



Lee County Senior Services

The Enrichment Center of Lee County
1615 South Third Street
Sanford, NC 27330
(919) 776-0501

Wednesday, September 18, 2019

The Enrichment Center Conference Room, 1615 S. Third Street, Sanford, NC 27330

Board Members Present: Cleo Bryant, Trudy Forrest, Mary Ann Gaster, Henry Merritt, Jim Payne, Joyce Smith, Martha Wicker, Bob Will

Board Members Absent: Commissioner Robert Reives

Staff Present: Debbie Davidson, Melanie Rodgers, Debbie Williams

Guests Present:

1. 8:30 a.m. Mary Ann Gaster called the meeting to order, welcomed the group and announced a quorum present. Introductions were made.
2. Mary Ann Gaster asked if there are any corrections or additions to the Agenda. Bob Will asked to move #8, Triangle J Area Agency on Aging updates to #5. He needs to leave the meeting at 9:15 a.m. Debbie Davidson asked to move #7, Department Updates, after Bob Will's Triangle J report. The board agreed to make the changes. Henry Merritt made a motion to accept the Agenda with the changes, second by Cleo Bryant and all in favor.
3. Mary Ann Gaster asked if there are any corrections to the August 21, 2019 minutes. With no corrections or additions, Trudy Forrest made a motion to accept the August 21, 2019 minutes as written, second by Bob Will. All in favor.
4. There were no public comments.
5. Bob Will provided information from the Sept. 17, 2019 Triangle J AAA meeting. They included facts about Tri J's HPDP (Health Promotion Disease Prevention) Grant classes. Lee County's HPDP classes are well attended. Debbie Williams added that Lee County provides A Matter of Balance and Tai Chi for Arthritis for Fall Prevention HPDP classes. Bob asked if Lee County received more HPDP funds, could more classes be offered. Debbie Davidson advised that the grant is an allocation, which is calculated using a formula, and the fact that Lee County isn't a medically needy county. Medically needy is when there are not enough physicians, hospitals and other medical staff available to serve our county's population. Triangle J AAA includes the following counties: Lee, Moore, Orange, Wake, Durham, Johnston and Chatham. Bob reviewed the Tri J AAA Regional Impact handout, which included home delivered meals. Martha Wicker asked if staff are required to ask participants for contributions. Debbie Davidson said no, according to the service standards set forth by NC Division of Aging & Adult Services we cannot ask the participant to give, but we can let them know the cost to provide the meal. Participants are given the opportunity to give. Bob reviewed information about Senior Centers of Excellence and commended LCG Enrichment Center for its Certification of Excellence. Debbie Davidson commented that the grant allocation for Senior Center of Excellence has decreased over the last few years. Mary Ann Gaster asked why has the allocation decreased. Debbie explained that more senior centers are becoming certified and the NC General Assembly has not increased the allocation amount that is shared among the centers. Bob shared there are Senior Center handouts designed by NC Div. of Aging and Adult services. Bob's handouts are included in the original minutes and are available if other board members would like copies.

6. Debbie Davidson provided department updates. Triangle J AAA will perform annual monitoring November 25 – 26, 2019. Programs to be monitored are Congregate Meals (Diners Club), Home Delivered Meals, Senior Center Operations, Housing and Home Improvement, Evidence-Based Health Promotion/Disease Prevention and Family Caregiver Support Program. Monitoring is a current year, FY20, audit. Tri J staff members Ellison Jones, Kristen Jackson and Ashley Price will come to the Enrichment Center and review files and information related to each service. Sidney Morgan, Transportation Coordinator for COLTS, resigned. Tonya Surratt was promoted to Transportation Coordinator as of 9/1/2019. Interviews are taking place today to fill Tonya's position. Four drivers were recently hired, of which three have CDL License that is required to drive a 15+ passenger vehicle; COLTS has two vans that require a CDL. The Board of County Commissioners approved the FY21 NC Public Transportation Administrative and Capital grant request on Monday, September 16, 2019. In New Business at the BOCC meeting, the discussion of a modification to the Lee County Code of Ordinances to allow conceal carry of handguns on certain county properties, Comm. Kevin Dodson. Debbie will provide the Senior Services Advisory Board with updates about Lee County's Carry Conceal Policy.
7. Debbie Williams provided information about upcoming Senior Center Programs, distributed flyers and referenced the September 2019 Center Post newsletter. Senior Center Month programs are going well and have good attendance numbers. A Health & Wellness Day was held on Friday, September 13, 2019, 9 AM – 12 PM. Free screenings and information was made available to Lee County residents ages 50 and better. Students from the CCCC Dental Hygiene program provided samples, screenings and information. Walgreens provided flu shots to 35 people, Central Dermatology provided more than 40 screenings and Triangle Vision provided free vision screenings. You can continue contributing your coins at the front desk through Sept. 30, towards "Change for Change" which goes to The Enrichment Center, Inc. Helping Fund. Debbie encouraged the board to read The Center Post newsletter for more information about remaining Senior Center Month activities and special programs. The next Health & Wellness Day takes place Friday, October 11. Free screenings include: mini dementia screening, vitamins and herbal supplements, spinal screening, fall risk assessment, chair massage and salad demonstration and tasting. The Fall Festival takes place Saturday, October 26th, 8 AM – 2 PM. Board members are asked to bring baked goods, such as cookies, brownies and cakes, for the bake sale. Bring the baked items on 10/24 or 10/25 and EC staff will package into individual baggies. Proceeds from the bake sale and hot dog sales benefit The Enrichment Center, Inc. Helping Fund. Lending Paws a Hand, Inc. animal rescue will have pets on site for adoption. The Veterans Appreciation Luncheon takes place Thursday, November 7, 2019 at the Dennis A. Wicker Civic and Conference Center. Doors open at 11:30 AM. Registration is required. Joyce Smith asked if open to Lee County veterans only. Debbie Williams said yes, it's for Lee County Veterans. A veteran may bring one guest for \$5.00, paid in advance at the Enrichment Center. An AARP Driver Safety Program takes place on Thursday, Nov. 7 from 9 AM until 1 PM. Registration is required at the EC front desk. CCCC Health Fitness Science Program Student Intern Massiah Goines will provide free fitness programs at the Enrichment Center during his internship. A list of programs is available at the front desk.
9:14 AM Bob Will leaves the meeting.
8. Melanie Rodgers reviewed the August 2019 Finance Report and MySeniorCenter Report. Mary Ann Gaster asked if the EC could charge participants for a HPDP grant class, and what amount would we use. Melanie answered that the grant prohibits charging participants, but accepts contributions. The grant pays for instructor hours, office supplies and marketing. Each class has a budget, the average cost for an hour would be about \$20-25.
9. The next Senior Tar Heel Legislature meeting will be in Raleigh, October 2019.

10. Old/New Business – Joyce Smith commented that exercise with scarves in the Diners Club was very motivating. She asked for it to be scheduled more often.
11. The next meeting date is Wednesday, October 16, 2019.
12. With no further business, Mary Ann Gaster asked for a motion to adjourn. Trudy Forrest made a motion to adjourn, second by Cleo Bryant, all in favor at 9:37 AM.

Respectfully submitted by Melanie Rodgers on behalf of Debbie Davidson, Secretary.



Mary Ann Gaster, Chair 