

Aging Advisory Council  
Clinton County Community Center  
April 8, 2015

Present: Ray Humphrey, Joe Sohmer, David Heiney, Barbara Barger, Lois Stryker and Sharon Cashwell

Absent: Commissioners Joel Long and Anthony Mussare, Janice Fye, Carolyn Bullock, Margaret Scott, Nancy Watson and Linda Hess

Staff present: Frederick Shrimp

Ray Humphrey called the meeting to order at 1:35 PM.

Ray Humphrey asked for a motion to approve the minutes from the February 11 meeting. Joe Sohmer made a motion to approve. David Heiney seconded and the motion passed unanimously.

Mr. Shrimp reviewed the budget amendment by reviewing the resource and spending sheets that had been mailed to the council. Resource changes included a \$32,630 increase in assessment funding that will not be needed this fiscal year and \$7,813 in apprise funding that will be used. Title V (Senior Employment Service) funds were reduced \$5,000 to match actual use this fiscal year.

Spending changes were mostly due to a reduction in information and referral cost and an increase in care management cost due to all in-home service consumers now receiving care management. Other adjustments were due increase in transportation cost due to Aging paying the full 15% for riders age 65 and older for Aging sponsored trips and increased use of personal care service.

Barb Barger made a motion to accept the budget amendment. Lois Stryker seconded and the motion passed unanimously.

Mr. Shrimp reported that spending was on target for fiscal year 2014-2015.

The luncheons to honor the volunteers of the Aging program will be held April 17, 22 and 23. The Clinton County luncheon will be at the Clinton County Community Center (CCCC) on April 17 and the two Lycoming County luncheons will be on April 22 and 23. For the first time we have a tie and will award the George C. Meck Volunteer of the Year award to two people from the same center.

In compliance with federal regulations on fund raising, STEP personnel will not be able to be leading the work on raising money for the Independent Living Endowment Fund. STEP is looking to the Aging Advisory Council to take the lead in raising funds for the endowment. The council watched two videos that can be used in fund raising.

Work has begun on The RiverWalk Center. STEP is serving as the general contractor. STEP employees and subcontractors will be working on the building. We expect to be in the building by Christmas.

Jane Thompson, Health Fitness and Nutrition Coordinator for the centers joined us to report on several programs. The Healthy Aging through Local Harvest program has been extremely popular. The program is held at the CCCC on Wednesday afternoon. Over 60 older adults have attended the cooking classes. Today, students from the Sugar Valley Charter School were visiting the center and took part in the cooking class and other center activities as part of intergenerational programming. This spring and summer the Healthy Aging program will also include gardening in the rear of the CCCC.

Ms. Thompson also introduced a new program that will be starting at the Renovo and Meck Centers known as the chronic disease self-management program. The series of information sessions will provide older adults with nutrition, exercise and health information that will help them manage chronic diseases.

Healthy Steps in Motion is available at all the centers. Tai Chi and Zumba Gold are available at almost all centers.

Submitted by,

Frederick Shrimp  
Aging Director