

2023 Minutes

Northeast Michigan Regional Council on Aging

January 23, 2023
March 27, 2023
May 22, 2023
July 24, 2023
September 25, 2023
December 4, 2023

Northeast Michigan Regional Council on Aging

Annual Meeting

Monday, January 23, 2023 at 1:00 pm NEMCSA

Large Conference Room

The meeting was called to order by Chair Terry Dutcher

Roll Call

Jerry Broad, Darlene Huff, Kim Pappas, Lorelei King, Carol Wilder, Carol Gosse, Terry Dutcher, Dale Evilsizer, Julie Kendrick, David Burdine, Connie Messina, Mitzi Downs, Dennis Fay, Chuck Corwin
Excused: Mike Maturen, Shelby Gohl, Eileen Howell Guests: Gary Wilder
AAA Staff: Yvette Smigelski, Kelly Robinette, Kitty Glomski, Connie McQuarrie, Maija Aikens, Katlyn Franks and Brooke Mainville

Quorum - Yes

Approval of Agenda – A motion was made by J. Kendrick with support from C. Wilder to approve the agenda as presented. Motion carried.

Approval of Minutes – A motion was made by D. Huff with support from J. Broad to approve the minutes of 12-5-2022. Motion carried.

Nominating Committee Report

Resignation/Appointment of Cheboygan Delegate – C. Messina reported Roberta Matelski has resigned her position as Delegate for Cheboygan County. A motion was made by C. Corwin with support from D. Fay to accept the resignation and send a letter of appreciation to Roberta. Motion carried. We have received notification from the Cheboygan County Board of Commissioners appointing Kimberlee Pappas to replace Roberta as Delegate for Cheboygan County. A motion was made by D. Huff with support from C. Wilder to accept the appointment. Motion carried. Welcome Kim.

Close the meeting – A motion was made by C. Messina with support from L. King to close the meeting and open up for the election of officers. Motion carried.

Election of officers

Chair – T. Dutcher has agreed to continue in the position of Chair. C. Messina called three times for further nominations from the floor. There being no further nominations or expressed interest, she asked the Council for a motion to accept the nomination. A motion was made by C. Messina with support from L. King to accept the appointment of T. Dutcher as Chair by acclamation of the Council. All ayes, no opposed, motion carried.

Vice Chair – Dennis Fay has agreed to continue as Vice Chair. C. Messina called three times for further nominations from the floor. There being no further nominations she asked for a motion to accept the nomination of Dennis Fay as Vice Chair by acclamation of the Council. A motion was made by C. Messina with support from T. Dutcher to accept the nomination. All ayes, no opposed, motion carried.

A motion was made by C. Messina with support from D. Fay to close the election of officers and open the regular meeting. All ayes, no opposed, motion carried. The meeting was turned over to Chair T. Dutcher.

Appointment of a Nominating Committee for 2023 – Current members are: Connie Messina, Darlene Huff and Carol Wilder. There being no further interest expressed by members, a motion was made by L. King with support from D. Fay to reappoint the current Nominating Committee for another year. Motion carried. C. Messina agreed to act as Chair of the committee.

Appointment of a By-Law Review Committee for 2023 – The current members of the By-Law Review Committee are Dave Burdine, Carol Wilder and Dennis Fay. There being no further interest expressed by members, a motion was made by T. Dutcher with support from C. Messina to reappoint the current By-Law Review Committee for another year. Motion carried.

Advisory Council Orientation

Brooke gave a Power Point presentation, copies were distributed. The attached was reviewed.



Orientation-Overview
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Brooke gave a brief overview of NEMCSA, a private, non-profit community action agency. The AAA is a division of NEMCSA. There are 16 AAAs in the state covering all 83 counties, but we are the only AAA under a community action agency. Region 9 covers 12 counties. Other divisions at NEMCSA include Community Development, Early Childhood Education, Client Services, and School Success Partnership.

C. Corwin – Roscommon is not a county covered by NEMCSA services, but we are covered by AAA services.

M. Downs – What defines the area covered by AAAs? Brooke – Population. M – Is the AAA the fiduciary for the COAs? Brooke – No they are independent agencies.

The general purpose of a AAA is to concentrate resources to develop greater capacity and foster and implement a comprehensive and coordinated service delivery system to serve older individuals. The Older Americans Act (OAA) instructs that AAAs shall serve as the advocate and focal point for the elderly within the community. The OAA supports a wide array of programs and services. AAAs offer five core services under the OAA: Nutrition, Caregivers, Health and Wellness, Elder Rights, and supportive services. Region 9 provides nutrition programs, in-home services, adult day cares, care management, MI Choice Waiver Program, Medicare Medicaid Assistance Program (MMAP), Legal Services, Long Term Care Ombudsman, nursing facility transitions, and Evidence-Based Disease Prevention (PATH, Diabetes PATH, Chronic Pain PATH, A Matter of Balance, Powerful Tools for Caregivers).

L. King – The providers are? Brooke – The COAs, Adult Day Centers, etc.

T. Dutcher – What about legal services? Brooke – That is a contracted service which covers our entire region. Yvette – There is limited funding available for the RFPs. Some are allowable services that are not contracted such as transportation.

L. King - So the RFP comes from the AAA? Brooke – Yes. Yvette – We work with the COAs to put the funds where they are most needed and fit the best for your county.

M. Downs – Who sets the guidelines? Say I received funds for home delivered meals, but I didn't spend all the money, can I do a different grant? Brooke – No, you have to stay within the allowable funding category and follow the ACLS Bureau's Operation Standards for services.

T. Dutcher - When is the next RFP cycle? Yvette – The first week of May for fiscal year 2024.

M. Downs - Do we have an intake person for region 9? Brooke – We have three Intake Specialists on staff who work out of the Alpena, Cheboygan, and West Branch offices.

C. Messina – Do you cover all the counties for Senior Medicare Patrol? Kitty – Yes, this is a program to report Medicare fraud and abuse. Our MMAP volunteers are trained on reporting.

L. King – Can we get a staff list of who covers what programs? Brooke – Yes, we'll send everyone that information.

C. Messina – How do you know who does say Evidence Based Disease classes? Brooke does it, but if there is a registered nurse on staff at the COA, do they work with you? Some have trained staff to provide the services. Brooke – Both Kelly and I teach classes and train new leaders. For Powerful Tools, Chuck doesn't have a co-leader, so I teach the classes with him. Yvette – It would be beneficial if the COA provided it because you would guarantee you will have the class. Sometimes Brooke is unable to fill all the requests for classes. Brooke – Crawford is offered a lot more opportunities to provide classes because you have a trained leader at MSU Extension.

C. Corwin – If you call our COA, we have coordinators for all the programs we provide.

L. King – If you become a volunteer ombudsman, do you have to cover all 12 counties?

Maija – No, you can choose the homes you want to cover. Lansing provides new volunteers training virtually and then I do in-person training as well.

The OAA states that each AAA shall establish an Advisory Council to advise the AAA on all matters related to the development, administration and operations conducted under the annual and multi-year plan. The Advisory Council should be made up of older adults, minorities, older individuals residing in rural areas, providers of veteran's healthcare where appropriate, local elected officials, and the general public. The Council is required to Operate according to written by-laws, meet at least six times per year, and operate in compliance with the Open Meetings Act. The Council must also review the area plan and any substantive amendments before they are submitted to (ACLS Bureau) and operate under a board-approved code of ethics consistent with the Older Michiganians Act.

C. Corwin – Along with advising the NEMCSA Board, we also conduct the AAA Director review annually.

The purpose of the Northeast Michigan Regional Council on Aging is to advise the NEMCSA staff and Board of Directors on all matters relating to the identification of needs and the development of plans to meet those needs; To encourage the participation of seniors in the development of such plans; To promote and participate in such activities and endeavors that are necessary to promote those plans; and, To provide a member to the NEMCSA Board of Directors. Membership requirements; Not less than 25 and not more than 30 members composed of the following: One member appointed by each county COA, One member appointed by any relevant organization, e.g. county Board of Commissioners, Up to 5 members from organizations/entities which serve older persons, One member from the Region 9 Directors' Association, Members of the State Advisory Council from this region are ex-officio members of the council, and No direct employee of NEMCSA shall be a member. Terms shall be for 3 years with rotating terms. One-third (1/3) of the membership rotates each year. Members may serve more than one consecutive term. Terms of members who resign, or are removed, will be filled by the nominating committee for the rest of the term. Persons who have missed 3 consecutive meetings without prior notice will be considered to have resigned.

Director's Report

Laurie was not able to attend, Yvette gave her report.

Staff Updates – A social worker in the Cheboygan office resigned her position prior to the holiday break. We were able to fill the vacancy in record time. Cassandra Rogers starts in February. The social worker

position in West Branch has also been filled, which means our community-based care team is fully staffed for the first time in a long time. We have a financial position currently posted that we hope will fill quickly. This is a new position; however, Katlyn will be off on maternity leave soon so the position will help fill that void in the interim.

New West Branch office – Our office has officially moved to 3217 W. M-76 in West Branch. We are grateful the NEMCSA commodities crew who helped finalize the move. A special thanks to AAA staff Becky Tousigna, Lana Coiner, and Shauna Rood for handling the bulk of the move.

Legislative Update – The new legislature is seated. A revised and hopefully correct list was distributed. The new redistricting has been very confusing, and the legislators' websites are not totally up to date. Federally, Congressmen Moolenaar and Kildee no longer serve our region. That leaves Congressman Bergman, Senator Peters, and Senator Stabenow for all of Region 9. There are several new legislators on the state level. Thanks to Lorelei for her help in getting the lists and to Connie for verifying and editing the information. Letters were sent to all of Region 9's legislators on behalf of the AAA and the Regional Council on Aging. Please take some time to contact legislators and share your thoughts on aging programs in the north. This is a key time to educate the new folks.

Budget – There are a number of significant increases planned at the federal level, but with the news of the debt ceiling being reached, it is best to see how that shakes out. At the state level, there is also the possibility of additional monies being allocated due to unspent ARPA funds. The AAA Association members have been advocating for these dollars to be used in part for establishing caregiver resource centers statewide. There has also been talk recently of a \$1/hour inflationary increase to direct care workers. The Commission on Services to the Aging just approved advocating to the governor and legislature for this increase on Friday. Governor Whitmer will have her state-of-the-state address Tuesday night at 7 pm. Please tune in. We're told there will be some comments about senior programs.

State Plan on Aging – The state must submit a three-year plan to the federal Administration for Community Living (ACL) much like we submit a three-year plan to the state office on aging. As part of that process, they will be issuing surveys, hosting focus groups, and hosting community conversations to gather input for the plan. A community conversation will be held in our region on February 13th from 1:00 pm – 2:30 pm at the Crawford COA in Grayling. They want to hear from community members what they feel are the needs and gaps in service for older adults. It would be wonderful if some of you could attend to provide input. If anyone would like to attend but needs a ride, contact Laurie to see if we can help. C. Corwin – There is also one being held in Kalkaska which is Region 10.

Service Standard Updates – The state is working on updates to the service standards. Kelly is on the Nutrition Committee where the grab and go meals are the hot topic. They are also discussing lowering the eligibility age for Kinship age from 55 to 50.

Senior Millage – Connie provided you with a table that shows how much senior millage funding comes to the region from local county taxpayers. These dollars don't all go to provide match for our funding, but a good chunk of the money does help us meet those requirements. The \$8.2 million provides overall support for local senior programs and senior centers in tremendous ways, many thanks to your communities for supporting older adults through these millages.

Upcoming Events – The AAA is hosting a financial meeting with the COAs this week to ensure understanding of requirements; a Diversity, Equity, and Inclusion (DEI) training is planned for April 11th for staff and providers. We are excited to have Jay Johnson as our speaker. He is well versed on the topic and very engaging. If any of you are interested in attending, it will be virtual. Let Connie know and we can make sure you get registered. Please encourage your COA director and staff to participate as well. It is only 1 ½ hours and would meet their required DEI training in accordance with our contract and it's free.

MI Health Endowment Grant – The grant with MSU that we were invited to collaborate on will be kicking off very soon. The paperwork has been submitted to MSU and we are awaiting a grant agreement from them to get started. The grant focuses on caregiver support. The other health endowment fund grant we talked about at our last meeting that was going to happen with UPCAP is proceeding, but not with our involvement.

