

Connections AAA Advisory Council Meeting Minutes

Date: March 9th, 2023
Time: **10:00 am**
Place: Connections AAA Conference Rooms or by Zoom

ITEM

ACTION

I. Call to Order – Arlene Schwartz

- a. Roll Call – Gary, Arlene, Rick, Becky, Wendy, Ellen, Jerri, Bob
 - Staff - Chris, Aubury
- b. Excused: Nancy, Mary Stock
- c. Recognition of Visitors – Aubury/Chris
- d. Approval of Minutes of January Meeting; motion to accept by Wendy, seconded by Becky
- e. Approval of Agenda: motion to accept by Wendy, seconded by Rick

II. Reports

- a. Update of Activities (upcoming and events recaps) –
 - Feb was a month of planning, working, and making contacts,
 - OATS (Older Adult Technology Series) programs are being scheduled.
 - Dementia Friends – Aubury, Chris, and Nikki completed training as champions. Dementia Friends is a State/National/Worldwide movement to train community members on the basics of Dementia and how to better interact with people with Dementia. We can bring these programs to employers, community groups and the general public. If you know of a group who would like a presentation, let Aubury know. After participating in the training, participants become “Dementia Friends.”
 - The Sugar & Spice Gingerbread Gala planning started last month and will be meeting again today. This event will be held during the first weekend of December.
 - Golf tournament is scheduled for Sept 8. Aubury has been working on finding sponsors and so far has found a sponsor for golf balls (equal 2K) and another 2K sponsor with PACE-CB for 2k. Aubury explained that fundraisers are very important right now. 100% of the proceeds from these events are going to reduce the number of clients waiting for services on our waitlists. Aubury explained that funding was reduced back to 2019 level, even though the additional funding received during the pandemic increased number of clients reached.
 - Golf Tourney will be accompanied by a silent on-line auction. Aubury has found website called Shareway to help find additional donations and auction packages. She is limited to 10 requests per month with the free version of this app.

- Evidence based classes –
 1. Nikki just finished the Powerful Tools for Caregivers virtual class. She partnered with ISU extension for the additional instructor.
 2. beginning to partner with PACE for Tai Chi classes in Creston,

NOTE: If there is anything you want added to the agenda please call or email me at akrueger@connectionsaaa.org (712-828-0763) Our next meeting is 01/12/23 at 10am

3. Bingocize classes have been offered in Osceola, LeMars, and Creston
 - a. Jeri commented that Osceola classes have been greatly enjoyed. Jeri enjoyed participating in Bingocize and credits having participated in Matter of Balance for helping her stay on her feet.
 - Shredtastic is coming on May 19 in Sioux City.
 - Council Bluffs shredding company promised free annual event, but then changed and plans to charge \$250/hour for the event. Aubury will try negotiating to see if an event can be offered in May. At this time, we can't justify a fee of \$500 to offer this event.
 - Stress Busting for Caregivers virtual class will be offered in April. Registration is open.
 - A flyer has been developed for the Caregiver program and supports. Chris was able to distribute some of these at the Holstein Senior Fair yesterday.
 - Welcome to Medicare Seminars will be offered in Sioux City in March and May with registration through WITCC. WITCC's Lifelong Learning program will offer two of the OATS programs as part of the aging well series.
 - Changes with Older Worker Employment program which helps seniors get ready and find jobs, Ashley has over 100 people on her caseload. In order for us to continue the program, there will be some monetary investment that is being negotiated. We're trying to find a way to keep the program. It is a valuable program with a strong impact.
 - Renewed OATS license. We've put in licensure for all 20 counties.
 - Exciting news! We're re-opening our office doors. Council Bluffs and Sioux City offices will be open Monday-Thursday, and Friday by appointment only. Creston's office will be by appointment only due to the small number of staff members who are often out and about.
 - b. Legislative Update - The Legislature did approve Governor's plan about combining and merging many different programs. The bill is lengthy and will have implications for us.

III. Business Requiring Action

- a. Area Plan review – Aubury went through the Area plan for FY 2024. Area Plan was an attachment with email for this meeting.
- b. Becky gave kudos for getting knowledge of plan and sees the actions are attainable.
- c. Jeri said sandwiches and soups are a hit at the mealsites.

IV. Business Not Requiring Action

V. Open Forum

- a. Discussion of milk alternative at congregate sites. Several members indicated their meal sites did not want to lose having milk available. There was a question about the sweetener in these drinks, if they were similar to juice. It was explained that the drink was a non-dairy product with a low-calorie sweetener. It will be offered as an option for those who don't like milk or are lactose intolerant.

VI. Adjournment: Next meeting May 11th at 10:00.