Addition – Action Item

• Changes

- Jessica Fairbanks, At-Large Board member, has resigned. She stated this was due to challenging time commitments. Sarah Wagner is now moving into the position of At-Large Board member.

• Addition

- The Benton County Board of Supervisors appointed Grace Schmidt to Heritage's Board.

Approval of Board Member Changes and Addition

Upon further discussion, Directors Olson and Montross moved and seconded to approve Board member changes as stated. Motion carried, 12-0.

Introductions – Grace Schmidt and New Employee, Amy Rasmussen

• Welcome

- Grace introduced herself and presented an overview of her background coming on to the Board. In turn, Amy, Heritage's new Elder Rights Specialist, gave a summary of the experience she brings to her new position. All members provided brief introductions. Both individuals were welcomed.

Mission Moment – Barb Werning, Executive Director

• Positive Consumer Feedback from Heritage's 2025 Annual Survey

- Tai Chi, one of several evidence-based classes Heritage offers, is proving very popular among older adults, along with our instructor, Bryan Bruner, Wellness Coordinator. Upon completing his 2025 Annual Survey form, a Consumer in his eighties commented that at the end of the 11-week course, his balance had greatly improved and helped to lessen his risk of falling. He was very appreciative of Bryan's instructional expertise and with Heritage for offering this type of wellness support.

Amended Agenda

• Request to Delete Agenda Action Item

- At this time, it was requested that Agenda item X. – “Action Items and Assignments, a. Policy Approval,” be deleted since the policy is still undergoing changes and not ready for Board review/approval.

Approval of Amended Agenda

With no further questions, Directors Doerge and Huber moved and seconded to approve today's amended agenda, deleting item X (ten). Motion carried, 13-0.

Approval of Minutes of the Board of Directors Meeting Held Thursday, November 13, 2025

Upon prior review and with no further questions, Directors Olson and Barnhart moved and seconded to approve Thursday, November 13, 2025, meeting minutes previously distributed by e-mail. Motion carried, 13-0.

REGULAR AGENDA

Finance Report

• Updates

- Heritage expects to receive a draft of the SFY25 annual audit from Denman this week. At the February meeting, a copy will be presented to the Board for review.
- State funding for Q3, 2025 and federal funding for January 2026 has been received, with a combined total of \$440K.
- Federal funding is through January 30, 2026, at which time either another continuing resolution for a budget extension must be passed or the federal government will shut down. This situation will continue to be monitored.
- Integrated Services Director, Kellie Elliott-Kapparos, has sent SFY27 Request for Proposal (RFP) packets to those who submitted a letter of intent. RFP applications are due back February 26th and will go through the RFP review team process with award recommendations presented along with a full budget for approval to the Board in March.
- Reports currently being prepared are the quarterly MAC-Medicaid Administrative Claiming (due January 9, 2026), quarterly IAFRS report to the State (due February 22) and quarterly VOCA-Victims of Crime Act report due January 30, 2026.
- An updated SFY26 Area Plan budget is due to the State February 22, 2026, along with the SFY27 budget to be included with the Area Plan submittal in early April.

• Fiscal Dashboard

- Statement of Cash Flows and Balance Sheet as of January 5, 2026, as well as the Combined Statement of Revenues and Expenditures from July 1, 2025, through June 30, 2026, were included in the meeting packet for Board review.

Approval of Finance Report

No other questions, Directors Doerge and Olson moved and seconded to approve the Finance report. Motion carried, 13-0.

Fundraising Committee Report

• Caregiver Wellness Day Event (CWD)

- An overview of the popular, annual Heritage Caregiver Wellness Day event was given by Director Huber.
 - The purpose of this sponsored, free event is to celebrate the family caregiver who is on a journey that is often “joyous and stressful, smooth and bumpy, rewarding and exhausting,” but always one that requires a remarkable level of personal dedication.

- The CWD committee designs the day's activities to include speakers around topics that will educate and encourage participants. Many sponsors and vendors are present to provide one-on-one opportunities for participants to learn about beneficial resources available to them and for the individual they care for. Free lunch and refreshments are provided as well as respite care services, a vaccination clinic and a wellness activity. Registration is required.
- Typically, the event is held in Cedar Rapids (Linn County), however, in 2025, it was held in Iowa City (Johnson County). The intent is to begin rotating it to other counties in Heritage's seven-county service area so more can attend, allowing them to drive a shorter distance and be away from their care receiver for a shorter period of time.
- The first CWD Committee planning meeting for the 2026 event takes place Monday, February 16, 2026, at 2:00 p.m.