MI Choice Waiver News – We have received preliminary results on the Administrative Review conducted by the MDHHS, and our initial score is 80.19%. We have a meeting tomorrow to go over the results, but we should certainly have an opportunity to refute some of the findings. This is the first review in 10 years, so we have fared pretty well over that time period with no real monitoring in place in that regard.

Advocacy – Older Michiganians Day is set for May 17th in Lansing. This is a rally on the capitol lawn, and I would love to see more participation from our region. Last year it was Lorelei and Laurie. Please mark your calendars. I am hopeful we can do better.

C. Corwin – Previously we went to the offices of the legislators. I wish we could go back to that. I felt it was more effective in a closed session with them and staff. We left knowing they heard what we wanted them to hear.

Program Reports

Legal Services Board – Terry Dutcher – Terry reported their last meeting was in November. They hired some new attorneys for the Traverse City and Marquette offices. The year-end financials are out. The next meeting is in February or March.

Region 9 COA Directors Report – Dale reported they had a Kinship Coordinator meeting last week put on by Brooke. We learned a lot and are looking forward to being more effective as we expand the program. We are also looking forward to the financial meeting this Thursday with the AAA. We continue to struggle with staffing, especially providers. We are running 70 to 80 on a wait list in Iosco County. We'll take anyone willing to work, even part-time. Home delivered meal drivers are needed as well. I know other COAs are struggling as well.

L. King – Is there any way to get the wait list information for the entire region? Yvette – Yes, we will get that information for you.

Carol W – Is it hard for those applying to pass the background checks? Dale – Sometimes. Drug screens are an issue as well. We put that a drug screen is required when we advertise.

M. Downs – The federal government doesn't recognize the legality of marijuana. L. King – If it shows up on a screen, it still means they are impaired.

D. Fay – We have it in writing that if they don't pass the drug screen as part of the application process, they have to pay for it. C. Corwin – We pay \$80 per drug test.

M. Downs – Has anyone been successful in recruiting employees? That would be good information to share.

L. King – Family members would help more if they got paid. We need to connect with the schools. K. Pappas – Northwest out of Petoskey was offering fast track classes for CNAs and also looking to connect with high schools but COVID forced a pull back.

Jerry – What disqualifies you for a drug test, medical marijuana? L. King – If it's for medical reasons you would have a card. The drug screen just indicates a positive or negative. The GSMS blood screening takes it beyond that, but it doesn't really define the amount of particles that equal impairment.

Long Term Care Ombudsman Report – Maija Aikens – Maija reported on February 15th she and Connie will be at the Michigan Works in Mio to recruit for ombudsman volunteers and participants for the Senior Community Service Employment Program (SCSEP). Connie reported she coordinates the SCSEP which is a work training program for eligible applicants who are age 55 or older, unemployed, and meet the annual income eligibility of \$18,225 for a single person. Various non-profits enter into an agreement to provide a work training opportunity. Participants work up to 20 hours a week and receive the current minimum wage. Maija is also working on providing an elder abuse conference this year, stay tuned for more information. Also, CMS is planning to publish the proposed rules for minimum staffing standards in nursing homes this year.

Planning and Volunteer Coordinator Report – Kitty Glomski – Kitty gave a Power Point presentation. The attached handout was reviewed.



RAC Meeting
1-23-23.pptx

MMAAP just finished our first round of open enrollment for Medicare Part Enrollment. Our counselors assisted 2,426 beneficiaries throughout our twelve counties. Region 9 received the Navigator Award in recognition of the MMAAP team that served the highest percentage of their Medicare population during Open Enrollment. We are now in Open Enrollment for Advantage Plans from January 1 through March 31. This is the time for beneficiaries to evaluate their healthcare and Part D plan coverage. Beneficiaries can change their current Advantage Plan or go back to original Medicare and enroll in a Part D.

New Counselors – Denise Parrot is scheduled to take initial training in February. Many of you may remember she was the Director of the Presque Isle COA. Four more applications are in process. We also signed a Memo of Understanding with the Rogers City Area Senior Center to be a designated MMAAP counseling site. They are not part of the Presque Isle COA. Jennifer

Mansfield is the Manager and Karen Meyers is the site coordinator who will coordinate the MMAP activities and do presentations. We continue to recruit new volunteers. The state has recruitment projects underway with advertisements in various publications and a TV commercial. Counselor job evaluations are starting as part of annual Counselor Recertification along with renewing their unique ID number to use the SHIP Hotline for questions.

Senior Medicare Patrol Grant – The grant was used to produce birthday postcards which were sent to those turning 65. We received a list from MMAP Inc. for our region which had close to 5,000 names. We hope the grants continue to allow us to send the postcards every year.

Virtual New to Medicare webinars are held on the 2nd Wednesday of each month for new beneficiaries to learn about Medicare basics and set up an appointment to meet with a counselor. Counselor planning meetings are held virtually the first Wednesday of the month. Connie was our speaker this month to promote the SCSEP. The January Let's Talk About Aging podcast features interviews with Kelly Robinette about Diabetes and nutrition and Pat MacKinnon from MMAP Inc. discusses Advantage Plan Open Enrollment.

Challenges – The MHEF Medigap subsidy ended in December. We are helping to provide beneficiaries that can't afford their Medigap premium with other insurance options. The public health emergency is expected to end in April. This will require MDHHS beneficiaries to recertify for Medicaid benefits. We are seeing a lot of issues with Part D plans not covering prescriptions. The \$35 insulin cost works as long as the company's formulary covered your brand of insulin, if not, you need to shop for a new plan that does cover yours. We rely on the Medicare Plan Finder to offer this information for beneficiaries to make an informed decision.

T. Dutcher – Who do you contact if you know someone is scamming? Kitty – let me or anyone in the MMAP network know and I can report it. Telemarketers are different, just block them.

Special Projects Coordinator Report – Brooke Mainville – Brooke gave Power Point presentations. The attached handouts were reviewed.



Expanding Dementia
Care Support in Under



RAC Meeting
1.23.2023.pptx

Michigan Health Endowment Fund Grant – There is \$333,096 available for a two-year project for Expanding Dementia Care Support in Underserved Communities and Populations in Michigan. There are currently about 190,000 people living with dementia in Michigan. The AAA will partner with the MSU School of Social Work; Dr. Fei Sun and Dr. Daniel Valez Ortiz from the Dementia Care Support Office and Paul Freddolino for technical support. Our goals are to: Expand Dementia Resources to rural areas and minority groups, Provide two social work services to Dementia Caregivers: 1. General Case Management: which provides information, education and linkage to services and 2. Clinical: counseling for the family caregivers, and Long Term Goal: Use this two-year pilot as a model to build on for a future federal grant to expand the grant across other underserved communities in Michigan.

Trualta will be used. This is an interactive online learning environment for caregivers. It is a selfpaced platform that will deliver family caregivers content that is tailored to their care situation and learning style. The goals of Trualta are: Help seniors age in place by building skills to help families manage care at home, Develop confident and competent family caregivers that can manage care at home, and Reduce caregiver burden.

K. Pappas – Will you be sharing this with home care providers? Brooke – We can. We are able to open it up for now because we have an unlimited package.

Updates – A Kinship Coordinator Meeting was held online via zoom with information on how to apply, etc. Kinship applicants can receive \$300 twice a year. Upcoming Health and Wellness Workshops – Virtual Powerful Tools for Caregivers are scheduled for January 11, 2023 – February 15, 2023 from 10 am – 11:30 am, April 29, 2023 – May 3, 2023 from 2 pm – 2:30 pm and June 14, 2023 – July 19, 2023 from 1 pm – 2:30 pm. A Matter of Balance is scheduled for May 1, 2023 – May 24, 2023 from 1 pm – 3 pm in Harrisville, and a virtual Chronic Pain PATH is scheduled for February 21, 2023 – April 28, 2023 from 9 am – 11 am. Still room but have enough enrolled to start. Caregiver Webinar Series 2023 – February 10, 2023 Navigating Difficult

Conversations: Hear the Perspective of Persons Living with Dementia. March 10, 2023 Understanding and Responding to Dementia and April 14, 2023 Parkinson's Disease. All webinars begin at 1 pm.

Conference – The AAA will provide a Caregiver Empowerment and Wellness Conference on April 24th in Houghton Lake from 10:00 am – 4:00 pm.

BOSS Update – Brooke's client is in transition to a more hands off approach and will graduate from the program in June. She now has stable housing in place and is doing well.

COVID 19 Immunization Grant – Brooke reported on some uses for the funding including placemats, the Easter one was reviewed and includes information on communicating with a person with dementia, adult protective services information, tips for effective communication with our health care provider, benefits of daily walks, benefits of physical activity, and common COVID 19 myths. All of the COAs were asked for input on how to use the grant funds for 2023. Five responded with continuing the Facebook posts and billboards, provide a webinar, and purchase COVID 19 travel bags and hygiene boards. We will schedule a meeting with the COA director's to discuss this further.

Services Coordinator Report – Kelly Robinette – Kelly reported she is participating in the ACLS Bureau Nutrition Committee to revise the nutrition standards. Meetings are now held every other week. The home delivered meal standards have been rewritten and they are in the process of redoing the congregate meal standards. She will find out at her meeting tomorrow when the standards for the grab and go meals will go out for public comment. They will be referred to as carryout meals and considered a home delivered meal after the COVID emergency is over. Update - the ACLS Bureau is proposing to have the revised standards posted on their website for public comment on February 1st. The link will be provided soon. It is up to each individual COA if they want to continue these meals, it is not mandatory.

C. Corwin – Did the COAs have input? Kelly - Each AAA is allowed to have one COA representative on the committee. Alice Snyder, Crawford COA Director, was nominated by the COA directors to represent them.

Kelly also puts out four recipes per quarter on our website of recipes using the commodity food items. She also has smaller portion recipes that were sent to the COAs for anyone interested. You can find Kelly's information on our website page under services and programs and down at the bottom is an icon for recipes, etc. Also check our Facebook page.

Advocacy Reports

MSAC – Lorelei reported on the attached revised legislative list and MSAC advocacy priorities.



2023 LEGISLATURE
SERVING REGION 9.do



MSAC Inquiry
5-2020.pdf

The MSAC advocacy priorities are: Advance Medicaid Home and Community-Based Services, Expand Older Americans Act Services, and Support Family and Informal Caregivers. The priorities also include action steps for the first six months of 2023. Please start talking to your legislators on these issues.

State Advisory Council – C. Corwin reported their research project on what you need to do when you reach age 65 is in final draft. They have not received their new charge for this year. We need a second SAC representative from our region. If you have questions, contact Chuck. Meet 4 times a year in Lansing and rest are virtual.

L. King – What are the requirements? Chuck – We meet virtually once a month and in person four times a year in Lansing. There is an application process. They are looking for diversity to represent all viewpoints. He spent approximately 12 hours on his research portion over the course of a year. Copies of the final report will be given to all of you, the COAs, local libraries, etc. There will also be a link to a PDF copy as well.

State Updates

ACLS Bureau (Administration for Community Living Supports) Lacey Charboneau – No report. Lacey was unable to attend.

Local Updates from Council Members

L. King – Crawford won the millage for the new center and then COVID hit and expenses went up. Bids went out that will focus on the main building. We applied for a MDNR grant for the gym. This year the COA celebrates its 50th anniversary.

C. Corwin – The Roscommon COA applies for grants constantly and was able to provide BTBQ training to all of our in-home care staff. We now know what all of our people know, it's a tremendous asset. It's important to put time aside to write for grants.

T. Dutcher – Develop losco is a non-profit that received a grant for \$150,000 to conduct a study to assess the childcare needs in the community. It is an 18-month program that includes losco, Arenac, and Ogemaw. We are hoping to connect with some staff at NEMCSA to assist with the study.

Action Items

None

Questions or Comments

K. Pappas – How is NEMCSA doing for funding of the waiver, are there enough funds? Yvette – We do not have a wait list to date. This year some of the rates went down so we're keeping an eye on that.

Adjourn

A motion was made by J. Broad with support from K. Pappas to adjourn the meeting. The meeting was adjourned at 3:10 pm. Chair T. Dutcher. Our next meeting is scheduled for Monday, March 27, 2023.

**Northeast Michigan Regional Council on Aging
Monday, March 27, 2023 at 1:00 pm
NEMCSA Conference Room**

The meeting was called to order by Chair T. Dutcher at 1:03 pm

Roll Call

Shelby Gohl, Jerry Broad, Darlene Huff, Kimberly Pappas, Carol Wilder, Carol Gosse, Terry Dutcher, Julie Kendrick, David Burdine, Connie Messina, Mitzi Downs, Dennis Fay, Chuck Corwin.

