

Northeast Michigan Regional Council on Aging
March 25, 2019 at 10:00 am
NEMCSA Large Conference Room – Alpena

The meeting was called to order by President E. Corpe at 10:00 am

Roll Call

Alan Fischer, Ann Lange, Darlene Huff, Virginia Zygiel, Roberta Matelski, Earl Corpe, Carol Wilder, Barbara Kaye, Merianne Tappan, Elaine Ableidinger, Corleen Proulx, David Burdine, Violet Ward, Dennis Fay, Chuck Corwin and Madeline Hiller

Excused: Terry Dutcher, Jim Mathis, Paul Knaus

Unexcused: Mitzi Downs, Eileen Howell

Guests: Dan Doezema, John Briggs, Gary Carol

AAA Staff: Yvette Smigelski, Connie McQuarrie, Kelly Robinette, Kitty Glomski, Brooke Mainville, Sara Gusler and Heidi Powers

Approval of Agenda – A motion was made by V. Zygiel with support from M. Hiller to approve the revised 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 December 3, 2018. Motion carried.

Nominating Committee - D. Fay reported Jim Mathis has been reappointed as Otsego Delegate and made a motion to accept the reappointment with support by D. Huff. Motion carried. Roberta Mitalski has been appointed as Delegate for Cheboygan. A motion was made by D. Fay with support from E. Ableidinger to accept the appointment. Motion carried. D. Fay also made a motion with support from E. Ableidinger to send a letter of appreciation to Michael Neumann. for his time on the Council. Motion carried.

Election of Officers – A motion was made by D. Fay to close the meeting and open it up for election of officers. The motion was supported by C. Corwin. Motion carried.

Chairperson - D. Fay reported E. Corpe is currently running unopposed. He called for nominations from the floor three times. There being no further nominations, D. Fay made a motion by purpose of acclamation, to elect E. Corpe as Chair. The motion was supported by B. Kaye. Motion carried. A motion was made by D. Faye with support from M. Hiller to close the election for Chairperson. Motion carried unanimously.

Vice Chair – D. Fay reported C. Proulx is currently running unopposed. He called for nominations from the floor three times. There being no further nominations, a motion was made by E. Ableidinger with support from D. Huff to elect C. Proulx as Vice Chair. Motion carried unanimously.

A motion was made by D. Fay with support from D. Huff to close the elections and reopen the meeting. Motion carried unanimously.

Speaker – Heidi Powers, Project Director – Senior Companion and Foster Grandparent Programs

Heidi last reported to this council a couple of years ago where she discussed the need to recruit for the Foster Grandparent Program (FGP). Today, that enrollment is now very healthy. If it continues, she may need to go to a wait list. The Senior Companion Program (SCP) however, is struggling a little with enrollment. They are just on the edge of meeting their federal requirements. Program flyers and brochures for the SCP were distributed. Please post in your communities. Heidi is also available to speak about both programs at your organizations if you're interested.

Both programs were reviewed. Foster Grandparents serve an average of 29 hours per week, and the average age is 72. The SCP provides peer to peer companionship with other seniors.

C. Proulx – Do senior companions go into nursing homes? Heidi - Yes, we have a strong component of senior companions going in.

C. Proulx – Is there a way to send program information to retired teachers or other groups of retirees to boost enrollment? Heidi – The problem with those groups is they typically receive a modest pension which puts them over income. If I get applicants who aren't eligible for my programs I send them to the Retired and Senior Volunteer Program (RSVP). Senior Corps programs are in all 12 of our counties.

A study was conducted on these volunteer programs and results showed that 84% of older adults who participated in volunteering had improved or stable health after just two years of service. 78% feel significantly less depressed. 88% reported improved mental health and depression. 80% of households earn less than \$20,000 year. We do offer a \$2.65 hourly stipend for both the FGP and SCP along with mileage reimbursement. The RSVP doesn't have a stipend. If you would like a copy of the press release of the study call Heidi at 989-358-4632.

