

NAME OF MEETING: Senior Services Advisory Council

DATE OF MEETING: September 20, 2019

TO: Tammy Lanz

RECORDED BY: Lydia Dysart

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ROUTING INFORMATION

(9/30/2019 lld)
(Date and initials)

MINUTES
SENIOR SERVICES ADVISORY COUNCIL

Friday, September 20, 2019
1:30 – 2:30 p.m.
Buford Room – Lane Council of Government
859 Willamette Street – Eugene, Oregon

MEMBERS PRESENT: Julie Austin, Joan Benson, Hoover Chambliss, Jody Cline, Judy Dashney, Rod Holst, Kay McDavid, Brittany Oom, Suzanne Huebner-Sannes, Judith Moman, Tom Mulhern, Gail Robertson, Amy Scott, Ken Viegas.

Guests: Todd Gauthier, Steve Koller, Lauren Slovic.

STAFF: Brooke Emery, Tammy Lanz, Kate Scott.

1. Call to Order/Introductions

Ms. Lanz called the meeting to order at 1:28 p.m. and everyone present introduced themselves. She let everyone know that they had three new members in attendance today: Jody Cline, Judith Moman, and Joan Benson.

2. Consideration of and Additions to Meeting Agenda

There were no additions made to the agenda.

3. Consideration of the Last Council Meeting Minutes

MOTION: Mr. Holst motioned, seconded by Ms. Oom, to approve the May 17, 2019 Senior Services Advisory Committee. The motion carried.

4. PEARLS Update

Ms. Slovic introduced herself as a S&DS worker who has her masters in social work, and did an undergraduate internship at S&DS. She stated that the Program to Encourage Active and Rewarding Lives (PEARLS) originally started at the University of Washington. The program consists of eight hour long sessions between the participant and a counselor. PEARLS serves Lane, but does not reach Florence or Oakridge.

Right now PEARLS get clients through one of two ways: clients reaching out to them or clients being referred by S&DS. Before sessions can start, clients are evaluated to see how their mental state is, and from there the counselor can assess what they need to do. The client and counselor come up with a goal sheet for each week to help focus energy on life achievements. Ms. Slovic said that even if the goals are not met, they can talk about what kept the client from achieving it. Ms. Slovic informed the committee that the first four sessions are weekly, while the last four are biweekly or whenever the client can meet.

Ms. Slovic read out an example where a client had a hard health year that set them back. They were in bed for one month, and uninterested in their physical therapy. The goals that the client set were small: walking to the backyard, walking to the mailbox, walking around the block. By getting out more they were able to jump start their love for cooking and started doing more local travel. With the clients health issues, they were very upset over the fact that they could not travel, but realizing that they could still travel around Oregon was very helpful. Ms. Moman wanted to know if they got through all that in

eight sessions. Ms. Slovic said that it was, and that through goal setting they are able to get a lot of progress done.

Mr. Mulhern asked how many counselors PEARLS has, and how many people they serve. Ms. Slovic replied that they have four counselor , but that none of them work full-time; and that they have served around thirty-five people in 2019. It might not seem like a lot of people, but the program is time intensive and they are still a rather new program.

Ms. Scott inquired into if there was a wait list. Ms. Slovic replied that there currently is not, and that they are able to get to clients quickly.

Mr. Holst questioned if there was an age limit for the program. Ms. Slovic said that they have it set at sixty, but that they are flexible.

Ms. Benson wanted to know the age of the person in the example. Ms. Slovic said that she did not have the exact age, but if she remembered correctly they were around seventy. Ms. Benson wanted to know how they got around Oregon, because she understood that at an older age it can be hard to travel. Ms. Slovic did not know, since they did not end up going on the coastal trip they had talked about. Mr. Chambliss announced that LTD was currently working on creating a Eugene to Florence route which would help with travel. Ms. Scott thought that could do a presentation on the route in the new year when there were more details. She added that buses had been added along that coast that go all the way up and down the highway 101.

