

Meeting Minutes
Juneau Commission on Aging (JCOA)
January 8, 2019
12:00PM
JEDC Conference Room, 612 W. Willoughby Ave., Suite A

- I. Call to Order at 12:00 PM. The meeting was facilitated by Robyn Mesdag.

Board members present: Linda Kruger (telephonically), Emily Kane, Tisket Seslar, Michelle Bonnet-Hale, Sue Warner

Board members absent: Eileen Hosey, Katrina Lee, Paul Douglas

Others: Brian Holst, Andy Hughes, Robyn Mesdag, Eva Bornstein, Sue Nielson

- II. Approval of Agenda

The agenda was approved by unanimous consent.

- III. Approval of minutes from previous meeting

The minutes were amended to state that Andy Hughes was present at the last meeting. The amended minutes were approved by unanimous consent.

- IV. Welcome and introductions to our new assembly liaison, Michelle Bonnet Hale.

Michele introduced herself and explained she is from a multi-generational Juneau family and she is interested in working on aging in Juneau and working on keeping people in Juneau. She specifically requested to be on the commission.

Tisket, Sue Warner, Emily, Brian, Sue Nielson, Eva, Andy also introduced themselves.

- V. StrongWomen Program Presentation

Eva Bornstein presented the StrongWoman Program. This is not a JEDC program but a program that Eva came across in New Mexico on a trip. The Strong Women program is a program that focuses on exercise, stretching and nutrition for older women who have lost strength and agility. Eva showed the commission a short informational video on the program. Eva noted that one big benefit of the program is that it's been shown that as women age and are single, they get isolated in their homes and need a social outlet and this has become one for women. It's a safe environment and women come for the social aspect as much as the physical aspect of it. After learning about the program, Eva visited with Sarah Lewis with the UAF Cooperative Extension Service to tell her about the program. Sarah said she already had become certified in the program about 5 years ago and started to purchase the equipment, but some other projects came along that took priority. Sarah thought this might be a good time to have the cooperative extension start the program again. She'd need to get recertified and needs a couple women to also get certified to be alternates if she couldn't attend. She also needs to show that there is interest and need in Juneau. Eva feels that a classroom of people would show interest.

There was discussion on how this program differs than being a member of Pavitts or the Alaska Club. This program would be less expensive and more focused on the target population. The program does have a minimal fee, so that the equipment can be replaced as it wears out.

There was also discussion on the location of the program. Sarah has a space that is available downtown where the cooperative extension is currently. The location has a ramp to the door, there are no stairs.

The location is ready, as is most of the equipment. In order to get the program up and running, Sarah would bring a trainer down to certify instructors in the program. Some commission members may be interested in helping with instruction. Linda, Sue, Emily and Michelle will coordinate schedules with Sarah to see about potentially doing a spring run of classes to see what participation is like.

- VI. Discussion/voting on a new chair. Eileen has had to step down as chair of the committee. Robyn cannot run the meetings, as there needs to be a voting member of the board that runs them. It was decided on interim chairs as follows:

January/February – Sue Warner

March – Emily Kane

April – Linda Kruger

May – the commission will reevaluate at this time and may hold elections for a new chair.

- VII. Planning for the 2020 survey

It was noted that Lorilyn Swanson, manager of the Fireweed Place complex, was involved in the last 2010 survey and could be a good resource. Emily's understanding is one of the key ways we elicit information and responses from the community is the listening event that Denise Daniello, Director for the Commission on Aging for the State of Alaska puts on. Eileen was communicating with Denise about the listening event. This event may be a useful forum for the senior survey.

Discussion followed on if there are resources for the senior survey. Michelle will check with Rory Watt, city manager, and work in Emily and Brian on how to facilitate the survey going forward.

Emily is taking the lead on the 2020 survey for the JCOA.

- VIII. Subcommittee Reports

- A. Survey Subcommittee – the provider survey was sent out to medical providers in Juneau, as well a comprehensive list of other providers. The survey was designed to find gaps in senior services. The survey has had 21 responses thus far. The responses were handed out at the meeting. As the survey subcommittee was comprised of Paul, Andy and Joann and Andy and Joann are no longer on the JCOA, further work on the survey and interpretation of the results was tabled until Paul is back in town. This committee will need additional people on it going forward.
- B. 2020 Survey Subcommittee – Emily will be taking the lead on this committee. Linda will join the committee. Michelle will engage with the committee on a regular basis.

- C. Villages Subcommittee – Sue Warner reported that Ken Helander with AARP Alaska went to a national conference that AARP sponsored on villages. Ken is excited about the concept and thinks that Juneau is the perfect place for the Alaska AARP to start working on a Village program. The subcommittee will try to touch base with Ken to start moving forward.

IX. Other Business - adjournment

Meeting was adjourned.