

Northeast Michigan Regional Council on Aging
Annual Meeting
Monday, January 25, 2021 at 1:00 pm
Virtual Teams Meeting

The meeting was called to order by Chair C. Proulx at 1:00 pm

Roll Call

Mike Maturen, Jerry Broad, Darlene Huff, Roberta Matelski, Lorelei King, Carol Wilder, Cindy Fleming, Terry Dutcher, Corkie Proulx, David Burdine, Eileen Howell, Connie Messina, Mitzi Downs, Dennis Fay, Chuck Corwin, Madeline Hiller.

Excused: Elaine Ableidinger Unexcused: Cyndi Sabin

Guests: Victoria Purvis, Lisa Bolen, Emil Bellenbaum, Steve Betterly

AAA Staff: Laurie Sauer, Gina Bey, Yvette Smigelski, Vicki Goodburne, Kelly Robinette, Kitty Glomski, Connie McQuarrie

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

Approval of Minutes – A motion was made by D. Huff with support from C. Wilder to approve the minutes of 11-16-2020. Motion carried.

Nominating Committee

D. Fay reported on the appointment of Cindy Fleming as Delegate by the Iosco COA. A motion was made by D. Fay with support from D. Huff to accept the appointment. Motion carried, welcome Cindy.

D. Fay also reported on the reappointment of Terry Dutcher as the Member-at-Large by the Iosco County Board of Commissioners. A motion was made D. Fay with support from C. Wilder to approve the reappointment. Motion carried.

Election of officers – A motion was made by D. Fay with support from D. Huff to close the meeting and open it up for the election of officers. Motion carried.

Chairperson – D. Fay reported Chuck Corwin would like to run for the position. D. Fay called three times for further nominations. There being no further nominations, D. Fay asked the Council for a motion to accept the nomination of Chuck Corwin as Chair by acclamation of the Council and close the nominations for Chair. A motion was made by D. Huff with support from T. Dutcher to accept the nomination of Chuck Corwin as Chair and close the nominations for Chair. All ayes, no opposed. Motion carried.

Vice Chairperson – C. Proulx reported D. Fay has agreed to run for a second term as Vice Chair. She called three times for further nominations. 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 and close the nominations for Vice Chair. A motion was made by T. Dutcher with support from M. Downs to accept the nomination and close the election for Vice Chair. All ayes, no opposed. Motion carried. A motion was made by D. Fay with support from M. Hiller to close the election of officers and open the meeting. All ayes, no opposed. Motion carried. The meeting was turned over to Chair C. Corwin.

Appointment of a Nominating Committee for 2021 – C. Corwin reported the following members volunteered to continue to serve on the committee: D. Fay, C. Proulx, and M. Hiller. There being no further interest expressed by the Council members, a motion was made by T. Dutcher with support from M. Downs to accept the appointment of the 2021 Nominating Committee. Motion carried.

Appointment of a By-Law Review Committee for 2021 – The current members of the By-Law Review Committee are C. Proulx, D. Fay, C. Corwin, and D. Burdine. There being no further interest expressed by the Council members, a motion was made by T. Dutcher with support from D. Huff to reappoint the current By-Law Review Committee for another year. Motion carried.

Speaker – Victoria Purvis, Director NEMCSA Homeless and Prevention Services

Victoria gave a PowerPoint presentation. A copy will be provided. The purpose of the Homeless Prevention Program is to ensure that individuals and families experiencing housing instability have access to safe, decent, affordable housing with supportive services designed to keep them housed. Their mission is to work collaboratively to positively impact housing and homelessness issues in our region and their vision is the belief that having a safe, permanent home is a basic human right. Their vision is to end homelessness in our region.

NEMCSA Homeless Prevention covers 11 counties. Roscommon is covered under another community action agency. They have a housing intake line at 989-358-4700, email at housingintake@nemcsa.org, or on the NEMCSA website at www.nemcsa.org. Staff are considered essential employees, case managers continue to visit elderly residents to help with paperwork, understanding lease agreements, etc. If you call on behalf of a participant, we ask that you report where they are sleeping; car, tent, camper, friend's house, etc. We want to be sure we get them into a safe place by the end of the day. Staff help locate housing, provide financial assistance, support, and advocacy. In order to locate housing the individual can afford, the case manager will conduct an in-person inspection of the house or apartment to ensure it is safe and clean before an individual is placed. We want it to be their home not just a place of transition. We negotiate leasing terms between the tenant and landlord. We are also able to pay the security deposit and first month's rent. Currently, there is an eviction moratorium to provide support to the landlord and tenants which pays up to six months of back rent and court fees. We have teamed up with legal and mediation services through a new grant which allows our case managers to attend court with the client.

C. Corwin – Are you accessible through 2-1-1 as well? Victoria – Yes we are, but we prefer to receive calls directly. We advertise our direct phone number and continuously conduct community outreach to get the word about our programs out there in the community. Staff have provided presentations to many of the city and county boards in the region.

Our case management support works with the client to development a case plan and continues to offer support up to 21 months. Counseling is provided to seniors exiting homelessness and is done in person if the client does not have access to or is unable to use technology. We want to make sure they have a personalized budget and consumer protection information. We help clients set goals for their finances. We want to be sure they know how to pay bills, write checks, how to call the fire department, all the responsibilities that come with a home.

Seniors 55+ Subpopulation – In our region, there were 150 seniors in 2019 who were homeless either living in vehicles, tents, campers, or any other place not meant for humans to live. The state is getting better at collecting data on the homeless and reporting results. The goal is to increase the medical support for those experiencing homelessness. We want them to have access to services they deserve.

The average monthly income in our region is \$1,027. The average monthly rent is \$780. This leaves very little money for other bills and food.

Emergency Placements – NEMCSA doesn't own any shelters but we do have emergency motel vouchers where individuals can stay between 7 to 30 days prior to a placement. A list of emergency placement shelters was provided. You can stay up to three months in the larger shelters.

Please visit the Invisible People website at <https://invisiblepeople.tv/> for an idea of what homelessness looks like. We encourage anyone to contact us for help if you encounter anyone experiencing homelessness and visit our website for program information.

C. Proulx – Can we get a copy of the PowerPoint? Victoria – Yes, Connie will email it with the minutes.

L. King – How is this information communicated out to the community? How do people know this help exists? Victoria – We took a map of our region and divided it into quadrants for outreach. Staff have been visiting various agencies, human services collaborative meetings, city council meetings, etc. I am available for presentations as well. Wherever we're invited, we will go. Homelessness is not illegal. We have partnered with the DNR in one of our counties who are really supporting the homeless individuals they find living in tents by letting them use their phone to call us.

L. King - Do you have business cards? I'm thinking of some church groups I used to work with. Victoria – Yes, I will mail you cards and pamphlets.

D. Fay – Is Habitat for Humanity also helping to get homes ready for habitation? Victoria – Yes, we have a good relationship with Alpena and Cheboygan. Both are heavily involved in our Homeless Coalition.

C. Messina – How many homeless are in our area, 150? Are there enough homes for them or is there a shortage? Victoria – There is a shortage of available housing and it is a problem across the nation. We want to focus our effort on getting houses built along with public housing. There is more homeless than available housing. So, you see a lot of individuals up here who have to live with family and friends. They don't want to be homeless, there's just no place for them to live.

C. Messina – These are all ages we're talking about correct? Victoria – The 150 is age 55 and older.

Director's Report

Laurie welcomed Cindy Fleming our newest member. We appreciate you joining our group and look forward to your input. Also, a huge thank you to those who have agreed to serve as officers. Your time and effort, as well as that of the entire Council, are greatly appreciated.

Senior Centers – The COAs remain closed at this time. We are hoping with the governor's announcement for restaurants opening February 1st perhaps the centers can open for our meal programs. I sent a confirmation to AASA for an update.

Personal Care Bags – The process is going smoothly, and distribution of the bags have started. The COAs are joining us in the effort to get them distributed as well.

KN95 masks – We received a supply from the state. We conducted a survey of need with our partners and MI Choice providers and of the 28,000 masks received, all but 2,000 are going out. The remaining 2,000 will probably be distributed at drive-thru events in a few of our communities to get them out to seniors. This group of masks are individually wrapped. These came from China, so they are not approved for health care use, but they are basically the same as the N95 masks.

Vaccine Clinics – There was a very high response rate to get registered which is great. However, the health departments had problems with the amount of phone calls overwhelming their systems. Now

they are having problems with the supply of vaccines resulting in some clinic dates having to be cancelled. We, as the AAA, partnered with DHD #4 and some of the other health departments to assist in getting seniors registered for the vaccine. Many of the COA partners are doing the same which is great. If you know of someone who needs assistance getting registered, connect them with us for help.

Direct Care Premium Pay – The premium pay of \$2 per hour has been extended to the end of February for both the MI Choice programs and AASA funded services. Funds will go out to the COAs when we receive the SGA.

Educational Poverty Session – NEMCSA has partnered with Aha Processes to offer a workshop on Emotional Poverty. This event will be held on Friday, February 19th. Registration information is on the NEMCSA Facebook page and on the website under the events tab. Use the code “NEMCSA” when checking out to receive a \$5 discount and free shipping on the book. Registrations after January 31st will include the cost of shipping and handling and the book will not be guaranteed to arrive by the date of the workshop. We can get the flyer out to you if you’re interested.

LTC Ombudsman – As you know, Sara accepted a position in Lansing doing the same work. We’ve had difficulty in filling the position. We posted it a couple of times already and just closed on our recent posting. We’ve experienced challenges in recruiting staff. It’s the same scenario for a nurse position for our West Branch office. It has been very challenging lately to find folks to do this kind of work.

NEMCSA Board - The NEMCSA board approved recent updates to their bylaws. One of the changes requires only two members from this Council to serve on that board. We currently have three, so we need to reduce our current number by one. This will be addressed later in the agenda.

USDA Food Boxes – The USDA has announced they are funding a fifth round of food boxes. You may remember we were involved with that effort through AASA and VanErdan where we had some produce and dairy boxes, we were able to get distributed in our communities. This round is a variation of shelf stable, dairy and produce items. The box has about 30 lbs. of food and will need to be refrigerated. It is a new provider this time. Laurie made contact and is waiting for a response from them on details.

MDHHS Director - Robert Gordon, MDHHS Director has resigned. The governor announced Elizabeth Hertel, Chief Deputy Director for Administration will take over as director.

Program Reports

Legal Services Board – C. Proulx reported there were two grantee surveys conducted that indicated some difficulties in service throughout the year due to the pandemic. Business is being conducted remotely. They saw an increase in eligible clients of 18% and expect an increased need in legal services this year especially in areas of evictions, domestic violence, unemployment, consumer debt and income maintenance. They experienced funding cuts due to declines in state and federal appropriations and fundraising. Legal Services Corporation has asked congress for emergency funding to help alleviate this. They did receive \$50 million in Cares Act funds. They say that is not enough and are asking for over \$1 billion in additional federal funds. They hosted seven virtual events on a variety of issues including the impact of Covid-19 on domestic violence, evictions, and legal problems living in rural communities. Staff watched a Talk Justice podcast as well. It was a busy year. Board meetings will continue to be virtual.

Region 9 Directors Report – Laurie reported we have no new representative from this group to date. We hope to have one appointed soon. We did meet with the COA directors on January 14th. The

speaker was Cathy MacFalda from the NEMCSA HR division. She discussed pandemic resources as well as tips and resources for hiring issues, etc. We have requested another speaker from HR, Crystal Clark, who will speak about recruitment and retention of workers next month. All the COAs are experiencing staffing issues.

Long Term Care Ombudsman Report – No report. Calls are currently being handled through the state office. C. Corwin – Lansing is certainly gaining a good person in Sara. It's a loss to us.

Planning and Volunteer Coordinator Report – Kitty reported the MMAP just finished phase one of open enrollment in December. All meetings were conducted virtually or by phone which is a new state policy. Medicare launched a new Plan Finder on the first day of open enrollment October 15th. There were many issues and updates which slowed enrollment the first two weeks. We continue to find things that need updating. The statewide no face-to-face meeting policy will continue in 2021. Counselors reported that open enrollment went better than expected. The telephone meetings took less time per client. Clients were required to mail permission and access for account information. Four new counselors finished 18 hours of job shadowing via Zoom. All statewide trainings and monthly Region 9 planning meetings will be held virtually. This year we served 2,753 clients, down 406 from 2019 and saved \$3.151 million, also down slightly from 2019.

