

JAMIE MAGEE, CHAIRPERSON
LINDA FORTE
ANTIONETTE JOHNSON
CATHY PARKER
HELEN PASE
SCOTT PHILLIPS



LINDA ROGERS
LARRY SAVAGE
FRANCINE SHOCKLEY
FRAN SMITH
HELEN SMITH

Advisory Committee on Aging & Adults with Physical Disabilities for Sussex County

Minutes of Meeting

September 16, 2019

A regularly scheduled meeting of the Advisory Committee on Aging & Adults with Physical Disabilities for Sussex County was held on Monday, September 16, 2019, at the Sussex County Administrative Offices West Complex, 22215 North DuPont Boulevard, Georgetown, Delaware. The following members were present:

Chantel Collie (non-voting member)
Antionette Johnson
Jamie Magee
Cathy Parker
Helen Pase

Scott Phillips
Linda Rogers
Larry Savage
Francine Shockley
Helen Smith

Call to Order

Jamie Magee, Chairperson, called the meeting to order at 10:00 a.m.

Approval of Agenda

A Motion was made by Helen Smith, seconded by Scott Phillips, to approve the Agenda as posted. Motion Adopted by Voice Vote.

Approval of Minutes

A Motion was made by Scott Phillips, seconded by Cathy Parker, to approve the minutes of July 15, 2019, as distributed. Motion Adopted by Voice Vote.

Correspondence

There was no correspondence to report.

Guest Speaker

Scott Phillips introduced Will Childers, Agency Director for Always Best Care (ABC) Senior Services, Delaware, to speak about *“Caregiving...Taking Care of Loved Ones and Yourself.”*



Mr. Childers stated that ABC is presently assisting clients from the age of 19 up to the very elderly. Half of their clients are 50 years of age or younger and suffering from cancer, strokes, Parkinson's, and other debilitating diseases. Mr. Childers advised that home care usually costs from \$20.00 to \$30.00 an hour, depending on the type of care needed, and live-in care can cost up to \$2,000.00 a week. Long-term care insurance can help with the expense of live-in care if a client has this insurance, and Medicaid also assists from time to time, but Medicare does not typically pay for at-home care.

The following tips were provided to assist those caring for memory-impaired adults:

- Stick to a routine
- Reduce distractions
- Don't ask open-ended questions
- Limit background noise
- Maintain a safe environment
- Utilize music therapy
- Avoid caregiver burnout

Mr. Childers went on to discuss the symptoms of caregiver burnout including fatigue, lack of energy, sleep issues, changes in eating habits or weight, anxiety, and so on. Ways to manage caregiver stress include the following:

- Get help
- Relax, enjoy a walk
- Sleep
- Stress management techniques
- Stay hydrated
- Set realistic goals
- Review care plan for your loved one

Introductions

Committee members introduced themselves, followed by members of the audience introducing themselves.

Old Business

Jamie Magee explained that the Advisory Committee hosts an annual conference on topics relating to seniors and their needs. A Conference Planning Subcommittee, consisting of nine members, plans and hosts the event which is held at Crossroad Community Church in May. The Subcommittee is made up of the Advisory Committee Chair and four members representing the Advisory Committee, as well as four volunteer members of the community. At the present time, there are two vacancies for volunteer members on the Subcommittee. This matter will be discussed at the Subcommittee meeting to follow at 11:30 a.m. on this date. Jamie Magee asked if

anyone would like to serve as a volunteer member on the Conference Planning Subcommittee and explained the duties. There were no volunteers.

New Business

There was no New Business to discuss.

Public Comment

- Dr. Malinda Hudson, Human Services Instructor at Delaware Tech, advised that some of her students might be able to help on the day of the conference. She stated that she can probably get 15 to 20 students to assist as greeters and/or escorts to the conference room, show people to the restrooms, or whatever else might be needed.
- An audience member requested information as to where to receive help for caregivers in the Milton area. It was suggested that she speak with the Director of the Milton CHEER Center.
- Anthony DelFranco, Marketing Director for CHEER, announced that he will be retiring in November and moving to Florida.
- Janis Hanwell, Executive Director, ITN Southern Delaware, stated that more volunteers are needed to drive seniors, especially in the Milford, western Sussex, and southern Sussex County areas. ITN provides transportation to out-of-state medical appointments as well, for example Salisbury and Berlin, but they do not make airport runs.

Next Meeting

The next regularly scheduled meeting of the Advisory Committee will be held on Monday, November 18, 2019, at 10:00 a.m. at the Sussex County Administrative Offices West Complex, 22215 North DuPont Boulevard, in Georgetown.

Adjourn

A Motion was made by Scott Phillips, seconded by Helen Pase, to adjourn at 11:20 a.m. Motion Adopted by Voice Vote.

Respectfully submitted,

Helen Smith, Secretary
Advisory Committee on Aging & Adults with
Physical Disabilities for Sussex County