

Senior Advisory Board Minutes

October 19, 2011

10:30 a.m.

Rose Park Senior Center

The Quarterly Meeting of the Senior Citizens Advisory Board was held at Rose Senior Center. Those in attendance were: Leroy King, Myrle Raley, Cynthia Cooke, Harriet Connor, Eddie Hodges, Linda Rutledge, Fred Helmcamp, and Emory Walton. Staff members present were: Lesli Andrews, Tony Neitzler, Kelly Messer, and Julie Sartor. Members absent: Joe Lopez

Approval of Minutes: Minutes of the previous meeting held on July 27, 2011 were reviewed. A motion was made by Harriett Conner with a correction to add Fred Helcamp to attendee list a second by Emory Walton to approve minutes with correction. The motion carried.

Nutrition Program: Lesli Andrews, Program Administrator presented information on the upcoming nutritional regulations and the changes in the funding from the Area Agency on Aging (AAA) for our program. Ms. Andrews started by saying when the senior program first started receiving funding from AAA that we received about 90% for the nutritional program and since then the numbers have flipped with the city budget and donations are now funding the nutrition program 90%. New regulations that are now being imposed and will be in full force by November 1, 2012 will cost approximately \$80,000 to implement and we will only receive approximate funding of \$110,000 from AAA. Ms. Andrews told the board about the following restrictions that would be imposed which include: menus will account for only 1/3 of daily intake for seniors, no salt shakers on tables, can only serve skim milk, no condiments or salsa, or butter unless on the menu for that day will allow the extra butter. Once the menu is scheduled which is approved by a dietician there are no substitutions allowed and no special meals unless they fit in the restricted guidelines.

The city will be opting out of receiving the grant money for 2012; this will not change our meal and menus. The program will continue to operate using the Texas Model Health Plan instead of the new stricter guidelines. Food menus and service will remain the same. With the city not receiving the AAA funds there will be a \$14,000 deficit. With us not receiving the grant money it will also let us be able to encourage people to donate more. Average cost of meals per plate is \$7.51 and with donations it is approximately \$ 5 and some change. If we increase donations by an average of \$1 per plate this would decrease the deficit. Ms. Andrews said we were not looking at charging or making memberships available, but will meet with all centers to help educate on donations and how the meals are paid for. Ms. Andrews also told the board that companies can sponsor meals and we have done this a few times.

Ms. Andrews informed the board we would continue to receive AAA grant money for our transportation services. With these changes to the nutrition program and transportation it will change our monthly intake forms from about seven pages down to two pages that participants fill out yearly. Ms. Andrews opened the floor for any questions:

Linda Rutledge asked about companies sponsoring the meals and Eddie Hodges wanted to know if this was at lunch time. Ms. Andrews asked Julie Sartor to explain. Ms. Sartor told them we had a couple of companies that have sponsored the meals and we charge the average monthly meal cost which is \$2.50 per person. The companies that have done this pay for an agreed number of meals and they have also presented programs to the center participants during lunch.

Cynthia Cooke wanted to know are there any other grants available. Mr. Andrews said that in the past we have received Community Development Block Grants, but we did not receive it for the 2012 year due to their funding. Ms. Cooke wanted to know if we ever used the Food Bank and Ms. Andrews said no, due to the quantities that we need. Ms. Rutledge asked about United Way and Ms. Andrews said we use them for our Adaptive Recreation program. We will let them know and maybe we will receive more to help cut this deficit. Ms. Cooke suggested that we might apply through United Way for both programs and Ms. Andrews said we could look at doing that.

Linda Rutledge suggested that we share this information with the Aging Cluster group. Ms. Andrews indicated under the grant we had restrictions, but now the door is wide open.

Eddie Hodges wanted to know what percentage of donations is gathered from other centers. Leroy King said they averaged about \$1 per plate. Mr. King wanted to know if we could set a price. Mr. Hodges said he was not concerned about charging, but we need to educate people. Ms. Andrews said we could start the education process immediately, but any actual changes would have to go through city council. Fred Helmcamp indicated many of the participants at Cobb Senior Center could not afford a set price and Harriett Conner said she would not want anyone to go without, because they could not afford it.

Tony Neitzler told the board that program will be in place and that Ms. Andrews has been charged with coming up with the \$14,000 deficit. Ms. Andrews, the Director of Community Services and the City Council did not want the quality of the meals to diminish and that we need to reassure people that the program will be in place and the menus will stay the same. Mr. King indicated that it sounds like the problem will be resolved and hoped that we get more help with donations.

Participation Report: All board members received a copy of last quarter's participation report. Ms. Andrews talked about the recent Talent Show that we had in September and that over 200 people attended. We received media coverage from KTXS and KTAB and that we made \$2,500 on this event and we are already working on next's year's show. We also had a Patio Party and Casino Night in October which also had a good turnout.

Ms. Andrews told the board that Laura Holbrook was now a full-time Program Coordinator at Rose Park Senior Activity Center. Anita Vigil, Ms. Sartor, and Ms. Holbrook have made a huge impact and all participation numbers are up. Ms. Vigil is working on how to involve the "Baby Boomer" generation and what type of programming that they may be interested in.

Upcoming Events: Ms. Andrews said that all centers together have planned a Fredericksburg Trip on October 29th, which is already sold out. Rose Senior Center will be having a Halloween Carnival, and dance sponsored by Integra Care. We will have the annual Thanksgiving Dinner at all centers on November 18th and would like to invite everyone to attend. On November 10th Sears will be having it annual Thanksgiving Dinner for the community and in December South Park will host its annual Christmas Dinner.

Next Advisory Board meeting is scheduled for January 18, 2012 at Cobb Senior Center.

Meeting was adjourned at 10:30 a.m.

Minutes approved by:

Leroy King 22 Feb 2012
Presiding Officer Date

Julie Sartor 2-22-12
Julie Sartor – Secretary for the Board Date