Medicare Advantage Open Enrollment – This enrollment period started January 1st and runs through March 31st. There are up to 32 Advantage plans available depending on the county you live in. There is also a new D-SNP (Dual Enrolled Special Needs Program) available for dual eligible enrollees only. MDHHS is sending notices to beneficiaries on Medicaid directing them to call their 800#.

Scams – As always, we educate people on any new Medicare and Covid scams. If someone is asking for your Medicare or Social Security numbers or for money to pay for the vaccine, it's a scam.

The MMAP state office in Lansing has hired a new MMAP Educator, Jennifer Therrien, to provide virtual trainings for new counselors. Initial trainings will start in April. We currently have five candidates in process. If you know of anyone who may be interested in becoming a MMAP counselor, contact Kitty at glomskic@nemcsa.org or call 989-358-4612.

Retiring Counselors: Region 9 extends its sincere appreciation to the following retiring counselors for their service to beneficiaries in our region: John Panci, Otsego volunteer, Barbara Villeneuve, Alpena volunteer, Joyce Shultz, Alcona Health Center, and Wendy Hoin, Iosco volunteer.

Special Projects Coordinator Report – Laurie reported Brooke is doing a CCC workshop today. The following workshops are scheduled: Powerful Tools for Caregivers – March 2, 2021 from 1 pm - 2:30 pm, April 26, 2021 from 5:30 pm -7:00 pm, and July 15, 2021 from 10:30 am – Noon. A Creating Confident Caregivers (CCC) workshop series started January 11, 2021 from 1 pm -3 pm. Matter of Balance (MOB) is scheduled for March 1, 2021 from 1 pm - 3pm. Kelly and Brooke completed their new virtual training last week which allows them to train lay leaders on how to conduct virtual sessions.

Brain Health Toolkits – The toolkits are designed to help alleviate stress due to the pandemic. It provides activities to stimulate the mind and keep clients active. There are two different toolkits: one for older adults and one for caregivers taking care of someone with dementia. The grants were received for Roscommon and Arenac counties. Roscommon's have been delivered. We are now working on getting the contents and putting together the boxes for Arenac.

Personal Care Bags – Staff and volunteers packed approximately 400 bags. They will be delivered to older adults who are unable or unwilling to leave their house due to Covid or those experiencing financial difficulties. AAA staff and the COAs will assist in distribution.

C. Corwin – I saw one of the brain health toolkits and was impressed by the items in them.

Services Coordinator Report – Kelly reported the new dietary guidelines for Americans was recently released. The only major change was in the amount of allowable sugar. She doesn't anticipate any required menu changes from AASA.

Advocacy Reports

MSAC – Pat Rondeau was not present, no report.

State Advisory Council – C. Corwin reported their research project for the year is “Aging in Place”. They will be looking at what's needed by individuals to age at home. What changes do they need to make to their homes to make them more age friendly? We are also looking at transitional settings. There are some nice companies that you can contract with where you start out in a senior apartment with the ability to move into assisted living and then into a long-term care setting as needed. Dr. Travis spoke with us and gave a statistic that blew us away. 89% of the people that died of Covid in Michigan were age 60 and over. That's something to think about if you're considering the vaccine.

State Updates

Aging and Adult Services Agency (AASA) – Steve Betterly reported AASA is adjusting to the change in leadership. We continue to work on getting ready for this coming Annual Implementation Plan development year. We're wrapping up the books for last year and getting ready for the next. We're hopeful there will be some public health funding for this year coming to the AAAs. We don't know the amount or timing or anything yet, but at least there is talk about it.

Local Updates From Council Members

Roscommon COA – C. Corwin reported they received a grant to train their in-home care providers in BTBQ which is comparable to the CNA program.

Crawford COA – L. King reported on delays in their new building. They're finding that our projects are out of line with the budget so we're holding a special meeting to make cuts. Building supplies and lumber costs have increased. Alice is working very hard on this project and we're hopeful to start very soon.

Action Items

Approval of 2021 Meeting Schedule – A correction was made to the July meeting date and a new schedule was sent to all members. A motion was made by M. Maturen with support from D. Huff to approve the corrected version. Motion carried.

NEMCSA Board Appointments – With the policy change Laurie reported on above, this Council is charged annually to confirm two members for representation on the NEMCSA Board. Current members are Elaine Ableidinger, Corkie Proulx, and Chuck Corwin. Since Elaine was not present for the discussion, it was decided to table the motion until our March meeting. A motion was made by D. Fay with support from M. Maturen to table the decision until March. Motion carried.

Questions or Comments

Emil Bellenbaum – I have a comment regarding background checks. In an interview in the Houghton Lake Resorter in December with Tom Pettit, Tom stated per AASA, October 1, 2020 was the effective date for the change in policy and January 1, 2021 was the date for agencies to comply. Given that this policy is to protect adult seniors, what is Region 9’s timeline to follow up and make sure the COAs are in compliance? Mr. Pettit said he has fallen under the radar and still maintains employment. He is still there. Is there a timeline for the follow-up? Steve Betterly – AASA has asked AAAs to review and recheck current staff, employees and providers within 90 days. AASA is aware of the situation and is meeting this week to discuss internally on how to proceed. It is our hope the AAA will follow up with coming into compliance with the update in policy.

Adjourn

A motion was made by J. Broad with support from D. Huff to adjourn the meeting. Motion carried. The meeting was adjourned at 2:28 pm by Chair C. Corwin. Our next meeting is scheduled for Monday, March 22, 2021.

Northeast Michigan Regional Council on Aging
Monday, March 22, 2021 at 1:00 pm
Virtual Teams Meeting

The meeting was called to order by Vice Chair D. Fay at 1:26 pm. We had difficulty with the Teams invite. Several members were unable to connect and will be marked excused.

Roll Call

Jerry Broad, Darlene Huff, Roberta Matelski, Lorelei King, Carol Wilder, Cindy Fleming, Terry Dutcher, David Burdine, Connie Messina, Mitzi Downs, Dennis Fay, Madeline Hiller.

Excused: Mike Maturen, Cyndi Sabin, Elaine Ableidinger, Eileen Howell, Corkie Proulx, Chuck Corwin

Guests: Lisa Bolen, Steve Betterly

AAA Staff: Gina Bey, Yvette Smigelski, Vicki Goodburne, Kitty Glomski, Connie McQuarrie

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

Approval of Minutes – A motion was made by M. Hiller with support from D. Huff to approve the minutes of 1-25-2020. Motion carried.

Nominating Committee

D. Fay had no information to report this month.

Speaker – Mike Maturin, Substance Abuse Prevention Specialist at Catholic Human Services

Mike was not able to attend today's meeting and will reschedule his presentation for a future date.

Director's Report

Laurie is on vacation this week. Gina reported on the following:

COA Reopening – Good news, some of the COAs are reopening for congregate meals. Currently, Alcona opened on March 15th, Iosco Hale site on March 15th and Oscoda and Tawas will open April 5th. Sand Lake will open at a later date. Montmorency Atlanta and Hillman sites opened March 15th. The Lewiston site remains closed. Ogemaw also opened on March 15th along with their adult day center, and Presque Isle will open on April 6th.

Direct Care Premium Pay – The premium pay will continue through September 30, 2021 and it may increase to \$2.25 per hour. We have not received our official grant notice to date, but this is something the governor spoke about at a recent press conference and our funders have indicated it will be moving forward. This will help us to retain the workers acquired during this time for much needed services.

L. King – The funders are saying that they will help support this increase? Gina – Yes. We anticipate receiving additional funds from AASA to support that increase through the end of the fiscal year.

Covid-19 Vaccines - Vaccines are currently available to individuals age 50 and older and additional guidance released on Friday for individuals age 16 and older with certain health conditions. We have been posting the newest guidance on our Facebook page, or people can contact their local health departments for more information. AAA staff are also assisting callers with technology challenges to register them for the vaccine. We are currently in talks with District Health Department #4 to help

them vaccinate homebound individuals. We will provide more information as this agenda item progresses.

M. Hiller – What counties does DHD4 cover? Gina - Alpena, Cheboygan, Montmorency, and Presque Isle. That doesn't mean we aren't in contact with the other health departments in the region to do the same.

Older Michigianians Day – This will be a virtual advocacy week event again this year scheduled for May 10-14. Last year our region had no participation aside from Laurie. Legislators really want to hear from their constituents especially those impacted by our programs so please mark your calendars to make an effort to reach out this year and let our voices be heard.

Provider Relief Funds – We talked about the funds granted to the AAA. Thanks to that award, most of the aging staff have received new computers and equipment to help function better in the remote work environment. There have been a lot of changes and new mandates this year and the need for technology grew significantly.

American Rescue Plan – The president signed the \$1.9 trillion plan on March 11th. Aside from the \$1,400 stimulus checks for qualifying individuals and money for vaccinations, there will be additional funding for programs important to the aging population including \$47.8 billion for coronavirus testing and mitigation, \$12.5 billion for Medicaid Home and Community Based Long Term Care \$4.5 billion for Liheap, the federally funded program that keeps low income seniors homes heated and cooled, \$1.4 billion to strengthen critical programs for older adults including nutrition assistance, vaccination support and caregiver support under the Older Americans Act and Elder Justice Act.

Training Opportunity – Impart Alliance is offering two free training opportunities for staff has been shared with our vendors and community partners. They are Infection Control and Refresher Training. Each is a one-hour course that can be provided to staff. Your COAs should have received an email. If not, they can visit their website at: www.impartalliance.org for more information.

AAA Staff – We have hired a new nurse for the Alpena office and interviews have been conducted for the nurse position in West Branch. We hope to fill that position shortly. The LTC Ombudsman position continues to be vacant. We are also hiring two part-time temporary staff to help with scanning as we transition to a paperless system. The positions are currently posted on our website.

J. Broad – The areas that are open for congregate meals, what's driving that, the health department or is that a board decision? Yvette – That is a board decision based on guidance sent to the COA directors from AASA.

L. King – In Crawford, because we have space within another facility, they have asked if the COA would wait for all of their staff to be vaccinated so we're looking at the end of April or May.

Program Reports

Legal Services Board – No report.

Region 9 Directors Report – No report.

Long Term Care Ombudsman Report – No report. Calls continue to be handled through the state office.

Planning and Volunteer Coordinator Report – Kitty reported counselors have been busy assisting clients during the open enrollment for Medicare Advantage Plans which ends on March 31st. The last six months have been busy assisting with Part D or Medicare Advantage Plans. This time of year, we

have an increased need for assistance with. Heavy demand for assistance with problem medications and additional costs that people discover they have with the turn of the new year. We will end with a 6-month total savings of over \$3 million. We also had a heavy demand for information for new advantage plans for dual enrolled individuals, those on both Medicare and Medicaid. I also want to add that all of our counselors are providing vaccination information and encouraging clients they are working with to get vaccinated.

Annual MMAP Counselor Recertification – This will start April 1st. Topics are diversity, equality, and inclusion. We have 33 counselors to be recertified which is really great news.

Client Savings Audit - This is the first year CMS is conducting a savings audit using the national SHIPtools database software. We will have to provide supporting proof by April 8th.

New Counselor Initial Training – A virtual new counselor orientation meeting was held last week. We have four candidates: one AAA staff, and one from Oscoda, Presque Isle, and Roscommon county. Additional candidates are needed in all of our counties, but particularly in Cheboygan and Iosco.

Zoom Meetings - Counselors have been very active. We have a planning meeting the first Wednesday of the month. New to Medicare presentations will be held on the 2nd Wednesday of the month beginning on April 14th from 10am – 11am. There will also be a national New to Medicare event on April 7th.

D. Fay – I just want to say thank you. Over \$3 million in savings by your counselors is no small task.

Special Projects Coordinator Report – Yvette reported Brooke and Kelly are conducting a Matter of Balance workshop this afternoon. She has the following workshops scheduled: Powerful Tools for Caregivers April 26th from 5:30–7:00 pm and July 15th from 10-11:30 am. and Creating Confident Caregivers on June 22nd from 3-5 pm and October 19th from 1-3 pm. She and Kara completed their first virtual workshop CCC workshop with 8 of the 9 participants completing.

Annual Caregiver Conference – This year the conference will be a webinar series on the second Friday of each month. You can attend however many you would like. Topics are as follows:

April: Relatives Raising Relatives Children

May: Caring for the Caregiver

June: Understanding and Responding to Dementia

July: Dealing with Difficult Emotions

August: Assistive Devices

September: Preparing for the Future

Caregiver Newsletter – The 4th newsletter topics include: Communication, Nursing Home Checklist, Important Documents, and Reading List for Self-Care.

