

Northeast Michigan Regional Council on Aging
July 22, 2019 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

A. Lange, D. Huff, E. Corpe, C. Wilder, B. Kaye, T. Dutcher, M. Tappan, E. Ableidinger, D. Burdine, E. Howell, V. Ward, J. Mathis, M. Downs, D. Fay, C. Corwin, M. Hiller

Excused: V. Zygiel, R. Matelski, C. Proulx

Unexcused: P. Knaus, J Mathis,

Guests: John Briggs, Mr. Kaye, Mr. Wilder, Mrs. Corpe

AAA Staff: L. Sauer, Y. Smigelski, C. McQuarrie, K. Robinette, B. Mainville, C. Glomski, B. Hawks, Sara Gusler

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

Approval of Minutes – A motion was made by D. Faye with support from D. Huff to approve the minutes of May 20, 2019. Motion carried.

Nominating Committee - D. Fay had nothing to report.

Mileage Sheet Review – Becky Hawks

Becky gave a quick overview on how to complete the mileage form properly. If you have a change of address, be sure to check the box at the top. Odometer readings are from start to return, add your return trip to the odometer reading. List the vehicle driven, sign and date.

Speaker – Sara Gusler, LTC Ombudsman - Dementia

Sara gave a PowerPoint presentation, copies distributed. Dementia itself is not a disease, it is a group of symptoms that accompany a number of diseases and disorders. There are many different types of dementia. Some can improve while others can't. With normal aging you may experience slower recall or forget parts of an event, you are able to follow spoken and written instructions. You may have some difficulty concentrating and require fewer distraction and less noise. You still have the capacity to learn.

Alzheimer's disease is the most familiar type of dementia in large part because of media focus. You would get a diagnosis from a doctor. It used to be that the only way to know for sure was to have an autopsy performed, now you can have a blood test for specific bio markers but it's very expensive. Alzheimer's accounts for 2/3 of dementia cases. The number of persons with Alzheimer's is expected to double in the next fifteen to twenty years. Alzheimer's is caused by amyloid plaques and neurofibrillary tangles which create deposits of dead and dying nerve cells and twisted protein fragments inside nerve cells not typically present in the brain. Early, middle and late stage characteristics of the disease were reviewed.

Vascular Dementia is the second most common cause of dementia. This is caused by brain tissue dying as a result of lack of blood flow to the brain such as from a stroke, aneurysm, etc. Memory problems are secondary in this case and improvement can occur.

Lewy Body Dementia causes wide fluctuations in cognitive abilities including concentration, communication, memory, visual hallucinations and Parkinson's-like symptoms. The symptoms are very unique. A person can be acting normal and moments later be unable to move or speak. People with this type of dementia have extreme mood changes, trouble swallowing, dizziness and falls.

B. Kaye –How do they diagnosis it? Sara - Lewy bodies grow inside the brain cells causing a buildup of protein. This is also found in people with Parkinson's and Alzheimer's disease.

Wernicke-Korsakoff Dementia is caused by a Thiamine deficiency (Vitamin B1) more frequently seen in those who suffer from alcoholism. Wernicke's encephalopathy causes brain damage in lower parts of the brain. Korsakoff syndrome tends to develop as Wernicke's symptoms begin to improve, and results from damage to areas of the brain involved with memory. The symptoms mimic those of being drunk; confusion, loss of muscle coordination, drooping eyelids, leg tremors, memory loss, making up stories, and hallucinations. Some people can and do get better.

Frontotemporal Dementia is a clinical syndrome associated with shrinking of the frontal and temporal anterior lobes of the brain. The primary symptoms are significant behavioral changes and problems with language. There are also other diseases with dementia symptoms including Huntington's Disease, Multiple Sclerosis, chronic alcohol or drug use, traumatic brain injury, some viruses and infections including meningitis, syphilis, HIV, and Creutzfeldt-Jakob disease, and Hydrocephalus (excess fluid on the brain). Some forms of dementia are treatable and reversible such as those caused by tumors, blood clots, low blood sugar, vitamin deficiencies, and depression. Go to a doctor specialized in dementia or these various diseases, for testing and diagnosis.

Director's Report

AAA Staff – The AAA has hired a new case manager for the Cheboygan office, Erica Sias. We have also hired two case managers, Kathy Miner and Sara Parrott, for the West Branch office. One case manager position is currently vacant in the Alpena office and the one for the Gaylord office will be reposted.

Senior Companion Program – The SCP recently held their recognition luncheon, it went very well.

MMAF- The annual MMAF Volunteer Recognition was held in Lansing. This is a statewide event. Congratulations to Susan Bowen who received the team spirit award.

Elder Justice Summit – Laurie attended the summit held in Novi. Jeanetta Dawson, APS worker in Cheboygan, received the APS Award. She is a great advocate and has helped us with clients, our Elder Abuse Conference, and was instrumental in the effort to have Cheboygan designated a Community for a Lifetime.

AASA Director – Alexis Travis has been appointed the new AASA Director. She has expressed that she has some new ideas on how to expand the aging network. It will be interesting to see what she does. She's very focused on outcomes and measurements.

Area Agencies on Aging Association of Michigan (4AM) – The position of director has been offered to Dave LaLumia. He has accepted and will begin in August. He will be a good fit. The 4AM is going down a path to become a LLC and MSO to better align itself for the future. This will improve our chances for other business opportunities.

