

**Joint
Senior Services Advisory Council (SSAC)
and
Disability Services Advisory Council (DSAC)
Meeting
MEETING MINUTES
Tuesday, April 4, 2017**

SSAC Members Present: Bob Daley, Chair; Catherine Skiens, Vice Chair; Suzette Boydston; Suzanne Lazaro; Bill Turner; Doris Lamb; Anne Brett; Carolyn Mendez-Luck; and Janet Shinner.

DSAC Members Present: Jan Molnar-Fitzgerald, Chair; Mike Volpe, Vice Chair; and Jann Glenn.

Aging and Disability Resource Connection (ADRC) Members Present: Suanne Jackson.

Guests: Jenna Bates; Carolyn Fry; Cathy Savage; Marilyn Winter; Jessie Grow-Hodges, and Nicole Palmateer Hazelbaker (via teleconference).

Members Absent: Commissioner Bill Hall, Lincoln County; Curtis Miller; Mark McNabb; Saleem Noorani; Lee Strandberg; Dani Marlow; Robynn Pease; Suzanne Brean; Edythe James; Lee Lazaro; Pete Rickey; Sandy Potter; and Rusty Burton.

Staff: Senior and Disability Services (SDS) Program Manager Randi Moore; SDS Program Manager Mary Kay Fitzmorris; SDS Program Supervisor Ann Johnson; Community and Program Support Coordinator Lisa Bennett; and SDS Administrative Assistant Terri Sharpe.

1. **Welcome, Introductions, and Additions to the Agenda (Bob Daley, SSAC Chair, and Jan Molnar-Fitzgerald, DSAC Chair):**
Chair Bob Daley called the meeting to order at 11:15 am. Introductions were made, including guests.
2. **Approval of Minutes**
 - **SSAC:**
ACTION: Motion to approve the March 7, 2017 SSAC meeting minutes made by Bill Turner, seconded by Suzanne Lazaro. Motion passed unanimously.
 - **Joint:**
Tabled to the May 2, 2017 Joint SSAC/DSAC meeting.
 - **DSAC:**
Tabled to the May 2, 2017 DSAC meeting.
3. **DSAC Member Application (Suzanne Brean, DSAC Member):**
Tabled to the May 2, 2017 DSAC meeting.
4. **Issues and Advocacy Committee Report (Suzanne Lazaro, Issues and Advocacy Committee Co-Chair):**
Issues and Advocacy Committee (I&AC) Co-Chair Suzanne Lazaro gave an overview of the March 21st I&AC meeting to the SSAC and DSAC Councils.

Oregon Association of Area Agencies on Aging and Disabilities (O4AD) Director/Lobbyist Nicole Palmateer Hazelbaker, through teleconference, updated the I&AC on what the Legislators are doing at the Capitol:

- Focus is on Oregon Project Independence (OPI) which is getting the biggest cuts.
- A Gatekeeper Bill is being introduced.
- Detailing residents' rights and abuse issues will continue.
- O4AD is sponsoring *A Day at the Capitol* on May 17th.

The Legislature's Joint Committee on Ways and Means Subcommittee on Human Services had an opportunity for public testimony regarding the Aging and People with Disabilities Budget on March 28th from 8:30 am – 10:00 am. No one from the I&AC could attend, but both I&AC Co-Chairs Ms. Lazaro and DSAC Vice Chair Mike Volpe submitted testimonials. Ms. Lazaro's was from an Occupational Therapist perspective and DSAC Vice Chair Volpe's was from a recipient of services perspective. As a group, the I&AC will continue to advocate for data from the Aging and People with Disabilities (APD) program. They are interested in the number of consumers that will be affected by the activities of daily living assessment changes. They want to preserve OPI and Medicaid long-term care funding.

There was discussion on the Federal budget and how their cuts would impact Oregonians on an economical basis. The I&AC is planning on advocating in that area along with submitting a letter. There was talk of requesting that State Economist Mark McMullen provide metrics on how the cuts in Federal funding will impact the various programs.

Community and Program Support Coordinator Lisa Bennett noted on the Committee Hearing that took place last week in the Capitol, that it was a discussion starting point regarding the budget for APD (which funds most of SDS programs). There were advocates that testified from all over the State, but one could also send or email a testimony which I&AC's Co-Chairs, had done as well as SSAC member Bill Turner.

Suzette Boydston, as a member of the National Senior Corps Association Board of Directors, went to Washington D.C. to educate the Legislature on the effects the cuts in the proposed Federal budget would have on the National Senior Corps Association program. The National Senior Corps Association Board of Directors represents Senior Corps Associations throughout the nation with 250,000 volunteers that deliver meals, help at risk youth, and at risk seniors and disabled adults. This program, in the President's Budget, is to be eliminated as are many other non-defense discretionary funded programs, and if not eliminated, then deeply cut. Congress is saying they will not approve the Budget as is; however, the negotiating factor will be the percentage that all programs will be cut and the National Senior Corps Association program will be cut in such that it would be inoperable, as well as many other programs. This will seriously affect rural Oregon as well as rural America. This is in the hands of our Legislators and Ms. Boydston encouraged everyone, as a citizen, to contact their Legislator to encourage the preservation of the programs that our communities depend upon.

