

**Forsyth County Aging Services  
Planning Committee  
August 18, 2017**

**Attendees**

Diane Wimmer, Chair, DSS	Sobeida Adolphus, DSS
Nancy Hall, Second Spring Arts	Paul Lawrence, Regional Advisory Council
Sanford Danziger, Looking Forward	Susan Baggett, Looking Forward
Casey Connor, Alliant Quality	Hank Kennedy, DSS
Althea Taylor-Jones, Sr. Tarheel Legislature	Sam Matthews, Shepherd's Center WS
Joel McIver, Senior Services	Wanda Burney, DSS
Sharon Calloway, Senior Services	Linda Kearsley, Senior Services
Sarah Daffron, Senior America	Selene Teague, Mountain Valley Hospice
Vicki Ceneviva, FCASPC	

<p>Sanford Danziger Susan Baggett Looking Forward</p>	<p><b>Presentation</b></p> <p>Looking Forward, Living Forward, New Horizons in Life. Started with a group of friends looking for a purpose now that they were retired. They looked at what they had learned over the years and asked how can they could apply it to this part of their life to make it meaningful.</p> <p>The group then wanted to help others have these conversations. They began having small groups conversations with participants 50+. There is a facilitator who poses various questions. What is an experience in life and what have I learned from it? They will often use pictures to start the process. People tell stories about their lives. People come to realize the benefit of being in group. They conduct post meeting surveys to get feedback.</p> <p>Sanford said that the most profound discussions have occurred at the Senior Service lunch sessions. They can meet 1-4 times with a group. They have seen the benefit of deeper conversations. Even in groups where people know each other, participants often learn something new about their friends.</p> <p>Many times they will use pictures to get participants to describe various traits. Alzheimer's/dementia participants respond well to the pictures. Their goal is to help others start to do this in whatever their setting is. How can we apply what we learned in life? Is the most common question. Typically facilitators tell their own stories to get the process started, because people find it hard to get started.</p> <ul style="list-style-type: none"> <li>❖ Althea suggested that this would make a wonderful research project that could result in a book. Sanford said they have no</li> </ul>
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	<p>ownership, trademark, etc. Diane suggested getting Karen Appert who is a student involved.</p> <ul style="list-style-type: none"> <li>❖ Nancy feels like this is an integrating experience.</li> <li>❖ Diane suggested that it would be a great mechanism for team building.</li> </ul>
<p>Joel McIver Senior Services</p>	<p>Senior Services just completed the 2017 Seven for Seventy awards. He reminded everyone to submit their events to Age Wise so they can be posted on the Senior Services website. There will be parking for the Dixie Classic Fair again this year.</p>
<p>Linda Kearsley Senior Services</p>	<p>Christmas in July was amazingly successful. They were inundated with gift items. They will be serving their 6 millionth meal next month. The governor will deliver that meal in September. Arnold Palmer delivered the 5 millionth meal 4 years ago.</p>
<p>Selene Teague Mountain Valley Hospice</p>	<p>The Yadkin county hospice house is open. They admitted the first two patients last Wednesday. It is a 6 bed facility.</p> <p>They have partnered with ARCA and Mental Health &amp; Cardinal to create a support group for those who have lost a loved one to overdose. The group will begin in October.</p> <p>Mental Health 2nd Weds of the month in Forsyth county. Stokes County Wellness will be held the 3rd thursday of each month.</p> <ul style="list-style-type: none"> <li>❖ Paul asked about the opioid crisis and the older populations.</li> <li>❖ Diane said older adults are getting opioids legally and their families are taking them.</li> <li>❖ Selene said it is quite prevalent in 80+ population. Often pain and anxiety medications are mixed.</li> <li>❖ Sobeida is part of an opioid task force that met this week. They will have a second meeting in October. She will share news from the committee with this group.</li> <li>❖ Althea is currently conducting a chronic pain management class and she said the problem is revealing itself there.</li> </ul>
<p>Sarah Daffron Senior America</p>	<p>Senior America is a group of women 60+ who have reached the “ age of elegance”. They have a pageant, and she would like to start one in Forsyth County. She needs venue, and \$300 for a crown and flowers. Participants are interviewed by a panel of judges (philosophy of life types of questions), and participate in a talent competition. After the pageant, participants go to wherever older adults gather and share their talents.</p>

Casey Connor Alliant Quality	Casey said that she has several resources and speakers available to make presentations on the opioid crisis.
Nancy Hall Second Spring Arts	Second Spring Arts celebrates creativity in people over the age of 60. It encourages people to get involved. They will showcase the best next year on May 19, 2018 at the Milton Rhodes Center
Hank Kennedy DSS	A sixth APS position has been added. It should be posted on the Forsyth County website soon. Hank asked that if you know anyone who might be qualified for the position, please direct them to the county website to apply.
Paul Laurence Regional Advisory Council on Aging	The Regional Advisory Council on Aging is made up of 12 counties, operating under the AAA. By-law change have been sent to the membership that will change things quite a bit. These changes need to be made. They are dramatic but warranted.
Wanda Burney DSS	Wanda said that she and Sobeida are involved in community education initiatives. They will make a presentation to the FCASPC in October. They are collaborating with the courts, Cardinal Healthcare, etc to do more education. DSS serves as disinterested party for those declared incompetent with no family qualified to take care of them. They average about 225 cases per month. They have two units with ten workers each. Each case is very involved, especially with the mental disability element.
Sam Matthews Shepherd's Center of Greater WS	The Shepherd's Center will host a Powerful Tools for Caregivers in early October. Hospice and Daybreak will be involved. They will host Adventures in Learning the first week in October. In November there will be an Alzheimer's Symposium on November 19th at Highland Presbyterian Church. Dr. Shaw from Wake Forest University will present.