

**Northeast Michigan Regional Council on Aging  
Annual Meeting  
Monday, February 26, 2018 at 1:00 pm  
Annex Conference Room, US-23 S, Alpena**

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The meeting was called to order by President E. Corpe at 1:00 pm

**Roll Call**

M. Fox, S. Wojnar, A. Lange, D. Huff, V. Zygiel, M. Newman, E. Corpe, B. Kaye, M. Tappan, C. Proulx, D. Burdine, D. Henig, E. Henig, J. Mathis, M. Downs, D. Fay, C. Corwin, M. Hiller

Excused: E. Howell

Unexcused: J. Johnston,

Guests: Dan Doezema, John Briggs,

Aging Staff: Laurie Sauer, Connie McQuarrie, Kelly Robinette, Yvette Smigelski, Liz Kowalski, Susan Bowen and Sara Gusler

**Approval of Agenda**

E. Corpe reported a change to the agenda. Jeni Hoppe will not be speaking today. A motion was made by C. Corwin with support from D. Fay to approve the agenda as revised. Motion carried.

**Approval of Minutes**

A motion was made by D. Fay with support from M. Hiller to approve the minutes of December 4, 2017. Motion carried.

**Nominating Committee**

Appointments/Reappointments – Dennis Fay welcomed new Iosco Delegate, Barbara Kaye.

NEMCSA Board – With the passing of Carol Athan in January, we need a volunteer to take her position as representative of this Council on the NEMCSA Board. Meetings are held the first Friday of the month, location varies. Lunch is provided. C. Corwin volunteered. The next meeting is this Friday in Gaylord. Motion by M. Hiller with support from D. Henig to appoint C. Corwin as our representative on the NEMCSA Board. Motion carried.

Election of Officers – D. Fay reported Earl Corpe has agreed to stay on as Chair. Nominations were called from the floor three times. There being no other nominations from the floor a motion was made by D. Fay with support from D. Huff to close the nominations for Chair. Motion carried. D. Fay reported that Corleen Proulx was running unopposed for Vice Chair. Nominations were called from the floor three times. There being no other nominations from the floor D. Fay made a motion with support from M. Hiller to close the elections. Motion carried. D. Fay made a motion with support from D. Huff that for the purpose of acclamation and no further nominations, the election process be closed. E. Corpe will continue as Chair and C. Proulx as Vice Chair. Motion carried unanimously.

**Speaker – Liz Kowalski – Brain Health** – Liz gave a PowerPoint presentation and distributed a handout on Brain Health As You Age: You Can Make A Difference! Educating on brain health

is part of our Developing Dementia Dexterity Project. Topics discussed included: Aging and Health, Age-Related Changes in Memory and Learning, Possible Risks or Threats to Brain Health, Medicines, Smoking, Effects of Alcohol, Common Conditions that Affect Brain Health, Heart Disease and High Blood Pressure, Diabetes, Alzheimer's Disease, Brain Injury, Depression, Sleep Apnea, What You Can Do To Protect Brain Health, Take Care of Your Health, Eat Healthily, Get Moving, Keep Your Mind Active, Stay Connected, What Can You Do Today, and Additional Sources of Information.

### **Director's Report**

Conflict of Interest Statements – The annual statements were distributed for completion.

AADE Accreditation – The AAA has received accreditation from the American Association of Diabetes Educators (AADE). We utilized the Diabetes Personal Action Toward Health (D-PATH) as our curriculum. Despite the credential, we are still unable to bill Medicare. We need two billable services. We are looking into options. It will take us some time but we are taking steps in the right direction.

AAA Staff – We hired a new nurse in the West Branch Office. Tina Pate started last month. We still have one nurse position to fill in that office and an open supervisory position. Two new social workers started in the Alpena office; Amber Kalitta and Shirley Diamond. They will replace Annette Murphy who retires in April and another case manager that we had a waiver for but now has been pulled back due to the licensing requirement. Also, Liz Bushey has been hired to work with Sara on the PREVNT grant.

Powerful Tools for Caregivers – This program is being re-introduced in the region. Kara, Chuck and Sara were initially trained a couple of years ago but no classes were held. Liz will become a leader this June. We hope to offer classes by the fall.

Area Agency on Aging Association of Michigan - Linda Burghardt is no longer the director. The search is on for her replacement.