Excused: Lorelei King, Eileen Howell, Dale Evilsizer

Guests: Heidi Powers - Volunteer Programs, Lacey Charboneau – ACLS (Administration for Community Living Supports) Bureau,

Tori Gentry – NEMCSA, Gary Wilder

AAA (Area Agency on Aging) Staff: Laurie Sauer, Connie McQuarrie, Brooke Mainville, Maja Aikens, Kitty Glomski, Kelly Robinette

Quorum - Yes

Approval of Agenda – A motion was made by J. Kendrick with support from J. Broad to approve the agenda as presented. Motion carried.

Approval of Minutes – A motion was made by D. Fay with support from C. Messina to approve the minutes of 1-23-2023. Motion carried.

Nominating Committee Report

We received word from Linda Kline, Montmorency board member, that she would like to apply for the vacant Member-at-Large position for Montmorency County. She was unable to make today's meeting but will submit her paperwork to the Nominating Committee for review.

Speaker – Heidi Powers, Director of the Foster Grandparent/Senior Companion Programs

Heidi gave a power point presentation, handouts were distributed. The federal AmeriCorps Seniors provides three programs; the Foster Grandparent Program (FGP), Senior Companion Program (SCP), and Retired & Senior Volunteer Program (RSVP) directed by Rick Houchin. FGP and SCP are in the same twelve county service area covered by the AAA. The Foster Grandparent Program was established in 1965 and has been with NEMCSA since 1975 (48 years). Foster Grandparents serve students in local schools providing one-to-one mentoring, nurturing, and support to children with special or exceptional needs or who are at an academic, social, or financial disadvantage. They serve as mentors and tutors in supervised classrooms. Our program serves kindergarten to 5th grade. The Senior Companion Program was established in 1974 and has been with NEMCSA since 1985 (38 years). Senior Companions provide friendship, socialization and companionship for other seniors who may not receive the social engagement they need. They may also provide respite for family caregivers. Senior Companions serve in private homes, senior centers, and short and long-term care facilities. Both programs enable low-income adults to share their experience, abilities, and skills for the betterment of their community and themselves.

Volunteers of both programs earn a stipend of \$4 per hour, receive transportation reimbursement, excess accident and liability insurance, and a meal on days of service, provided by the host site. Monthly in-service meetings and an annual recognition luncheon are also provided. Volunteers must be 55 or older, meet 200% of the federal poverty guidelines, and be willing to serve 20 hours per week. Volunteers also go through a three-part history check which includes the State Police database, the National Sex Offender registry and the FBI Biometric (fingerprint) check. Heidi distributed program brochures and asked for assistance in recruiting new volunteers. Think of these programs as tools to serve those in your community. Heidi also shared information about a scam her parents were involved in. It was a pop-up on the computer that said it was infected and to call a number for help. The scammers said her credit union information was compromised. This was followed up by a caller saying they were a fraud officer from the credit union and directed them to purchase \$2,000 in gift cards. Once the card information is given, the scammers have your money, and you cannot get it back. Please be careful, these scammers are incredibly good at manipulation.

Director's Report

Laurie introduced Tori Gentry. Tori is a new employee in NEMCSA's Accounting Department. She is joining us today to learn more about our programs.

Public Act 4 of 2023 – This bill, recently signed by the governor, phases in an income tax reduction for retirees over four years beginning with tax year 2023, filed in 2024.

New COA (Commission on Aging) Director – The Alcona County Commission on Aging has a new director, Denise Trelfa. She is an Alcona resident and has a strong military background. Laurie will meet her tomorrow at their board meeting. We wish her well in her new role.

Notice of Proposals – The ACLS Bureau put out a notice of proposals available to spotlight ideas and programs for the Nutrition and Wellness Summit to be held in Higgins Lake on September 26th. The notice was sent to the COAs hoping some of them will be present.

State EVV (Electronic Visit Verification) System – ACLS Bureau announced the state has chosen an EVV system provider. This is a requirement under the 21st Century CURES Act. It is required for anyone providing personal care or community living support. It is not needed for our regular grant funded programs, but it is for MI Choice and Adult Home Health services. Although EVV is required by the state, they are not mandating that the state system must be used. There are other providers in the state, however, their systems will have to meet the state requirements. We expect it to be implemented soon. Discussion followed. Check into local grants. The Alcona COA received a USDA Rural Development Grant which paid for staff tablets.

Federal Budget – President Biden's budget recommends increases in OAA funding for Title IIIB Support Services and Title IIIE National Family Caregiver Support. Title IV Native American Services is to receive at least a 20% increase under his plan. Of course, advocacy is needed during budget negotiations with legislators.

Older Michiganians Day (OMD) – Handouts were distributed. OMD will be held on May 17th, in the middle of Senior Action Week. We have 10 slots available for the rally on the state capitol lawn. Let Laurie know if you are interested in attending. Advocacy to local legislators is

crucial, and this year's platform urges them to act and ensure funding in the budget in five areas. See the attachment for more information.

OMD Support Letter – A template letter was distributed. Please complete and turn it to Laurie. We will be sending it to all our active clients as well. Laurie will deliver them to our legislators during Older Michiganians Day.


OMD 2023
Legislative Platform.p


OMD 2023 Support
Letter.pdf

Grab and Go Meals – Due to the ending of the Public Health Emergency on May 11, 2023, and pending policy related to carry-out meals as a Home-Delivered Meal (HDM) service, components of this standard will be reviewed. Carry-out meals consumed at home without socializing or congregating is not allowed under the congregate service. The C-3 Congregate Meals Operating Standard has been revised to remove takeout meals, second meals, and weekend meals without congregating and provides updated guidance pertaining to off-site congregate meals. We have received feedback from the COAs that they are not likely to continue the takeout meals because it will take away from the home delivered meal funding. Lacey reported there is federal advocacy to allow more funding to go to home delivered meals. There is a little social element when they pick up meals, we know and see that. You are allowed to shift congregate dollars to home delivered meals. Please use the following link to review and provide feedback and recommendations on the C-3 Congregate Meal Operating Standard for Service Programs draft: <https://www.michigan.gov/mdhhs/adult-child-serv/adults-and-seniors/behavioral-and-physical-health-and-aging-services/news-room> Public comment is open from March 13, 2023, to April 13, 2023. Please submit comments via email to Marla Price at pricem10@michigan.gov.

New Grant Collaboration – This is the \$130,520 grant we talked about previously through the Michigan Health Endowment Fund in collaboration with the MSU School of Social Work to focus over the next 2 years on caregivers and adults with mild cognitive dementia. This effort also helps us make some progress on our DEI (Diversity, Equity, Inclusion) goals. We also submitted for a \$120,000 transportation grant to address barriers specifically in Iosco County.

Mandatory DEI Training – A training is scheduled for April 11th from 10:00 am to 11:30 am for diversity, equity and inclusion training with speaker, Jay Johnson. Along with all AAA staff, we invited all our subcontractors to participate. DEI is a contract requirement this year. There is no charge. If you would like to participate, click on the attachment for more information and to register.


Fostering DEI Flyer -
DRAFT.pdf

Medicaid Training - Chalgian and Tripp will again provide a virtual training. The topics, Long Term Care Medicaid and how to complete a Medicaid application. The training will be held on Tuesday, April 25th from 10:00 am to noon. We have invited the COAs and MMAP (Medicare

Medicaid Assistance Program) volunteers to attend as well. We want to make sure we have the latest information to assist clients when the Public Health Emergency (PHE) ends.

Intrastate Funding Formula – The Commission on Services to the Aging met on March 17th to discuss the intrastate funding formula. The formula is reviewed every few years and is used

to determine how much funding AAAs (Area Agency on Aging) receive. The geographic factor is especially important for us. Their recommendation overall was to leave the factors as they are as they continue to be an appropriate base for funding. However, because of the increase in the 85 and older population, they are adding a 5% weight along with a .5% increase for the 60 and older population who do not speak English well. The population tables recently came out so we are not sure yet how this will impact our region, but we feel we will be in decent shape for the start of 2024.

DCW (Direct Care Worker) – There is a proposal to increase the direct care worker premium pay by another \$1.50 per hour along with advocating for caregiver resource centers. There is another proposal to raise it another \$4. The current premium pay is \$2.35. This is important. We need more people to provide hands-on care. C. Corwin reported there is currently a 41% caregiver turnover rate.

Program Reports

Legal Services Board – Terry Dutcher – No report.

Region 9 Directors Report – Dale was unable to attend today but he has three items to report: 1. The COA Director's attended a waiver provider meeting on March 15th at the Alpena Community College. It was very informative, 2. He wanted to emphasize the importance of Older Michiganians Day on May 17th, and 3. He wanted to mention the upcoming decision the COA Director's will be facing concerning whether to continue carryout meals once the public health emergency ends.

Long Term Care Ombudsman Report – Maija Aikens – Maija reported she has a location for the Elder Abuse, Neglect, and Prevention Conference this year. It will be held in the fall at the Otsego County Commission on Aging. She has a potential new volunteer in Arenac County. She also attended two Employer of the Day recruitment events with Connie recently, one in Mio and the other in Grayling to recruit ombudsman volunteers and participants for the Senior Community Service Employment Program (SCSEP). Another event is scheduled in May at the Cheboygan COA.

Planning and Volunteer Coordinator Report – Kitty Glomski – Kitty reported Medicare Advantage Open Enrollment ends on March 31st. Counselors are involved with assisting those who need to recertify for Medicaid. There has been a lot of aggressive marketing by Humana and AARP for those with dual enrollment and special needs programs. These groups are getting lists of folks with Medicaid and enrolling them in Medicare. Many do not have the type of Medicaid that works with Medicare.

Be careful of a recent phone fraud offering a plastic Medicare card with a chip. They ask you to verify your name, address and of course your Medicare number. Another scheme uses a

fake website to promote grants to health and human services. It advertises to apply for free money, give us your credit card number. Just a reminder, government domains are always .gov never anything else. Scrutinize these sites and if you suspect fraud, report it to a MMAP counselor or call 800-803-7174. Ads are going out for statewide recruitment. Kitty has two recruits to train this summer. She is also working with Connie and the SCSEP to develop a job description for MMAP counseling for hopeful placement in counties without a local counselor. Finally, the "Happy Birthday! Are you going to be 65 soon?" postcards are being

mailed to provide information regarding Medicare. New to Medicare webinars are held monthly and counselor planning meetings are held the first Wednesday of every month. Check out our latest podcasts that highlight VA (Veterans Affairs) benefits to identify discharged vets and the NEMCSA RSVP and Shine Bright programs.

Special Projects Coordinator Report – Brooke Mainville. Brooke gave a Power Point presentation and handouts were distributed. Upcoming Health and Wellness/Caregiver Workshops – Powerful Tools for Caregivers April 29th, May 16th, and June 14th. Matter of Balance May 1st and Diabetes PATH April 21st. The next virtual Caregiver Webinar Series will be held Friday, April 14th from 1:00 pm to 2:00 pm, the topic is Parkinson's Disease. Dates for the summer virtual Dementia Webinar Series are June 9th Dementia Friends Michigan, July 14th Coping with Change, Grief, and Loss, and August 11th Coping with Dementia Care Stress. All are held from 1:00 pm to 2:00 pm. She also has her virtual Living Healthy Webinar Series scheduled for November 2023 through April 2024. Contact Brooke for more information or to register for any of the workshops or webinars.

The Trualta online platform for caregivers to access free training and resources will be available soon. Watch for some kickoff events. We have a Facebook contest going on. Like our Facebook post and share it for a chance to win a prize. Brooke reviewed GetSetUp. This is an online community for people aged 55 and older who want to learn new skills, connect with others, and unlock new life experiences. You can take free classes on a variety of topics, anything from travel and exercise to nutrition and how to use technology. Update on the use of the Covid-19 Immunization Grant. Brooke presented four ideas for a billboard. The majority voted for #3 advertising that Covid-19 is not over. Keep your guard up. Wear a mask. Social distance. Wash your hands.

Services Coordinator Report – Kelly Robinette – Kelly reported April 21st is the final day for review and comment on the congregate standards for takeout meals. She has completed the nutrition self-assessments and will start her in person assessments soon.

Advocacy Reports

MSAC (Michigan Senior Advocates Council) – Laurie gave the report in Lorelei's absence and shared information about OMD advocacy.

