

Portage Senior Citizens Advisory Board

MINUTES MASTER

MONTH: May 18, 2016

ATTENDANCE:, Ruth Ann Meyer, Gloria Padilla-Carlson, Ann Perkins, Mary Lou Petrulio, Art Roberts, Bill Wieringa

Absent Excused: Monifa A. Jumanne, Trudy Riker, Jean Wenz, Sharon White, Kathy Mishler

Guest: Sarah Baker with *Prevention Works*

Staff: Kim Phillips, PSC Manager

Call to order time: 2:35 PM

Corrections to previous minutes: April Minutes – Art moved the minutes be accepted and Ann seconded the motion. The April minutes were approved.

Program Report (Gloria Padilla-Carlson):

Gloria will be familiarizing herself more intimately with the programming process at the PSC, and reporting monthly on upcoming events. Coloring Books (for Adults) will be ongoing three times a month, see the newsletter for details regarding this new program. June 28 will be **Lunch with Langelands** featuring a program on the **American flag**. **Ted Talks** will be presented at the PSC, and then time for group discussion after the feature. June's program will be on the benefits of laughter. June 28th, in the evening, Bronson will be presenting on the **Ins and Outs of Medicare Part D**. Other good things in the upcoming newsletter include *Hike to a Concert* (half a mile), and Bobbie Kipp's nomination for the Star Award (volunteering).

Travel Program (Art & Trudy):

Recent trips:

Nine trips all successful! Agawa is sold out, the fall mystery trip is also already sold out. Nice Work if You Can Get It and Hazel sold well, and NEW in the fall, we are going to have a fishing trip out of South Haven. The boat can handle over 40 participants.

Upcoming trips:

Iron Polar Bear and Comerica Park Tour. Christmas with the In-laws is coming in November. Interviews upcoming for trip committee. Looking for men to sign up for trip committee. Pass the word – looking for a few “good men.” Any questions will be addressed during the interview process. Tigers trips are not sold out yet, but if you are interested, sign up soon.

Friends of PSC Board Update:

Kim Phillips

A good portion of the meeting was taken with Golf Scramble plans. The Friends have met/exceeded their sponsor goals, weather reports are favorable for Monday, the day of the outing. A donor appreciation event will take place at the Beacon Club in June, and invitations will be going out soon. The Friends approved scholarships for memberships, and that support will continue for at least another year. Discussion on expanding support to cover travel took place, but the board felt strongly about avoiding the expansion of scholarships to include items other than membership and health related classes/programs.

Friends will be giving a sizable donation to the PSC at the end of this month.

The Spring Appeal will be going out shortly.

Art: there used to be a scholarship fund for travel – Kim will investigate this.

Legislative Update (Ruth Ann):

Michigander Day: Art R – very successful event; met with several government representatives. Brent Iden was supposed to be there but there was a mix up. Very interesting in terms of what was actually said, and not said.

Kim: the house and senate are at opposite ends of the spectrum in terms of the amount of money to be budgeted for older Americans. Caregivers act was recently passed. Representative Hoadley addressed resources/info for family members caregivers in terms of knowing where to go when older adults begin to struggle. Communicating with your representatives does have an impact. Box lunches on the lawn.

Art: Life EMS provided a breakfast on the road.

KASCI - Arun Tandon and Lisa Fuller presented on the rising costs of prescription drugs – fascinating presentation that included the seedy side of pricing, the business side of pharmaceuticals and methodology. KASCI will meet at the Center on June 10 at 1:15 PM, open to public and free. Judy Sivak, the City Manager and Kim will be talking about positioning communities for a lifetime.

Management (Kim):

Monday the Senior Center was represented at the Senior and Veterans Expo in Mattawan for the first time, and Kim was overwhelmed by the attendance. Greta and Kim spent most of their time talking to people who thought the PSC was only for residents of Portage, which indicates the need for a name change. June 23 and 24 will wrap up the Re-accreditation and in July an architect will begin a space study of the current building. All of this will be used to craft a long term strategic plan for how we grow and move forward. It is working to our benefit to have the Farmers Market on site, even though the food trucks are popping our circuit breakers – which sends the clear message that the current building is not adequate. Next few months are going to be exciting, the reaccreditation ending with a gathering for all involved and discussion on the process and recommendations made.