Services Coordinator Report – No report.

Advocacy Reports

MSAC – Pat Rondeau was not present - no report.

State Advisory Council – C. Corwin reported to Connie that their new charge for the year is Aging in Place. The Council is scheduled to meet in May. He will have more to report at our next meeting.

State Updates

Aging and Adult Services Agency (AASA) – Steve Betterly reported the guidance for the premium pay for direct care workers is being developed at the state office and will be coming soon to the AAA.

Also, additional funding is coming from the nutrition supplement grant that was part of this recent stimulus package. The state legislature has not authorized spending of the entire amount available, but the amount they have authorized will come through as a statement of grant award to the AAA very soon. Annual Implementation Plan guidance has been approved by the State Commission on Aging and instructions will be out the end of this month or early April. AASA has hired a new field representative to fill the position left vacant by Dan Doezema. There will probably be some shuffling of positions and assignments. Steve has accepted a permanent position of Section Manager and at some point, will no longer be our field representative and we will have someone new. He has been the acting manager since last March.

Local Updates From Council Members

L. King – We are going to be able to have our first board meeting in person. We've had problems with technology similar to what happened with you today. We want to get back to providing services but the housing commission that holds the building wants us to wait until all of their staff are vaccinated. We hope our numbers for home delivered meals is going up.

C. Fleming – We are facing a few challenges with reopening for congregate meals, but we're working through them. We are discussing having a roving center host, so we'll have someone to go into those sites that are struggling and cover vacations, etc. We are looking forward to getting back to normal, whatever that will look like.

Action Items

NEMCSA Board Appointments – This item was tabled at our last meeting until Elaine Ableidinger was able to participate. Laurie spoke with Elaine and she was willing to give up her position on the NEMCSA board. Both Corkie Proulx, and Chuck Corwin agreed to represent this council previously. A motion was made by T. Dutcher with support from L. King to appoint Corkie and Chuck as representatives from this board to the NEMCSA Policy Board. Motion carried.

Questions or Comments

J. Broad – I think a number of people couldn't sign in, so they probably just gave up. That may explain some of the absences today. Yvette – Yes, we will work on that.

J. Broad – All the dates that were mentioned for the seminars coming up, will those be in the minutes so I can print them off for our next board meeting? Yvette – Yes, we will get a publication to your COAs shortly. If you want a copy of the dates, we can get those to you.

Adjourn

A motion was made by D. Huff with support by L. King to adjourn the meeting. Motion carried. The meeting was adjourned at 2:02 pm by Vice Chair D. Fay. Our next meeting is scheduled for Monday, May 24th.

Northeast Michigan Regional Council on Aging
Monday, May, 24, 2021 at 1:00 pm
Virtual Teams Meeting

The meeting was called to order by Vice Chair D. Fay at 1:26 pm. We had difficulty with the Teams invite. Some members were unable to connect and will be marked excused.

Roll Call

Jerry Broad, Darlene Huff, Cindy Sabin, Roberta Matelski, Lorelei King, Carol Wilder, Cindy Fleming, Corky Proulx, Terry Dutcher, David Burdine, Connie Messina, Mitzi Downs, Dennis Fay.

Excused: Mike Maturen, Eileen Howell

Guests: Lacey Charboneau (AASA), Chuck Corwin, Emil Bellenbaum, Tom Pettit, Sheila Engelhardt, and Deanna Fasbender all from Roscommon County.

AAA Staff: Laurie Sauer, Yvette Smigelski, Vicki Goodburne, Brooke Mainville, Kitty Glomski, Connie McQuarrie and Kelly Robinette.

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

Approval of Minutes – A motion was made by T. Dutcher with support from J. Broad to approve the minutes of 3-22-2021. Motion carried.

Nominating Committee

Roscommon Delegate – D. Fay reported Chuck Corwin has resigned due to a potential conflict of interest. A motion was made by T. Dutcher with support from C. Wilder to accept his resignation and send a letter of appreciation. Motion carried.

Election of Chair – The resignation of Chuck Corwin leaves the position of Chair vacant. D. Fay asked for nominations from the floor for the position of Chair. There were no nominations from the floor. D. Fay agreed to accept the position of Chair for the remainder of the year. A motion was made by C. Proulx with support from T. Dutcher to appoint D. Fay as Chair. Motion carried. Laurie Sauer reported that the Chair has an automatic position on the NEMCSA Policy Board. There being no further nominations, by purpose of acclamation, D. Fay closed the election for Chair and will resume the meeting.

Election of Vice Chair – C. Proulx nominated T. Dutcher for the position. T. Dutcher accepted. There being no further nominations, by acclamation D. Fay closed the election process for Vice Chair and made a motion to accept T. Dutcher as Vice Chair. Motion carried.

Roscommon Member-at-Large – Maddie Hiller has also resigned due to a potential conflict of interest. A motion was made by C. Wilder with support from C. Messina to accept her resignation and send a letter of appreciation. Motion carried.

Montmorency Delegate – Elaine Ableidinger has resigned. A motion was made by T. Dutcher with support from C. Messina to accept her resignation and send a letter of appreciation. Motion carried. Julie Kendrick has been appointed to replace Elaine. A motion was made by C. Proulx with support from T. Dutcher to accept the appointment. Motion carried.

Nominating Committee Appointments – D. Fay reported we are currently down to one member on the Nominating Committee and asked for volunteers. Cindy Sabin and Carol Wilder volunteered. Corky nominated C. Sabin as Chair of that group and she accepted. There being no further nominating reports, D. Fay closed the meeting and opened the public hearing.

Public Hearing on the Fiscal Year 2022 Annual Implementation Plan

Laurie Sauer, AAA Director gave a Power Point presentation. Fiscal year 2022 is the third year of our multi-year plan. Our planning and service area encompasses 12 counties of northeast Michigan, roughly 6800 square miles. The Region 9 AAA is a division within NEMCSA, a large community action agency, which serves 22 counties throughout the state with Head Start being the largest program.

Each AAA within the state must submit a three-year plan to the Michigan Aging and Adult Services Agency (AASA). It helps us in planning and communicating our work for the coming year and how it will lead us to achieve our identified goals and targets. It also ensures efficient and effective allocation of resources. We conduct a large needs survey as part of the three-year plan and annually we do satisfaction surveys. Plans must be approved by the Michigan Commission on Aging as well as yearly updates to the plan. The draft plan is approved by this Council and recommendations sent to the NEMCSA Policy Board for final approval. The plan includes an executive summary, local government review, direct service requests, approved program development objectives, fiscal year 2022 program development objectives, plan highlights, advocacy, and a budget. The full multi-year plan document is available on our website: www.nemcsa.org.

The Older Americans Act was established in 1965. It is reauthorized every five years and establishes the national framework for AAAs. The Act was just reauthorized last year in March. The good thing about the Older Americans Act is there was an increase for some of the program funding levels last year. Part of the reauthorization included a response to the current Covid pandemic, so we do address that in our plan. There are 56 state agencies on aging, 629 local agencies on aging, and 16 AAAs.

Core Functions – We work closely with our community partners, particularly the COAs. The COAs are the primary recipients of county millage funds which allows us to leverage an additional \$715,150 for services.

Regional Goals – AASA is required to set state goals. Locally we made the decision to align our goals with the state office goals. Because of Covid it was expected that the goals from the 3-year plan would carry over into this annual plan. This is a draft plan, and the goals may update and change for the final.

Goal #1 Advocate, inform, and empower those we serve. Our regional goal is to:

Advocate for senior programs and engage in dialog with the aging network constituents and elected officials. We hosted an annual town hall meeting in October 2020 with Senator Schmidt and Representative Allor. We have another scheduled with Sue Allor for June 11th. Please plan to attend. They do appreciate hearing from their local constituents. For 2022 we continue to plan virtual legislative events and will participate in Older Michigan Day, and Senior Action Week which was the format used for this year.

Promote Caregiver Wellness. Our in-person regional Caregiver Wellness and Empowerment Conference was cancelled last year due to Covid and resourced as a two-part virtual conference. This year we adjusted again due to Covid and are hosting a series of six caregiver learning sessions. They will be held the fourth Friday of the month from 1-2 pm. The first was held in April. They are very easy to access virtually, or you can watch the recorded sessions on our Facebook page. We plan to continue with an in-person conference next year in Roscommon. The AAA will also develop a Senior Resource Hub on our website to particularly target seniors caring for adult children with conditions such as Down Syndrome. We have identified this as a need within our service area.

Goal #2 Help older adults maintain their health and independence at home and in their community. Our regional goals are:

Increase capacity to provide non-emergency medical transportation within the PSA – This has been a challenge with Covid. For next year we plan to do an inventory of the regional transportation services and post it on our website. The list will be expanded to include other services such as taxi's, Uber, Lift, etc.

Expand opportunities for seniors to participate in Evidence-Based Disease Prevention programs – We hoped to increase the number of classes, leaders, and seniors accessing resources. We had pretty good success with the classes despite Covid due in part to the successful recruitment of participants from other regions. All classes are now held virtually. We plan to continue to offer Matter of Balance, Personal Action Toward Health (PATH), Diabetes PATH, Chronic Pain PATH, Creating Confident Caregivers, Powerful Tools for Caregivers, and other options available through our COA partners. For next year we will potentially offer Aging Mastery as a new class series. This is also evidence based and helps prepare older adults on what to plan for in their later years. There will likely be a charge for the class as there are costs to purchase books.

Ensure a person-centered approach to all seeking services – We continue to support Person Centered Thinking with a virtual option, and we added a Friendly Reassurance Service. We will continue offering both of those programs for 2022 and utilize new software the agency purchased called Easy Generator to develop staff and contractor trainings. We are considering adding a user satisfy survey to our website to gauge the ease of use and navigation effectiveness.

Friendly Reassurance Service – We added this to the plan but in order to fund the service we would have to move some funding out of our traditional Title IIIB services. This would also create another reporting requirement for our partners. Many of our partners did begin providing the service when the pandemic hit and continue to do so using their local millage dollars to support it.

Goal #3 Promote elder and vulnerable adult's rights and justice. Our regional goals are:

Provide education on Medicare and Medicare Fraud awareness – New to Medicare sessions were held around the region and additional educational opportunities for the public. These will be continued for fiscal year 2022 with the goal of adding Countdown to Medicare sessions.

Increase public awareness of signs of abuse, neglect, and financial exploitation among senior populations – We added a scam and fraud awareness tab to our website as well as Facebook postings. In-person dementia trainings was provided to law enforcement. Ten sessions were

held training 55 officers in 7 counties. We are awaiting final approval of two videos on we had developed on abuse and hope to be able to share those soon.

Improve the accessibility of services to Michigan's communities and people of color, persons with disabilities, recent immigrants, and LGBTQ+ individuals – Supervisory training was accomplished and MMAP staff and volunteers completed diversity, equity, and inclusion training (DEI). Our goal for 2022 is to have all staff complete the DEI training. The NAPIS system will be updated to include gathering sexual orientation/gender identity data.

Goal #4 Conduct responsible, quality management and coordination of Michigan's aging network. Our regional goals are:

Foster development of new collaborations & enhance current partnerships to build the aging continuum – The AAA has fostered new relationships with Karmanos, Sage Detroit, and tribal organizations. In 2022 we will seek partnerships with regional high schools for direct care worker recruitment.

Improve the quality and effectiveness of services provided through the regional aging network and Region 9 AAA partners – We deployed the use of the revised NAPIS Database. Our COA partners are now able to enter information on their own. We do have to review and approve the information before it's uploaded to the state. We have held training sessions for our COA partners related to personnel and Covid. Kelly is working on developing what we are calling Nutrition Tech which is nutrition pre and post testing and trainings for service providers. For 2022 the goal is to utilize the Easy Generator software to develop trainings for onboarding new Regional Council members and establish a website tab for members to access meeting information, trainings, documents, etc. with passcode access.

Other new goals for 2022 include Explore development of Case Coordination service for Emergency Planning Purposes and Improve Data Collection Methods throughout the AAA system.

Direct Services – The AAA currently provides Long Term Care Ombudsman, Outreach for Kinship Care, Care Management, Medicare Medicaid Assistance Program (MMAP), and Dementia Consultation. There is not enough funding for 12 counties to provide individually.

Purchase of Service – Contingent upon funding we have a small amount of funding to provide medication management, specialized respite, and personal emergency response units. These services typically have a wait list.

Planned Budget – A total budget of \$5,021,190 is planned for next year with 2% for purchased services, 16% direct services and 82% for contracted services. This is a projection based on this year's funding.