Retired Senior Volunteer Program (RSVP) Veterans Coffee Hour – The second coffee hour was held in Roscommon County with 30 vets in attendance, 11 new. We hope it continues to grow. E. Corpe – We are in the process of establishing one in Crawford County. They want to establish it away from the senior center and away from any particular post. Laurie – Recruiting continues for all three programs; RSVP, Senior Companion Program (SCP) and Foster Grandparent Program (FGP). Please help spread the word.

Managed Health Plans – In January, seven AAAs met with Interim Medicaid Director Kathy Stiffler and Dick Miles regarding the plan to move of Long Term Services and Supports to Managed Health Plans. There was plenty of good discussion but we were not able to gauge the state's next move on where they see things going with the MI Choice Program. Then the Crain's article came out (copy distributed). Laurie encouraged all Council members to read it and give it some serious thought. If the waiver program moves to managed healthcare plans, will it be person centered? What happens to local control in the future if the program moves to a for-profit entity? Will the focus change from providing services and supports to keep people home to cost savings? MI Choice already operates as a managed care program. All current waiver agencies are pre-paid ambulatory health plans operating as a capitated system. You need to express your feelings to your legislators.

MI Choice Stakeholder's Meeting – A stakeholder's meeting was held in Gaylord on January 29<sup>th</sup>. We were looking for input from providers and participants of the waiver program. We had a great turn out. Only one caregiver attended and no clients although all were invited by letter. There was a lot of discussion regarding the direct care worker issue.

MI Choice Provider Meeting – A provider meeting was held in Alpena on February 15<sup>th</sup>. Attendance was low. Contract and training requirements were reviewed.

Federal Budget – The federal budget has been extended to March 23<sup>rd</sup> in hopes of a final deal soon. Laurie distributed a copy of the FY 2019 Labor-HHS Appropriations as of February 12, 2018. Highlights of Trump's budget from NCOA include a cut in Medicare of \$237 billion, \$1 billion in Medicaid, \$72 billion in SSDI and SSI, \$213 billion in SNAP and \$2 million in Elder Justice. Programs slated to be eliminated include SCSEP, Falls Prevention, CDSME, LIHEAP, CSBG and CDBG, Senior Corps, CFSP, and SHIPs. All other aging programs would be flat funded. This would have a huge impact if it goes through.

State Budget – Flat funding is expected. The Commission on Services to the Aging is currently looking at the Intra-State Funding Formula data along with census information. Although it's preliminary, our region is looking at a 6% decrease in funding,

Nursing Home Change – Fortis Management Group (Tendercare) is in receivership as of February 1<sup>st</sup> to become Prestige facilities (Medilodge).

Older Michiganians Day – OMD will be held in Lansing on May 16<sup>th</sup>. Attendance will be critical this year. Let Laurie know if you will be attending.

## **Program Reports**

**Legal Services Board** – Jim Mathis reported. A copy of the December minutes were distributed. They met last Saturday. Finances are good, they have good reserve funds. They discussed the need to work on helping more seniors. One of the biggest issues has been housing. A fact worth noting, every women's shelter has had a director turnover this year. Elections were held and the same slate of officers was voted in and the budget was approved for the year.

**Region 9 Directors Report** – Merianne reported the group met with the AAA. Not much discussion. Merianne went to the Houghton Lake Valentine's Day offering. It was wonderful. She recommends you check out the offerings there.

**Ombudsman Program Report** – Sara reported she is working on updating the training guide for the PREVNT senior bullying. She will have two or three volunteers starting soon. Best Practices will be held in May on either the 2<sup>nd</sup> or 3<sup>rd</sup> Friday. They are looking for a location. Sara has a few presentations coming up and she will train all the state ombudsmen on senior to senior bullying.

**MMAP Program Report** – Susan reported there has been an increase in calls due to BCBS increasing their rates effective April 1<sup>st</sup>. They sent letters indicating the increase but it didn't show the subsidy which is causing confusion. There will be an on-line training webinar for new volunteers on March 14<sup>th</sup> followed by an in-person training with Susan here in June. She still needs a volunteer for Alcona County. Ogemaw and Roscommon only have one. Also, just a reminder that it is very important that we have a quorum for our May 21<sup>st</sup> meeting. Susan will need a recommendation from this Council on the Annual Implementation Plan.

