

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.

- 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.

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.