State Advisory Council – Chuck reported they met last Thursday in Lansing. The Council is changing to shorter research topics where the work focus will take one to two months. The current focus is on the great disparity in the state on wait lists for services. The workgroups will look at the counties with the shortest and longest lists and see what is being done differently. Is there a process that is more successful? Also, we need another representative

on the Council from our region. Meetings are typically held in Lansing 5-6 times per year, lodging and a meal is provided. It is very worthwhile. You have direct input into the state level. No one expressed interest now; we will revisit at our May meeting.

State Updates

ACLS Bureau (Administration for Community Living Supports) – Lacey Charboneau – Lacey reported there is continued work on updating the state's service standards. The Older

Americans Act dictates how funds are allocated which is interpreted into the minimum standards. The AAA can add additional requirements. The Adult Day Standard is out for review this month. We anticipate the proposed revisions to the standards will go to the Commission on Services to the Aging in May or June. They will not go into effect until October when the new fiscal year starts. The ACLS Bureau is currently working on our 3-year state plan. Also, regarding the Medicaid recertification process, just know that if someone is set to lose coverage, they will not lose it any sooner than July, so they still have time to utilize those benefits.

Local Updates from Council Members

T. Dutcher – Iosco County received a \$150,000 grant to be used for a childcare needs study.

K. Pappas – Do we ever invite representatives to speak at our meeting? Laurie – Yes, it is certainly something we can do.

Action Items

A. State Advisory Council Appointment – We will revisit in May.

B. Alternate Meeting Locations: We were asked to revisit whether you want to hold our meetings in various locations. Discussion followed. A motion was made by D. Huff with support by C. Wilder to keep the meetings here in Alpena. There being no opposition, the motion carried.

C. NEMCSA Board Representative – We currently have J. Kendrick and T. Dutcher on the NEMCSA Board. We need one more. Discussion followed. There was no interest expressed. Please consider serving on this board. The topic will be revisited at our May meeting.

Questions or Comments

Adjourn

A motion was made by D. Huff with support from C. Messina to adjourn the meeting. The meeting was adjourned at 3:34 pm by Chairman Dutcher. Our next meeting is scheduled for Monday, May 22nd at 1:00 pm in the conference room at NEMCSA.

Northeast Michigan Regional Council on Aging Meeting and Public Hearing on the FY 2024 Annual Implementation Plan

Monday, May 22, 2023 at 1:00 pm

NEMCSA Large Conference Room - Alpena

The meeting was called to order by Chair Terry Dutcher 1:04 pm.

Roll Call

Shelby Gohl, Jerry Broad, Darlene Huff, Lorelei King, Carol Wilder, Carol Gosse, Eileen Howell, Terry Dutcher, Dale Evilsizer, Linda Kline, Connie Messina, Mitzi Downs, Dennis Fay, Chuck Corwin

Excused: Kim Pappas, Julie Kendrick Unexcused: David Burdine

Guests: Lacey Charboneau, Gary Wilder

AAA Staff: Jaime Carnie, Yvette Smigelski, Kitty Glomski, Connie McQuarrie, Maija Aikens, Katlyn Franks

Quorum - Yes

Approval of Agenda – A motion was made by C. Corwin with support from C. Messina to approve the agenda as presented. Motion carried.

Approval of Minutes – A motion was made by D. Fay with support from D. Huff to approve the minutes of 3-27-2023. Motion carried.

Nominating Committee Report

Appointment – Linda Kline has applied to represent Montmorency County as the Member-atLarge. A motion was made by D. Huff with support from L. King to approve the application. Motion carried. Welcome Linda.

Close the meeting – A motion was made by C. Messina with support from D. Huff to close the meeting and open for the public hearing. Motion carried.

Public Hearing on the FY 2024 Annual Implementation Plan (AIP)

Kitty gave a Power Point presentation. A draft copy of the 2024 AIP was distributed.



2024 AIP



2024 Draft AIP.pdf

Presentation draft as o

The AIP provides demographics and addresses the needs of the service area. It outlines the services to be provided, identifies advocacy efforts, and lists focal points and partners. The Older Americans Act (OAA) of 1965 established the Administration on Aging or ACL, which serves as the federal authority on matters concerning older persons. 56 State Units on Aging receive federal funding to administer a wide array of service programs provided through the nationwide network of 618 Area Agencies on Aging who provide services for aging adults in local communities.

Our population is down slightly from last year, but our aged 60 and older population increased from 71,438 to 79,559, an increase of 4%. The state average for the age 60+ population is 25.3%. Alcona has our highest population of seniors at 42% and Otsego has the lowest at 25%. Our BIPOC (Black, Indigenous, and People of Color) population makes up 1.9% of our senior population, about 1,609.

Services provided include Access Services, In-Home Services, and Community Programs. Additional Programs we provide include the Medicare Medicaid Assistance Program (MMAAP), MI Choice Home and Community Based Waiver, MSU Dementia Grant (Trualta Implementation), two Covid grants, and the 2023 Empowering Communities Grant (MSU) for Evidence Based Disease Prevention Self-Management Education Programs in English and Spanish versions. The AAA will also provide regionwide training on Diversity, Equity, and Inclusion (DEI), PersonCentered Thinking, Poverty, Medicaid Long Term Care, and Workplace Safety, Human Trafficking, and Active Shooter.

The Aging Network delivers services that address Michigan's State Plan on Aging focusing on the following four goals:

- Goal #1 Improve access of aging services to Black, Indigenous, People of Color and LGBTQ+ older adults in northeast Michigan.
- Goal #2 Reduce the impact of social isolation on older adults and improve access to information, assistance, and social outlets through a variety of means to improve the lives of aging adults in northeast Michigan
- Goal #3 Ensure older adults have a robust well-trained workforce to serve their needs.
- Goal #4 Ensure access to services and supports in a manner consistent with person-centered practices.

Timeline – The Draft 2024 AIP will be endorsed by the Northeast Michigan Regional Council on Aging and submitted to the NEMCSA Board of Directors for approval on Friday, June 2, 2023. It will be sent to the County Board of Commissioners and regional tribal organizations for review and comment by July 20, 2023. The final plan is presented to the Michigan State Commission on Aging at their meetings in August and September.

A copy of the draft and once approved, the final 2024 AIP will be available on our website at: <https://www.nemcsa.org/services/senior-services/aip.html>. Questions and comments may be directed to Laurie Saur, AAA Director at sauerl@nemcsa.org or 989-358-4663.

The following questions were addressed:

L. King – Which tribes are in our region? Odawa and Chippewa.

C. Corwin – Can you explain this transitions program? It is set up for those that may not qualify for waiver services or Medicaid but want to transition to their home. It is funded differently.

C. Messina – What do they have to do for Medicaid now that the PHE is over? The Public Health Emergency froze the Medicaid benefits for a few years and now everyone needs to have their Medicaid eligibility redetermined.

C. Wilder – What if someone is in danger of going into a nursing home but needs to make their home more accessible to stay there? You can speak with a MMAP counselor or a member of our Waiver team for guidance.

S. Gohl – The VA helps with accessibility as well as Habitat for Humanity.

L. King – Isn't there an income limit with Habitat? S. Gohl, I'm not sure of all the requirements.

L. King – During Older Michiganians Day it was reassuring to hear our legislators and the governor speak about their own caregiver stories and the need for funding.

C. Corwin – You don't have Chore and Matter of Balance listed for services. Chore is not a funded service through the AAA.

L. King – I have one recommendation. We need a glossary of acronyms, I had to develop my own. We do have one available and will share with all of you.

There being no further questions, a motion was made by L. King with support from D. Huff to close the public hearing and resume the Regional Council on Aging meeting. Motion passed unanimously.

Director's Report

Laurie is on vacation. Jaime gave the following report.

Older Michiganians Day – Eight people from our region attended the event in Lansing last week. Dale Evilsizer arranged a meeting with Representative Hoadley before the event, which went really well.

Grants – Good news. We were awarded a one-year Michigan Health Endowment in the amount of \$122,841. The funds are to study Aging Non-Emergency Transportation in Iosco County. A group of scholars in Iosco will be conducting a study on the effects of transportation challenges on home-delivered meal participants. We hope for more funding next year. There was also an Administration for Community Living (ACL) federal grant awarded to MSU Extension that we were asked to collaborate with them. This will be for Spanish and English versions of some of the evidence-based health promotion programs. This will increase our outreach to the Latino population.

Pre-Bidders Conference – We held our conference followed by a Region 9/COA Directors meeting a couple of weeks ago. The COAs will be submitting proposals by June 9th. The recommendations will then go to this council for review and approval at our July meeting.

University of Michigan National Poll on Healthy Aging (NPHA) – We had 11 participants for the focus group this morning. The focus groups identify areas of interest for further research to support the health and well-being of older adults in Michigan. We had a very engaging group. The moderator was happy to see so many men participating.

New State Operating Standards for Services – New standards are coming for transportation, adult day services, outreach, nutrition, caregiver services, information and assistance, and options counselling. With the end of the PHE, the carry out meals allowed during the pandemic have been stopped by many of the COAs because it takes away from the home delivered meals budget. Three counties will continue to provide them, Iosco, Montmorency, and Presque Isle. Discussion followed. Lacey reported the Congregate Meal Standard was revised to remove the parts that were in violation of the rule such as the pickup or take out options allowed during Covid. The workgroup is continuing to update the standard in its entirety. There will be more changes in the future. Discussion followed. C. Wilder – If a driver takes weekend meals to a shut in? Lacey – It's still a home delivered meal. L. King – Are the COA directors involved in the revisions? Lacey – Yes Alice, the Crawford COA Director, is the spokesperson for the region. L. King – Is there any way to change it from being charged as a home delivered meal? Lacey – It's a federal rule, they would have to change it. L. King – How do we do that? Lacey – Advocate and reach out to your federal legislators. L. King – We need to discuss this more as a group. I think it should be a topic of discussion on our next agenda. Connie will put it on the July agenda.

Nutrition and Wellness Summit – The summit will be held on September 26th at the MacMullen Center in Roscommon County. Nutrition staff from the COAs typically attend.

Intrastate Funding Formula – The formula review has concluded. There are two new weights that will be added to the current formula; one for age 85+ populations and the other is for those who are age 60+ and speak English less than well. We aren't sure how our region will be impacted by the new weights. Discussion followed regarding the meaning of those who speak English less than well. Is it for those with English as a second language or does it refer to literacy? Lacey received clarification from the state office which was emailed to all council members. Less than well is a census specific term related to language spoken. It is not a measurement of literacy. It is the closest census term we could get to address limited English proficiency.

State Plan on Aging – The plan is out for comment until June 4th and the MI Choice Waiver Program Renewal is also out for comment until June 1st.

D-SNP – The state will transition the Michigan Health Link Program to a Dual Eligible Special Needs Plan (D-SNP). This serves individuals that are eligible for both Medicare and Medicaid. It can provide additional services such as dental, vision, and transportation.

Electronic Visit Verification (EVV) – The state is requiring Medicaid providers that provide personal care and community living supports services to implement an EVV system. The state is building a system, or you can purchase your own, but it must meet the state's specifications. You will also need to be registered in the state's CHAMPS system.

Guardianship Reforms – Attorney General Dana Nessel's Elder Abuse Task Force has been pushing for some guardianship reforms and we expect those to be approved by legislators soon.

Wait Lists – We have some counties that have growing wait lists for in-home services. We will be exploring the option of implementing a self-determination option for those programs. With the growing direct care worker shortage, we are trying to find solutions to ensure people are getting needed care. Self-determination is offered under the MI Choice Waiver. It allows an individual to select their care giver

such as a friend or neighbor that they trust. They are paid with our funds; the client chooses how much to pay them with recommendations given by us. Discussion followed: D. Evilsizer – We could lose some funding but at least folks would be taken care of. Right now, our funds aren't being spent because of the caregiver shortage. L. King – Do their choices go through the vetting process? Yvette – Yes.

Transportation – With the revised standards, we will also be exploring a limited transportation service.

Upcoming Event –A kickoff for the launch of Trualta will be held on June 14th from 4:00 pm to 5:30 pm here at the NEMCSA office. This is the online caregiver platform.

MI Choice Program Rate Review – We have heard that our mid-year rate review will only provide a 1.5% increase in our capitation rates. This is not at all what we were expecting and will severely hamper our ability to adjust rates for our contractors. L. King – Do they look at population, etc. for the waiver? Lacey – The state uses a company called Milliman. They look back at past spending. The waiver program has 6 capitated rates. The rates don't rise with the needs.

