

Northeast Michigan Regional Council on Aging
Monday, April 25, 2016
NEMCSA Large Conference Room - Alpena

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

Roll Call

R. Lynch, D. Huff, G. Guenther, E. Corpe, K. Schreiner, J. Johnston, S. Krey, D. Burdine, E. Howell, D. Henig, E. Henig, J. Mathis, M. Downs, D. Fay, C. Corwin

Excused: M. Fox, A. Hepburn, S. Allor, J. Drozdowski, C. Athan

Unexcused: C. Proulx

AAA Staff: Laurie Sauer, Connie McQuarrie, Susan Bowen, Kelly Robinette, Yvette Smigelski, Kate Schulz, and Sarah Socia

Guests: Dan Doezenia – AASA, Sara Moe – Alpena Senior Center

Quorum – yes

Approval of Agenda

A motion was made by D. Henig with support from D. Fay to approve the agenda as presented. Motion carried.

Approval of Minutes

A motion was made by D. Huff with support from D. Henig to approve the minutes of February 22, 2016. Motion carried.

Nominating Committee Report

No report.

Speaker – Kate Schulz – AAA Program Coordinator

Kate gave a Power Point presentation on Evidence-Based Disease Prevention Programs. A handouts were distributed. Kate was hired to work with us on the Michigan Health Endowment Grant. She has fifteen years of experience working in aging and disability programs including market rate housing, assisted living, special care, and seven years for a long term care facility. The programs available through the grant are D-PATH and Matter of Balance; however, Kate presented on all of Region 9's evidence-based programs. Kate reviewed the grant goals, progress made and the number of trained leaders to date. Only 35% of trained leaders remain active. On average, workshops begin with 11 registered participants and have 8 completers for a completion rate of 70.3% for CCC, 76.7% for Diabetic PATH, 81.1% for MOB, 64.3% for Pain PATH and 64% for regular PATH. The state reports on program outcomes annually. Kate reviewed the state comparisons with our region regarding participant demographics, age, and disability status. The four highest percentages of chronic conditions in Region 9 are; diabetes at 54%, obesity at 50%, high blood pressure at 48% and high cholesterol at 43%.

J. Johnston – Why is Iosco so low for leaders? Kate – Iosco is a small county, it could be the demographics, a large amount of snowbirds, or no available leaders.

C. Corwin – One of the reasons for this is not all the COAs are equally committed or supportive of the programs. The other is that all these classes are hard to sell. People usually find out how good the programs are by word of mouth. It takes a while to get the momentum going. Kate – Having a healthcare presence in the region is also helpful. Laurie – It has been challenging. It's

not that the COAs don't want to commit to the programs but we've had a large turnover in directors. It takes time, they're juggling a lot and many are trying very hard but are limited in what they can do.

K. Schreiner – Word of mouth is critical. In Crawford 2/3 of the new people participating are because they heard about it from someone who took the class.

C. Corwin – Another problem is people with chronic diseases feel there is nothing they can do about it. The classes encourage them to participate in their treatment and management.

Directors Report

AAA Staff – Heidi Powers has been hired as the Project Director for both the Senior Companion and Foster Grandparent Programs. She was formerly the RSVP Director for Roscommon and Crawford counties. Amy Fuller has been hired as the new RSVP Director and starts May 17th. The Housing Coordinator position remains open. It is currently funded with the Money Follows the Person grant which may be gone at the end of the year. We may fill it on a temporary basis in hopes funding will continue.

2017-2019 Multi-Year Plan – Susan has been busy working on the plan. As part of our input session, a needs assessment was distributed. Copies were distributed. Please complete one today if you haven't already done so. Yvette has also started the Request For Proposal process for the 3-year grants.

Older Americans Act (OAA) – The president reauthorized the OAA last week. It continues the commitment to services for older adults with an increase in elder abuse prevention and \$6.27 million for ADRCs in 2017. Funding looks secure for 2017-2019 with a continued emphasis on chronic disease programs and falls prevention.

Older Michiganians Day – The platform for the day was distributed. To date we have not heard that anyone from our region is going. C. Corwin – We have a van going with 10-14 people. Suggested issues for discussion with legislature are: Reduce Wait Lists for MI Choice, Address Wait Lists for Home and Community-Based Services, Allow Communication on Senior Millage, Continue to support Elder Abuse Prevention, Dementia Care and Support, CARE Act, Home Accessibility, Transportation and Heat and Eat. K. Schneider – If OMD is cancelled for any reason, Region 10 has a Senate meeting room reserved to meet with legislators and Region 9 is invited to join. Please let Laurie know by the end of the week if you will be attending.

