

## **Governor's Advisory Council conference call 3-27-12**

In Attendance: Jessie, CA, Betty, Al, JoLynn, Gladys, Marvin

Not in Attendance: Connie Mary Lou, Lauren, Beverly,

Staff: Charlie and Brian

Gladys Called meeting to order and took roll call

Gladys sent out minutes of 9th of March meeting. Several could not open them so we need to do them in a different format or include in the e-mail rather than as an attachment. Also follow-up with a written document.

Brian reported we will be meeting in the Gallery Room on April 30 at 5:30 at the Red Lion Colonial Inn. The Council will be having dinner, spouses may attend and some of the guest speakers will also be attending. We will review agenda and make assignments including who will do raffle and booth assignments. Motel and meals will be picked up by us. We will have rooms booked for Monday April 30th, Tuesday May 1<sup>st</sup>, and Wednesday May 2<sup>nd</sup>. Glenna will have travel forms for you to sign for your travel and other meal costs not included in the conference registration.

We will plan on having a meeting after the conference on Wednesday May 2<sup>nd</sup>. We will need Council members to let us know their plans for staying or leaving on May 2<sup>nd</sup> so we can figure out a time for the meeting.

Al will contact and set up the presentation of the colors. He will contact the Helena Indian Alliance and the Marine Color Guard.

Brian went over the agenda. He will check with Director Whiting Sorrell to determine the order for the Opening Session. Percy Devine, Regional Director of AOA is coming to speak on aging issues from a national prospective. The Area Directors will let us know this week who will be speaking for them on the local aging network.

Day ONE - May 1<sup>st</sup>

8:00 – 8:30

### **Welcome**

- Gladys Considine, Chair Governors Advisory Council on Aging
- Presentation of the colors.

9:00 **The State of Aging**

- Percy Divine, Administration on Aging Denver.
- Anna Whiting Sorrell, Director Dept Public Health and Human Services.
- To be named Area Agency on Aging Director.

10-1030 Break Sponsored by AARP

1030-12

**The State of Medicare/Medicaid and Social Security.**

- Bob Bartholomew, State Director AARP Montana.
- Max Richtman, President National Committee to Preserve Social Security and Medicare.
- Mini Grant awards presented
- Questions and Answers

12-130

**Centenarian Luncheon – Lt Governor invited**

130-300

**1. Alzheimer's, Arthritis and HIV-STD's panel**

- DISCOVER the facts about ARTHRITIS! Arthritis is not simply a mild condition of old age – it is the leading cause of disability in the United States, referring to over 100 different types of arthritis and related diseases and affecting 50 million adults and 300,000 children. The Arthritis Foundation is leading the way to conquer this debilitating disease through increased education, outreach, research, advocacy and other vital programs and services. Carrie Strike, the Arthritis Foundation Montana
- Montana Alzheimer's Association - Suzanne Belser, Executive Officer
- The HIV/STD program's purpose is to collaborate with others throughout Montana to prevent the spread of Human Immunodeficiency Virus (HIV) and other Sexually Transmitted Diseases (STDs), and to help ensure access to treatment and services. Laurie Kops, DPHHS HIV/STD Supervisor.

**2. Slips and Falls** Bobbie Perkins, DPHHS – Public Health and Safety.

**3. Connect @ the Library – For Seniors and Family Members**

Montana State Library in partnership with local community libraries received a major grant to expand high speed technology to over 45 libraries across the state of Montana. This session will provide tools for seniors, service providers and family members on staying connected in rural Montana, and the latest technology available. This session will be hosted by representatives of the Montana State Library and AARP Montana.

**4. Elder Caregiving and the Blackfeet Senior programs.** Carrie Bear Chief and Connie Bremner, Blackfeet Tribe.

300-330 Break

330- 500

### **1. Kindle Your Brain: AARP Staying Sharp – Brain Health Event.**

This session is for anyone who is interested in learning about the brain, how it ages, and what each of us can do to promote and improve brain health. Free staying sharp materials will be available, as well as where resources can be found on line. Session is hosted by representatives from AARP Montana and a health professional to discuss the brain function and aging.