Advocacy Strategy – We plan to maintain what we've been doing over the years which is membership on various local, state and federal organizations, advisory councils, support coordinated system of information, referral and access to services, support MMAP, Senior Corps Programs, and LTC Ombudsman, Michigan Senior Advocates and Senior Organizations, we continue to support Community Based Care Programs and the long-term care rebalancing, as well as work to advocate and educate our legislators on the various programs throughout the aging network.

Covid 19 Efforts Continue – A new reporting requirement for our plan is to include our Covid 19 efforts. The pandemic hit hard and fast. Some of the actions taken by the AAA include: Remote workstations, Policy revisions/additions, Implementation of MS Teams, Well-check calls, Distribution of Q boxes, Cards for nursing home residents, Personal Care/Caregiver Bags, Care Plan reviews for service prioritizations, Technical assistance to the field, PPE acquisition and distribution, Engage volunteers in mask making, USDA food box partner and assist with Vaccination registrations. As we move forward, we are looking for input on what is still needed.

Written Testimony – Deadline for written or electronic testimony is June 11, 2021, and can be sent to the Region 9 AAA, attention Laurie Sauer, Director, 2375 Gordon Road, Alpena, MI 49707, or email sauerl@nemcsa.org.

Comments/Questions.

T Dutcher – Part of the money that comes in for Iosco County included two issues on the ballot. They were supposed to run concurrently and overlapping for money going in to NEMCSA. They were supposed to end on the same year, but one is running for an additional year. We need to have that corrected. Both were supposed to end in 2023. Now we have one running for 11 years and not 10. I just wanted you to know we are aware of it and there will probably be an adjustment somewhere.

C. Proulx – On the incorporating of this program, you want all staff to take training to check their bias. How many complaints have there been against your staff on this topic in the last two years that staff were prejudice or bias in giving out services? Laurie – We have had no complaints on that topic. C. Proulx – I don't think you will. I guess you can put me down that I'm against making every single organization and person take these so-called classes to say that we're all bias and prejudice. So just mark me down that I'm against that, sorry. Laurie – Sure, that's fine. There are a lot of things we have to consider when it comes to diversity. It's not just looking at the color of a person's skin or preference for sexual orientation. We all have different educational levels, we're all of different ages, we all have different economic statuses, etc. so these trainings will of course address some potential biases when it comes to the color of your skin and ethnicity, but we're also looking at some of those other things that are probably more prevalent up here. Granted we do not have a lot of diversity up here; our minority population is only about 2%. There are a lot of things we can think about, poverty status, income, etc. that can impact how we interact with others or that we are not sensitive about.

C. Proulx – I guess that I would argue that almost all of us up here are in the poverty status. Just put me down that I think we've gone way too far. Laurie – Yes, dually noted.

C. Sabin – I agree with Corky. I have never seen any interaction that we've been a witness to. I've never seen anybody treat any client with a different level of respect or kindness. Their race or ethnicity should have nothing to do with anything. The only thing we are trying to do is help them and like Corky said, we're all just about at poverty level anyways. As long as we're treating everybody the same, enough with the other stuff. Laurie – Noted. It is a requirement that we address this in our plan so, we need to have those conversations.

L. King – Thank you for bringing that topic up. I have actually done some interactions in northern Michigan with some of the topics that are up. I stay very close to a couple of universities to make sure that my language and biases are flushed out in my various communications so I applaud you for doing that because we may not think that there are issues in northern Michigan but there are and sometimes it's just the policies and the way they are stated. Sometimes it's the language we use, and we don't realize we're offending so, I just applaud you and thank you for that.

C. Messina – As a nurse from downstate I worked at a major hospital. We did diversity training every year and I just want to say that I enjoyed it so much because I learned things and discovered some things about myself. I think it's a great learning tool for anybody.

There being no further questions, the public hearing closed by D. Fay and the Regional Advisory Council on Aging meeting continued.

Director's Report – Laurie reported on the following:

New Staff – Two nurses have been hired for the West Branch office: Audrey Gekeler and Barbara Beggar. We have Jozie Applegren and Ricki Steinke hired for the summer to help scan files. Maiya Aikens is our new Long Term Care Ombudsman, she starts June 7th. Sadly, we lost one of our nurses, Julie Mitchell. She was with us for 23 years and passed away a week and a half ago. She was dedicated to her job, participants and NEMCSA.

AASA – Dr. Alexis Travis is leaving the end of this month and going back to public health. We expect a replacement soon. We also have a new Field Rep., Lacey Charboneau. She comes to AASA from a AAA in the Grand Rapids area.

Immunization Grant – Michigan received roughly \$3 million across the state to support immunization activities. We are awaiting guidance from AASA on the allowable use of funds. There will be allowable carryover of these funds into 2022.

COA Reopening – Everyone is eager to reopen. Some of the meal programs did open and then shut back down due to spikes in Covid cases, so there is a lot of confusion out there. Again, we are waiting for some guidance from AASA.

New Broadband Program – The program is available for eligible low-income individuals who meet 135% of poverty or are on an assistance program such as SNAP food benefits, Medicaid, Lifeline, etc. If eligible, individuals can get a discount up to \$50 a month for internet costs or \$100 on the purchase of a device. Apply online at: www.Getemergencybroadband.org. This is a temporary program.

Revised Criminal Background Check Policy – AASA strengthened the policy this year and as previously mentioned, the tougher requirements were being considered by the legislature for codification into law. That legislation has passed the house and is now in the senate for consideration. This policy went into effect 10-1-2020, that's what's driving the legislation. It has impacted the aging programs in terms of existing staff, recruitment efforts, etc. We have a current situation going on in one of our counties that we are working through with their attorneys and our attorneys to come to a resolution.

Senior Action Week – May 10 – May 14. Information was sent out to all of you. Older Michiganians Day was held virtually this year on May 12th. Did anyone participate in the day or week? Did anyone contact their legislators or listen to the livestream event?

L. King – I stay in close contact with our local state and federal for other boards and was able to give my voice. I did let them know what the areas seniors are facing right now. They were very receptive. Laurie – Being on the Regional Advisory Council I just want to stress the importance of your advocacy efforts. When we talk to legislators, they really want to hear from those living in the communities and feeling the impact of these programs, and that's where we rely on you all. I encourage you all to try to become active in the legislative sense. I know in particular both Representative Rendon and Allor frequently hold district office hours. You just sit and chat with them. It's very informal and they are very receptive to your comments and thoughts on various issues.

Legal Services Board – Corky reported they met virtually on March 27th. Legal Services of Northern Michigan received a grant for \$952,944 which was almost \$50,000 more than they received last year. They are still advertising for an additional staff attorney for the Alpena office. The attorney payroll is a little low because they haven't filled the position, so they are contracting the service and expect to go a little over budget. Laurie – Was that Dave's position? Corky – I think so, I don't have a name here in my report. Support staff is also low, they are in contact negotiations with staff. They are also having a private attorney working with them on housing and domestic workloads.

COA Directors Report – No report. We will revisit the issue the next time we meet with that group.

LTC Ombudsman – No report. Currently, the state office is fielding any complaints that come in.

MMAAP – Kitty reported open enrollment ended in March and we launch right into the recertification of counselors. We have 33 counselors in the process of recertification. Training topics include diversity, equity, and inclusion. A Zoom study group was held to discuss these topics. The counselors have through June 30th to complete the recertification process. It's going very well.

The Centers for Medicare Medicaid Services are conducting a quarterly client savings audit. We used an online database called SHIPtools to verify and justify our savings. We are required to upload proof and they go through a verification process. This is new to us. It justifies what we do as MMAAP counselors to our legislators and funders to know the value of the service we provide.

Initial MMAAP Counselor Training – The training will be held July 26,27, and 28th. As part of the process, a new counselor orientation was held virtually. We have 5 candidates in process from the AAA in Alpena and Oscoda, Otsego, Presque Isle and Roscommon counties. Additional candidates are needed in our region, contact Kitty at 989-358-4612 or glomskic@nemcsa.org.

Zoom Meetings – Monthly counselor meeting are held the 1st Wednesday of the month and New to Medicare presentations are done the 2nd Wednesday of each month from 10-11 am. Call your local COA to schedule with a MMAAP counselor.

Special Projects Coordinator Report – Brooke reported on some upcoming workshops: Powerful Tools for Caregivers April 26th from 5:30 pm – 7:00 pm and July 15 from 10:00 am to 11:30 am. Creating Confident Caregivers on June 22nd from 3:00 – 5:00 pm and October 19th from 1:00 pm to 3:00 pm. Caregiver Webinar Series continue the second Friday of the month topics include June: Understanding and Responding to Dementia, July: Dealing with Difficult Emotions, August: Assistive Devices, and September: Preparing for the Future.

RAC New Member Orientation – We have developed an onboarding training for new members using Easy Generator which is online and self-paced. We are looking for a few volunteers to take the training and give us your feedback. We want to make sure it's beneficial. C. Messina, C. Sabin, L. King, J. Kendrick, and C. Wilder volunteered. Brooke will send the link later today. You can either email Brooke or Connie with your feedback.

Caregiver Newsletter – The fourth one is now available on our website. Topics in this issue include Communication, Nursing Home Checklist, Important Documents, and a reading list for self-care. You can sign up online to receive it or contact Brooke.

Services Coordinator Report – Kelly gave a snapshot of meal tracking during Covid for the weeks of April 22 to May 3, 2020 and April 26 through May 9, 2021. The numbers of congregate participants and meals and home delivered meal participants and meals have stayed consistent. Congregate meals tend to fluctuate depending on what's on the menu, and some of the congregate participants switched to home delivered during Covid. Participants. She sent a survey to all the COAs and ten responded. Four said the number of meals increased, three stayed the same, and three said the number of meals decreased. Everyone is eager to open their centers back up, they're just waiting for additional guidance. Currently open for congregate meals: Alpena is opening their center July 6th, Atlanta and Hillman are currently open Monday-Thursday, Lewiston will open June 6th, Oscoda is open Monday – Friday, Posen and Onaway are open Sunday, Tuesday, and Thursdays. Some additional things provided by the COAs during Covid are virtual programs such as exercise classes, book clubs, meditation series, music concerts, etc. All have assisted with vaccine sign up and provided reassurance calls. Laurie – We did have a process for the COAs to do before they had clearance to reopen. A number of the centers did reopen but with the spike in cases all closed back down. We are waiting for new guidance from the state. Kelly – It is more work for staff to meet Covid guidelines for safety.

J. Broad – Alpena will do a soft reopening with congregate meals before getting back into exercise classes and card playing.

MSAC – No report.

State Advisory Council – C. Corwin reported he is no longer a member. No report.

State Updates – AASA - Lacey Charboneau introduced herself. She is our new AASA Field Rep. and will be working with Steve Betterly during the transition. She comes from the Region 8 AAA. She was their Planner and Advocacy Coordinator for a number of years, so she is a little bit familiar in how AAA's work and is excited to be assigned to Region 9.

Local Updates

L. King – The Crawford COA will hold their next meeting on June 1st to look at the cost of construction for their new building and the increases due to Covid. Costs of materials have gone up significantly, at least 30%. They are really having to look at what is needed for the center and what are the gaps. A subcommittee was developed to look at fundraising.

D. Fay – He reported in Presque Isle County, getting through the Covid has been rough on everybody but they have great staff. Their number for home delivered meals did increase. The centers have started reopening for congregate meals, the numbers have been low right now as people are getting used to going out and being social.

Action Item

Endorsement of the FY 2022 plan – A motion was made by L. King with support from J. Broad to endorse the plan as presented and forward the endorsement on the NEMCSA Policy Board for final approval. There being no opposition, the motion carried.

Additional Public Comments

Emil Bellenbaum, a 71-year-old senior from Roscommon Michigan read a short statement regarding complaints that have been received about the COA. He basically just represents himself but some of the property taxpayers in Roscommon County have asked him to look into the fact that the COA seems to be ready to give up NEMCSA grant money and use up tax dollars instead in order to pay money to defend sex offenders with COA lawyer fees that they feel is a lost cause. He has been asked to look into the ex-employees who were fired by the Roscommon COA HR Committee on what appears to be made up charges of misconduct. He has also been asked by seniors to help tell their story of how they have been intimidated by Tom Petit and his lawyer. He has made many major decisions without board approval. We have many examples of poor management, but when we complain to the board, they say Tom is in control of the daily operations of the COA. When we complained to the County Commissioners, they said they are no longer associated with or responsible for the daily operations of the COA. When we complained to NEMCSA, we were told they don't get involved with personnel matters. Our local legislators said they can't do much if laws have not been broken. Some of us feel we have no voice. Thank you for your time.

