



BOARD OF DIRECTORS

SPECIAL SESSION

NOVEMBER 20, 2025

Board Members Present: Peggy Fisher, Linda Miller, Rick Johnson, Susan Leuthauser

State Member Present: Liz Fridley

Staff Present: Becky Passman, Sonita Oldfield-Carlson, Kathy Hyde, Lisa Harwood, Devin Hansen, and Sharon Schnoor

I. Call to Order

The meeting was called to order at 10:05 am

II. Roll Call

Roll call was taken with two absent.

III. Approval of Special Session Agenda of November 20, 2025

Motion made by Peggy Fisher and seconded by Linda Miller to approve the Agenda as written. All were in favor.

IV. New Business

a. Action Item: Consideration for approval of Milestones Amendment to the SFY26-SFY29 Area Plan Document

Becky gave the Board some background as to why approval is needed. The Board received an outline summary of the changes made. At this point Sonita Oldfield-Carlson started going through the goals and objectives with the Board for the

updated Area Plan. Sonita said we are looking at data that applies to the 17 counties we serve, especially the areas underserved. This doesn't mean we are not going to be providing services to all counties, but have identified areas of greatest need for focus. Reminded it is a 4-year plan so each year it is updated. Rick questioned why not more effort made for case management for all counties to get services. Sonita responded that a lot has to do with staff vacancies and financial issues on services. State also provides on where were services most needed to be effective. Sonita started with Goal 1 – Maximize Independence and gave the Board information as to the changes and why they were being made. Sonita mentioned that we are using a new system now of directly managing care coordination for provider services. Becky mentioned that things changed when the MCO's came on and how case management changed. Rick mentioned that the MCO's were not giving good services. Linda mentioned that they are now being more responsive, and Liz mentioned that if there is a problem that they should contact HHS. Goal 2 – Improve health and wellness falls under the Nutrition Area so Lisa spoke to the Board regarding all changes. Lisa said they are concentrating on nutrition counseling and making congregate meal services more accessible through looking at Iowa Café model for more areas where congregate attendance is low. Rick asked how many people on the nutrition staff and Lisa gave him the number for both full time and part time. He also asked if we did nutrition counseling and Lisa replied that we contract two licensed dieticians for that. Linda mentioned that the cost to those using it could be reimbursable, and Lisa replied that we first check to see if they have Medicaid, which would cover the cost. The dieticians give us their number of hours. The cost is \$150 per session and usually there is only one session. The next item under this goal was to reduce the risks of falls and Sonita explained the changes to the Board. She mentioned we had to scale back on some of the services due to budget restrictions but have contracted with other trained leaders to aid in needed counties. Liz mentioned that HHS is working very closely with the health department team. Goal 3 is improve safety and quality of life. Sonita mentioned seeing more activity in this area in Ottumwa. Rick asked who handled public awareness and was told that we have staff that do the work through our EAPA employees. He then asked how many staff we have in this area and the reply was that we have one in our Davenport office and one in Ottumwa. We hope to get one staffed in our Burlington office. One of the objectives under this Goal was regarding legal assistance for older adults. Rick asked how much money is designated for legal aid. Becky stated the figure and said we are required to expend a certain percentage on legal assistance, and Milestones exceeds that amount. We try to maintain the same amount each year. We were able to give more during

COVID because we had more funding then. Rick asked about tracking for this program and Becky replied that both we and the State receive reports quarterly. Sonita mentioned that the contracted rate is around \$90 an hour. Mention was made that Legal Aid periodically does presentations at our meal sites to provide information and they also provide in-kind services. One of the other objectives was to strengthen emergency preparedness. Sonita mentioned we are working with Disaster PrepWise through the University of Iowa. Option Counselors will be trained on materials and processes. Goal 4 is stay engaged and supported and this pertained to the caregivers that might be experiencing stress, depression or financial cost burden due to their caregiving. Sonita explained some of the goals and strategies to help lessen isolation and ways to offer the support needed. Motion to approve the amendment to the SFY26-SYF29 Area Plan made by Linda Miller and seconded by Rick Johnson. All were in favor.

V. Adjournment

The meeting adjourned at 11:30 am.