### **2. SHIP/SMP/CSI panel**

- SHIP, Kimme Evermann
- SMP, Renee Labrie’,
- CSI, Sharon Richetti,

### **3. Montana Veterans Affairs**

Montana Veterans Affairs - Veterans benefits. An overview of his agency’s services to Montana veterans and veteran family members; and specific discussion of a “scam” issue being perpetrated on elderly veterans who live in Montana retirement/assisted living homes. Joe Foster, Administrator and Kelly Ackerman, Veterans Services Program Manager with the Montana Veterans Affairs Division.

### **4. AZ Breakout**

Montana Alzheimer's Association - Suzanne Belser, Executive Officer

EVENING IS FREE TO DO WHATEVER FOLKS WANT TO DO. NOTHING PLANNED.

Day TWO – May 2<sup>nd</sup>

8:00 – 8:30

#### **Welcome**

- Charles Aagnes, Director Area IV Agency on Aging
- Presentation of the flag.

8:30 – 10:00

- Dr. Nancy Aagenes and Dr. Jeff Roush Naturopath physicians

- **Activity, Vitality and Longevity**

Dr. Sharkey outlines the benefits of regular moderate physical activity, physical, psychological and cognitive, with special attention to important extra benefits for seniors. He presents the latest physical activity guidelines and wonders if the US population is meeting the recommendations. He then discusses life expectancy and attainable life span, and illustrates the effects of regular activity and fitness on vigor,

vitality and longevity. Dr. Brian Sharkey. U of M retired professor of exercise physiology and past-president of the American College of Sports Medicine

Gladys got 250 books “Exercise & Physical Activity” free from the National Institute on Aging which will go into the registration package.

10-1030 Break

1030 – 1130

**1. Nia Demonstration**

Nia is a sensory-based movement practice that leads to health, wellness and fitness. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Classes are taken barefoot to soul-stirring music in more than 45 countries. Trainings are designed for those seeking personal enrichment and professional development. Every experience can be adapted to individual needs and abilities. Step into your own joyful journey with Nia, and positively shape the way you feel, look, think and live. Kathryn Heilman

**2. Gardening and Food Share**

- Get outside and garden! Helena is full of gardening opportunities. Helena has an active Master Gardener program, a growing Garden Club and 7 community gardens. There are many opportunities for seniors and families to grow their own food. Brent Sarchet, MSU Extension Agent.
- Ann Waickman Helena Food Share

**3. The Health & Wellness of Your Car –**

Ed Simmons, Special Eds Auto Service

1130-1230 **Lunch**

1230-200

**1. Diabetes, Senior Nutrition and Weight Loss Panel**

- Minkie Medora Nutritionist
- St Petes Diabetes/Inch by Inch/dietician

**2. Advocating for Seniors**

Jim Smith (Helena Mayor) and Erin McGowan – Smith & McGowan, Inc

Gladys and Janet Witt can do this session if there is a problem based on what AAA IV is proposing with bringing in legislators.

200-300

### **1. Lifespan Respite**

The goal of the Lifespan Respite Care Act is to create respite programs that are coordinated systems of accessible, community-based respite care services for family caregivers of children or adults with special needs. Kerrie Reidelbach, DPHHS Program Manager.

### **2. All You Want To Know About Activity and Fitness**

Visit with Brian and ask questions about activity and fitness. He can help you understand the effects of training on respiration, circulation and muscle; the genetics of training; how to select a meaningful activity, one you will enjoy for the rest of your life. He will tell you how to evaluate the latest fitness trends and fads to see if they are right for you. If we run out of questions Brian will discuss fitness fallacies, the risks of exercise, and nutrition for physical activity. Dr. Brian Sharkey. Retired U of M professor of exercise physiology

3.

