

**IDAHO COMMISSION ON AGING**  
**BOARD OF COMMISSIONERS MEETING MINUTES**  
**Thursday, August 17, 2023**  
**BOISE, IDAHO**

**Commissioner Members:** Chair Morley, Vice-Chair Magera, Commissioner Ohrtman, Commissioner Reiland, Commissioner Nielson, Commissioner Milliken

**ICOA Staff:** Judy Taylor, Bettina Briscoe, Vicki Yanzuk, Admir Selimovic, Birgit Luebeck, Deedra Hunt, Erin Olsen, Fanny Rodriguez-Melnikovsky, Janet Miller, Jenny Hill, Lynn Fyanes, Rachel Kessinger, Scott Carpenter, Susan Bradley

**I4A Members:** Director Stoddard, Director Holcomb, Director Enriquez, Interim Director Thompson, Director Hirschi, Director Foote

**Guests:** Tiffany Robb – IDHW, Tasha Howard – University of Idaho, Bridget Morrisroe – University of Idaho

**Excused:** Joe Zaher

**Open and Welcome Quorum – Chair Morley**

- Chair Morley called the Board of Commissioners meeting to order at 9:00AM.
- Presented opening remarks.
- \* Motion was made and carried to approve August 17, 2023 agenda.
- \* Motion was made and carried to approve May 4, 2023 minutes.

**Director's Report – Judy Taylor**

- Shared ICOA Update:
  - David Brandt has resigned for an opportunity at Boise State University.
  - Admir Selimovic had joined Bettina Briscoe as a Certified Public Manager.
  - Program Specialists are getting out on consulting visits.
- Touched on a diagram breaking down Gross Domestic Product in each state.
- Presented on ICOA outreach visits which educate on services and supports in place to help aging Idahoans stay in their homes and communities of their choice.
- Discussed the Idaho Needs Assessment survey.
- Shared a list of the outreach locations and dates:
  - PSA1 = Fernwood Senior Center – July 31, 2023.
  - PSA1 = Rathdrum – Aug 1, 2023.
  - PSA2 = Lewiston – August 2, 2023.

- PSA2 = Nez Perce – August 3, 2023.
- PSA3 = Weiser Senior Center – June 6, 2023.
- PSA3 = TBD
- PSA4 = Gooding Senior Center – September 27, 2023.
- PSA4 = Twin Falls Senior Center – September 28, 2023.
- PSA5 = Bingham County Senior Center – September 18, 2023.
- PSA5 = Pocatello Senior Center – September 19, 2023.
- PSA6 = St. Anthony Senior Center – September 20, 2023.
- PSA6 = Madison County Senior Center – September 21, 2023.
- Shared on ICOA Strategy Update:
  - State Dementia efforts.
  - Involuntary Hold Legislation.
  - ACL Rule Promotion.
  - Review Tool Kit and Calendar.
  - Multi-Sector Plan for Aging.
- Touched on looking forward to November:
  - Program reports including prioritized gaps for the State Plan.
  - Needs Assessment analysis.
- ✓ Susan will email out presentations, the article Judy mentioned in her presentation regarding the diagram about Gross Domestic Product in each state, and any additional meeting materials.
- Questions and discussion followed.

### **Project Manager Report – Vicki Yanzuk**

- Shared acronyms and definitions.
- Reviewed the AAA yearly budget processes.
  - AAA Budget Workbook.
  - ICOA Review and Contract.
  - Approved Budget and Contract.
  - Quarterly Updates.
- Shared on SFY 24 Approved AAA Budgets:
  - Budget by Grant.
  - Budget by Expense Category.
  - OAA Guidelines.
  - Idaho Guidelines.
- Touched on the guidelines for:
  - Legal Services.
  - Admin Expense.
  - Federal Admin.
  - Transfers between C1 and C2.

- Transfers between B and C.
- Discussed contractual guidelines.
- Shared estimated projections on services.
- Presented the new APS funding breakdown chart.
- Compared the new APS budget model to the SFY 23 budget – A total increase of \$224,500.00 split among the AAAs.
- Announced the new grant application award issued for Senior Medicare Patrol:
  - Five-year grant.
  - \$360,000.00 per year.
- Discussed the Luma transition and implementation.
- Questions and discussion followed.