Senior Companions on average serve 22 hours a week, with an average age of 76. We would like to bring the average age down to improve retention. We hope the study will lead to providing program evidence based designation. The current budget proposed by President Trump eliminates all funding for both programs.

There are changes that went into effect in January. The 20% administration rule has been eliminated. Programs have been flat funded for over seven years. This will allow us to do a lot more advertising, etc. The 20-hour a week requirement has also been lifted which allows more flexibility in managing the program. Annual physicals are no longer required and the number of in-service hours has been reduced. Discussion followed.

A. Lange – So would you not advertise the 20 hours a week? Heidi – I think we still need the expectations.

A. Lange – That is a real commitment. I think the number will stay small if the 20 hours is advertised.

C. Proulx – Is there some way you could have a college or high school produce your flyers, etc. as a project? Heidi – We could, that's a good idea.

C. Corwin – Once you drift away from the 20 hours, doesn't that get to be a nightmare in terms of documentation? Heidi – Yes. Managing timesheets would be difficult. They're very complicated now and require a lot of staff time.

C. Corwin – Is your grant capped for mileage? Heidi – Not yet. The first portion of the budget I work on is volunteer. I make sure mileage is always reimbursable. SCP mileage is reimbursed from the home to the client to a second client if there is one, then back home.

V. Ward – Is the 20 hours just for visiting one person? Heidi – For every five hours of service, the volunteer visits one client. There are adjustments if they are seeing clients in a nursing home.

A. Lange – Is there a stipulation on them taking a client to the doctor? Heidi – Some of our volunteer stations and COAs may have that restriction.

Director's Report

Yvette started with introductions for new members of the Council.

Conflict of Interest – Please complete the Conflict of Interest form and turn it into Connie.

Handouts – The following were distributed: Updated NEMCSA Guide to Programs, Care Management and MI Choice Waiver and AAA brochures. An article on the minimum wage increase to \$9.45 per hour. Serenity Day Lodge brochure. Congratulations to the Roscommon COA on the opening of their new adult day center. A schedule of upcoming evidence based classes. Any county wanting classes please help recruit participants and notify Brooke to schedule. A white paper put out by the State Commission on Services to the Aging. We encourage everyone to read this. Caregiver Conference flyer. We would appreciate your attendance and help in spreading the word.

Quality Assessment Review – Results of the review were distributed. This is the result of the Fiscal Year 2018 Clinical Quality Assessment Review conducted on the MI Choice Program. Once again our staff reached the highest possible score from the state. Our staff continues to work hard to bring the highest quality of care to our participants and this demonstrates their success.

Michigan State Advisory Council – We have received notice from AASA that Susan Vick has been appointed to the State Advisory Council for another 3-year term. Chuck Corwin continues to serve on the Council until 2022.

Input Sessions – The AAA held two input sessions last week as part of the MYP 2020-2022 development process. Both had good participation and discussions. Thank you to both the Presque Isle and Iosco COAs for hosting. We also have a survey that will give us information for our Needs Assessment. Surveys were distributed. Please be sure to complete one before leaving today. All of our COAs in the region have received them for distribution to their clients. County based reports can be provided once the survey is over on April 12th and data has been entered. The survey is also available online at www.nemcsa.org.

Older American's Act – The OAA is up for reauthorization. Now is the time to let federal legislators know how OAA programs and services impact your community. Laurie, Heidi and Susan met with Congressman Bergman last week to share information. Slated for elimination in the President's budget are the SCP, FGP, RSVP, MMAP, and Long Term Care Ombudsman programs. Your advocacy is needed. Laurie also met with Representative Rendon on March 1st. Rendon is Vice Chair of the Families, Children and Seniors Committee and is interested in addressing elder abuse.

Poverty Training – AAA staff were recently trained on a revised process for MI Choice Level of Care Determination and Bridges Out of Poverty. Many of the people we serve are impoverished and this session proved some useful tools and perspectives to staff. We encourage partners to take advantage of this poverty training provided by NEMCSA staff. Please let us know if you are interested and we can help arrange one for your organization.

