

Northeast Michigan Regional Council on Aging
October 22, 2018 at 1:00 pm
NEMCSA Large Conference Room – Alpena

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

Roll Call

S. Wojnar, D. Huff, M. Newman, E. Corpe, C. Wilder, T. Dutcher, C. Proulx, E. Ableidinger, D. Burdine, E. Howell, D. Henig, J. Mathis, M. Downs, D. Fay, C. Corwin, M. Hiller

Excused: V. Zygiel, Ed Henig, A. Lange

Unexcused: B. Kaye

Guests: John Briggs -SAC, Lisa Bolen –NEMCSA Ex. Dir, Dan Doezema - AASA

Aging Staff: Laurie Sauer, Connie McQuarrie, Yvette Smigelski, Kelly Robinette, and Brooke Mainville

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

Approval of Minutes – A motion was made by D. Fay with support from C. Corwin to approve the minutes of July 23, 2018. Motion carried.

Nominating Committee - D. Fay reported on a new appointment for Montmorency Delegate, Elaine Ableidinger. A motion was made by D. Fay with support from C. Proulx to approve the appointment. Motion carried. C. Proulx has been reappointed as the Montmorency Member-at-Large. A motion was made by D. Fay with support from D. Henig to approve the reappointment. Motion carried. D. Fay also reported that the Presque Isle COA reappointed him as Member-at-Large. A motion was made by D. Huff with support from D. Henig to accept his reappointment. Motion carried. Violet Ward will replace Dale Henig as the Oscoda Delegate when his term expires in December. A motion was made by D. Henig with support from M. Hiller to accept the appointment. Motion carried.

Speaker – Jake Ordway and Amanda Tolen - Alpena Township Fire Department – Fire Safety Presentation.

In 2015 there were over 1 million fires across the United States. Smoke detectors are your best defense for early smoke detection. The alert will allow you time to get out of your home. Materials used to build and furnish newer homes are more flammable and allow less time to get out. Smoke alarms should be mounted as high as possible in the home and replaced every 10 years or sooner. Carbon Monoxide Detectors are also important as the gas is colorless and odorless. They should be placed on every level of home and mounted at chest level, although floor level is adequate as it is a low setting gas. There are dual functioning alarms which work well for both. Symptoms of carbon monoxide poisoning include; headaches, nausea, shortness of breath, dizziness and loss of consciousness.

Other precautions you can take in the event of a fire is to be sure your stove and laundry vents are kept clear and sleep with your bedroom door closed. Closing the door provides an extra barrier and extends the length of time you can be in the room by 10 minutes. Videos were shown on how rapidly fire engulfed a room in an older home versus a newer home. You have less than 3 ½ minutes to escape a room that catches fire. The most important thing you can do is have an escape plan that the entire family has practiced and call 9-1-1 immediately. Home sprinkler systems and window ladders also increase fire safety. Jake reviewed the various types of fire

extinguishers available. When using one, be sure to aim toward the base of the fire, not the flames and sweep back and forth to smother the flames. For electrical safety, don't overload outlets or run extension cords over carpeting for long periods of time. Keep heaters away from fabrics, empty ashtrays often and douse with water before throwing in the trash, and unplug appliances when not in use. Discussion followed.

C. Proulx – Is there one fire extinguisher that can cover all types of fires? Jake – Yes, ABC will cover three types of fires; paper/materials, liquids/gases, and electrical. Fire extinguishers have an expiration date and should be inspected annually. They can be recharged but it can be just as expensive as buying a new one.

C. Proulx – For those hard of hearing, are the light flashing smoke detectors readily available? Jake - Yes, you can find them at Walmart and Home Depot.

T. Dutcher – As an insurance agent I can tell you that various things effect your insurance rate including the distance you live from a fire station, available fire hydrants, etc.

Director's Report

AIP – Our Annual Plan was approved by the State Commission on Aging in September. A common theme emerging from the presentations is transportation and the Personal Care Aide shortage. A handout was distributed of our regions achievements and challenges that was shared with the Commission.

Community for a Lifetime – A handout was distributed. Cheboygan County was approved and their designation was presented at the Senior Health Fair held on October 11th. This will not be a requirement for our annual plans in the future but you are encouraged to seek designation for your county.

Funding Formula Changes – A handout was distributed. The state formula changes every five years based on several factors including the 60+ population, percent of poverty, minority, and geography. In fiscal year 2019, our region will see some reductions in funding. While we have seen an increase in our aging population, other areas of the state have increased in aging population faster than we have. Yvette reviewed the handout information. The first page is a preliminary estimate with a flat dollar figure with the 6.8% reduction for our region. The Straight Weight is a calculation used to figure your funding formula. Calculations from both the 2010 and 2016 census were reviewed. The 2016 chart shows the percentages for our region. We received our first Statement of Grant Award (SGA) for the first quarter. It shows an increase in In-Home Services and a slight increase in Escheat Respite. M. Downs – Do we get different amounts each quarter? Yvette – Lately yes but not typically. We will know further in December when we get our 6-month Statement of Grant Award.

November 6 Election – A handout was distributed outlining Proposal 18-1, 18-2, and 18-3.

Social Security – In January 2019 those on Social Security will see an increase of 2.8%. This is the biggest increase since 2012. The SSI rate will increase to \$771 and MI Choice eligibility to \$2,313 per month along with other criteria. We don't yet know if the deductibles and copays will increase.

Mileage Forms – Revised mileage reimbursement forms were distributed. Please discontinue using the old ones. C. Corwin – This sheet is dated 10-05, is this current? Yvette – Yes, we'll get that corrected.

