

North Clackamas Parks and Recreation District
MILWAUKIE CENTER/COMMUNITY ADVISORY BOARD
Minutes of Dec 11, 2009

MEMBERS PRESENT: Katie Rudfelt, Elizabeth Young, Molly Hanthorn, Eleanor Johnson, Carolyn Mills, Ben Horner-Johnson, John Gill, Bill Bersie, Kim Buchholz

EXCUSED MEMBERS: Ben Tabler, Chuck Petersen, Joan Staley

STAFF PRESENT: Joan Young, Donna Lugibihl, Marty Hanley, Abby Kennedy, Twilla Hayden

CALL TO ORDER: Eleanor Johnson called the meeting to order at 9:30 am. Kim made a motion to approve the minutes from the November meeting as written and Bill seconded the motion. The minutes were unanimously approved.

CORRESPONDENCE: Joan updated the board on the reapplication of 3 members. She noted that Eleanor's term will not expire until next year so she didn't need to reapply. The applications for Chuck and Katie are moving ahead.

REPORT – Social Services staff

Joan invited the Social Services staff to attend this meeting and give brief descriptions of their job at the Center. Abby Kennedy, Human Services Coordinator, explained that she is the lead worker in that department. Part of her job entails giving information and assistance, which includes the energy assistance program. This program helps low income seniors and disabled get help with their heating bills. She also helps family caregivers get resources on mental health issues and memory loss. She reported that Social Services is partially reimbursed through Older Americans Act funds for such things as case monitoring, information and referral, home delivered meals, congregate meals, transportation, assessments, exercise and health wellness classes. Abby would like to see some funding for family caregiving consultations because they probably counsel between 5-10 people a week.

Marty is the Transportation and Client Services Coordinator. He spoke primarily about his role as the Client Services Coordinator. Marty does geriatric assessments of people in their homes who request Meals on Wheels. His focus is on 3 main things:

1. Eligibility. To be on Meals on Wheels a person must be over 60, live in our service district and demonstrate a need for the meals. A need might include having an injury or condition which doesn't permit the person to stand and prepare a meal. In order for a person under 60 to receive meals, they must be approved Medicaid clients. Finances are not a qualifier for 60+ clients. A donation of \$2.50 is suggested but people are asked to give what they can afford. The average is about \$1 a meal.
2. Home issues. How people are functioning in their home. Safety concerns, which includes grab bars in the bathroom, working fire alarms and preventing falls. Also being able to access housekeeping services and giving them resources and referrals.
3. Introducing the Center. Marty tell folks about the Center; brings them a newsletter for them to read and leaves them his business card if they have

questions. He also lets them know about our grocery shopping bus and transportation to come to the Center.

Marty's pay comes from 3 areas: transportation, social services and nutrition, which are interrelated and are a good mix to help the people we serve.

Twillia Hayden serves as the Client Services Assistant and Respite Coordinator. She spoke about her role as Respite Coordinator for APAC (A Place at the Center). It's a once a week, 3 ½ hr time period for caregivers to get away and have time for themselves. Twilla mentioned that she spends a fair amount of time counseling caregivers. They are stressed, worn out and are dealing with a major life change. Twilla finds some people are not appropriate for the group, either because of physical or mental conditions, and she works with family members to help find placement for them.

APAC has been meeting since 1992 and one client has been here the whole time. The group can take up to 12 people and since July, 22 people have come through the program.

Some activities for the group include:

Exercise – Based on the Sit-n-B-Fit class offered at the Center

Music Therapy – Once a month a professional comes in, otherwise volunteers lead singing and play instruments.

Pet Therapy – The therapy dog they've had for the last several years is retiring and fortunately they have a new dog to take his place.

Storyteller – Comes in once a month as a volunteer.

Arts/Crafts – Twilla enjoys leading this and discovers lots of good stuff from the free table.

Abby spoke about Adult Protective Services, which is run by the State of Oregon, and deals with financial, physical and mental abuse of vulnerable adults. They refer folks to local senior centers so they are able to use the services offered. Abby also mentioned about dealing with people who neglect themselves. They may choose not to bathe, take their medications or wear the same clothes day after day. Social Services staff will speak to the person about hygiene issues but again it is their choice and there's not a lot they can do.

BOARD/COMMITTEE REPORTS

NUTRITION/TRANSPORATION COMMITTEE

Joan commented that the committee met last week. Ridership on our buses is up 22% over last year. The impact is huge with more drivers' hours, gas and mileage. Marty does home assessments on people coming from foster homes to make sure they are appropriate to come to the Center. Bus sponsorship is harder to come by with the poor economy. They're working hard on this.

Nutrition MOW numbers for 2009 are consistent with 2008. The congregate lunch numbers, however, are up this year about 10%. Plans are in the works for March for Meals fund-raising campaign, with the March for Mutts event on March 6. The goal this year is \$25,000.

FACILITY COMMITTEE

Ben reported that the committee met on Thursday, Dec 10. Discussion included:
1. The expansion of the Meals on Wheels prep area has funding secured and the process is moving along.

2. John has finished caulking on the border trim but there is a dry rot issue in some places which will need to be replaced this summer. He is working on a cost estimate for next year's capital budget.
3. Minor repairs have been completed in the kitchen/dining room area
4. Camas/Dogwood room floors will be refinished next week.

FRIENDS OF THE MILWAUKIE CENTER, INC.

Elizabeth reported that Thursday night Bingo is going strong. The revenue is up 15% from last year.

The Big Bash Bake Sale was successful, raising \$540 for the Sara Hite Memorial Rose Garden.

The Annual Campaign will be going through June. The "\$5 Fund" has been very successful so don't forget to send in your donation.

Two upcoming events: Spaghetti Dinner and Poker Tournament, Feb 27 and the Murder Mystery Dinner and Auction, May 22.

CENTER REPORT

Joan announced that Jan 2, 2010 will be the 30th anniversary of the opening of the Milwaukie Center. A committee is working on a celebration which will be held June 4th. Anyone interested in serving on the committee, let Joan know.

Foot care update – Northwest Senior Management will end its service on Dec 31. Some of the nurses, who have been doing foot care for a number of years, are starting their own business, Foot Clinic Nurses, LLC. They will be providing the service starting Jan 1st. The cost will remain the same.

During the holidays, the Milwaukie Center has collected close to a 100 stockings for the Fill a Heart, Fill a Stocking program. They've also collected canned food and toys for Operation Santa Claus.

Joan mentioned that they are in the beginning stages of conversation with several pharmacies as a potential "renter" at Milwaukie Center to help generate income. She'll keep us posted on how that works out.

The Chamber held a non-profit showcase here last week and the Winterfest party on Thursday was a huge success, with over 200 people attending.

Eleanor asked the board to encourage friends and neighbors to attend some of the special events at the Center. The Well Tuned Wednesday concert, with Ellen Whyte, was not well attended and if we want to continue having these kinds of programs, we need to get the word out. There will be another great concert in February so let's drum up some business.

INFORMATION/ANNOUNCEMENTS

The Program/Services committee will be meeting on Jan 6th at 10 am. The next C/CAB meeting is Friday, Jan 8.

AGENDA FOR NEXT MEETING

Joan will ask another staff member to report.

ADJOURN –The board meeting was adjourned by Chair Eleanor Johnson at 10:55 am.

Minutes prepared by: Donna Lugibihl

Minutes approved by: Carolyn Mills, Secretary