Michigan Office of the Corporation for National Service – A field representative will be visiting this week to provide technical assistance to Susan with the RSVP.

Older Michiganians Day – We need to know who will be going to Older Michiganians Day on May 15th. The platform is not finalized yet, but we need to start planning. Please contact Laurie or Connie of your plans to attend.

Coming Events – April 25, 2019 – Caregiver Conference at the Aplex in Alpena

May 2, 2019 – Best Practices Conference

May 6, 2019 – Draft MYP is available

May 15, 2019 – Older Michiganians Day

May 20, 2019 – Regional Council on Aging meeting and Public Hearing

May 22, 2019 – Public Hearing at the Oscoda COA in Mio

Program Reports

Legal Services Board – No report.

Region 9 Directors Report – Merianne had nothing to report.

Ombudsman Program Report – Sara reported the Best Practices of Northern Michigan Conference will be held on Thursday, May 2, 2019 from 9am – 4pm. Continental breakfast and lunch is provided. On the agenda: 2019 Federal Nursing Home Regulations with Thomas Bissonnette from LARA, Alternative Diet Solution by Sysco, Trauma Informed Care with Stephanie Cleaves from the Department of Health and Human Services, and OBRA 101 with Renee Busby and Kathleen Johnson from AuSable Valley Community Mental Health.

At the federal level, on March 1, 2019, CMS announced that nursing homes with repeated citations will have to pay a penalty. Legislation was introduced related to the observation status in a hospital. It advocates for the observation time to count toward transition into a nursing home for Medicare to cover. Discussion followed.

C. Corwin – Is that an actual fine? Sara – It depends on the citation. They can withhold payment along with a fine.

C. Proulx – Regarding OBRA, is this about mental health issues in nursing homes? Sara – It is about any previous problems prior to entering a nursing home. Any kind of trauma the client experienced whether it be mental health issues, divorce, loss of a spouse, etc. This all plays into their ability to treat the resident. Its trauma informed care.

The Attorney General is starting a new taskforce on elder abuse. I am hoping something good comes out of it and will keep my eye on the work of the taskforce.

When the current administration took over, they decided nursing homes were being battered with the five star rating system by CMS. In April, all the nursing homes get their ratings updated. It is our hope the changes better reflect the care they provide. Anyone can go online and look up

the results for individual nursing homes. Facilities that don't have a registered nurse on staff for four consecutive days automatically go down to a one star rating. Discussion followed.

C. Proulx – Do you have the names of each Resident Council Chair? Sara – Yes, I can get that for you. The Chairpersons tend to change often.

The state has a new system of logging information for the ombudsman program. We have had five trainings on the process of how to document, etc. I hope to be able to give you some statistics on how and where my time is spent at the next meeting.

Planning and Volunteer Coordinator Report – Kitty Glomski is our new Planning and Volunteer Coordinator. She has been a MMAP volunteer since 2006 as well as an advocate working in senior housing. Most recently she worked at the Alpena senior center the past five years. She is looking forward to working with the MMAP network. Kitty reported the recertification process starts in April for all MMAP counselors. She plans to focus recruiting efforts in areas we need counselors. MMAP does a lot of work with people new to Medicare as well as provide prescription drug assistance. Fraud and advocacy are large focus areas for the program. Kitty is especially concerned with those dealing with dementia because they are so very willing to share their information in person and over the phone. The hospital observation time mentioned earlier is a huge issue. If you are under observation, it is billed under your medical benefit. We work with a lot of clients to get them their benefit once they're released from the hospital. Kitty has recently met with several groups, as well as attendance at the two input sessions, to talk about aging programs. She will be developing the MYP this year and encourages everyone to complete the survey.

Special Projects Coordinator Report – Brooke reported on the 2nd Annual Caregiver Conference to be held on April 25th from 9am to 3pm and the Apex in Alpena. The conference is free and open for any caregivers or interested individuals. Speakers will be covering the topics of: Caring for the Caregiver, Home Safety and Accessibility, Adaptive Equipment, The Importance of Oral Health and Community Resources. Breakfast and lunch will be provided and several vendors will be present. Door prizes for caregivers include two busy boards and three fidget blankets provided through Thrivent Financial. These are wonderful for dementia clients. We have a RSVP volunteer who actually makes the blankets.

