

LEE COUNTY SENIOR SERVICES ADVISORY BOARD

Meeting Minutes

Wednesday, September 21, 2016 The Enrichment Center Conference Room, Sanford, NC

Board Members Present: Cleo Bryant, Trudy Forrest, Henry Merritt, Jr., Jim Payne, Mary Upchurch

Board Members Absent: Comm. Ricky Frazier, Vera Marks, Karen Oldham

Staff Present: Debbie Davidson, Janice Holmes, Melanie Rodgers, Debbie Williams

8:30 a.m. Jim Payne called the meeting to order and welcomed everyone. He asked if anyone had questions or additions to the agenda. With no questions or additions to the agenda, Trudy Forrest made a motion to accept the agenda, seconded by Mary Upchurch, all were in favor. Jim Payne asked if everyone had read the minutes from August 17, 2016 and if there were any questions. With no questions, Trudy Forrest made a motion to accept the minutes, seconded by Henry Merritt, all were in favor.

No public comments.

Debbie Davidson provided updates for the Senior Services/COLTS Department. Senior Center Month Fridays have been well-attended and the vendors have been pleased. Sid Morgan, COLTS Transportation Coordinator, is attending a Leadership forum this week at the UNC School of Government. In FY2016, COLTS' revenue exceeded expenses and the revenue was deposited into a fund balance account for FY2017. A student from UNC Chapel Hill has begun her internship with COLTS. Jim Payne asked if we were aware of Johnston County losing their EMS services and will their transportation system, as well as our COLTS, assist with the need? Debbie Davidson explained that there are strict guidelines from NCDOT/PTD regarding the use of COLTS vehicles and others around the state. We would not be able to assist with emergency demand response. However, we do assist with transporting during an emergency evacuation to shelters. Trudy Forrest asked if COLTS transports to Duke Medical. Debbie answered yes.

Janice Holmes distributed a hand-out and reviewed SHIP and Medicare Part D Open Enrollment 2016. A copy of the handout is included with the original minutes. Jim Payne asked how many clients were assisted with the program in 2015. Janice advised over 500 were documented and reported. Cleo Bryant asked if people from outside of Lee County can make an appointment at The Enrichment Center? Janice advised SHIP/Medicare Open Enrollment services are for Lee County residents. Each county in NC has a SHIP program and citizens may also call the Raleigh SHIP office, 1-855-408-1212.

Melanie Rodgers reviewed the August 2016 Financial Report. A copy of the report is attached to the original minutes. Jim Payne asked the Silver Sneakers dollar amount received per person, per visit. Debbie Davidson replied \$2.50 per person, per daily visit to one Silver Sneakers site. Cleo Bryant asked the difference in a meal donation and a coffee donation in the Diners Club. Melanie explained that coffee is not on the menu to be served. Coffee is provided as an extra beverage and donations are requested. We use the coffee donations to purchase coffee supplies.

Debbie Williams provided a Senior Center Report. Senior Center Month Friday Living Well events have been successful and there's two remaining. The first was Safety Day on 9/2/16, which included Project Lazarus. Trudy Forrest asked what's Project Lazarus. Debbie explained it's a Health Dept. program that safely collects unused prescription and over the counter medications. Debbie reported that over 200 attended the 9/9/16 Open House event. More than 150 attended the wellness screenings on 9/16/16. On 9/23/16 additional health screenings will be provided and on 9/30/16 flu shots, fitness assessment and medication review. Jim Payne asked if flu shot clinic is limited to age 65 and better. Debbie replied that insurance will be accepted. The Rex Mobile Mammography will be at The Center on October 7. An appointment is required and can be obtained through the Lee Co. Health Dept. The next AARP Smart Driver classroom course will be October 14. There are several Tai Chi classes beginning, some require a \$50 fee. Jim Payne asked the difference in the classes. Debbie said the Tai Chi by the Arthritis Foundation led by Peggy Rowles is \$50 per person, paid to Peggy. The free classes are provided through the Health Promotion/Disease Prevention Grant and are held in the afternoon and evening. A Family Caregiver Showcase will be held Thursday, October 20 at The Enrichment Center, along with three (3) seminars. Registration is required for the seminars due to seating. The Vet Center of Fayetteville, NC provides free counseling at The Enrichment Center on Mondays from 8 AM until 12 PM on a walk-in basis. Services are for active duty services members and their family. Trudy Forrest asked what types of patients are seen at the new

Tramway VA facility? Debbie Davidson replied that it's a satellite medical center and veterans who go there are sent by appointment through VA. A representative from Johnston/Lee/Harnett Community Action will provide an information program about reverse mortgages on Friday, 10/28 at 11:00 AM. The annual Fall Festival will be held Saturday, 10/29 from 8:00 AM until 2 PM. There are more than 40 vendor tables. Hot dogs, sausage dogs, baked goods and Rada Cutlery will be available for purchase with proceeds going to The Enrichment Center Helping Fund. The Veterans Appreciation Breakfast will be held Thursday, Nov. 10 at 8 AM at the Dennis A. Wicker Civic Center. Miller Boles is partnering with The Enrichment Center. The location changed due to additional seating and parking needed for the event.

Mary Upchurch and Jim Payne provided a Triangle J Area Agency on Aging report. Handouts were provided to the board and are part of the original minutes.

Old/New Business:

Melanie Rodgers reported to the Board that the next advocacy event will be implementing the skills that they learned by showing action, such as writing letters as to why the senior center helps them find balance in their lives. These letters will be scanned and emailed to US Senate, US House of Representatives, Local Government Board of County Commissioners, Sanford Council and Broadway Council. A photo was taken of those in attendance. Melanie reminded the board to submit their letter to her, which will then be forwarded to the elected officials by her and Debbie Williams, Senior Center Program Coordinator.

The next board meeting will be held Wednesday, October 19, 2016 at The Enrichment Center.

With no further business, the meeting adjourned at 9:37 AM.

Respectfully Submitted by Debbie Davidson, Secretary Debbie Davidson, Secretary
Jim Payne, Chair Jim Payne