D. Fay – Thank you, your comments have been heard. Laurie – I'm not able to comment at this point because it's being worked out by attorneys.

L. King – I live in the Crawford part of Roscommon. The comments that were just made are very much the comments being made in different coffee clutches throughout the county. Basically, the voice I'm hearing is that they don't know where to go to be heard. They feel like they've called everybody they possibly can, including Dana Nessel with the Attorney General's Office. When the article came out in the newspaper, there was just fury locally anywhere people were gathering and it's gaining momentum, so if there is anything you can direct this gentleman on where people can go with their voice. D. Fay – I am not an attorney and don't have that information to give. There are already lawyers involved on both sides so I can't comment at this time, I don't know all the particulars.

L. King – I think the thing that's coming up is that they feel like as seniors, their voices don't matter. That's the part that bothers me is that we have a vulnerable population that feels like they have nowhere to turn. It just seems like there needs to be some kind of avenue that we could at least have them direct their voices.

Corky – Do they feel the COA board is not representing them? L. King – I asked that question and they were very upset that the County Commissioners did not react more strongly and that their local and state officials said it wasn't in their hands. I just feel we need to have some kind of voice that comes out of our region that says these are the people you can call. I think they just want to know their voices are heard.

Corky – If their own County Commissioners won't listen, who they vote on, or their local COA board which they have a hand in placing people on that board, who do you think that they can go to? L. King – That's exactly my question. C. Proulx – It looks like they have to look at doing something legally, I guess. L. King – I know it's a touchy situation. I commend the gentleman that brought forth his comments. At least he's been heard at this meeting. Corky – I think they need to figure out what they want done. What do they want to see happen? That needs to be clarified.

Virtual Town Hall – The town hall with Representative Sue Allor is scheduled for Friday, June 11th at 3:00 pm via Zoom.

Tom Pettit from Roscommon County – I would like to indicate that the individuals that are up in arms over the letter to the editor are few. We have more seniors in the area that support the COA and what we do and our employees than the handful of Roscommon individuals that are making a stink.

J. Broad – there are two sides to every story, and we can't comment unless we know them both.

Adjourn

The meeting was adjourned by Chair D. Fay at 2:49 pm.

Northeast Michigan Regional Council on Aging

Monday, July 26, 2021 at 1:00 pm

Virtual Zoom Meeting

AAA Director Evaluation – In accordance with the Michigan Aging and Adult Services Agency Operating Standards for Area Agencies on Aging, an annual evaluation is required for the AAA Director by their Board. The evaluation was sent previously for completion or members can click on the link in today's PowerPoint presentation and complete it now. There are five areas to evaluate: Multi-year and Annual Implementation Plans, Program Goals and Quality of Service, Ensure Compliance of Contracts with Federal, State and Local Entities, Community Relations, Advocacy, and Communications.

The meeting was called to order by Chair D. Fay at 1:08 pm.

Roll Call

Mike Maturen, Cindy Sabin, Lorelei King, Carol Wilder, Cindy Fleming, Terry Dutcher, Julie Kendrick, David Burdine, Eileen Howell, Mitzi Downs, Dennis Fay

Excused: Jerry Broad, Darlene Huff, Connie Messina, Roberta Matelski, Mitzi Downs

Unexcused: Eileen Howell

Guests: Lacey Charboneau, Tom Pettit,

AAA Staff: Yvette Smigelski, Vicki Goodburne, Kitty Glomski, Connie McQuarrie, Maija Aikens, Brooke Mainville

A quorum was present.

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

Approval of Minutes – A motion was made by T. Dutcher with support from L. King to approve the minutes of 5-24-21. Motion carried.

Nominating Committee

C. Sabin reported Corky Proulx resigned her position as Montmorency Member-at-Large. A motion was made by T. Dutcher with support from M. Maturen to accept her resignation and send a letter of appreciation. Motion carried.

Appointments – Corky's resignation leaves a vacancy on the Legal Services Board and the Nominating Committee. We also need at least two more members on the By Law Review Committee. T. Dutcher and L. King are interested in the Legal Services Board. Meeting information will be sent to them for review before a decision is made. T Dutcher volunteered to be on the Nominating Committee. A motion was made by M. Maturen with support from C. Wilder to accept his appointment. Motion carried. C. Sabin and C. Wilder volunteered to be on the By Law Review Committee. A motion was made by M. Maturen with support from T. Dutcher to accept their appointments. Motion carried.

Speaker – Mike Maturin, Substance Abuse Prevention Specialist at Catholic Human Services

Mike gave a PowerPoint presentation. Mike is a Certified Prevention Specialist with Up North Prevention which is an initiative of Catholic Human Services. He is a drug and alcohol educator working in schools and serving on several boards and committees in the community. He is the president of the Alcona COA board.

Trends – Illicit drug use typically declines after young adulthood however, nearly 1 million adults aged 65 and older live with a substance use disorder. From 2000 to 2012, hospital admissions for older adults increased from 3.4% to 7%.

How are the elderly impacted by drugs? Older adults metabolize substances more slowly and their brains can be more sensitive to drugs. Older adults may be more likely to experience mood disorders, lung and heart problems, anxiety, or memory issues. Drugs can worsen these conditions. The effects of some drugs, like impaired judgement, coordination, or reaction time can result in accidents such as falls and car accidents. These sorts of injuries can pose a greater risk than in younger adults.

There are several classes of drugs and various ways they are being used and misused. Prescription Medications – Because of an increase in chronic health conditions, older adults are often prescribed more medications than other age groups, leading to a higher rate of exposure to potentially addictive medications. Risks include accidental misuse of prescription drugs and possible worsening of existing mental health issues. A 2019 study of patients over the age of 50 noted that more than 25% who misuse prescription opioids or benzodiazepines, anti-anxiety medications, expressed suicidal ideation compared to 2% who do not use them.

Opioid Pain Medications – Persistent pain may be more complicated in older adults. Between 4-9% of adults aged 65 and older use prescription opioid medications for pain relief. Between 2013 and 2015 the proportion of adults over the age of 55 seeking treatment for opioid use disorder increased nearly 54% and the proportion using heroin more than doubled in part because some people misusing prescription opioids switch to this cheaper drug. Heroin is about \$10 on the street.

Marijuana – 9% of adults aged 50-64 reported past year marijuana use between 2015 and 2016, but there are no statistics available since the legalization of marijuana in Michigan. Nearly 25% of older adults say a doctor recommended marijuana in the past year. The FDA has not approved the plant as a medicine; therefore, any potential benefits of marijuana must be weighed against its risk. Regular use has been linked to chronic respiratory conditions, depression, impaired memory, adverse cardiovascular functions and altered judgement and motor skills. Marijuana can interact with a number of prescription drugs.

Nicotine and Nicotine Vaping – The CDC reports that in 2017, about 8 in every 100 adults aged 65 and older smoked cigarettes, increasing their risk for heart disease and cancer. Research shows older people who smoke have an increased risk of becoming frail. The FDA has not approved e-cigarettes as a smoking cessation aid. Nicotine is almost as addictive as heroin.

Alcohol – Is the most used drug among older adults with about 65% of people 65 and older reporting high risk drinking defined as exceeding daily guidelines at least weekly. Of particular concern is more than 10% of adults over the age of 65 binge drink, which is defined as drinking five or more drinks on the same occasion, four for women. Research in 2020 shows that increases in alcohol consumption in recent years have been greater for people

age 50 and older compared to younger age groups. Alcohol use disorder can put older people at greater risk for a range of health problems.

Resources for Help - Wellness Response Team 1-800-356-5755. This is a free service for suicide or treatment help 24 hours. Catholic Human Services 989-356-6385. NMRE Hotline 1-800-834-3393 offers help to get someone into treatment, and Prime for Life are free classes discussing high and low risk behaviors.

Director's Report

Laurie is on vacation this week, Yvette reported on the following:

RAC Vacancies – Our membership has been lagging and we could use some help with recruiting new members. While we do have a few counties with no representation (Otsego, Arenac, Oscoda), we could instead fill those spots with a Veteran's Administration representative, medical or Social Services staff member, person from the LGBTQ or minority communities. If you know of anyone that would fit within these categories that might be willing to serve on the board, please let us know.

AAA Annual Assessment – We just wrapped up our annual assessment with AASA. While we do not have the official results, we are hoping everything will turn out in compliance. There is still an ongoing issue with providers having staff members that do not meet full compliance. We are diligently working with them to ensure compliance by restricting their work duties to those things that do not require them to interact or have access to older adults or their information. In regard to the Roscommon COA specifically, they have laid off their executive director and are recruiting a replacement.

Criminal History Checks – In regard to the criminal history checks required for individuals working with older adults, the legislature passed, and the Governor signed Public Act 28, which requires the criminal background checks and includes mandatory exclusions no matter how long ago they incurred. There are three required checks: Michigan State Police-iChat; Michigan Sex Offender Registry; and the National Sex Offender Registry. It is critically important that all entities contracting with the AAA pay attention to positive findings and to ensure compliance with the law. This is no longer just an AASA requirement; it is the law.

State Commission on Services to the Aging – The Commission held their monthly meeting and public hearing in Gaylord on July 16. This was their first in person meeting since Covid hit and it was surprisingly well attended. The Otsego COA had a number of their direct care workers address the Commission explaining their work during the pandemic, their connections with the people they serve, and they also thanked the Commission for their support related to the premium pay rates they have been receiving. Their testimonies were very touching and emotional. Brooke Mainville and Heidi Powers (along with two volunteers) also testified on behalf of the AAA and the Senior Volunteer Programs. It was a very good meeting.

Diversity, Equity, and Inclusion – Coming up next week, the AAA will begin its foray into Diversity, Equity and Inclusion training. We have a scheduled meeting the SAGE Detroit presenting to AAA staff and COA partners about the history of their organization in working with the LGBTQ community. Because northeast Michigan has such a low minority population, it seemed more appropriate to start our training in the area of diversity. There will be a follow up session later in the month. AAA staff will also be participating in DEI training sponsored by

the state. DEI training is now a requirement in our contracts with the state and we, thus, will have to require it of our contractors as well.

NEMCSA New Main Office – There will soon be a new address for the NEMCSA Main Office. The agency has terminated its lease with the Alpena Public Schools on Gordon Rd. and will be condensing operations to the Annex building yet this summer. We are currently in the midst of a major renovation to accommodate the additional staff. Many employees will remain working remotely or have a hybrid status of some office and remote work.

Covid Update – The emergency orders are being lifted throughout the state, which allows for in person meetings once again. We will consider bringing everyone together for our next meeting. How does everyone feel about that? L. King - My concern is if we have hot spots in our region of the variant. Also, if the restrictions are lifted and we do a hybrid meeting, can we still vote if we call into the meeting? Yvette – I will have to look into it. We will also need to do a review of our by-laws to ensure everything is still applicable to how the RAC is currently operating. D. Fay – I'm ok with in person meetings.

Staff Retirement – Lastly, we recently received notice of Susan Bowen's impending retirement today. Many of you will remember Susan and her work with our MMAP program and as planner in our division. Susan did a great job for us, and we applauded her promotion to RSVP Project Director; however, due to some health issues, she found it necessary to retire. We wish her well.

Program Reports

Legal Services Board – No report.

Region 9 Directors Report – No report.

Long Term Care Ombudsman Report – Our new Ombudsman, Maija Aikens introduced herself. Getting back into homes and meeting with residents.

Planning and Volunteer Coordinator Report – Kitty reported we have four candidates taking the MMAP Counselor Initial Training on July 26-27-28. Three are ready to take it now. 4 are in the application phase. On September 8-9-10: four more will be trained, one from Otsego and three from healthcare.

Virtual Meetings and Presentations – Monthly Region 9 MMAP Counselor Planning Meetings are held along with the New to Medicare monthly presentations on the second Wednesday of the month at 10:00 am. Participants can connect by internet or telephone. These have been very successful. Ongoing

A virtual MMAP awards ceremony is scheduled for August 18th with national speaker Jason Kotecki. First virtual. Thank your MMAP counselors if you see them. We have a fantastic MMAP team in our region.

Medicare.gov is implementing changes to the Plan Finder. Grateful it's happening now before October.

The CMS quarterly client savings audit going well. Two items addressed this quarter. conducted to look for files without uploaded proofs and savings. The audit is to justify the value of the MMAP data.