Program Reports

Legal Services Board – Terry Dutcher – T. Dutcher reported the board meets later this month. The budget report is attached for your information.



2023 05.19 Account
Balances April 2023.ppt



2023 EOM April.xls

Region 9 COA Directors Report – Dale reported the directors attended the May 11th Pre-bidders conference and COA Directors meeting. There was a long discussion on carryout meals. Three counties will continue to provide them. Older Michiganians Day was very successful. We were able to express our opinions. The focus was on the direct care worker shortage. In Iosco, we have 70 or so on a wait list. We held a job fair in Oscoda to recruit, not one person walked in the door. In 2021 we lost some of our paid volunteer drivers due to the pandemic, so we incorporated some into paid drivers. It's really important we let those in Lansing know about our struggles. I am very supportive of the AAA for thinking outside the box to find a solution for the caregiver shortage. Discussion followed on how to get the word out for the need for direct care workers. It was agreed that most people aren't aware of the services we provide. Lorelei reported her board wants to know how many volunteers the COAs have and how they are utilized. They want to get an idea of what works and what doesn't.

Long Term Care Ombudsman Report – Maija Aikens – Maija reported she and Connie held another recruitment event for ombudsman volunteers and participants for the Senior Community Service Employment Program (SCSEP) at the Cheboygan Senior Center. We had a few inquiries. Connie explained the SCSEP. Maija also reported that she was notified by the state office that she no longer has to wear a mask when in the nursing homes. She also continues to finalize a site for the elder abuse conference which will be pushed to the fall. She is still planning to hold the event in Gaylord.

Planning and Volunteer Coordinator Report – Kitty Glomski – Kitty gave a Power Point Presentation.



Region 9ers Meeting
5-11-23.pdf

It's annual recertification time for all MMAP counselors. Statewide counselor recruitment is also underway. We have two recruits who will take the training this summer. Kitty and Connie are developing a job description for MMAP utilizing a SCSEP participant. MMAP is currently being marketed on television, radio and in regional newsletters. We have 14 counselors working at the COAs, 3 with HUD Housing, 2 at hospitals and 9 general volunteers. Birthday postcards were sent to those turning age 65 to get the word out about the New to Medicare Presentations and how to protect yourself from scams and fraud.

Monthly activities include counselor planning meetings the 1st Wednesday of the month via Zoom at 9:00 am, MMAP Inc. Counselor Trainings the 1st Wed of each month at 2:00 pm, and New to Medicare Presentation via Zoom the 2nd Wednesday of the month at 10:00 am. MMAP counselors are facing challenges with the PHE ending and also issues with the Advantage Plan D-SNPs. Don't forget our podcast Let's Talk About Aging.

Special Projects Coordinator Report – Brooke Mainville – Brooke is not here today; Yvette did a Power Point in her absence.



5.2023.pptx

The Power Point has several dates for upcoming Health and Wellness Workshops from June 2023 through March 2024. Brooke also has a series of webinars scheduled on Dementia, Healthy Living, and Caregiver. A Matter of Balance Lay-Leader Training will be held on June 15 and 16 from 10:30 am to 3:30 pm. We are offering a \$100 reimbursement to the COA for each newly trained leader that holds a class. You all received a copy of the Caregiver Self-Care Handbook. The Trualta free online platform for caregivers will kick off to the public on June 14th from 4:00 pm to 5:30 pm here at the NEMCSA office. Covid-19 Immunization Grant funds were used to purchase billboards, the placemats you each have, and a supply went to each COA. Other things for consideration include hygiene stations and grab and go Covid travel bags for COA staff. She will continue to work with the COA directors on ideas for the grant funds.

Services Coordinator Report – Kelly Robinette – No report, Kelly is teaching a class today.

MSAC – Lorelei reported on Older Michiganians Day. It was very cold, but most of our legislators were there. The group met with Representative Ken Borton and gave him 400 signed advocacy letters. All of our legislators received a packet of letters. MSAC is prepping advocacy efforts to get the direct care worker increase. Our goal is \$18 per hour. The governor reported that an increase of just .65 cents is over \$91 million dollars. Many speakers admitted we need help with this issue. There are over \$23

million seniors aged 60 and older. That's a lot of voters. There was also a lot of fiscal talk that day. You are all urged to continue advocating even though Older Michiganians Day is over.

State Advisory Council – Chuck reported the council is waiting for the Commission on Services to the Aging for direction on their focus for the new year. They had a joint meeting in April. It was a chance to meet the Commissioners and share mutual concerns.

State Updates

ACLS Bureau (Administration for Community Living Supports) Lacey Charboneau – Lacey reported the end of the Public Health Emergency and Medicaid redeterminations will affect a lot of people on Medicaid. Some may no longer be eligible. At the beginning of the pandemic, the Commission on Services to the Aging (CSA) signed over some of their powers to the

ACLS Bureau Aging Director so decisions could be made quickly. On Friday, that power was restored back to the CSA. There were some gray areas as we transition such as conducting reassessments in person. Discussion on the requirement followed. Lacey expects you would go back to the expectations of the operating standards and suggested you follow the direction given by the AAA. The Intra-state Funding Formula was approved and will be in effect starting in October and phased in over a 2-3-year period. We don't expect huge changes in funding. The revisions to the Adult Day Services Standard were approved. It went from two standards down to one. It incorporates dementia training into it so all adult day centers can care for clients with dementia. It is planning and assessment season. AIP submissions will go to the Commission in August and September. Next week Lacey will conduct an assessment with Katlyn. She recently completed one with Brooke. She looks at the AAA process used to assess the COAs and services. There is a new Michigan Medicaid Director, Meghan Groen. On Friday, the state held a revenue estimating conference and set targets for the general funds.

Local Updates from Council Members

C. Wilder – We have a new Center Manager at the COA. Alice looked at the budget and the home delivered meals is \$100,000 a year in the red, that's \$300 a day to deliver meals. She started a campaign where people can give \$300 and adopt a delivery day.

L. King – We are still in the weeds with construction, but things are moving along. There are still a lot of questions being asked. A meeting is scheduled regarding payment in lieu of taxes. The new center is now in the township, not in the city so we have to look at working with the township to be tax free.

Action Items

Endorsement of the FY 2024 Annual Implementation Plan – A motion was made by D. Fay with support from C. Messina to endorse the FY 2024 AIP. Motion passed unanimously. The draft will go to the NEMCSA Board on June 2nd.

State Advisory Council – Each region has a limit of two members. We currently have one filled by C. Corwin. Chuck reported they meet virtually and in-person in Lansing four times a year, but some

members can't travel and do them virtually as well. They get their direction from the State Commission on Aging who assigns a topic of research. The Advisory Council members then break into smaller work groups to work on projects. C. Messina is thinking about it and will confirm at our July meeting.

NEMCSA Board Appointment – We are revisiting C. Corwin's request to be on the NEMCSA Policy Board. A motion was made by C. Messina with support from L. King to approve the appointment. Motion carried.

Questions or Comments

Adjourn

A motion was made by C. Wilder with support from C. Messina to adjourn the meeting. The meeting was adjourned at 3:11 pm by Chair T. Dutcher. Our next meeting is scheduled for Monday, July 24, 2023.

Northeast Michigan Regional Council on Aging Meeting Monday, July 24, 2023, at 1:00 pm NEMCSA Large Conference Room - Alpena

The meeting was called to order by Chair Terry Dutcher 1:21 pm.

Roll Call

Kim Pappas, Lorelei King, Carol Wilder, Terry Dutcher, Dale Evilsizer, Julie Kendrick, David Burdine, Eileen Howell, Mitzi Downs, Dennis Fay, Chuck Corwin

Excused: Jerry Broad, Darlene Huff, Carol Gosse, Linda Kline, Connie Messina

Guests: Gary Wilder, Bill Fay

AAA Staff: Laurie Sauer, Yvette Smigelski, Kitty Glomski, Connie McQuarrie, Katlyn Franks, Brooke Mainville, Kelly Robinette

Quorum - Yes

Approval of Agenda – L. Sauer requested the Action Item #12 be moved up under the Nominating Committee Report. A motion was made by D. Fay with support from L. King to approve the agenda as amended. Motion carried.

Approval of Minutes – A motion was made by D. Fay with support from L. King to approve the minutes of 5-22-2023. Motion carried.

Nominating Committee Report

Alcona Member-at-Large – C. Wilder reported the committee received notice from the Alcona COA (Commission on Aging) that Shelby Gohl is no longer an employee and is no longer representing Alcona County as their Member-at-Large. A motion was made by C. Corwin with support from D. Fay to accept her removal as the Member-at-Large. Motion carried.

C. Wilder also reported the committee received an application from Shelby Gohl to be a member of the council representing the public. L. Sauer explained the voting membership shall be not less than 25 and not more than 30 persons composed of: one delegate member appointed by each of the COAs, one member-at-large appointed by any relevant organization, and up to 5 members who shall come from organizations and/or entities which serve older adults. Membership may include representatives of older adults, health care organizations, providers of veteran's health care, nutrition provider, social service provider, persons with leadership experience, local elected officials, and the public. A motion was made by C. Corwin with support from L. King to accept the application. Motion carried. Shelby will remain on the council as a representative for the public.

Action Items

Fiscal Year 2024 Recommendations for Funding to the NEMCSA Board – Draft handouts were sent previously. Katlyn reported on the review process and the final recommendations. Merit Award #1 and #2 – Five applications were received with a total of \$152,338 requested and \$117,323 available. Discussion followed: C. Corwin – If all the money is not used, will there be a second round of funding? Laurie – Typically no unless additional funds become available. A motion was made by C. Corwin with support from D. Fay to approve the funding recommendations for Merit #1 and #2. Motion carried with no opposition.

Title IIID Evidence Based Disease Prevention Health Promotion – There was a total of 8 applicants. \$28,523 was requested with \$24,000 available. A motion was made by J. Kendrick with support from C. Wilder to approve the funding recommendations. Motion carried with no opposition. C. Corwin recused himself from the vote.

Title VII Elder Abuse Prevention – Three applications were received. \$6,994 was requested with \$6,394 available. Discussion by Laurie that although the lock box distribution is a good idea, it does not meet the funding standards which is why it was not recommended to be funded. The AAA typically provides an elder abuse conference with the remaining funds which will likely happen. K. Pappas – Are the counties notified directly that this funding is available? Laurie – We advertise the availability of funds in the newspapers, our newsletter, etc. The COAs have been doing this process for many years; they are aware. C. Corwin – The COAs have received a lot of valuable information from the AAA on grant writing and things. We have resources available to us. A motion was made by C. Corwin with support from L. King to approve the funding recommendations. Motion carried with no opposition.

Title IIIE National Family Caregiver Support – Fourteen applications were received. A total of \$117,025 was requested with \$110,305 available for EST \$25,000, Kinship \$20,305, Respite \$50,000 and EBDP (Evidence Based Disease Prevention) for Caregivers \$15,000. There were no requests for EBDP for Caregivers. Funds will be available for purchase of services. Discussion followed:

K. Pappas – How is the In-Home Respite structured? Is it for services in the home? Laurie – Yes, it pays for a caregiver to go in the home. K. Pappas – Is this just for short term? Laurie – It is just another category of service under the state funding. K. Pappas – If the client is already receiving services at home, is this in addition to? Laurie – It is for respite specifically where a family caregiver is involved and is typically provided by COA staff.

C. Corwin – Who is on the review committee? Brooke – Kitty, Katlyn, and I. C. Corwin – We are not allowed to duplicate services. If DHHS (Department of Health and Human Services) has a respite worker in the home, we cannot be in the home, correct? Laurie – Update: DHHS typically provides personal care under the Adult Home Help Program, not respite. COAs can augment services for what they are not providing or that are not meeting the need. Many agencies have an array of services they can provide, but they do not have to provide them. For example, if a hospice does not have volunteers for respite, please provide it and coordinate benefits, but always try to maximize their benefit first.

T. Dutcher – I do not see Iosco County anywhere on these. Dale – Correct. I did not submit any this year. Laurie – Some COAs did not apply due to the shortage of care providers. D. Fay – It is the same for Presque Isle. We do not have the staff to provide the services.

K. Pappas – For the EBDP, can we hire a therapist to come in? Laurie – Yes if they are trained leaders or you could contract with a trained leader. There is a list available.

