

Northeast Michigan Regional Council on Aging
Monday, February 22, 2016
NEMCSA Large Conference Room – Alpena

The meeting was called to order at 1:02 pm by Chairman E. Corpe.

Roll Call

M. Fox, R. Lynch, D. Huff, S. Allor, G. Guenther, E. Corpe, K. Schreiner, J. Drozdowski, S. Krey, C. Proulx, D. Burdine, E. Howell, D. Henig, E. Henig, J. Mathis, M. Downs, D. Fay
Excused:

Unexcused: A. Hepburn, J. Johnston, C. Athan, and C. Corwin.

AAA Staff: Laurie Sauer, Connie McQuarrie, Kara LaMarre, Susan Bowen, Kelly Robinette, Yvette Smigelski, Sawyer Plume and Sarah Socia

Guests: Dan Doezema, AASA and Arnie Dellar, NEMCSA

Quorum – yes

Approval of Agenda

Laurie requested we move the Ombudsman Program Report above her report on the agenda. A motion was made by D. Henig with support from S. Allor to approve the agenda as amended. Motion carried.

Approval of Minutes

A motion was made by D. Fay with support from D. Huff to approve the minutes of January 25, 2016. Motion carried.

Nominating Committee Report

Otsego Delegate Reappointment – D. Fay reported we received notice that Jim Mathis has been reappointed as Delegate by the Otsego County Commission on Aging at their February board meeting. A motion was made by D. Fay with support from S. Allor to accept the reappointment. Motion carried.

Speaker – Arnie Dellar – NEMCSA Weatherization Program

Arnie is the Inspector and Energy Auditor with the NEMCSA Weatherization Program. Arnie reported Weatherization is about saving energy, not replacing windows and doors. When he does a home inspection he looks at insulation, pressure boundaries, the attic and how efficient the water heater and furnace are. Insulate and caulk your windows, doors and other holes to save energy. R56 is the best for insulation, anything above is not going to make a difference. Weatherization inspections also include a look at the safety of the home and the air quality. Air quality is extremely important. They put in vent fans to mechanically ventilate air from the outside into the house. He showed some examples of furnaces, heaters and water heaters leaking carbon monoxide into the home. Your home carbon monoxide detectors will pick up anything over 35 parts per million. We also run into clients that we can't help. One home had lots of animals with feces everywhere. No working toilet or functioning kitchen. You have to be brutally honest and tell them you can help until they get rid of the animals and some of their stuff. Hoarder houses are also very common. Discussion followed.

C. Proulx – Does anyone go back into the home and check if everything was fixed? Arnie – We used to do that ourselves but now the QCI post inspections are contracted out to be sure all the corrections meet standards.

D. Fay – Have you heard of the flueless fireplace? Arnie – Yes, but everything should be vented outside.

G. Guenther - What if you don't have an attic? Arnie – We can insulate the roof at the peak. Blown in cellulous insulation is best, it's dense packed.

G. Guenther – What does Weatherization cost? Arnie – All of these fixes and repairs are free through the program.

D. Henig – Is it based on income? Arnie – Yes. We'll do a little over 50 houses this year. We have 600-800 people on a waiting list. We now have a scoring system from 1-10 to address those most in need. The average wait is 3 years.

G. Guenther – Can we do a temporary fix if there are CO leaks? Arnie – I would recommend you have any problems fixed and have a good working CO detector in your home especially for anything that burns gas or if you have fireplaces.

D. Henig – For those ratings that are at 8 or 9, do you think they don't have a carbon monoxide detector? Arnie – We find the majority of people do not have one.

D. Fay – Years ago the utility companies came out and did inspections and checked for carbon monoxide. Arnie – Yes, they did energy savings like switching to the new light bulbs. Your light bulbs and refrigerator are the biggest energy users in your home.

Ombudsman Program Report – Sawyer reported he has been very busy with the bullying survey. All the surveys are out in the facilities. They will be collected in the next few weeks. He has also been working on the Best Practices Conference. The speakers are already lined up with a variety of topics to be covered. The conference will be held on May 20th in Roscommon at the Ralph MacMullan Center. Sawyer's last day with the agency is this Friday. He has accepted a position with the Midland County DHS. He introduced his replacement, Sara Socia. Sara is a social worker who has worked in hospice and long term care. She has a background in education and advocacy. She was one of Sawyer's ombudsman volunteers.

C. Proulx – Who do we contact to register for the conference? Sawyer – The information will be sent out soon and it will be available on the NEMCSA website and in the Aging newsletter. Region 10 is back on board with the conference this year so we anticipate more participation from the west side of the state.