MI Choice Waiver Program Changes – The Nursing Facility Transition Program (NFT) as we know it is gone. Housing as we know it is gone. Those services are now covered under the Medicaid State Plan for Services which means almost any Medicaid provider can do them. Because of this, we had to lay off two staff people. The State Plan revision has not yet been approved by CMS. There will also be changes in how reimbursement will be processed along with more reporting requirements. We will need a Compliance Officer and a Compliance Committee of the NEMCSA board as well. Other changes coming, all service providers will have to sign up through the CHAMPS system to run background checks. If you don't sign up you won't be paid. The Electronic Visit Verification (EVV) will be implemented. This is a system where in-home workers will check in when they enter and leave the client's home as well as document what was done in the home.

Center for Medicare/Medicaid Services (CMS) – CMS is launching a new Medicare initiative. 65% of beneficiaries are on the internet daily thus the initiative will bolster consumer data integration and web product development in order to improve access to personal health data and modernize Medicare.gov.

Contract with McLaren – We have signed a contract to provide some community health work. We will bring back one of the laid off staff workers to fill this position. At this time we do not know if it will be part or full-time.

AAA/COA Directors Meeting – Our next meeting is scheduled for December 4th here at NEMCSA.

Program Reports

Legal Services Board – Jim Mathis reported their audit went well and all was good. There was a lot of talk about smaller senior living facilities on the west side of the state being purchased and redeveloped. They fear there will be a shortage of senior living facilities.

Region 9 Directors Report – No report.

Ombudsman Program Report – Sara is at a conference. No report.

MMAP Program Report – Susan is out for MMAP. No report.

Developmental Projects Coordinator Report – Brooke reported on two evidence-based disease programs Region 9 is currently holding; Creating Confident Caregivers and Powerful Tools for Caregivers. The CCC is being led by Kara LaMarre and Brooke in Alpena with 14 participants and the Powerful Tools is being led by Chuck Corwin and Brooke in Crawford County with 13 participants. It is the third year of the Developing Dementia Dexterity grant and she is currently working on expanding the services.

Advocacy Reports

Michigan Senior Advocates Council (MSAC) – C. Proulx reported she has resigned from the MSAC. She was unable to bring last month's report. The email from the state is not compatible with her computer. Earl thanked her for her time spent on MSAC and is looking for someone to replace her. You meet in Lansing and discuss issues of importance to seniors. Any overnight stay and mileage are reimbursed by the AAA.

State Advisory Council – C. Corwin reported they will meet this Wednesday. Their Volunteer Report has been finalized and submitted to the Commission. For fiscal year 2019 the group has been charged with reviewing and updating the information and data from past projects.

State Commission on Aging – J. Briggs reported the Commission met last week. Every region in the state had an increase in seniors over the last five years, unfortunately, the money doesn't increase. Detroit still loses in population. You all do well in supplementing your funds with your millages and fundraisers. He also attended the Community for a Lifetime designation in Cheboygan. It was very nice. The community put a lot of effort into looking at the needs of seniors and methods for improvement.

Aging and Adult Services Agency (AASA) – Dan Doezema reported the Cheboygan article was very good. There are some things a community can do to improve things for seniors that won't cost a lot of money. AASA is focusing on updating the service standards. There have already been revisions to Information and Referral and Care Management. Performance outcome measures for the next 3-year plan won't be too difficult. We want you to use the same methods already used for the Care Management Program.

NEMCSA - Lisa Bolen reported she met with Representative Sue Allor and followed up with the Michigan Department of Health and Human Services regarding the Michigan Energy Assistance Program. Seniors can still access the program by completing a paper application through their local DHHS offices. NEMCSA has funds but the model is changing and requires your first assist to be through the DHHS. Applicants must also be State Emergency Relief (SER) eligible. This puts a lot of burden on local libraries for use of their computers. C. Proulx – I called the DHHS intake number and had to wait up to 90 minutes before I got through. Lisa – Unfortunately the model does not fit every county.

NEMCSA Board – Lisa reported we do not have to fill any vacancies from this Council. We have three representatives; C. Corwin, E. Corpe, and C. Proulx.

Local Updates From Council Members

C. Corwin – I have resources for low cost or no cost hearing aids: Your local Lions Club and St. Vincent de Paul or the following websites: <https://www.starkeyhearingfoundation.org/hear-now>, www.williamssound.com/rald.

Roscommon Adult Day Center – C. Corwin reported the Serenity Day Lodge opening will not happen this month as anticipated. Renovations are taking a little longer than initially expected. The new center will be located in the old health department in Roscommon.

Action Items

MSAC Appointment – C. Proulx reported the members meet in Lansing where topics specific to seniors are discussed and legislative visits made. You're advocating for senior issues and funding. Chairman Corpe asked for volunteers. There were none at this time. Laurie - It can be a member of your community as well or a husband and wife team. Give it some thought.

Combined November/December Meeting – A motion was made by C. Wilder with support from D. Huff to hold our combined November/December on Monday, December 3rd. Motion carried.

NEMCSA Board – No need for replacement. No action required.

Question or Comments

Mileage Reimbursement Rates – A handout was distributed. This information was updated due to a request by a COA Director. We're just sharing it with you, the COA directors received a copy previously.

Adjourn

A motion was made by D. Huff with support from M. Hiller to adjourn the meeting. Motion carried. The meeting was adjourned at 2:43pm by Chairman E. Corpe.