Silver Key Coalition – A handout was distributed. This year they are seeking donations of old, unused keys. Their goal is to collect 7,000 keys – one for every senior in Michigan on waiting lists for essential in-home services. K. Schreiner – They talked about this at our MSAC meeting. They have a hardware store donating 1,000 blank keys. Maybe some of our counties would have a store willing to donate some. It's a donation tax write off for them.

Grant Opportunity – The Michigan Health Endowment Fund has three initiatives they are looking to fund: the mental health of children and seniors, healthy aging and nutrition and healthy lifestyles for children. Other areas may be considered as well up to \$100,000. The deadline to submit requests is May 16, 2016.

Ramps for Iosco County - United Cerebral Palsy of Michigan is starting a ramp building program and Iosco County is one of the three geographic areas of focus. Applicants must own their home and meet HUD income guidelines. You can make referrals to Connie or directly to Brenda Henige at UCP (517) 203-1200 ext. 303 or henige@ucpmichigan.org.

Program Assessments – Susan recently had one conducted on the MMAP. The results were great with no compliance issues or concerns. The Foster Grandparent Program also had their

assessment resulting in some issues to be corrected. The RSVP is scheduled for their review on May 19 and 20 by the Corporation for National Service..

AASA Director – Kari Sederberg has left AASA for a position with the Michigan Health Endowment Fund. Deputy Director Richard Kline is now the interim director.

Coming Events – This Wednesday, Nancy Burgeson of the Attorney General's office will give a presentation on protecting personal information online and off and how to identify scams through phone calls, mail, etc. It will be held at 10:00 am in the large conference room here at NEMCSA.

April 28th - A retirement celebration is being held for Loretta Miller at the Otsego Commission on Aging. Loretta has worked many years with the MMAP.

May 11th - Older Michiganders Day in Lansing.

May 12th - Kickoff meeting in Gaylord of the Chronic Disease Coordinating Network grant project through the Health Department of Northwest Michigan.

May 18-19, Area Agencies on Aging Association of Michigan's annual conference in Lansing.

May 20th - Best Practices Conference at the Ralph McMullen Center in Roscommon.

Evaluation – This evaluation of the AAA Director is a new AASA requirement. It is an anonymous opportunity for you to give feedback on Laurie. Please complete and turn in today before you leave.

Program Reports

Legal Services Board – Jim Mathis had nothing to report.

Region 9 Directors Report – Suzan Krey reported she talked to several directors and all agree that they want to see more standardization in our reporting particularly with cost allocations.

Long Term Care Ombudsman – Sara Socia reported the complaints she has received are mostly with residents who have someone in charge of the affairs. They are prohibiting them from going outside, etc. She's been doing a lot of advocating for residents. The Best Practices Conference will be held on May 20th from 9am to 5pm at the Ralph MacMullen Conference Center in Roscommon. Keynote speakers include: Bradley Geller, Legal Rights of Long Term Care Residents and Lenny Avery, Nursing Facility Transition Outreach Specialist with Disability Network of Mid-Michigan. Breakout Sessions by: Sandra Place, on Ways to Well-Being, Pathways to a Happy Home and Wonderful Workplace, Kate Withington-Edwards on Laughing Your Way to a Stress Free Workplace, and Colleen Creyts on 3 Case Studies of Anxiety Management in Older Adults. There is a discount of \$10 off the registration for any facility sending three or more direct care workers. We are also talking about starting our quarterly meetings again. We hope the various facilities in the region will host them. It offers a chance to see how other facilities do things. Sara is also working on the PREVNT Grant, the resident-to-resident anti-bullying project. Sara and Kate have reviewed the survey results from the nursing facilities and will begin to develop training materials and a PowerPoint presentation. She will also begin work on the Elder Abuse conference planned for the fall. Please let her know if you have any ideas for speakers or a venue. There are currently four ombudsman volunteers. Recruitment efforts will be done over the summer to increase that amount.

MMAP Program Report – Susan Bowen reported two input sessions were held on the Fiscal Year 2017-2019 Multi-Year Plan; March 29th in Alpena, six attended with a couple more coming in late for a round table discussion and March 31st in Ogemaw, 30 attended. Topics discussed: We need to be clear on the relationship the AAA has with senior centers; the need for transportation, MMAP is a great program that has been helpful, Project Fresh is a wonderful program and appreciated; and activities and comradery are important because of the social value.