Elder Law of Michigan – ELM recently announced The Legal Hotline, which has been in operation for almost 30 years, has been discontinued due to funding issues.

AAA Annual Report – A copy of the report was distributed. The budget information is not much different from last year. On the cover is one of our nurses, Carey Steinke, and a client who graciously gave permission to use her photo.

Budgets – We are still uncertain of the federal and state funding levels. Laurie received a letter from Senator Stamas in response to correspondence she sent. He said her points will be taken into consideration. A lot is riding on the gas tax which isn't settled yet. There is a meeting scheduled this week to discuss the Waiver rates.

AAA Assessment – The CQAR clinical review for the waiver program has started. Dan Doezema was here today as well for his monitoring assessment of the AAA. We also have a financial assessment scheduled for the end of the month and an assessment of the SCSEP in August. The AAA received renewal of the AADE accreditation for the Diabetes PATH. It is our intent to have a meeting of that advisory committee prior to our next meeting.

Michigan Health Endowment Fund Grant – Our grant application was submitted last week and the application for the PREVNT grant will go in this week.

AAA Director Evaluation – Copies were distributed for council members to complete.

Extreme Heat – Please be sure to check on your neighbors and the homebound during periods of extreme heat. Many of the senior centers and schools are open as cooling centers.

Program Reports

Legal Services Board – Jim was not present, no report. E. Corpe reminded the group we are still looking for a volunteer to take his place on this board. Please consider.

Region 9 Directors Report – Merianne, no report.

Long Term Care Ombudsman Program Report - Sara reported work continues to get the nursing home client she talked about previously, her electric wheelchair. She attended a couple of successful court hearings where guardianship was rescinded. Sara also attended the Bridges Out of Poverty Training in Texas. It's a different way of looking at and understanding poverty. It's about the way our culture is. She is excited for it to be brought to our communities. Laurie – We can bring a training to one of our council meetings as well.

C. Wilder – Who was the woman who initially gave the training on poverty who came from Portland? Laurie – Donna Beegle. In regards to guardianship issues, the new attorney general is holding input sessions around the state to listen to people give their stories of elder abuse. The state is looking at Michigan’s Guardianship Laws to develop more stringent guidelines. Unfortunately, none of the input sessions were scheduled on our side of the state.

Planning and Volunteer Coordinator Report – Kitty reported she attended the MMAP Recognition in Lansing and was happy Susan got her penguin back by receiving the spirit award. The award was very well deserved for all her work with MMAP. Kitty is currently working to recruit new MMAP volunteers. There are currently 13 slated for the training in the fall but we can always use more.

C. Corwin - Which counties are underrepresented? Kitty – Alcona, Iosco, and Ogemaw. We also have some ideas for educating those new to Medicare and scam presentations, prior to the Part D annual enrollment period.

Special Projects Coordinator Report – Brooke reported she is teaching Matter of Balance classes in Otsego. She will do a Powerful Tools for Caregivers workshop beginning August 2nd through September 13th in Ogemaw. Copies of the updated events flyer were available and can also be found on the NEMCSA website. Two Matter of Balance refresher trainings for leaders are coming up, one in Roscommon and one in Alpena. This two-hour refresher is mandatory for all leaders.

Advocacy Reports

MSAC – Ann Lange reported no meetings are held during the summer. The next will be in September. Ann is retiring and will become a snowbird, leaving in December, so she can no longer continue on MSAC. Violet is stepping down as well. Laurie asked the council members to think about volunteering. MSAC is hosting a legislative event on September 11th, this would be a good time to get started.

State Advisory Council – Chuck Corwin reported their last meeting was in June. They are wrapping up this year’s charge to develop solutions relative to the direct care workforce, elder abuse, wait list elimination and transportation. The council will get a new charge at their next meeting with the State Commission on Aging.

State Updates

State Commission on Aging – J. Briggs reported the Commission met in St. Joseph this month. There are five new appointments to the Commission. John did not get reappointed. He very much enjoyed his experience on the Commission and only missed one out of 30 meetings. C. Wilder – Did they replace you with anyone from our region? Laurie – No. John – We still have representation. Dona Wishart, Executive Director of the Otsego Commission on Aging continues as chair of the Commission. John also met the new AASA Director, Alexis Travis. She is very data driven. It will be exciting to see what she does.

Aging and Adult Services Agency (AASA) – Dan Doezema is here in Alpena working on the AAA assessment.

Local Updates From Council Members

B. Kaye – During days of extreme heat, the Hale Center is open from 3-9 pm as a cooling center. She suggested to the board that they do the same at the other sites but has not received a response. E. Howell – Was staff available? Barbara – Yes, at least one staff person.

Action Items

Recommendations for Funding – Fiscal Year 2020-2022 Contracts. Handouts were distributed prior to the meeting for review.

C. Corwin reported due to program involvement, he will abstain from voting on the funding for Titles IIID and IIIE.

E. Howell – For Ogemaw, why didn't they get the enhancement for Adult Day Service? Becky – The request was for mileage which is already included in ongoing support so no enhancement was needed.

There being no further questions, a motion was made by D. Huff with support for M. Hiller to approve the recommendations as presented. Motion carried.

AAA Director Evaluation – Completed forms were collected.

Question or Comments

None

Adjourn

A motion was made by D. Huff with support from A. Lange to adjourn the meeting. Motion carried. The meeting was adjourned at 2:50 pm by Chairman E. Corpe.

Our next meeting is scheduled for Monday, October 28, 2019 however, we may schedule one for September.