5. Osher Life Long Learning Presentation

Mr. Gauthier, a program manager at Osher Lifelong Learning Institute (OLLI), started the presentation on the local Osher program that partners with the University of Oregon: OLLI-UO. They are a network of over fifty and the program turned twenty-five in 2019.

OLLI-UO does not require any prerequisite education level to join, and members are allowed to participate at any level they want to. Last year they had over eight hundred members in their community. People are invited to join at any time during the year, all they have to do is pay an annual or six-month fee. Mr. Gauthier said that the fee gives members access to all programming in OLLI-UO (lectures, courses, study and discussion groups, social and special events, and shared interest groups). The only thing that might have extra charges are field trips. Mr. Gauthier let the committee know that he had some one month trial cards with him if anyone was interested.

Mr. Keller, chair of the OLLI-UO program committee, talked through what types of classes they offer. Lectures and courses are more like traditional schooling, where they are in a class room listening and taking notes. Study and discussion groups are more focused on getting people together to talk and understand new topics, and because of that have a more freestyle set up to them. Shared interest groups are not necessarily academic in nature, and meet outside of the classroom. Mr. Keller explained that they have interest groups about gardening, photography, and more.

Ms. Scott inquired into if there were any scholarships available for low income individuals. Mr. Gauthier replied that currently did not have any, but that they had talked about it.

Mr. Holst asked what the annual fee was. Mr. Gauthier responded that their annual fee was \$160, and their six-month membership was \$95. He told the committee that if they had thought about getting an

annual membership they should do it before November 1, 2019 because then the price would jump up to \$200.

Mr. Holst wanted to know what the best way to find classes was. Mr. Gauthier said that their website had their full calendar on it with all classes, lectures, discussion groups, and interest groups. The website was osher.uoregon.edu and showed all past and future classes. Ms. Lanz said that she would email the committee the link to the website.

6. Call for Next Meeting Agenda Items

Reminder of Next Meeting: November 15, 2019 1:30PM – 2:30PM

Ms. Lanz wanted to know if anyone had a topic they wanted to discuss at a future meeting.

Ms. Scott reminded everyone that the governors commission would have a listening session at the Baker center Thursday, October 10, 2019 from 9:30 a.m. - 4:00 p.m..

Ms. Scott announced that the community needs assessment had begun and that she had copies of surveys available if anyone wanted to take some to pass out. She would also email out the digital version. It would still be a year until they were able to see any results from the assessment.

Mr. Holst talked about the 2019 Walk to End Alzheimer's that would take place October 13, 2019 at Alton Baker park. He hoped that anyone interested would join.

Ms. Moman said that there would be an event for LGBTQ+ Boomers and Gen X at Spectrum on October 25, 2019 from 3:00 - 6:00 p.m..

Ms. Robertson thought they should talk about senior orphans (elders with no partners or family alive).

Ms. Scott mentioned the Florence to Eugene LTD route, and said they would give an update when more information was available. Ms. Benson told her to let them know if there was anything they could do to help push the project forward.

Ms. Austin wanted to talk about helping seniors in substandard housing who do not know how to get out of it. Ms. Scott thought they might be able to get someone from Oregon Law Center to talk to them.

Ms. Cline said that she wanted updates on OAA funding developments. She knew that they received flat funding, but in reality that meant a deduction, since other prices are always rising. With that in mind, some program(s) will have to undergo reduced funding. Ms. Scott added that the House and Senate were on different pages about funding at that time, but she would give an update when more information was available.

Ms. Scott said that she would give a legislative update.

Ms. Moman wanted to talk about the Patrician Mobile Home Park in Springfield and the fight that its residents were having to take part in. Mr. Chambliss wanted more information on issue. Ms. Moman replied that the mobile home park had eighty-one units and one hundred and thirty residents. The owner of the park wanted to rezone the park to make it into a conference center. She said that another party wanted to buy the land and keep it as a mobile home park. Ms. Moman said that even though they are fighting to stop the rezoning, the owner could still close the park even if denied.

7. Adjourn

The meeting was adjourned at 2:24 p.m.

(Minutes Recorded by Lydia Dysart)