The transition with lunch program has gone well. The evening meal has been transitioned over to the Heritage Dinner Series and the food has been exceptional, attendance is growing.

The front desk has been completely transitioned over to the use of MSC software regarding sign ups and trip reservations. Staff is using MSC software extensively. The travel office volunteers are acclimating to what the reports look like and the information available to them now.

Old Business:

The Advisory Board goals went to City Council. Revisions can be made at any time.

New Business:

Sarah Baker represents the Kalamazoo County Substance Abuse Task Force, *Prevention Works*, working on creating healthier conditions. Sara has been part of conversations regarding older adults and their role in this endeavor. One identified goal is in regards to prescription drug abuse which is sharply on the rise. Educate kids, pharmacies, doctors, and patients regarding proper disposal (don't flush prescriptions down to the toilet). What do you do to properly dispose of these? The task force, working with Household Hazardous Waste has created a safe disposal system here in Kalamazoo County. Please use those red boxes in your local police departments. Yellow Jug Old Drug is now available at two local pharmacies, a good way to get rid of unused prescriptions. Young people are getting prescription medications from people they know – requesting or stealing them. The task force is advocating for seniors to use lock boxes for medications, and safely dispose of old and unused medications. The task force wants specifically to reach out to older adults. Sara would like to have Advisory Board members more involved in the Task Force, and asked for the board to assist. Ideally, a volunteer would participate on the task force, attending six meetings per year.

Kim asked if the PSC would be considered a location to house a Yellow Jug. Custody of Evidence Rules prohibit the Center from housing a yellow jug at this time.

Mary Lou asked if it was good to dispose of pills by sprinkling them out into the garbage. Sara's answer was that this was not ideal. Eventually the drugs disposed of this way will seep into the water table from the land fill. Statistics say one million prescriptions for narcotics/opioids were written in our own eight county region this past year. "Pharm Parties" happen among area youths in which the cover charge to participate are a handful of obtained prescription pills. All the pills are tossed into a dish, and the kids take from the "candy dish." The perception of the youths is that the drugs are safe. The task force works with clinicians, WMed, new physicians and safe practices. Insurance companies are also part of the problem, paying for 30 pills, when only three or four are needed. Chronic pain is an issue. Pharmacies have come up to speed on correct disposal of medications.

Kim asked for an article to include in an upcoming newsletter and discussion with program staff on the possibility of crafting a task force presentation. Perhaps a panel discussion – how to safely take medication as well as safe disposal. People self-adjust medications. A *safe medication management* piece could be beneficial, Aging Mastery program has a component of medication management included within it. Sara asks that we begin to work together toward helping people understand and learn, and from that base work to create healthy conditions.

The fall is prescription medication abuse awareness season.

Ruth Ann asked for an awareness DVD or presentation. Dr. Leipman funded a commercial on Red Med Box disposal, and asked Kim if she might consider putting it on the PSC Facebook page.

Bill Wieringa asked what was the *Mr. Magic and the Watermelon Men*. Kim explained they were a jazz quartet made up of students from Portage Northern High School.

ACTIVITES REMINDER:

Golf Scramble on Monday

Tuesday Heritage Dinner Series

KASCI meeting here in June – Kim will send out email reminders to Advisory Board

Farmers Market on Sundays, gaining lots of exposure.

Advisory Board Comments:

Ann Perkins asked that the board be informed of any proposed goal revisions ahead of time.

Ruth Ann asked about fragrance policy. Kim said it recommendations will be worked into an updated membership manual.

Thanks expressed to Sarah Baker for her presentation.

Citizen comment: None

Time Adjourned: 3:40 PM

Next meeting: Wednesday, June 15, 2:30 PM