A motion was made by L. King with support from C. Wilder to approve the recommendations. Motion carried with no opposition. Recommendations will be submitted to the NEMCSA Board for approval.

Director's Report

AAA staff – We have two positions open, one for an Intake Specialist in West Branch and one for a nurse in Gaylord.

Michigan Health Endowment Funds – We had the kickoff for Trualta. Other pieces of the grant are moving more slowly. The Rural Health Grant is moving along nicely. The project is seeking approval from the Institutional Review Board at CMU which looks promising. A data collection tool has been developed and a Project Manager is almost in place. Next will be volunteer recruitment.

Alcona COA – They have a new director, Wendy Bain. She previously served on their board for a brief time. She is working on getting things back in order and moving in the right direction.

Assessments – Staff have been busy conducting general, in-home, nutrition and fiscal assessments this summer. Our AAA assessment conducted by Lacey from the ACLS Bureau went well, we are waiting for the results.

Otsego County Board of Commissioners Meeting – Laurie was invited to answer any questions regarding our Annual Implementation Plan. A motion to endorse the plan was passed.

PACE (Program for all Inclusive Care) – A PACE program is coming to Alpena by 2024. Handouts distributed. PACE is a long-term care program that operates as an interdisciplinary team which includes a clinical component and full care team. PACE pays for all clients' needs which they can receive at a day center or in their home. They have been approved for 150 slots and will pull from Alcona, Alpena, Montmorency, Oscoda, and Presque Isle counties. It was developed by Presbyterian Villages of Michigan. They will be seeking other partners. Discussion followed regarding the PACE programs in Newago and Mt. Pleasant which covers Roscommon County. The eligibility is like Waiver and will likely have an impact on our MI Choice program.

Presumptive Eligibility Program – This is specifically for MI Choice. It helps when assets are too high to meet program eligibility. We would incur 10% of the cost loss rather than the full risk we do now. It will help with a buffer during the time the client reassigns assets for qualification.

Mom's Meals – They were the victims of a cyber-attack in February. Some of our clients were impacted, but there has been no evidence of information being misused or disclosed. Clients will be offered protections such as financial monitoring for a year. The ACLS Bureau and MDHHS (Michigan Department of Health and Human Services) have been notified.

Brochures – Each member received revised AAA and Care Management/ Waiver brochures in English, Spanish, Arabic and Chinese. If you know of anyone where English is not their first language, please share or drop off to local agencies who may benefit. They are also available on our website under resources.

State – Many of the Operating Standards are being reviewed. Laurie is scheduled to give the AIP (Annual Implementation Plan) presentation to the Commission on Services to the Aging in August. The premium pay will increase by .85 cents starting we presume in October.

Federal – Changes are proposed to the Older Americans Act that will allow virtual senior centers. New policy and procedure definitions include a new family caregiver definition, more stringent match definitions, proposed changes to procedures for Access services, Rural Minority Expenditure, and make all contracts a AAA enters subject to SUA approval e.g., with health plans, private payers, etc. Virtual senior centers. The Biden Administration is granting \$42.45 billion to develop high speed internet called BEAD (Broadband Equity, Access, and Deployment). States will have 180 days from June 30th to submit proposals. Michigan is set to get over \$1.5 billion. Texas will get \$3 billion.

Program Reports

Legal Services Board – Terry Dutcher – He was unable to attend the meeting in June but had handouts to distribute of their June expense report and audit.

Region 9 COA Directors Report – Dale Evilsizer – The COA directors have not met since our last meeting. The Iosco COA continues to have staffing problems.

Long Term Care Ombudsman Report – Maija Aikens – No report.

Planning and Volunteer Coordinator Report – Kitty Glomski – Kitty gave a Power Point Presentation.

All 28 of our counselors were recertified this year. One trainee in Alcona finished initial training, one in Iosco and one in Presque Isle are scheduled for initial training and two new applicants are in process for Roscommon. Counselors are available at COAs, HUD (Housing and Urban Development) Housing at Alpine Alten Zimmer and Samaritas, two are at a hospital, one at a health center, one at a hospice and nine volunteers.

Statewide recruitment is underway by MMAP (Medicare Medicaid Assistance Program) Inc. which includes more advertising, outreach, and marketing. New to Medicare Virtual Presentations continue and will be expanding to include additional topics such as Medicaid, LIS (Low Income Subsidies), MSP (Medicare Savings Programs), Fraud and Scams, and Annual Services Covered by Medicare. Birthday Postcard mailings with the SMP (Senior Medicare Patrol) grant have been a successful first-time effort. Monthly Activities include counselor planning meetings, MMAP Inc. counselor training, and New to Medicare Zoom Presentations for new beneficiaries. The most recent Let's Talk About Aging Podcast features Rati Sijiye from MMAP Inc. interviewing Kitty about doing a podcast. Medicaid redeterminations are going smoothly so far. MDHHS has handled a lot of potential problems.

Special Projects Coordinator Report – Brooke Mainville – Brooke gave a Power Point presentation. She reviewed the list of upcoming Health and Wellness Workshops for Powerful Tools for Caregivers, Matter of Balance, and Chronic Pain PATH. 11 workshops were held this year. The monthly Healthy Living Webinar Series will begin in November and run through April. The monthly Caregiver Webinar Series is scheduled to begin in September and run through February. The AAA has purchased two pairs of Oculus glasses to create a better awareness of what it is like to live with dementia. We will have them at a future meeting for you to try. Trualta has been launched. Postcards were distributed. Brooke has scheduled two Adult Day Best Practices to get together virtually to discuss the standards, what works and what does not. To be held September 7th and 14th. The AAA Annual Report video was shown. Covid 19 grant funds were used to purchase vaccination card holders, distributed, and hygiene stations for the COA's. Iosco COA is interested in doing another vaccination clinic with the funds as well.

Services Coordinator Report – Kelly Robinette – Kelly reported the Health and Wellness, Nutrition Summit by the ACLS Bureau is scheduled for September 26th at the Ralph MacMullen Center. She discussed the carryout meal standards. Three COAs were doing it and now none of them are. There is talk that the standard could be moved to the congregate standards where there is more funding. The cost column would have to be changed at the federal level with the Administration for Community Living. L. King – Is there anything we can do as a group to advocate for this? Laurie – You can make individual calls, letters, and one from this council.

MSAC (Michigan Senior Advocates Council) – L. King reported the biggest topic for the group is the state budget. We are trying to get our voices out there in support for the Caregiver Resource Center. Please let her know if you talk to any legislators so she can keep track. Laurie is very active with advocacy; the legislators know her.

State Advisory Council – C. Corwin reported they will meet on August 17th in Lansing. Ever since the public health emergency ended, they have had trouble getting a quorum and are looking for more members. It is hard to get a directive from the state without participants. Laurie reported we do have a recruit for our region, Richard Douglas from Iosco County. He will be an exceptionally good addition.

State Updates

ACLS Bureau (Administration for Community Living Supports) Lacey Charboneau – Lacey was not present. No report.

Local Updates from Council Members

Lorelei – The Crawford COA is putting the finishing touches on the new building. It is set to open at the end of November. They found that some of their projections cost more than anticipated so they will not be constructing the gym for now. Some of the board members believe they will get funding to build it in the future. It is moving along and is exciting. By the end of this week, they should have all their staff positions filled. We also received a grant from Huntington Bank for \$10,000 for the home delivered meals program. The fundraiser goal was \$25,000. We are now at \$27,000.

Shelby – Alcona finally broke ground on their new center.

Questions or Comments

Kim – Does anyone have resources for Ensure? It is often not covered by Medicare or Medicaid. Chuck – You can get coupons. Laurie – We will share if we hear of any. Some health plans and hospices will cover the cost. Iosco and Ogemaw COAs still provide it.

Adjourn

A motion was made by L. King with support from M. Downs to adjourn the meeting. The meeting was adjourned at 2:45 pm by Chair T. Dutcher. Our next meeting is scheduled for Monday, September 25, 2023.

Northeast Michigan Regional Council on Aging Meeting
Monday, September 25, 2023, at 1:00 pm

NEMCSA Large Conference Room - Alpena

Meeting called to order by Vice Chair Dennis Fay at 1:03 pm.

Roll Call

Kim Fleming, Jerry Broad, Darlene Huff, Kim Pappas, Lorelei King, Carol Gosse, Dale Evilsizer, Julie Kendrick, Eileen Howell, Connie Messina, Mitzi Downs, Dennis Fay

Excused: Chuck Corwin, Carol Wilder, David Burdine, Linda Kline, Shelby Gohl

Unexcused: Terry Dutcher

Guests: Lisa Bolen NEMCSA CEO

AAA Staff: Laurie Sauer, Yvette Smigelski, Kitty Glomski, Connie McQuarrie, Katlyn Franks, Brooke Mainville, Maija Aikens, Kelly Robinette

Quorum - Yes

Approval of Agenda – A motion was made by C. Messina with support from D. Huff to approve the agenda as presented. Motion carried.

Approval of Minutes – A motion was made by D. Huff with support from C. Messina to approve the minutes of 7-24-2023. Motion carried.

Nominating Committee Report

Alcona Delegate – C Messina reported the committee received notice from the Alcona COA that Kim Fleming has been appointed as Delegate. She is also an employee of the Alcona COA. We can have one other member of a COA employee join the Council. Motion by C Messina with support from L. King to accept the appointment for Alcona. Motion carried. Welcome Kim.

Resignations – C. McQuarrie reported we received word that Dave Burdine, Ogemaw Delegate has resigned due to health reasons. A motion was made by L. King with support from C. Messina to accept his resignation and send a letter of appreciation. We were also notified that Linda Kline, Montmorency Member-at-Large resigned due to family obligations. A motion was made by D. Huff with support from J. Broad to accept her resignation and send a letter of appreciation. Motion carried.

Speaker – Ashley Gagnon, Financial Coach for NEMCSA Homeless and Prevention Services

Ashley reported she is a HUD (Housing and Urban Development) Certified Financial Coach covering 12 counties. She provides rental counseling for those with disputes or who are looking for another apartment. She works one on one with clients to create a maintainable budget and set goals. Counseling is also available for individuals at risk of losing their home to help them understand the foreclosure process in Michigan. Ashley will also work with servicers and lenders to stop the eviction process and come up with loan modifications and other options. She also assists with the application for MSHDA (Michigan State Housing Development Authority) services. Financial literacy classes are available to teach clients about budgeting, recovering from debt, banking, credit scoring, consumer protection and more. Program flyers were distributed. Classes are held virtually and in-person in the county the resident resides in for easy access. Contact Ashley at 989-358-4653 or gagnona@nemcsa.org for more information. Discussion followed.

D. Fay – Do we have a number of homeless people? Ashley - There are approx. 181 in our area. Lisa Bolen – That is a difficult number to identify because we see a lot of people living in tents and we get an influx during the winter months. We feel the number is much higher because tents and campers are typically on private property.

L. King – Does this number include homeless youth? Lisa – It does if we have contacted them. We do work with the schools and school success program to identify homeless youth. The housing numbers can change daily.

L. King – Are families counted as a unit or individually? Ashley – We only count the head of household. Lisa – If you are staying on a friend's couch, you are not considered homeless.

Director's Report

Federal Budget – October 1st started the new fiscal year. We do not have a budget deal to date. There is talk of a continuing resolution to avoid a government shutdown. Some House continuing resolutions include significant cuts to discretionary funding which is what we receive. If there is a shutdown, the ACLS (Aging, Community Living, and Supports) bureau will issue a full first quarter Statement of Grant Award, but there are no guarantees after that. For the MI Choice Waiver program, we are not sure if those grant payments will continue to flow.

American Climate Corps – President Biden is launching a new program that will train people to perform climate and conservation activities.

State level – The state is moving forward with its EVV system (Electronic Visit Verification). EVV is mandated for personal care and CLS (Community Living Supports) services. The MI Choice Waiver program and Adult Home Help agencies are impacted by this requirement. There has been a delay in implementation which is now slated for March 2024. Once developed, our providers can use the state system. Some are currently using other EVV systems they purchased. Some work well, some do not.

Assessments – We had our state review by Lacey, one item was cited. We should not be doing a cost share for our management clients. We can still send out donation letters but not mention cost share. All donations go back into the program. Every county has a millage which goes back to the county except for Alpena which runs a little differently.

L. King – Are the COAs limited in the amount of millage they can request? Laurie – Yes, the maximum is \$1 million. That is the same all over Michigan. We have spoken to legislators regarding the need to raise the amount.