300-330 Break

330-5

Available

There are some time slots open and Jessie presented an idea that she had and sent out by e-mail. She wrote: I have been thinking of many issues facing our Elders on the Fort Belknap Reservation and this morning at 3 a.m. I found my subject....Death and the funeral services for our people. When the non-Indian comes to pay their last respects they really don't understand our ceremonies and traditions....I would like to address that. Can you fit me in? I know I am late with my suggestion, but I've been busy attending funerals. Death seems to come in 3's, and this past few weeks it seemed to have doubled up. I think one of the major issues facing our people is the high cost of dying...our people have addressed these costs whereby the funeral home prepares the body for burial and from the funeral home the family brings the body to the reservation for the all-night wake, funeral and burial. Some funeral home wouldn't release the body until the family came up with a down payment of \$5,000. Many of our families have the coffin made by a Tribal member thus reducing another major cost. I think the non--Indian would be interested in this subject. After all, we all die, but what we do after death on the reservation is quite different than the non-Indian.....the all night wake, the feed, the pipe ceremonies....and if a service man/woman there is a military honoring which is very impressive. Then the funeral itself which usually combines Native Traditions and Christian ceremonies....the burial, sometimes at a community burial ground, sometimes at a family burial ground....followed by a feed which is usually an enormous event done in different ways depending on the traditions of the individual family Tribal membership. Following the feed the family has a give-away for friends of the deceased, as

well as those who assisted the family with various duties. No one has ever educated the non-Indian on this matter which I think is very important for understanding.

Brian will work this into the first day.

Gladys suggested a listening session for the final session. She also noted that we don't have a program for lunch on May 2<sup>nd</sup>. If possible do a listening session at lunch if nothing else going on. JoLynn like to hear about what other senior centers are doing. Make it a sharing time and seed it with something people have to say. Have the Council dispersed among the various tables. Jessie suggested look at funding issues and services available especially for Tribal programs. Senior Center Directors chat session. Could honor AAA's directors and Bernice and Wally Daley and add in senior center discussions at luncheon the 2<sup>nd</sup> day. Invite Jim and Wes to come. So we will get AAA's to write up something. Also we will recognize our vendors at the opening sessions and luncheons.

Will do on line registration and mail in. We are setting up the on-line Registration is \$30 for an individual day and \$55 for both days.

Program to the Printer by April 15<sup>th</sup>. Need pictures of Centenarians by then.

Gladys will write a letter and will try to get one from the Governor as well as Charles Aagenes. Centenarians are free. We need info on them as soon as possible. We will have certificates made up by April 27<sup>th</sup>.

Council members need to get their pictures sent into Brian by April 15<sup>th</sup>. If we don't have them all, we don't put any in. Send it to him digitally if possible but a hard copy will do – NO group shots.

If you have Centenarians get the info into Brian along with pictures.

Mini-grants were due in our office by March 30<sup>th</sup>. Brian will send out the list of information on each one to the committee once Gladys appoints a committee. Currently we only have the funds in from the National Committee to Preserve Social Security. CA has contacted DA Davidson and the Trial Lawyers Association. JoLynn, Jessie and CA have folks donating baskets for raffles for Mini-grants. Al is donating a couple of photographs for it too.

JoLynn has a case a cherries for door prizes and Al suggested that each Booth provide a door prize.

Gladys appointed CA, Betty (by mail), Marvin (by mail) and herself plus one staff member and Brian and Charlie will find that person. We will convene the committee on April 4<sup>th</sup>.

We also discussed appointments of Council. See the attached list for who is up when. Mary Lou, JoLynn and Gladys' terms are up in July so you need to reapply.

<b>Members/Hometown</b>	<b>Term Expires</b>
Mary Lou Miller/Wolf Point	7/18/2012
JoLynne Yenne/Bigfork	7/18/2012
Gladys Considine/Missoula	7/18/2012
Connie Bremner/Browning	7/18/2013
Betty Aye/Broadus	7/18/2013
Alex Ward/Billings	7/18/2013
Lauren Lynch Kippen/Butte	7/18/2013
Marvin Carter/Laurel	7/18/2014
Beverly Barnhart/Bozeman	7/18/2014
Cecelia Buckley/Great Falls	7/18/2014
Jessie James-Hawley/Harlem	7/18/2014

Registration form will be up on the web along with the agenda by tomorrow.

JoLynn proposed we look at Kalispell for 2013. Brian noted that Bozeman is interested. We will look at it after we get this one finalized. Maybe are looking at doing two next year.

Marvin suggested calling Town Pump folks to get a contribution for the mini-grants. Once Brian gets it agenda done, he will start calling the possible donators.

Meeting adjourned.