M. Hiller – We have someone who makes a fidget muff for \$5. They do work.

Brooke reported she is currently being trained as a leader for Diabetes PATH. Kelly and Gina will be doing a D-PATH workshop in Alpena in April. She has had 21 Kinship requests approved which provided assistance to 36 youth. She has also been conducting Developing Dementia Dexterity (DDD) training with COA staff as well as clients in their homes.

C. Corwin – How often are you able to update this events list? Brooke – Usually weekly. We can also link to your individual programs.

B. Kaye – I'm not a caregiver but it is open to anyone? Brooke – Yes, absolutely.

B. Kaye – Is the Diabetes PATH for anyone? Brooke – Yes. You must be 18 or older. All classes are free.

Advocacy Reports

State Advisory Council – C. Corwin reported they met last week in Lansing. They will have a joint meeting on April 19th with the State Commission. The Council has been very busy and productive with this year's task.

State Commission on Aging – J. Briggs reported the Commission last met in February. A lot of the work has been routine approval of programs. The Commission also heard from Dan about minimal changes to the MYP process. Another focus is spreading the word about Project Fresh. Each organization or COA receives 100 vouchers to distribute to participants to purchase fresh fruits and veggies. More can be requested. Good nutrition is very important to senior health. The Commission is looking forward to meeting with the State Advisory Council next month. He is also on the committee reviewing applications for Communities for a Lifetime designation. We currently have three designated in our region. Any community can contact Dan Doezema to start the designation process.

Aging and Adult Services Agency (AASA) – Dan Doezema reported he is in charge of developing the multi-year plan format. New this year is the listing of outcomes. We haven't had a system of reporting them in the past. We are asking each AAA to record for every answer on satisfaction surveys, was it a positive or negative experience. A question was also added on how their quality of life was before and after receiving our services. Measures in the future will include efficiency measures but also what differences did those services make to the client.

Local Updates From Council Members

There were no updates.

Action Items

Approval of 2019 Meeting Schedule – E. Corpe reported on a request to change the April 22nd meeting date to April 29th. A motion was made by D. Fay with support by D. Huff to approve the change. Motion carried. Please change the date on your copy of the 2019 Annual Meeting Schedule that was distributed.

Appoint Nominating Committee – E. Corpe reported the current committee has agreed to continue with D. Fay as Chair and M. Hiller and C. Proulx as members. A motion was made by S. Lange with support from D. Huff to accept the appointments. Motion carried.

MSAC Appointment – Corkie reported the meetings are once a month in Lansing and run from about 9:30 am to 2:30 pm. The group meets in the morning to receive and discuss advocacy issues. Each member has a list of legislators to visit during the day to talk about the issues. They meet again after lunch for discussion on the visits and further advocacy. Mileage and hotel are paid for by the AAA. J. Briggs reported on the importance of the senior advocates in getting the message out to local legislators. E. Corpe asked for volunteers.

V. Ward – Where do you get the advocacy issues? Corkie – From the Chair of MSAC. You get information sent prior to the meetings. It's very informative.

Both Ann Lange and Violet Ward volunteered to be our MSAC representatives. Information will be sent to both of them regarding MSAC.

NEMCSA Board Appointments – We need to confirm our appointments on an annual basis to the NEMCSA board. Current members are C. Proulx, C. Corwin and E. Corpe. C. Proulx is resigning this month so we need a replacement. The next NEMCSA Board meeting in Friday, April 5th at the Ogemaw COA. New members meet at 9:00 am. Elaine Ableidinger expressed interest. A motion was made by D. Huff with support from D. Fay to appoint E. Ableidinger and approve the continuation on the board of E. Corpe and C. Corwin. Motion passed unanimously. This information will be forwarded to K. Godi at NEMCSA for board approval.

Question or Comments

No further questions or comments.

Adjourn

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