For MMAP information or questions contact: glomskic@nemcsa.org or 989-358-4612.

Clients drug lists – recommend for those on pain meds that their plan pays for a medicine review with their pharmacist. Mike also does training on Narcan. \$75 can get without a prescription to help with opioid overdose.

Special Projects Coordinator Report – Brooke reported a Creating Confident Caregivers workshop will be held on October 19th from 1-3 pm. It runs for six weeks on Tuesdays. She has two more webinars scheduled for her Caregiver Series; August on Assistive Devices, and September on Preparing for the Future. Both will be held from 1-2 pm. Reviewed Caregiver series topics. The next two are Assistive Devices and Preparing for the Future. Go to Facebook to watch the previous ones.

Services Coordinator Report – Yvette reported on which COAs are open to the public for congregate meals and services.

Alcona COA – Open for congregate dining 7/7.

Alpena COA – Open for congregate dining 7/6 lunch only. Cards and quilting starting 7-16. Other activities begin in August.

Arenac COA – Open for congregate dining 7/7. Open for activities.

Cheboygan COA – Open for congregate dining. From 10-2 limited activities. Tent outside for dining and activities. Wolverine open 8/2.

Crawford COA - Open for congregate dining lunch only no dinner. Activities are limited.

Iosco COA - Hale and Sand Lake open, Tawas on 7/13 and Oscoda opening pending. Activities at sites is limited.

Montmorency COA – Atlanta, Hillman, and Lewiston all open.

Ogemaw COA – Open for congregate as of 7/7. Open for activities.

Oscoda COA – Open for congregate dining. Activities open.

Otsego COA – Open for Congregate dining 7/7 M,W,F. They will continue with Holiday Meals curbside and Friday box lunches.

Presque Isle COA – Onaway and Posen open for congregate dining. Open for activities

Roscommon COA – All sites to open in early August.

All sites are offering curbside meals. D. Fay – We were advised we couldn't do curbside meals once we opened again. J. Kendrick – MCCOA has also discontinued their curbside meals. Yvette – I will get clarification on this.

Advocacy Reports

MSAC – Pat Rondeau was not present - No report.

State Advisory Council – Brooke attended the N4A conference where the State Advisory Council reported on their released report on Social Isolation with Focus on Equity. The link was shared in the chat for anyone interested. The major points discussed in the report include:

- A person's health, well-being and lifespan are affected by social isolation.
- "Loneliness acts as a fertilizer for other diseases. The biology of loneliness can accelerate the buildup of plaque in arteries, help cancer cells grow and spread, and

promote inflammation in the brain leading to Alzheimer's disease. Loneliness promotes several different types of wear and tear on the body."

- "Social Determinants of Health (SDOH), namely social factors such as appropriate nutrition, housing, access to appropriate healthcare and social services, water supply, income, education, mental health services, jobs, environmental justice issues, overall neighborhood conditions, etc. influence 60-70% of the health and wellbeing of an individual and their surrounding community.
- Older adults in the Detroit service area are dying at twice the rate of those living elsewhere in Michigan.
- "In some areas it is over a 50-mile drive to the nearest hospital. Everything is dependent on owning a car and being able to drive. These remote areas present significant challenges to elders living in isolated areas. It is difficult to get to medical care and shopping. It is also difficult to stay in touch socially and that in itself contributes to social isolation."

The full report can be found at:

https://www.michigan.gov/documents/osa/SAC_Report_2020_-_Social_Isolation_with_Focus_on_Equity_-_FINAL_-_6_7_2021_727188_7.pdf

L. King – I saw the report earlier today and it is really packed with information. It made me feel good that they identified rural areas such as up here in northern Michigan where people have to travel so far for healthcare. Brooke – The next charge that the State Advisory Council will work on is Aging in Place. The four specific areas of focus are: 1. Planning for Aging in Place – Before you Retire, 2. New Home Options, 3. First Five Years after Retirement, and 4. Transition: Having Care in the Home.

State Updates

Aging and Adult Services Agency (AASA) – Lacey Charboneau reported she is a few months into her new assignment as our field representative. It is AAA assessment season and finalizing of the annual implementation plans. She will join Laurie next month to present our plan to the State Commission on Aging. Lacey comes from the Region 8 AAA and is familiar with how AAAs work. She was also a LTC Ombudsman in the past.

Local Updates From Council Members

Action Items

Endorsement of the Fiscal Year 2022 Funding Recommendations – A draft copy of the recommendations was distributed previously.

L. King – There are the two columns, funding requested and recommended funding, so once we approve that does it mean the recommended funding has been approved? Yvette gave a brief review of the RFP process. The process starts with a pre-bidder's meeting for agencies that submitted a letter of intent to apply for funds. At the meeting, information is provided, and documents are reviewed. Then there is a timeframe for agencies to ask questions before submitting their proposals. All questions and answers are shared with all applicant agencies. There is a deadline to submit proposals. The proposals then go to a review

committee consisting of three individuals who review and score the proposals. All the scores are then combined. One proposal will have three different scores. We use the average of those scores. It is a 50-point scoring system. A score under 40 is not eligible for funding.

This may be why some are not funded, or they may not meet the required standards for the program applied for or meet the requirements.

A motion was made by L. King with support from Cindy Sabin to approve the recommendations for funding as presented. Motion carried, no opposed.

Merit Award #1 and #2 and State Caregiver Support Adult Day Services. A total of \$239,837 was requested. Recommended funding Alcona COA, Sunrise Side Senior Services, and the Otsego COA \$16,761 each and Cheboygan COA, DHD #4, Ogemaw COA and Roscommon COA \$16,760 each for a total of \$117,323 in funding.

Title IIID Evidence Based Disease Prevention Health Promotion – A total of \$30,590 in funding was requested with a total of \$24,000 available. Recommended funding Ogemaw COA \$2,000 for Matter of Balance, Oscoda COA \$1,200 for Matter of Balance, Otsego COA \$17,260 for Matter of Balance and Walk with Ease, and Roscommon COA \$3,540 for Matter of Balance.

Title VII Elder Abuse Prevention – A total of \$6,416 is available. Recommended funding Ogemaw COA \$600, Oscoda COA \$700, and Otsego COA \$5,116.

Title IIIE National Family Caregiver Support Program – Total funding is expected to be \$109,562. A total of \$127,925 was requested between 16 applications. Recommended funding Otsego COA \$3,080 for Creating Confident Caregivers, \$7,360 for Caregiver and Parkinson support groups, \$3,300 for Kinship and Kinship Support, and \$5,450 for Respite. The Alpena Senior Center \$4,500 for Kinship, \$10,000 for Respite, Crawford COA \$14,840 for Respite, Iosco COA \$2,500 for Respite, Oscoda COA \$1,200 for Kinship, Ogemaw COA \$6,000 for Respite, and the Roscommon COA for Respite for a total of \$87,080. This leaves \$4,420 in unallocated funds for CCC, \$7,500 Unallocated Funds for Evidence Based Disease Prevention from Ogemaw COA and \$10,562 in the Kinship Purchase of Service for a total of \$109,562.

Questions or Comments

D. Fay – I know the variant is out there but its good to see people out and about enjoying the summer. Things are getting done in the community that were bypassed for a year due to Covid restrictions.

Tom Pettit from Roscommon County – I was wondering if it would be possible to have the funding information back up on the screen. Thank you. As you are all likely aware, I was the director of the Roscommon COA, and just for clarification, I would like to make the point that although I was laid off, I was in fact terminated. The agency has no intent on bringing me back. I would also like to bring up that for the past year Emil Bellenbaum and Johnna Ancil have been attending your meetings because they were so concerned about the seniors of Roscommon County. I'd like to bring up that if they were so concerned, perhaps they would still be attending your meetings. Lastly, I would like to congratulate Region 9 AAA

administration and the AASA administration for buying so wholeheartedly into their own personal agenda.

Adjourn

M. Maturen so moved for adjournment. The meeting was adjourned at 2:15 pm by D. Fay.

Our next meeting is scheduled for Monday, September 27th.

Northeast Michigan Regional Council on Aging
Monday, September 27, 2021 at 1:00 pm
Virtual Teams Meeting

The meeting was called to order by Chair D. Fay at 1:02 am.

Roll Call

Jerry Broad, Darlene Huff, Cindy Sabin, Roberta Matelski, Lorelei King, Carol Wilder, Cindy Fleming, Terry Dutcher, Julie Kendrick, David Burdine, Eileen Howell, Mitzi Downs, Dennis Fay.
Excused: Connie Messina, Mike Maturen
Guests: Lisa Bolen, Lacey Charboneau, Emil Bellenbaum, John Paulus
AAA Staff: Laurie Sauer, Kitty Glomski, Connie McQuarrie, Brooke Mainville, Kelly Robinette.

Approval of Agenda – D. Fay reported we need to amend the agenda to add setting a date for the combined November/December meeting under Action Item. A motion was made by T. Dutcher with support from D. Burdine to approve the agenda as amended. Motion carried.

Approval of Minutes – A motion was made by T. Dutcher with support from C. Sabin to approve the minutes of 7-26-2021. Motion carried.

Nominating Committee

Oscoda County Appointments – C. Sabin reported we have several vacancies to fill. Two appointments were received from the Oscoda Council on Aging. Tammy Emig has been appointed Delegate and John Paulus as Member-at-Large. C. Sabin reported that we would like more information on the two appointees. We have not received their Board Member Information forms to date and would like to table the vote until the information is received and reviewed. J. Paulus reported he will send the form to Connie today. His driving is limited so the plan is for him to attend the virtual meetings and Tammy will attend those held in person. A motion was made by T. Dutcher with support from C. Wilder to table the vote until our next meeting. Motion carried.

Legal Services Board – We need a replacement for Corky on this board. Terry Dutcher is interested. A motion was made by C. Wilder with support from J. Broad to appoint T. Dutcher as our representative to the Legal Services Board. Motion carried.

MSAC – C. Sabin reported we also need a representative on the Michigan Senior Advocates Council. C. Wilder would like to appoint L. King if she is interested. Laurie reported the MSAC meets once a month. Meetings have been virtual, but they typically meet in person in Lansing and then go on to advocate to their legislators or staff members. Laurie will send her more information. A motion was made by C. Wilder with support by C. Sabin to tentatively appoint L. King to the MSAC if her schedule allows. Motion carried.

NEMCSA Board Member – C. Sabin reported we need a member to represent this council on the NEMCSA Board of Directors and asked for volunteers. T. Dutcher reported he will likely be joining the NEMCSA Board to represent Iosco County, so he is unable to volunteer. L. Bolen reported the board meets monthly on the first Friday of the month at noon. No meetings are held in the months of July and January. Committee appointments typically go with being on the NEMCSA board. Meeting locations rotate. Lunch is provided and mileage is paid. D. Fay is automatically on the board as the chair of this council and J. Kendrick is on the board as well. We need three representatives from this council, so we need one more.

Discussion followed. C. Wilder is interested but needs to check her schedule. The vote will be tabled until our next meeting.

Director's Report

AIP 2022 – The Commission on Services to the Aging met on August 20th and approved our FY 2022 AIP. We will begin work on implementing the goals for the next fiscal year beginning October 1, 2021.

Region 9 Director's Meeting – AAA staff met with the COA directors on September 14th. We discussed updates to our local policies. Most of the changes were updates to language and procedural items. They were given two weeks for review and comment which expires tomorrow. No comments have been received to date. Another topic of discussion was the Criminal Background Check Policy which is now law. As contractors, the COAs are required to follow the law and must be in compliance. There was some confusion about the continuation of the Grab and Go Meals being offered. Some thought they had to stop the meals once the center was reopened. As long as the federal emergency orders are in place, they can continue. It is not a mandatory stop. This option has become very popular in the communities so we hope they will keep them going as an option. Laurie will also ask the group for a representative to be on the Regional Council on Aging.

Immunization Grant – We received the grant last fiscal year but haven't done a lot with it to date. The money will carry over into this next fiscal year. Our original intent was to have staff go into the homes to give shots, but we ran into a lot of liability and insurance issues. We are currently working with Adult Foster Care Homes and Homes for the Aged to assist them in getting their residents and staff vaccinated.

C. Sabin – Has anyone thought about having a vaccination clinic at our COAs? Maybe pick a day to have them available and they could stop in and get a shot and a meal. Laurie – That's a good idea. Contact your local health clinic, I'm sure they would be more than willing to hold a clinic. Any other ideas for outreach? We promoted it on our website and Facebook page.