### **Falls Prevention: How Everyone Can Be Involved – Erin Olsen**

- Presented on Falls Prevention Awareness Month.
- Shared the importance of falls prevention.
- Touched on media outreach:
  - Local Proclamation.
  - General Press Release.
  - Seminar-Specific Media Alerts.
  - PSA Announcement Scripts.
  - Seminar Schedule.
- Announced In-Person Falls Risk Screenings:
  - New this year.
  - Hosted by St. Luke’s on September 15<sup>th</sup>.
  - Hosted by Kootenai Health on September 22<sup>nd</sup>.
- Shared information on the upcoming Falls Prevention seminar:
  - This seminar is designed for healthcare students and practicing professionals.
  - Held in cooperation with the Idaho College of Osteopathic Medicine (ICOM) and the Internal Medicine Student Association.
  - Expert Presenters:
    - Dr. Rodney Bates (ICOM).
    - Tobie Strong (St. Luke’s)
    - Erin Olsen (ICOA)
  - Wednesday, September 20, 2023 at 12:00PM – 1:00PM MDT.
- Reviewed steps to prevent falls and falls prevention pillars:
  - Nutrition and Hydration.
  - Physical Health.
  - Emotional Health.
  - Environmental Safety.

- ✓ Erin will email out her falls preventions packet.
- Questions and discussion followed.

### **Alzheimer's Disease and Related Dementias (ADRD) Program – Tiffany Robb**

- Presented the 2021 launch of the Alzheimer's Disease and Related Dementias (ADRD) program.
- Discussed recent celebrations:
  - Submitted applications and awarded the following federal funding:
    - Five-Year 2023-2028 BOLD Application.
    - Four-Year 2023-2027 ACL Lifespan Respite.
  - Projects:
    - Dementia Friends Idaho Pilot (290 Idaho Dementia Friends).
    - Brain Health, Dementia, and Family Caregivers - A Guide for Fitness Professionals.
    - Idaho Dementia Road Map – A Guide for Family Caregivers.
    - 2023-2028 Alzheimer's Disease and Related Dementias Strategic Plan for Idaho.
- Reviewed Seven Critical Success Factors:
  - Awareness of Brain Health and Wellness and Benefits of Early Detection.
  - Proactive Actions to Improve Quality of Life.
  - Training for Healthcare Professionals.
  - Training for Others in the Community.
  - Caregiver Supports.
  - Access and Equity-Enabling Factors – Systems, Funding, etc.
  - Strengthening Workforce.
- Questions and discussion followed.

### **Dementia Friends Training – Tasha Howard & Bridget Morrisroe**

- Presented on Dementia Friends Idaho workbook.
- Defined Dementia:
  - Dementia is not a specific disease. It is an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.
- Shared a table comparing normal aging vs. Alzheimer's Disease symptoms.
- Read the 'Bookcase Story' which compares a healthy brain vs. a brain as Dementia progresses.
- Touched on communications strategies for interacting with people with Dementia:
  - Treat the person with dignity and respect.
  - Be aware of your feelings and tone of voice.
  - Be patient and supportive.
  - Offer comfort and reassurance.
  - Avoid criticizing or correcting.

- Avoid arguing.
- Offer a guess if the person is using the wrong word or cannot find a word.
- Encourage nonverbal communication.
- Shared Dementia Caregiver Resources.
- ✓ Tasha will email out a Dementia Friends Certificate and the videos that were shared during the presentation.
- Questions and discussion followed.

#### **Commissioners' Reports – ICOA Commissioners**

- Roundtable discussion of highlights from reports, events, and challenges in their areas.
- Questions and discussion followed.

#### **AAA Reports – Area Directors**

- Roundtable discussion of highlights from reports, events, and challenges in their areas.
- Questions and discussion followed.

#### **Director's Closing Remarks – Judy Taylor**

- Presented Debra Reiland with a Certificate of Appreciation for her years of service as an Idaho Commission on Aging Commissioner.

#### **Other Business – Chair Morley**

- Meeting adjourned at 2:13PM.