Directors Report

AAA Staff – Laurie reported we are looking for new Housing Coordinator. Lacey Selman is the new case manager in our West Branch office. There are two new hires for the Senior Companion Foster Grandparent Programs; Leslie Atkinson is the new Services Coordinator and Heidi Powers is the new Project Director.

Governor's Budget – We expect flat funding for AASA programs for this year. A handout on the Silver Key Coalition was distributed. This Coalition is advocating for an additional \$3 million to expand services in 2017. The Appropriations Committee meeting is on March 3rd.

RFP for LTC Ombudsman Program – The state is putting the RFP out again this year. This is for the administrative portion of the program at the state level. The process is less burdensome this time and it is expected a couple of agencies will apply. We don't expect any changes to our local ombudsman.

Statement of Grant Award – We have received our full year SGA funding. We received \$19,380 in additional funding. SGA's will go out to the COAs on Thursday. NSIP funding is not final yet. State Escheats is still being discussed, Tobacco Settlement funds may go to the Flint crisis. We will know more next month.

AASA Deputy Director – Richard Kline has been hired by the State Office on Aging as Deputy Director. He has more than 24 years of experience in the health care industry, with 18 of those years working with older adults in a variety of roles and settings.

Senior Citizen of the Year Award – If you know of anyone to nominate let Laurie know, also for Volunteer of the Year.

Transportation Independence – A handout was distributed "Before You Give Up the Keys. The guide was published by Eldercare Locator as a tool to help determine if it's time to give up driving.

Membership List – A revised list of Regional Council on Aging members was distributed.

Legal Services of Northern Michigan – As a follow-up to last month's discussion, Laurie spoke with Ken Penokie, Executive Director of LSNM and he said their offices do not have pre-recorded messages. Laurie read his email response to our concerns.

Program Reports

Legal Services Board – Jim Mathis reported he will attend his first meeting next week.

Region 9 Directors Report – Suzan Krey reported the COA directors are excited to meet this month and cover topics they've been asking about. This will be a full day meeting in Gaylord this Thursday.

Long Term Care Ombudsman – Sawyer Plume introduced Sarah Socia, our new Long Term Care Ombudsman.

MMAF Program Report – Susan Bowen reported it has been a slow couple of months. There have been some problems with the Centers for Medicare and Medicaid in regards to Cigna, Aetna, and Envision Part D plans. Envision is back online after two weeks and folks are able to enroll again. Susan was in Lansing for meetings and working on the on-line curriculum for new volunteer training. Everyone will take the same training on-line with several in-person classes. We currently have 40 MMAF volunteers but need more in Alcona, Iosco, Ogemaw and Roscommon Counties.

G. Guenther – Have you seen an increase in what the supplement plans charge since Obama Care? My BCBS used to cover everything and now I'm getting little bills for \$60 and \$70 where I didn't before. Susan there should be no change. Sometimes you get a bill before your supplemental insurance processes it. I would have your MMAF counselor at the senior center check into it for you.

There will be a change in BCBS Legacy Plans. They will stay the same this year but the price will go up next year, possibly double. They are means testing seniors who are on those plans to see if they qualify for a subsidy which would be paid to the company not the subscriber. They don't have to report their plans to the state until the end of June. We're keeping an eye on it. Also, we have a Volunteer Fair scheduled on March 8th at the Nature Center in Grayling. We're hoping for a good turnout.

Special Projects Coordinator – Kara LaMarre reported she gave a presentation at the Michigan Health Association Leadership Conference last week. It went well, attendees were aware of the PATH programs. Seven individuals represented two hospitals in our region. We are seeing more involvement from the medical community. Kara is recruiting PATH leaders. It is always good to have representation from peers leading the class who are managing their own health conditions. Leader training will begin March 3rd and 4th. CCC leaders are also needed. This is just a commitment to lead one class a year.

Needs Assessment Survey – Susan reported a Needs Assessment will be completed this year as part of our multi-year plan. A survey is being developed, for online completion, to prioritize the needs of the seniors in your county.

Advocacy Reports

Local Advocacy Committee – This is an issue to be addressed in the future.

MSAC – Karl Schreiner will attend his first meeting this Wednesday.

State Advisory Council – No report.

AASA – Dan reported he continues to work on the development of the plan. It's getting close to be released by mid-week.

Local Updates From Council Members - None

Action Items - None

Questions or Concerns

Our next meeting will be Monday, March 28, 2016.

Adjourn

A motion was made by D. Huff with support from E. Henig to adjourn the meeting. Motion carried. The meeting was ended at 2:24 pm by Chair E. Corpe.