C. Sabin – What about putting an ad in the local newspapers? Run an ad that on such and such a day and timeframe, we will have an immunization clinic. Come to the center and see what's going on and get immunized. Laurie – That's a good suggestion. We can put that out to the COAs and see if they are interested in hosting something at their sites.

Laurie - Any ideas to get the word out to the homebound individuals to stress the importance of getting vaccinated? How can we encourage them to get their immunizations? People have a lot of different reasons for not getting vaccinated.

L. King – I know there is a lot of confusion with our homebound clients because they're hearing different messages on tv. Our COA has done a good job of getting flyers sent out with the meals to help clarify. Drive thru vaccinations are working very well but trying to get people to go into the homes in rural areas is another problem. We need to educate the public on what we know is fact.

T. Dutcher – How about radio to target the homebound. Because it's a medical issue, you may get free ads. Also, I was on a meeting with the health department this morning and the FDA has approved booster shots for both Pfizer and Johnson and Johnson. That may be a little added incentive for those who are afraid to get vaccinated.

Laurie - The state has worked with some of the larger pharmacy chains such as Walgreens and Meijer to host special appointments for people coming from adult foster care homes and homes for the aged to get their immunizations. That's one of the focuses where we are trying to help coordinate some of those appointments and help provide some transportation. Transportation continues to be a huge challenge in rural communities.

Federal Surveys – There are currently two federal surveys being conducted, one through the Administration for Community Living (ACL) conducted by Westat, and the other is the National Core Indicator for Aging and Disabled (NCIAD). Surveyors will be reaching out to program participants by phone trying to gauge their consumer experience with the services they receive. If you hear of anyone being reluctant to participate, please encourage them to do so.

Federal Budget – The budget is still in the negotiation phase. Friday is the beginning of our fiscal year.

State Budget – The premium pay for all direct care workers was passed at \$2.35 per hour. J. Kendrick – Is that for the duration of the fiscal year? Laurie – Yes, that is my understanding. They also approved an additional 1,000 slots for the MI Choice Waiver program.

NEMCSA Office – The main office move to the annex building is almost complete. Our new address for NEMCSA is 2569 US-23 South, Alpena, MI 49707.

Creating Confident Caregivers (CCC) – AASA is hosting a free train-the-trainer series October 5-7. Brooke will be participating. If anyone is interested in becoming a CCC trainer, now is your opportunity. It provides workshops for people caring for someone with dementia. It's a very good program. We have had lots of positive feedback from participants. We certainly hope our COAs that are not currently offering this class will take this opportunity to have someone within their organization trained whether it's a staff person or volunteer.

Diversity, Equity, and Inclusion Training – Our staff has started with a training last week with SAGE Metro Detroit talking about LGBT issues. This training was also made available to our COA partners provided they got their staff scheduled by the end of the month. All have scheduled a training. NEMCSA as an agency is also working on some of these issues as well and will make additional trainings available for staff.

Annual Report – A video of the Fiscal Year 2020 Annual Report for the AAA was shown. All participants received a handout of the report prior to the meeting.

Program Reports

Legal Services Board – Corky submitted a report for us. Payroll - The August amount includes the retroactive raises for the attorneys. The amounts for September through December will be higher because we now have a second attorney in Alpena. The Secretary amount is also going to increase as we are in the process of hiring an additional half time secretary in Traverse City. The high rent amount reflects the increase in Traverse City rent and the security deposit which was required. The bottom line for the location change is an extra monthly cost of approximately \$900 per month. Contract Services for clients is running

over budget but most of these services are offset by the OVP grant in Traverse City and the CERA eviction grant. The high amount in item 553 Office Equipment reflects the purchase of the computer parts (we are still waiting for one component before we can build).

Revenue – The third quarter filing fee grant payment brought that grant to a level slightly greater than last year and we will possibly see a greater amount than budgeted. The EDP grant is the eviction funds from the State Bar Foundation, and it is likely to be twice what we budgeted. The demand for eviction work remains high. The donation amount looks higher than it actually is as the Access to Justice Campaign amount (our largest donation) is distributed early in the year. You will see a misc. grant amount of \$25,122 which is a grant from the Michigan State Bar foundation to cover the cost of our new computers. The only revenue item running significantly below budget is the SSI Fee item. This is probably due to the lack of hearings being scheduled.

Region 9 Directors Report – No report.

SCSEP Report – Connie reported the Senior Community Service Employment Program (SCSEP) is a community service and work-based job training program for older adults. SCSEP is authorized by the Older Americans Act, funded by the U.S. Department of Labor, and sponsored by the AAA. The program provides useful part-time opportunities in community service employment for low-income, unemployed seniors. Participants also have access to employment assistance through their local Michigan Works! The program's goal is to assist in the participant's development for placement into a permanent unsubsidized job allowing the opportunity for another eligible person to receive training.

SCSEP is a work training program. The Department of Labor requires that participants be at least 55 years of age or older, unemployed, and have a family income of no more than 125% of the current federal poverty guidelines. Region 9 has seven assigned slots with a focus on placement in Alpena, Cheboygan, Crawford, and Oscoda Counties. AASA will also allow placements in Arenac, Montmorency, Ogemaw, Otsego, and Roscommon.

Participants are enrolled a total of 48 months in a lifetime. They work 20 hours a week or less at the current minimum wage. They are required to develop an Individual Employment Plan, set employment goals, job search on a monthly basis, and attend required trainings. Twenty hours of annual sick leave is allowed with a doctor's slip. A general physical is also offered. Host sites sign an agreement form stating they will provide orientation to policies and procedures, provide supervision, training, and verify timesheets.

It has been very difficult this past year with Covid to find interested individuals. Our numbers are extremely low at this time with only one active participant and two waiting for a host site. If anyone is interested or knows of someone who may be, please let me know. Non-profit host site ideas as well.

L. King – Are people that are in recovery eligible for this program? Connie – Yes, as long as they meet all the eligibility requirements.

J. Kendrick – I believe your one active participant is the one at MCCOA and she is a wonderful addition to our organization. It's a great program.

Planning and Volunteer Coordinator Report – Kitty reported counselors are holding virtual New to Medicare presentations every second Wednesday of the month. Participants can connect by internet or by telephone. Attendance has been very successful with one recent meeting having 21 participants. A statewide training for counselors doing open enrollment will be held on October 5th. Region 9 will hold a planning meeting for all MMAP counselors on October 6th to get prepared and ready for open enrollment to begin on October 15th through December 7th. This is an 8-week period for Medicare beneficiaries to review their Part D or advantage plans.

A virtual MMAP awards ceremony was held on August 18th. Our region did very well. We have some of the most experienced counselors in the state.

Eight new counselors went through orientation and are scheduled for training. Two are from Otsego, two in Cheboygan, one in Alcona who is in healthcare, two in Montmorency, both of which are in healthcare, and one in Presque Isle who is in healthcare. We can always use more counselors. If you have any potential candidates or have any questions, please contact Kitty at: glomskic@nemcsa.org or 989-358-4612

Special Projects Coordinator Report – Brooke reported she has two workshops coming up in October, one for Powerful Tools for Caregivers and one CCC. Start dates are dependent upon receiving our statement of grant award. We are looking for CCC leaders in our region. It is a 3-day training from 9am to 11am and 1pm to 3pm each day. Once trained, leaders are able to provide the CCC workshops for individuals caring for someone with dementia. Also, Brooke and Kelly trained eleven leaders in Matter of Balance in seven counties. They are now able to provide fall prevention workshops. Lastly, we just wrapped up our Caregiver Webinar Series. This year, instead of an in-person or virtual conference, we held six one-hour webinars on a variety of topics from dealing with difficult behaviors to preparing for the future. Overall, we had 104 participants attend the six webinars. You can still watch them on our AAA Facebook page.

Services Coordinator Report – Kelly reported that September is Emergency Preparedness Month. It's never too late to prepare. You should all have an emergency kit ready that includes the following items:

- Contact information for family and friends. Preferably someone out of state.
Pictures of family members.
- List of medications you need, dosage, instructions, and any allergies. Keep a three-day supply of medication in the kit
- Style and serial number of medical and assistive devices.
- Water 1 gallon per person per day. Don't forget to include water for your pets.
- Food that does not need preparing such as canned protein, granola bars, cereal, crackers, candy/gum and a hand can opener
- Change of clothing for everyone, sleeping bag, rain gear, tent, pet bedding, leash, and carrier.
- Dishes, battery operated radio, extra batteries, pen and paper
- Puzzle books, deck of cards and other items you might like to keep you entertained. Toys for the pets, too!
- Toiletries, first aid kit, waterproof matches.
- Cash \$50 - \$100 in small bills and \$10 in quarters,
- Your kit should be portable, easy to lift and carry.
- Each family member should have their own kit.

- Inspect your kit at least twice a year to make sure items have not expired and clothing still fits,
- Have a meeting location in case you and your family get separated.

Also keep a fireproof box or binder with important papers like birth certificates, insurance, banking and medical information, etc.

Advocacy Reports

MSAC – Laurie reported Pat Rondeau is not with us today and she did not attend the last meeting, so we do not have a report.

State Advisory Council – Laurie reported that Chuck Corwin is seeking reappointment. That will be decided by the State Commission on Aging at their meeting next month.

State Updates

Aging and Adult Services Agency (AASA) – Lacey Charboneau reported she doesn't have much to add, Laurie did a great job with her report. She does know that MSAC meets on the 4th Monday of the month. The date gets switched up for their November and December meetings for the holidays. Laurie added that Lacey graciously agreed to participate in our Region 9 AAA and COA Directors meeting. We appreciated her providing input to our COA directors particularly on the compliance issues.

Local Updates From Council Members

L. King – The Crawford COA is still in a holding pattern with the new building. It looks like spring to break ground. Our community garden has been wonderful this year and provided fresh vegetables when delivering the home delivered meals.

J. Broad – We have been having a lot of difficulty getting some of the Gordon foods items. Is anyone else having problems? Laurie - We heard it was a problem early on at the beginning of the pandemic that some of the COAs were having problems getting certain items.

D. Fay – I know we used a few local grocers when unable to get items through the big companies. Kelly – Sometimes there's trouble with substitutions from Gordon's.

Action Items

Combined November/December meeting – We are not meeting in October. Discussion followed. The fourth Monday in November is the 22nd. A motion was made by T. Dutcher with support from C. Sabin to schedule our next meeting for November 22nd. Motion carried.

Questions or Comments

Nothing further.

Adjourn

The meeting was adjourned at 2:10 pm by Chair D. Fay. Our next meeting is scheduled for Monday, November 22nd at 1:00 pm.

Northeast Michigan Regional Council on Aging
Monday, November 22, 2021 at 1:00 pm
Virtual Teams Meeting

The meeting was called to order by Chair D. Fay at 1:02 am.

Roll Call

Jerry Broad, Darlene Huff, Cindy Sabin, Roberta Matelski, Lorelei King, Carol Wilder, Cindy Fleming, Terry Dutcher, Julie Kendrick, Eileen Howell, Connie Messina, Mitzi Downs, Dennis Fay. Quorum: Yes

Excused: Mike Maturen, David Burdine

Guests: Lisa Bolen, Lacey Charboneau, Emil Bellenbaum, Chuck Corwin

AAA Staff: Laurie Sauer, Kitty Glomski, Connie McQuarrie, Kelly Robinette.

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

Approval of Minutes – A motion was made by T. Dutcher with support from M. Downs to approve the minutes of 9-27-2021. Motion carried.

Nominating Committee

Oscoda County Appointments – C. Sabin reported two appointments were previously received from the Oscoda Council on Aging appointing Tammy Emig as Delegate and John Paulus as Member-at-Large. Membership information from both of them was discussed. A motion was made by C. Sabin with support from T. Dutcher to accept the appointment of Tammy Emig as Oscoda Delegate. Motion passed unanimously. A motion was made by C. Sabin with support from J. Kendrick to accept the appointment of John Paulus as Member-at-Large. Motion passed unanimously.

Director's Report

Covid Update – Laurie reported on the breakdown of active cases and percentage of the population that have been vaccinated by county: Alcona – 1,264 active cases with 56% vaccinated, Alpena – 3,814 active cases with 54% vaccinated, Arenac - 2,025 with 50% vaccinated, Cheboygan – 3,183 with 54% vaccinated, Crawford – 1,620 with 52% vaccinated, Iosco – 3,385 with 55% vaccinated, Montmorency – 1,192 with 53% vaccinated, Ogemaw 2,930 with 43% vaccinated, Oscoda – 1,063 with 42% vaccinated, Otsego – 3,763 with 52% vaccinated, Presque Isle – 1,562 with 59% vaccinated, and Roscommon – 3,050 with 53% vaccinated. Statewide there are 28,851 cases with 20% vaccinated. I'm worried about the re-infection rate. Those unvaccinated are five times more likely to get it a second time. Discussion followed.