**Special Projects Coordinator Report** – Liz distributed a flyer on the Caregiver Empowerment & Wellness Conference to be held on April 24<sup>th</sup> at the Diocese in Gaylord. The conference is geared toward both professional and unpaid family caregivers. Keynote speakers are Brenda and Mark Roberts. They will provide education on dementia-related illnesses and share their story and knowledge of living with young-onset dementia. Otsego Memorial Health will be offering OT and PT speakers to discuss home safety and accessibility along with talking about assistive technology to help support caregivers, MidMichigan will be presenting on depression and caregiving, Dr. Lyn Behnke will present on Caregiver Wellness and the importance of self-care, and finally Gina Bey will be sharing community based care resources. The event is free, deadline for vendors is March 26<sup>th</sup>. No CEU's are offered but a certificate of attendance will be provided. We have 69 registered so far. Press releases will go out soon.

Communities for a Lifetime – The Cheboygan Adult Services Advocates (CASA) has taken the lead to obtain the Communities for a Lifetime designation for the City of Cheboygan. They plan to submit a complete application by May 9<sup>th</sup> so they could be approved as early as June.

Developing Dementia Dexterity – We are currently in the second year of the three-year grant. The goal is to prepare the aging network to serve and support people with dementia and their caregivers. Our agency has developed a protocol to help identify adults with no prior dementia related illness who may possibly have changes in cognition, offer support and resources to them and their caregivers. This protocol requires that the case management team conduct a brief screening and depending on the client or caregivers response, it would trigger action by the team to offer a letter to let their care provider know and provide resources and information. We have a case management team currently piloting this. We want to focus on community outreach. Liz will be reaching out to the COAs to offer their staff in-service training on dementia.

### **Advocacy Reports**

**MSAC** – C. Proulx reported she attended her first meeting in Lansing which included a few visits to legislator offices including Cole, Stamas and Booher. The Governor mentioned the Silver Key Coalition in his state of the state address. An Income Tax Bill passed giving seniors age 62 and older a \$100 credit beginning in tax year 2018. There has been no movement on the Elder Embezzlement Bills. The MSAC group discussed various topics including attendance of Baby Boomers at senior centers. Their lifestyles are different and our focus will have to change. They even view volunteering differently.

**State Advisory Council** – C. Corwin reported they continue to have conference call meetings and will meet in person next month to develop a final draft by the end of March.

### **State Updates**

**State Commission on Aging** – John Briggs reported he attended three meetings since we last met. They meet next on March 16<sup>th</sup>. He volunteered to be on a committee to look at the Intra-State Funding Formula. There may be an opportunity to look at other factors. Our population hasn't increased as much as the state overall. Minority and poverty rates for seniors in our region didn't change enough to make a difference. He is hoping for good discussion and fairness. We have 34% of our region as being age 60 and older.

**Aging and Adult Services Agency (AASA)** – Dan Doezema reported the Field Service Support Unit had a planning day. Eric Burke, long time AASA employee will be leaving. This will be a big change, he'll be taking a lot of knowledge with him. There has been some shifting with other field reps taking on other regions. He discussed performance indicators and income and how it plays into managed care. We need to be able to compare the outcomes of our network against medical health plans. We know how to look at the needs of the older person. This is a real opportunity to define for ourselves what we do.

### **Local Updates From Council Members**

Chuck – The Roscommon COA purchased a 27-passenger bus and will be sending folks to both the Caregiver Conference and Older Michiganians Day. Call the center to inquire and arrange for transportation.

Dennis – Our Onaway Center has a new site manager who is also a certified MMAP Counselor.

### **Action Items**

**Approval of the 2018 Meeting Schedule** – Earl proposed we change the January meeting to February because the weather is always so bad that month. A motion was made by D. Burdine with support from V. Zygiel to revise the proposed meeting schedule. Motion carried. We will get everyone a new copy of the meeting schedule as soon as possible.

**Appoint Nominating Committee for 2018** – Earl asked for any volunteers for the committee. Maddie Hiller and Dale Henig volunteered. A motion was made by D. Huff with support from C. Corwin to accept the addition of Maddie and Dale to join Dennis and Corkie as members of the 2018 Nominating Committee. Motion carried.

### **Question or Comments**

Our next meeting is scheduled for Monday, April 23<sup>rd</sup> at 1:00 pm in the large conference room at NEMCSA.

### **Adjourn**

A motion was made by D. Huff with support from D. Fay to adjourn the meeting. Motion carried. The meeting was adjourned at 2:42 pm by President E. Corpe.