Staffing Challenges – The AAA is still not fully staffed. We did hire a new Intake Specialist for the West Branch office, Bunny Blackmer. The RN position in Gaylord is still open. There has also been director staff turnover at the COA level. Alcona has a new director, Wendy Bain, the Montmorency COA director resigned, and Beverly Crawford is acting as Interim Director, and the Roscommon COA Director resigned last Friday. A board meeting was held to appoint an Interim Director, but we have not heard who that is to date. Finally, Lacey Charboneau is being reassigned and Jen Hunt will be our new field representative until her replacement is hired.

ACLS Service Standards – The ACLS Bureau is continuing to have workgroup meetings to review and revise the standards. Some of our staff are involved. The standards for our advisory council

are being released in draft form. Once the service standards are complete, they will move on to the AAA standards.

E. Howell – Are the workgroups set up to review the changes? Laurie – They look at the current standards and have stakeholders providing input to add any required changes. Lacey – The workgroups I am on go line by line. Once completed, they go out for public comment. We have made changes due to public comments. Providers are included in the workgroups as well.

C. Messina – How do you get public comments? Lacey – The AAAs (Area Agency on Aging) are notified, and it goes out on public release on our website.

Waiver Provider Meeting – We held a provider meeting almost two weeks ago to review contract requirements. We are providing a small increase in rates this year and are expecting a slight increase in our capitation rates from the state.

J. Broad – Regarding the nursing shortage, have you contacted the ACC RN program? Laurie – We typically advertise to the college, but we have not talked to them personally. The position we have now is in Gaylord. RN positions are difficult to fill, we have raised the wage level, but RN wages have risen a lot. Travel nurses make a lot of money too, it is hard to compete.

COVID Test Kits – We have boxes of test kits available. Infections are on the rise. Lise – The kits have an expiration date of August extended through March 2024.

PACE – Program for All-Inclusive Care for the Elderly is coming to Alpena and will be in the old Ripley Street Station building on Ripley Street. PACE is a long-term care program for both Medicare and Medicaid recipients. It provides a lot of the same services as the waiver. PACE uses a multi-disciplinary team to address the social, health, nutrition, transportation, and medical needs of clients. We are not sure if they will have housing units.

NEMCSA Water Program – Beginning October 1st NEMCSA will help with past due water and sewer bills. Hector will contact local water authorities to tell them this program is available.

State Advisory Council - Chuck Corwin has decided to resign his position on the SAC (State Advisory Council). We want to send him a certificate or letter of appreciation. The SAC workgroups have done a lot of hard work. We have a replacement, Richard Douglas from Iosco. He has worked in the healthcare and gerontology field for many years. He has done a lot of formal research and will bring a wealth of knowledge to the SAC. We have one more position on the SAC if anyone is interested. We also have an opening on our Michigan Senior Advocates Council (MSAC) to provide advocacy to legislators. If you know of anyone who may be interested, let us know.

Grant Proposal to ACLS – We have submitted a small grant proposal to ACLS in conjunction with their overall Opioid Plan. This will be something new for us. We will have Brooke provide some activities to increase opioid awareness.

DCW (Direct Care Worker) Premium Pay – The state legislature agreed to an .80 cent increase in Direct Care Worker pay bringing it up to \$3.20 added to their base pay.

Program Reports

Legal Services Board – Terry Dutcher – No report.

Region 9 COA Directors Report – Dale Evilsizer – The COA directors have not met in person. All the directors are busy with year-end. Our biggest concern is funding and finding direct care workers. I encourage everyone to become an advocate to let your state and federal legislators know we need more money.

Long Term Care Ombudsman Report – Maija Aikens – Maija reported on the recent Elder Abuse Conference held last Thursday in Gaylord. The conference had some great speakers, and we appreciate all who were able to attend. Maija also had her quarterly meeting in Lansing last week which included training on nursing home survey teams and collaboration on how to get more involved in the survey process. Legislation is also proposed to increase the aid hours per resident from 2.45 to 4.5. Nursing homes will also be required to have an RN on staff 24/7.

L. King – This is an advocacy item for more funding. They say there is one long term care ombudsman for every 5,500 people. Funding has been flat since 1987. Maija – We are getting funds to provide outreach to adult foster care homes and homes for the aged. Laurie – We welcome the extra funds but without more staff it is impossible to provide the level of services needed. Maija only has two volunteers. She covers 21 Nursing Homes, 2 Licensed Homes for the Aged, and 103 Licensed Adult Foster Care Homes.

Planning and Volunteer Coordinator Report – Kitty Glomski – Kitty gave a Power Point Presentation.



RAC Mtg
9-25-2023.pptx

Kitty reported MMAP is officially changing its name to Michigan Medicare Assistance Program. There will be a 3.2% increase in social security, but with that will come a rise in the Part B premiums. MDHHS continues with passive recertification. The redesigned MI Bridges website limits MMAP counselor access to established accounts leaving us unable to research applications. We plan to lobby as a MMAP group to have access. MDHHS is surveying us re: clients transitioning to Medicare and receiving notifications. They have extended the deadline by a month for clients returning proofs.

Recent Award Ceremonies – The state gave all counselors a certificate and polo shirt. Region 9 counselors were recognized as follows: Above and Beyond Awards were given to Theresa Ross, Julie Robinette, Sandy Woods, and Charles May. Sandy and Charles also received an award for the highest number of counseling hours. Region 9 was recognized for our efforts to meet and exceed SHIP (State Health Insurance Assistance Program) and SMP (Senior Medicare Patrol) goals, and the Volunteer of the Year Statewide Award went to Elizabeth Hoogerhyde of West Branch who works through the Iosco COA.

New MIPPA (Medicare Improvement for Patients and Providers Act) Contracts are due. A signed contract must be on file with Region 9 before reimbursements are paid. Funds are now restricted; Kitty is waiting for guidance from MMAP/MDHHS. Open enrollment for Medicare Part D is October 15 – December 7, and open enrollment for Medicare

Advantage Plans is January 1 - March 31, 2024. There will be a virtual Region 9 Planning Meeting on October 4th from 9 am to 10 am, and a statewide training on October 5th. Check out the latest Let's Talk About Aging podcast about current scams and fall prevention.

Special Projects Coordinator Report – Brooke Mainville – Brooke gave a Power Point presentation.



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Brooke reviewed upcoming Health and Wellness workshops for Powerful Tools for Caregivers, Matter of Balance, and Chronic Pain PATH. The Healthy Living and Caregiver Webinar Series are scheduled, list provided. Brooke hosted two Adult Day Services Best Practice meetings in September. Topics included the new standards, staff training, and self-care and activities for people living with dementia. She also attended the second annual Kinship Community Awareness Summit presented by MDHHS on September 6th in Lansing. The summit addressed issues and service gaps that kinship caregivers often face. In Michigan over 185,926 children are living in homes where a relative is head of household, over 54,000 children are being raised by kin with no parent present and 54,917 grandparents are responsible for their grandchildren.

September is Fall Prevention Month. The AAA has developed a commercial which can be viewed at <https://youtu.be/zQiJBvLHjWY>. Region 9 conducted its 2023 Annual Matter of Balance Leader Training in Otsego. Thirteen MOB coaches attended from eight counties. Brooke also observed the Roscommon COA Matter of Balance on September 18th. The healthcare professional guest speaker was Chuck Corwin. Chuck is also a MOB coach with over 12 years teaching fall prevention to older adults. Chuck also participated in a Trualta commercial developed by the AAA so watch for that as well.

The AAA also partnered with DHD #4 to provide a walk-in flu clinic at the Hillman Senior Center on September 19th. Twelve participants were vaccinated.

Services Coordinator Report – Kelly Robinette – Kelly reported the finishing touches are being done on the nutrition standards which will then go out for review and comment. She attended the Gordon Food Service (GFS) training in Roscommon last Tuesday. They demonstrated a program for ease in menu development. Kelly will attend the ACLS Bureau Nutrition Summit at the Ralph MacMullen Center in Roscommon County tomorrow. She also sent information on malnutrition to all COA directors for their newsletters.

Financial Services Report – Yvette Smigelski – Yvette reported the COMPASS system for the MI Choice Waiver will shut down this Thursday through Sunday for upgrades into one system. The upgraded COMPASS system will incorporate multiple modules for waiver including vendor billing, Vendor View, and a couple of other systems. Providers

were informed to enroll in CHAMPS (Community Health Automated Medicaid Processing System) (which is currently on hold) as part of the new EVV requirement. MDHHS is working with CMS to get a contract and plan approved. An in-person CLS Provider Meeting was held in Gaylord. Items discussed included the EVV, assessments, and contract requirements. We were able to give a 5% increase in rates. A virtual meeting for non-CLS providers was held in the afternoon.

MSAC (Michigan Senior Advocates Council) – L. King reported they continue to lobby for the issues Laurie reported on, nursing home quality regulations, direct care worker funds, etc. Governor Whitmer will be talking this Saturday about what is next for Michigan. Lorelei hopes to get time with Representative Ken Borton, who serves on the Appropriations Committee handling the state budget. She urges us all to advocate for the specific needs of your county and COA. When legislators hear from constituents it becomes personal for them. Her next MSAC meeting is Wednesday

State Advisory Council – Chuck Corwin. No report, he is on vacation.

State Updates

ACLS Bureau (Administration for Community Living Supports) Lacey Charboneau – Lacey reported our AAA assessment went really well. As part of that, she went with staff to observe their assessment at a COA. Lacey is being reassigned as the Field Representative to the UP and Detroit so we will be assigned a new one. She will be with us through the end of the year financials and NAPIS (National Aging Program Information System) processes. Our AIP was approved by the Commission on Services to the Aging. The Commission is a group of diverse individuals, homelessness was a hot topic this year. We are hoping for a continuing resolution of federal funds to prevent a government shutdown. Lacey also reiterated the importance of advocating.

Local Updates from Council Members

D. Fay - Our COA has been discussing meal costs and will possibly increase costs as well as the price for our newsletter. In-home staff numbers are down. It is rough, we have a great staff that pitches in wherever it is needed. Our transportation millage is up this year for renewal.

L. King – Building of the new senior center is going well. We are meeting with the Department of Transportation for a walking path from Grayling to the senior center. We also asked to lower the speed limit on M-72 for a stretch of six city blocks in that area.

Action Item

Combined Nov/Dec Meeting – Dates were reviewed. December 4th was chosen. A motion was made by D. Fay to have our combined meeting on December 4th. Motion carried.

Questions or Comments

Laurie gave Christine Schleben a shoutout. She does not hesitate if she must cook, clean, drive a meal route, etc. Presque Isle has been hit hard but she still loves her job. She is trying to prepare for potentially retiring staff. All our COA directors are great!

Adjourn

A motion was made by D. Fay to adjourn the meeting at 2:37 pm. Motion carried. Our next meeting is scheduled for Monday, December 4th.

Northeast Michigan Regional Council on Aging Meeting Monday, December 4, 2023, at 1:00 pm NEMCSA Large Conference Room - Alpena

The meeting was called to order by Vice Chair Dennis Fay at 1:01 pm.

Roll Call

Kim Fleming, Jerry Broad, Darlene Huff, Lorelei King, Dale Evilsizer, Julie Kendrick, Amy Beach, Connie Messina, Mitzi Downs, Dennis Fay, Chuck Corwin, Shelby Gohl

Excused: Carol Gosse, Terry Dutcher, Carol Wilder

Unexcused: Kim Pappas

Guests: David LaLumia, Ex. Director (4AM), Lacey Charboneau, ACLS Bureau

AAA Staff: Laurie Sauer, Yvette Smigelski, Kitty Glomski, Connie McQuarrie, Brooke Mainville, Maija Aikins

Quorum - Yes

Approval of Agenda – A motion was made by J. Broad with support from C. Messina to approve the agenda as presented. Motion carried.

Approval of Minutes – A motion was made by D. Huff with support from J. Kendrick to approve the minutes of 9-25-2023. Motion carried.

Nominating Committee Report

Ogemaw Delegate and Member-at-Large – Notice was received from the Ogemaw Commission on Aging that Amy Beach was appointed Delegate to replace Dave Burdine. A motion was made by C. Corwin with support from D. Huff to accept the appointment. Motion carried, welcome Amy. We also received notice that Eileen Howell has resigned as Member-at-Large. A motion was made by J. Kendrick with support from C. Corwin to accept the resignation and send Eileen a letter of appreciation. Motion carried.