C. Sabin – Those percentages are really not bad. D. Fay - I hoped it would be higher.

L. King - Northern Michigan does an excellent job of testing, that's why our numbers are so high.

C. Wilder – Does this count eligible children? Laurie – Yes.

T. Dutcher – I was at a meeting, and these may be last week's numbers. The numbers we saw didn't include the booster shot so the numbers are not exactly accurate. Laurie – You're right, there is no tracking of booster numbers yet. I pulled these figures yesterday

The total number of deaths in the state is 24,814 which is 18.1% of the population. Of those age 60 to 69, it's 18.1% which is 12.7% of the state population. For ages 70 to 79, it's 27.1% which is 7.5% of the state population, and for ages 80 and older 41.1% which is 4% of the state population. That means 86.6% of deaths statewide have been those aged 60 and older.

COA's – A huge thank you to the COA's for keeping the meals going along with the curbside meal services. It has been an enormous challenge along with dealing with staff shortages.

Masks – There is a mask mandate advisory for everyone age 2 and older. Please encourage wearing them as your centers re-open. There have been challenges with getting people to wear them.

Immunization Grant – The AAA received a second grant for \$59,000 to provide outreach and transportation to vaccine sites. We are considering incentives for getting the vaccine but not sure if we want to go that route. Do any of you have ideas on how to promote getting vaccinated? It's a tight turnaround time, our plan has to be turned in this week. The state as a whole received \$1.5 million for this effort. The funds were put out by formula to the AAAs so some of your larger areas downstate received more money. Discussion followed.

C. Sabin – Are the COAs having Christmas gatherings this year? This would be a good time to have the health department come and give vaccinations. There could be an incentive for coming to the center like fresh cinnamon rolls or something. Maybe make it something reasonable they can use. Laurie – The state is suggesting a \$50 VISA gift card for the first shot and another when they get their second shot. The grant will allow this but offering baked goods may be more difficult to coordinate.

C. Sabin – Our adult day center clients make little Christmas ornaments, something like that may be an incentive. I'm not sure how I feel about paying people to get vaccinated rather than doing it because they're concerned about their own health and others.

C. Messina – These ideas are great but is there a way to get the health department to do a vaccination drive-up fair and give out something. The gift cards are nice but those that didn't get it because they got their vaccine on time might be upset. Offer a free gift for showing up.

C. Sabin – That's a great idea, we could advertise on the radio. Laurie – We plan to do some public service announcements. The drive-up clinic is a good idea. NEMCSA as an agency is also involved with Alcona Health Clinic's efforts.

Federal Budget – The Build Back Better Plan for \$1.75 trillion was passed in the House and is now in the Senate for deliberation. The \$1.2 trillion infrastructure bill passed along with \$39 billion to public transportation. For the aging network nationally this includes; \$655 million for Title IIIB, \$140 million for nutrition services to support the modernization of infrastructure

and technology, \$150 million for National Family Caregiver Support, \$50 million for Native American Nutrition, Supportive and Caregiver Services, \$50 million for the LTC Ombudsman

Program, \$75 million for the Research, Demonstration and Evaluation Center, \$1 million towards national training and technical assistance centers supported under the OAA, \$59 million for technical assistance or national resource centers which includes \$15 million for technical assistance centers or national resource centers focused on providing services for population underserved in communities due to sexual orientation or gender identity, and \$5 million to support multi-generational program and demonstration projects. Other expanded services include; \$150 billion toward the Medicaid Home and Community Based Services program, \$400 billion to boost the Medicaid direct care workforce, \$4.2 billion in Elder Justice infrastructure including \$183 million for the LTC Ombudsman Program grants and training and \$265 million in grants to address social isolation. \$1 billion to support affordable housing, \$35 million for SCSEP, and the bill makes permanent the Money Follows the Person Rebalancing Demonstration Program. The bill will also provide coverage for hearing services and hearing aids through Medicare, broadband affordability and accessibility, and provide universal and permanent family and medical leave with four weeks of paid parental, family caregiving and medical leave.

Social Security – Those on social security received a 5.9% cost of living increase which is roughly \$90 per month. The Part B premiums are also going to increase. Kitty will touch on this in her report.

Auto Registration – Governor Whitmer recently signed legislation to allow drivers to choose a 2-year registration, improving the convenience of Secretary of State services.

AAA Staff Update – We have received applications for the financial position to replace Vicki Goodburne. Interviews are being conducted this week and we hope to have someone start soon. We have also hired Debra Smith as our third Program Specialist for the Care Management/Waiver program. We continue to have a nurse position available in Alpena and a social work position in our Gaylord office. It has been a challenge filling positions.

America Relief Plan Act – The ARPA funds are expected to come out by formula to the AAAs soon.

Program Reports

Legal Services Board – T Dutcher reported he was unable to attend the last meeting.

Region 9 Directors Report – No report. No volunteer to date.

Long Term Care Ombudsman Report – Maija is in a meeting but reported the nursing home visitation restrictions have been lifted for the most part.

Planning and Volunteer Coordinator Report – Kitty reported they continue to receive lots of calls. We are down in counselors so many cover other areas and are meeting the demand. Open enrollment continues through December 7th. Counselors have adapted their meetings

to include doing them virtually, by phone, and some are in-person (depending upon current rules and if the COA is open). Open Enrollment for Part D has 2½ weeks left; Open Enrollment for Medicare Advantage starts January 1 – March 31. There is a lot of advertising for advantage plans. Many don't check into these plans before signing up and then discover

some of their medications aren't covered. This also opens up more opportunities for frauds and scams.

Three new counselors completed training held in August: one from HUD Housing in Onaway, one Intake Specialist for the AAA, and one at the Oscoda COA. Four counselors completed training held on October 26-28: Two in Montmorency from Thunder Bay Community Health, one at the Otsego COA and one at the Cheboygan COA.

Five counselors are in process for the next training scheduled for February 14, 15, 16: One is from Thunder Bay Community Health in Presque Isle, one is a volunteer in Otsego, one from Iosco Michigan Works, one from Alcona Health in Cheboygan and one at the Alcona COA.

Zoom Region 9 Planning Meetings are held the 1st Wednesday of each month. It helps with planning and training. The meetings are very positive.

New to Medicare monthly presentations are held the 2nd Wednesday of the month at 10am. You can connect by internet or telephone. For more information contact Kitty at: glomskic@nemcsa.org or 989-358-4612. Medicare Mondays are also held by the Roscommon COA on the 2nd Monday of the month and New to Medicare presentations are held the 4th Wednesday of the month by the Crawford COA.

Countdown to Medicare Region 9 Virtual Event will be held on February 16 featuring speakers from the Social Security Administration, Veterans Administration, MDHHS, and MMAP

Social Security – As Laurie mentioned previously, there will be a cost of living increase as well as an increase in Part B premiums. The Medicare Part B monthly premium will increase from \$148.50 to \$170.10, and the Medicare Part B deductible will increase from \$203 to \$233 per month. The Medicare Part A (hospital/nursing home) deductible will increase from \$1,484 to \$1,556.

Special Projects Coordinator Report – Brooke is on vacation. Kitty reported on the Evidence Based Disease Prevention Programs for fiscal year 2021. Matter of Balance – Region 9 held 7 workshops with 52 completers. Eleven Lay Leaders were trained, and 8 Lay Leaders were trained in Virtual MOB. Creating Confident Caregivers – Three workshops were held with 17 completers. Powerful Tools for Caregivers – Seven workshops were held with 46 completers. Diabetes PATH – One workshop was held with 2 completers.

Several Evidence Based Disease Prevention Programs are scheduled as follows:

- Powerful Tools for Caregivers – January 4, 2022 – February 8, 2022 from 3pm-4:30pm, and May 3, 2022 – June 7, 2022 from 3pm-4:30pm.
- Creating Confident Caregivers – November 9, 2021 from 1pm-3pm, March 1 – April 5, 2022 from 3pm-4:30pm, and May 5, 2022 – June 9, 2022 from 10am – noon.

4

- A Matter of Balance – January 4, 2022 – February 2, 2022 from 1pm-3pm.
- Dementia Webinar Series – Understanding and Responding to Dementia-Related Behaviors will be held on December 10, 2021 from 1pm-2pm and Effective Communication Strategies is scheduled for January 14, 2022 from 1pm-2pm.

Services Coordinator Report – Kelly reported November is National Diabetes Month. Diabetes is a chronic, long-lasting health condition that affects how your body turns food into energy. Most of the food you eat is broken down into sugar and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss and kidney disease.

Facts about Diabetes in Michigan updated in 2019 include:

- In 2016 one in 10 Michigan adults 18 years and older were diagnosed with diabetes – 870,000 people.
- Michigan ranked 20th highest state in the country in diabetes prevalence among adults 18 years or older in 2016.
- In 2016, diabetes was ranked the seventh leading cause of death in Michigan.
- CDC said approximately 23.8% of US adults with diabetes were not aware or reported having diabetes. That would be approximately 220,000 Michigan adults.
- Males have 10.4% prevalence and women have 8.5% of diabetes in Michigan.
- The prevalence among non-Hispanic Black adults was 1.4 times the prevalence among non-Hispanic White males.

Diabetes-Related Complications in Michigan:

- In 2016 there were 302,003 hospitalizations with any mention of diabetes.
- In 2016 there were 2,681 deaths where diabetes was listed as the leading cause of death.
- Adult hospitalizations, where diabetes was a secondary diagnosis, 11,804 were stroke related, and 62,310 were cardiovascular disease related in 2016.
- In 2015 36.1% of Michigan adults who reported having end-stage renal disease also had diabetes. Also, there were 156 new end-stage renal disease cases per 1,000,000 persons with diabetes in 2015.
- In 2014, there were 2,081 lower extremity amputations procedures for Michigan patients with diabetes as a primary diagnosis.

Comorbidities & Controllable Factors include:

- The prevalence of high blood pressure and obesity among those with diabetes were nearly **two times** the prevalence among those without diabetes.
- The prevalence of high cholesterol among those with diabetes was **1.8 times** greater than those without diabetes.

5

Self-Management:

- Adults with diagnosed diabetes reported practicing self-management behavior: 88.2% had an annual check-up, 91.3% reported taking their high blood medication in the past year, and 97.3% reported having a cholesterol screening.

Advocacy Reports

MSAC – L. King reported she attended her first meeting in October followed by her MSAC orientation. There are a lot of acronyms to learn. The group discussion centered around the budget. December 3rd is the deadline for decisions to be made. They also had a presentation by the Director of Workforce Development. She talked about how the state is promoting essential jobs and initiatives and improving the data of the workforce. Three other states are also working on the caregiver shortage. They're looking at how to lift the workers out of poverty. It's a great idea but where will the funding come from? They are calling in some focus groups for community feedback. Also, Senator Sylvia Santana introduced SB620 to provide services and assistance to the elderly during emergencies.

Laurie – Pat Rondeau has resigned her position on MSAC so if anyone else is interested, we would love a second representative.

State Advisory Council – No report.

State Updates

Aging and Adult Services Agency (AASA) – Lacey Charboneau reported on the new integration at AASA. It's a merger of sorts and puts AASA under the same umbrella as MSA. The goal is to better leverage funding, streamline services, and improve policy coordination between programs. We're not sure how we'll refer to ourselves, HASA (Health and Aging Services Administration) or the ACLS Bureau (Administration for Community Living Supports).

Local Updates From Council Members

L. King – A new funding group has been developed to keep up with new building. Alice has local community members involved, taking the lead off of her shoulders. The COA is also doing a nice job of Covid updates for seniors.

Action Items

Appoint a Representative to the NEMCSA Board – Laurie reported NEMCSA decreased the size of its membership, so we made not need an additional person. Lisa Bolen – We would still love to see senior representation. If you or someone you know would be interested, please consider it. Currently T. Dutcher is on representing Iosco County and Julie Kendrick is a member as well. Laurie will confirm with Karen Godi if that is sufficient.

Questions or Comments

D. Fay wished everyone a Happy Thanksgiving and Merry Christmas.

Adjourn

The meeting was adjourned at 2:00 pm by Chair D. Fay. Our next meeting will be our annual meeting and election of officers scheduled for Monday, January 24, 2022 at 1:00 pm.