Several hundred Needs surveys have been collected with most of the COAs participating. There are some changes to the plan this year including a focus on dementia programs, a SWOT (Strengths Weaknesses Opportunities Threats) analysis will include the survey results, a required objective that communities in the service area will conduct aging-friendly community assessments and apply for designation as a Community for a Lifetime. The draft plan will be available online on Monday, May 8th. Two public hearings are scheduled: May 23rd at 1:00 pm as part of our Regional Council meeting and May 25th at 1:30 pm at the Roscommon COA. We will ask for approval of the plan by this council at the May meeting. It will then go to the NEMCSA Board for endorsement and adoption by the County Boards of Commissioners on June 6th. The final plan is due to AASA on June 30th and it will go before the State Commission on Aging in August or September for final approval.

Susan attended the MMAP contract meeting in Lansing. New goals for this year's performance measures were set and are slightly lower overall. There are eight performance measures: #1 Total client contacts 6,063 down 618 from the previous year goal, our actual for last year was 4,731, #2 Outreach 4,451 down 384 actual last year of 1,233, #3 Substantial personal direct is up 3 to 5,212 with 4,699 actual last year, #4 Disabled 830 down 382 with 688 actual last year, #5 Low income 2,753 down 115 with 2,879 actual last year, #6 Enrollment contacts 4,862 down 506 with 3,050 actual last year, #7 Part D enrollments 3,630 down 658 with 3,050 actual last year, and #8 Total counseling hours 3,850 down 260 with 4,981 actual last year. We have a MMAP training scheduled for July 12-14 in Alpena using the new training format. The first section will be done online and takes an average of ten hours to complete the modules. We really need volunteers in Iosco and Alcona and encourage the COAs to support and recruit. We could also use more in Montmorency and Ogemaw. The application process for new volunteers is quite extensive and includes two background checks; one by NEMCSA and another by MMAP Central. References are checked and phone interviews conducted. We look for highly skilled people that are very computer savvy. Orientation for new volunteers is scheduled for May 31st and the online training portion will begin the week of June 20th. Susan also reported on the volunteer fair held in Grayling. It was not heavily attended but she did get one MMAP volunteer and one potential out of the event. She feels it was a good first attempt and plans to hold another one at the end of the year possibly in Iosco or Ogemaw County.

G. Guenther – Do you have a method of finding volunteers? Susan – We send press releases, post flyers at COAs and utilize various newsletters. G. Guenther – Have you tried bringing in experts to recruit or have a workgroup discussion to come up with ideas? People will volunteer for an incentive like restaurant gift cards or some form of recognition. Susan – We do a recognition event locally and the state also provides a full day recognition event.

Special Projects Coordinator – Report provided by Kate Schulz.

Advocacy Reports

MSAC – Karl Schreiner reported our region has the best MMAP Coordinator, Susan, and team in the state. The MSAC met last Wednesday at the capital. Topics discussed: 1) the issues with the Grand Rapids Home for Veterans big issue of discussion. They are badly understaffed and it's not going well. He had the opportunity to sit in on the Appropriation Committee meeting and they suggest hiring 5-7 staff to work with the VA homes. Even if 10% of the allegations are true, it's not good. 2) No fault auto insurance, there has been no movement on this issue. 3) The Care Act was signed and the Home Accessibility passed the House. 4) No wait state - \$800,000 proposed by the House, \$5 million by the Senate. They're hoping for a compromise in the middle of \$2 million. As this was his first MSAC meeting he made the legislative rounds with two other members. He is looking forward to the next meeting.

State Advisory Council – Chuck Corwin reported. A copy of his report is attached.

Local Updates From Council Members

C. Corwin – Roscommon COA is partnering with RSVP to expand reassurance calls to homebound seniors. Seniors can sign up and receive a daily phone call. The COA will hold an Elder Abuse Conference on September 21, 2016. He hopes they can include the “virtual dementia experience” where you are given special glasses, uncomfortable shoe inserts, earphones with various distracting sounds, etc. to simulate the experience of having dementia. A website for aging driver tips and how to take the car keys away is available at www.michigan.gov/agingdriver.

G. Guenther – Be aware of a scam when ordering magazines by credit card. Additional magazines are being charged to the card.

Action Items:

Reappointment of Council Representatives to the NEMCSA Board – Current representatives are C. Proulx, C. Athan and E. Corpe. Earl would like to continue and assumes the same for the other two. A motion was made by G. Guenther with support from K. Schneider to reappoint all three as representatives of this Council to the NEMCSA Board. Motion carried.

Update: As of 4-27-2016 both Carol Athan and Corky Proulx have agreed to continue as representatives to the NEMCSA Board.

Questions or Concerns

Our next meeting is May 23, 2016. Keep in mind this is also the public hearing on the 2017-2019 Multi-Year Plan.

Adjourn

A motion was made by D Henig with support from D. Huff to adjourn the meeting. Motion carried. The meeting was ended at 3:06 by Chairman Corpe.