Alpena Delegate and Member-at-Large – Both Jerry Broad and Darlene Huff have been re-appointed for another 3-year term. A motion was made by J. Kendrick with support from C. Messina to accept the appointments. Motion carried.

By-Law Review Committee – We need at least two members to fill vacancies on this committee. Both D. Huff and C. Messina volunteered.

Crawford Member-at-Large – C. Wilder's term expires at the end of this month, and she will not be seeking a reappointment. A motion was made by J. Kendrick with support from D. Huff to accept and send a letter of appreciation. Motion carried. Laurie has a certificate for Carol for over 5 years of service on this Council which will be sent to her as well.

State Advisory Council – Laurie presented C. Corwin with a certificate for serving as our representative on the State Advisory Council for 11 years. Thank you, Chuck.

Speaker – Rick Houchin, RSVP Project Director



RSVP Slideshow
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Rick gave a PowerPoint presentation. He reported volunteering is about community building. RSVP engages people 55 and better in volunteer service to meet community needs and provide a high-quality experience that will enrich the lives of volunteers. The program started in the 70s to fight social isolation and loneliness for the betterment of the participant's health. RSVP is part of AmeriCorps Seniors which also includes the Foster Grandparent and Senior Companion programs. The program covers 11 of our 12-county service area. Gaylord has their own program. RSVP is sponsored by NEMCSA and funded through grants from ACS and ACLS. RSVP has two full-time and one part-time staff member with a goal to recruit and maintain 300 volunteers over the next three years.

RSVP volunteers can serve as few or as many hours as they want; they do not have to meet income eligibility and can choose from an eclectic range of volunteer stations and activities. Volunteers are reimbursed for mileage to and from service and receive supplemental insurance. Volunteers receive recognition, respect, and appreciation for their work. They must volunteer once a year to remain active in the program. In fiscal year 2022-2023, 313 active volunteers contributed 42,903 hours at 87 volunteer sites. The value of their time equals \$1.3 million. The program is always looking for more volunteers and new volunteer stations.

Governor's Service Award – This is an annual statewide recognition event that acknowledges the contributions made through volunteerism. This year an RSVP volunteer from Roscommon, Nina Gullede, received the Older Adult Volunteer of the Year Award.

Director's Report

Area Agencies on Aging Association of Michigan (4AM) – Laurie introduced David LaLumia, Executive Director. 4AM began in 1975 and is a public policy, training, and advocacy office for Michigan's Area Agencies on Aging. They work with US Aging, a national partner, and extensively with the State Department on Aging and the legislature regarding OAA (Older Americans Act) funding. Funding is always a focus. The legislature recently allocated a \$5 million dollar appropriation for caregivers in 2024. The Association will be working to try and get additional money built into that funding base. They are also working on the state demonstration program to serve dual eligibles which is ending January 1, 2025. It will be replaced by a program to enroll dual eligibles in D-SNPs (dual eligible special needs plans). Learn more about the area Agencies on Aging Association of Michigan on their website <https://4ami.org/>

AAA staff – We are still experiencing some staffing challenges but are excited to welcome two new Case Managers, Michelle Barnes in our Gaylord office and Alyssa Dantzer in our West Branch office. We still need a CBC Program Specialist in the Alpena office and a nurse for the Gaylord office. We recently had to initiate a wait list for both the Care Management and MI

Choice Waiver programs. Hopefully, it will not last long, but we still have a huge direct care worker shortage in our region. A distribution chart of our 601 active clients was distributed with 412 being Waiver and 189 Care Management.

Increases to Social Security Payments – A 3.2% COLA (Cost of Living Adjustment) was approved beginning in January which comes to about \$50 per month. The Part B Premium will increase to \$174.70; the Part B Deductible will increase to \$240, and the Part A Deductible will increase to \$1,632. There will also be a slight increase in copays for hospital and skilled nursing facility stays.

Revised State Standard for Advisory Council Meetings – The ACLS Bureau approved revisions to the standard for AAA Advisory Boards. This advisory council will no longer be subject to the Open Meetings Act. This means that virtual meetings will be possible again. We will need to adjust our Operating Standards in the coming months to reflect this revision.

State Coalition – There is a coalition of 15 State Attorney Generals asking Health and Human Services to strengthen the minimum staffing requirements for nursing facilities related to CNAs (certified nursing assistants), RNs (Registered Nurses) and the requirement of at least one nurse on site 24 hours a day.

Federal Budget – The budget is still not settled for 2024, but there is a continuing resolution until early in the year. This is great in the sense that some money continues to flow but is otherwise burdensome on agencies providing services. We can only issue funds to the COAs as Statement of Grant Awards (SGAs) are received. Another reason for why advocacy is so important. There will be some adjustments in the final SGA because the decrease in population in Michigan was not figured into the formula.

State Workgroup: There is a state-level workgroup looking for stricter standards for adult foster care homes. 4AM has been invited to participate.

Guardianship Bills – The bills have passed the House and are expected to pass the Senate after the first of the year. The bills reform Michigan's guardianship statutes and create the Office of State Guardian. It will also require guardian and conservator certification.

Michigan Health Endowment Fund Updates – Both grant projects are going well. In Iosco County we have a group of retired academics working on a non-emergency transportation study for home delivered meal participants. Surveys are being conducted and data collected to improve access to transportation. Funds will also provide a Caregiver/TruAlta conference being planned by Brooke.

ACL (Administration for Community Living) Grant with MDRC (Michigan Disability Rights Coalition) – The Michigan Disability Rights Coalition is building an assistive technology program. AAA staff are to receive training on it tomorrow. We will connect them with the COAs so their staff can benefit as well.

Caregiver Resource Center Funding – The AAA received \$191,750 from ARPA (American Rescue Plan Act) funding. Thank you for your advocacy. We have less than a year to spend the funds. We will provide a 4-week self-care module, a support group network, virtual support groups, outreach, education, and enhancements to existing programs and services.

ACLS Aging Opioid Grant – Our opioid proposal was chosen. We will use the grant funds towards our efforts to educate and increase awareness of substance abuse and misuse for staff members, our community partners, and older adults in the region.

NEMCSA Weatherization Program – For a long time, the wait list for Weatherization was years. It is now down to a six-month wait under the direction of Doug Tallant. Currently, 50 homes are receiving help with sealing leaks, wall and attic insulation, furnace repair and replacement, etc.

Social Determinants of Health – NEMCSA put together a study and how it affects the people we serve. It contains a lot of information showing the challenges faced by county. Let Laurie know if you want copy.

Governor's Service Award – Along with recognizing one of our RSVP volunteers, the School Success Program received the Youth Impact Award and for the fourth time, NEMCSA was awarded the Free Press Top Workplace Award.

PACE (Program for All Inclusive Care) – A PACE program is coming to Alpena by 2024. NEMCSA is an equity partner. The state agency that oversees the program is looking at two sites in Alpena, Ripley Street Station, and Neiman's. They will choose one of these. Initially there was some apprehension by the COA (Commission/Council on Aging) directors, so we held a meeting with PACE of Central Michigan and plan to schedule a trip down to Mount Pleasant in January.

Montmorency Commission on Aging - Beverly Crawford is their new director. She worked for them as a nurse prior to taking the position.

Program Reports

Legal Services Board – Terry Dutcher – No report.

Region 9 COA Directors Report – Dale Evilsizer – The COA directors have not met. Dale expressed the need to let the federal and state government know where we are at. We have increased food costs, transportation issues, employee wages, etc. We are not able to utilize as many volunteers as we used to. Advocacy is very important.

Long Term Care Ombudsman Report – Maija Aikens – In Lisa Bolen's Director's Report there is a report by Maija on the 2nd page. There are not a lot of updates from the state office. She has been working with a committee at MediLodge of Rogers City as they implement "Artifacts for Culture Change. It is a tool nursing homes can use to look at their environment, policies and practices and make beneficial changes. Currently they are the only nursing home in our region implementing it. They are already implementing some ideas to get rid of paper towels and use real towels for dining and provide a dessert cart. The committee is made up of 5 residents and 4 staff. We hope it spreads to other nursing homes in the region.

Planning and Volunteer Coordinator Report – Kitty Glomski – Kitty gave a Power Point Presentation.



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Open enrollment ends this Thursday. Counselors continue to be extremely busy. The open enrollment for Advantage Plans begins January 1 – March 31st. Changes to the Medicaid website have caused some issues including the requirement of an email address to open an account. Many of our clients do not have internet service.

MMAAP (Medicare Medicaid Assistance Program) Audits – The data entry system is more complex with more fields added in SHIPtools. It limits how savings are entered, and entries may be deleted by the auditor.

2023 Open Enrollment Stats – Through December 1st, Counselors reported serving 1,953 clients with \$2,316,734 in savings. Currently we have counties in need of counselors, but other counselors are covering as needed to serve the entire region. Two new counselors have started, Bradd Chisholm covering Alcona and Iosco Counties and Denise Parrott covering Presque Isle. We have eight new recruits that will start their initial training during the summer.

New MMAAP brochures are being distributed to the COAs. Reminders: Check out the latest Let's Talk About Aging Podcast featuring Bill Stypick, Alpena VA (Veterans Affairs) Benefits Officer, and Kelly Robinette on the health benefits of chocolate. Also, New to Medicare Webinars are held on the 2nd Wednesday of each month from 10am to 11 am.

Special Projects Coordinator Report – Brooke Mainville – Brooke gave a Power Point presentation.



FY 2023 Wrap
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Brooke reviewed upcoming Health and Wellness Workshops, Healthy Living and Caregiver Webinars.

Fiscal Year 2023 Review:

- Workshops - There were 13 Matter of Balance Workshops held with 107 participants, 1 Diabetes PATH Workshop with 7 participants, 2 Chronic Pain PATH with 9 participants, and 3 Powerful Tools for Caregivers with 12 participants.
- Other meetings and training courses were provided and reviewed.
- A chart of Kinship Care Program requests was reviewed.
- Webinar Series information by title, number of webinars provided, number of participants, and evaluation information.
- A Caregiver Empowerment and Wellness Conference was held in Roscommon on April 24th.
- Covid-19 Immunization Grant - Brooke reviewed all the promotional items developed.
- Caregiver Newsletters and press releases.

- Trualta and Dementia Mini Grant - Caregivers received self-care, brain health and coping with grief mailers.

Services Coordinator Report – Kelly Robinette – No report.

MSAC (Michigan Senior Advocates Council) – L. King reported to Laurie that the group is advocating for the expansion of the LTC (Long Term Care) Ombudsman program. Dave reported the MSAC group is very committed to advocacy and is asking the governor to include the expansion in her budget recommendations in February.

State Advisory Council – Richard Douglas was unable to attend today. We will ask him to give an update on the non-medical transportation survey being conducted in Iosco at our next meeting.

State Updates

ACLS Bureau (Administration for Community Living Supports) Lacey Charboneau – Lacey reported on recent staffing changes. She will stay with our region until a new person is hired. She will now cover Escanaba and Detroit. Great work by Jodie Baker and Tracey Wood on the information provided in the NEMCSA 2023 Social Determinants of Health and to Brooke for her help in updating the state caregiver program, providing the Dementia Caregiver Series, and putting together a Train-the-Trainer for caregivers. Very well organized and really good stuff.

Region 9 is on time with all year end reports. We already learned about Michigan's decrease in total population and the effect that will have in a reduction in federal funds. Please reach out to your federal officials and let them know the formula does not make sense for Michigan. Brooke reminded the group we have an advocacy page on our website with information and tips on how to contact your legislators. Lacey also reported the ACLS Bureau is working on draft standards to include care management and case coordination and support. There will also be a new Caregiver Care Management standard. We will ensure you can use a fiscal intermediary and self-determination. Clients will be able to hire whoever they want. We want to be clear you can use OAA dollars.

Local Updates from Council Members

Otsego raised their congregate meal cost from \$3 to \$4. It was very well accepted.

Crawford hosted its 50th anniversary open house last month.

Action Item

Approval of Proposed 2024 Meeting Schedule. The proposed schedule was distributed. A motion was made by C. Corwin with support from C. Messina to approve the 2024 meeting schedule. Motion carried.

Questions or Comments

Merry Christmas everyone, we will see you next year. Remember we are low on membership, tell us if anyone is interested in serving on this council.

Adjourn

The meeting was adjourned at 2:49 pm by Vice Chair D. Fay. Our next meeting will be our annual meeting and election of officers on January 23, 2023.