Operations/Executive Director's Report

• Staffing

- Heritage has hired the following individuals to fill our two remaining positions. When they report, we will be fully staffed.
 - 1.) Elder Rights Specialist – Chanel Prince, effective February 1, 2026.
 - 2.) Options Counselor – Katy Davis, effective date still to be determined.

• Program Updates

- New Congregate Sites
 - St. Paul's United Methodist Church: Contracts have been signed and anticipated starting mid-February, the location in downtown Cedar Rapids will become a once-a-month congregate meal site at this time. Food distributions will continue there and it is a potential class site (i.e., Tai Chi).
 - Iowa City: Coralville Community Food Panty is being considered for a possible Thursday congregate meal starting in June.
- Heritage now has an agreement with Unity Point to provide IRTC services. The document is undergoing the signature process, with services anticipated to begin February 1.
- MOWA has contacted Heritage with a request to visit our sites for their Pet Smart Charity program. They will visit on May 14, attend an Encore Café and help staff deliver pet food. This is a national program and staff from several states will attend.
- Full Circle Communities, which owns The Arbor at Lindale Trail, has renewed our contract for another year. This agreement, which provides 20-hours per week of residential, on-site senior social services case management and options counseling, helps cover ½ of a Heritage staff person's time and salary.
- Heritage is partnering with Kirkwood to hold a Corridor Conference on Aging for individuals over sixty on May 20, 2026, at the KCC Regional Center in Hiawatha. Registration is now open.
- Currently, Heritage's office move to a new Kirkwood location is estimated to take place during the spring/summer. It is hoped all staff will have an office with four walls along with a door they can close for confidential conversations.

• Other Updates – Including DHHS Integration and Federal Changes

- A decision has been made that all Iowa DHHS services will be reorganized into 7-District regions, using the same map as Behavioral Health and the Disability Access Points. The process and timeframes are unclear. Updates will be provided as information is known.

Open Agenda

- Board Advisory Member, Larry Kudej

- Older Iowans Legislature (OIL) - Will continue to be supportive of keeping budgets stable for the AAA's as well as advocating for a Dementia Specialist position to be funded. Any changes or suggestions to the legislative priorities that OIL has determined for this year, please let him know.
- AARP "Day on the Hill," will take place Tuesday, January 27, 2026, 7:00-10:00 a.m. at the State Capitol Rotunda, West and South, in Des Moines. Lobbyist, Amy Campell, will be present.
- i4A "Day on the Hill," will take place Wednesday, March 4, 2026, 7:00-10:00 a.m. at the State Capitol Rotunda, West and South, in Des Moines. This is an opportunity to speak with Legislators regarding older Iowan adult issues and the challenges they face. Again, Lobbyist, Amy Campell, will be present. Board members should contact Barb with any questions or if they plan on attending.
- Board Chair, Keith Stamp
 - Board members were asked to reach out to their State Representatives and Legislators to support the AAAs.
- Executive Director, Barb Werning
 - Barb will forward legislative and USAging updates she receives for Board review. She will also arrange for Amy Campbell to attend a future meeting and discuss 2026 legislative activity.
 - The e-mail stating FY26 Board Member training requirements and course links to complete will be sent out again
 - Harrison will post on our Facebook site the "Step Into Their World" dementia presentation being put on by the University of Iowa Nursing School at Keystone in Iowa City for anyone who wants to attend.

Public Comment

- No comments were brought to the Board's attention.

Motion to Adjourn

- No further business, Directors Doerge and Olson moved and seconded a motion to adjourn. Motion carried, 13-0. The meeting was adjourned at 3:02 p.m.

Next Meeting

Thursday, February 12, 2026, from 2:00 to 3:30 p.m., in-person or via zoom conference call at the Heritage East building conference room, 6301 Kirkwood Boulevard SW, Cedar Rapids.

Respectfully submitted by:

Denise Babcock

Denise Babcock, Assistant Secretary

Approval by Board:

Keith Stamp

Keith Stamp, Chair