SSAC and DSAC can help the I&AC by writing or calling, as individuals, their State and Federal Legislators to let them know how the changes will affect seniors and people with disabilities. To provide support for those wishing to write or call, the I&AC may put together talking points for those that need it or one can get O4AD's talking points to help with the language. Joining O4AD's distribution list is an easy way to get messages to one's Legislator as well.

Community and Program Support Coordinator Bennett clarified the importance of submitting testimony as an individual and not on behalf of the Councils. Only the spokespersons for the Councils, SSAC Chair Bob Daley, and DSAC Chair Jan Molnar-Fitzgerald, and the spokespersons for the I&AC, I&AC Co-Chairs Mike Volpe and Suzanne Lazaro, may submit testimony on behalf of the Councils and I&AC respectively. These type of communications, from the entire Council or Committee, would then have to go through Oregon Cascades West Council of Governments (OCWCOG) communication process.

Community and Program Support Coordinator Bennett stressed that nobody should be nervous about submitting testimony. She will help anyone who needs help finding who their Legislator is, distribute talking points, confer facts regarding the programs and funding history, and even assist in helping members know when and how to submit testimony (but she will not tell them what to say). The important thing is that Legislators are hearing from the public.

5. Memory Care, Assisted Living, and Technology at Lakeview Senior Living (Janet Shinner, SSAC Member):

Janet Shinner shared a little of her background work that took her from hospital to in-home care, to medical offices, advocacy, and volunteering at various meal sites which makes her highly passionate

and knowledgeable on all levels of what Lakeview Senior Living does. Ms. Shinner went over the handouts she distributed; “*How to Notice there’s a Problem with Your Aging Parents*” and “*Is It Time to Move to Assisted Living?*” that goes along with all the services the Advisory Councils support.

Ms. Shinner made the analogy between a basket of polished rocks to the people they serve as Council members and as employees in their chosen field. Like a rock everyone is unique and no two people are the same. Ms. Shinner’s role is 90% support person, advocate, and counselor. The other 10% is placement and giving clients services through different options according to their unique situation. This is especially true in memory care where everyone goes through the disease of dementia in their own unique way.

Ms. Shinner expressed the need to be creative in what they do and in partnering with other outside advocacy groups. Residents may need more stimulation than what they are experiencing so by joining with other outside partners they can experience other services that can help change their behaviors. Without the services from SDS, Ms. Shinner is not sure what they would do. She believes that it is all of them pulling together that makes them successful.

Ms. Shinner went over the three situations that may be indicators that a person is ready for assisted living, which include:

- Repeated hospital stays which typically comes from poor diet and poor medication management.
- Repeated falls.
- Loneliness factor.

Situations that are indicators that a person is ready for memory care:

- Caregiver exhaustion (typically a spouse).
- Wandering from the home.
- Abuse (not intended, but unfortunately normal).

The goal is to get the person in the place that is right for them. In regard to transition, if someone is in assisted living they will not be moved to memory care unless it is absolutely necessary. For example: their behavior becomes disruptive or they cannot be social in the community. It is less likely that a transition will happen if the resident comes in early enough to solidify a routine.

Memory care, across the board, is leaning toward new avenues of controlling behaviors. Music is highly effective and technology is becoming highly effective as well. Lakeview has the technology *It’s Never too Late* which is a 72-inch touch screen computer that brings everything to real time. Each resident has their own profile and with this technology it can make life better for them.

6. Role of SDS in Memory Care and Assisted Living Facilities (Mary Kay Fitzmorris, Program Manager, SDS):

SDS Program Manager Mary Kay Fitzmorris gave an overview on how her case management staff interacts in an assisted living facility (ALF) and a memory care unit. Lakeview Senior Living in Lincoln City, and Oceanview Senior Living in Newport are the only ALFs in Lincoln County that take Medicaid consumers.

SDS case management staff are person-centered. They advocate for what the consumer wants, where they want to live, how they want to live, and who they want to live with. They help the consumer make that choice, then support them in their choices. Placement of a consumer in a facility is just the beginning. There is one SDS case manager per facility that works closely with that facility. The case manager advocates for them and is their support system. They are also a resource for them, the family, and the facility. They try to work closely with all the changes and the activities of daily life, and try to be involved with the consumer’s care planning. They look at the whole picture of what they can and cannot do. If there are behavior issues, the case manager can refer them to a behavior specialist. The ideal scenario is for the consumer to age in place near family and home but unfortunately, in Lincoln County,

they have only the two ALFs and 12 – 13 foster homes. The goal is to increase those resources, otherwise the case manager is forced to move the consumer out of their community.

SDS Program Manager Fitzmorris also touched on Adult Protective Service (APS). One thing SDS wants to do is to educate the public so that they can protect our vulnerable seniors and people with disabilities. The rate of abuse is high in this population and unfortunately the ones carrying out the abuse often are the ones closest to the abused. Types of abuse include sexual (which is one of the biggest forms in both the senior and demented populations), physical, mental, emotional, neglect, and abandonment. By statute, SDS is tasked with educating the public on abuse, and as an agency (the Oregon Cascades West Council of Governments), they want to stop this cycle.

SDS Program Manager Fitzmorris reminded everyone that we are all mandatory reporters. She encouraged everyone to keep their eyes open and phone one of the following numbers if one suspects a case of abuse:

- Safe Line - 888-896-1013
- Linn, Benton, and Lincoln County APS screen system – 541-924-8418
- ADRC does not take abuse calls, but they can transfer the call to where it should go. 800-ORE-ADRC

DSAC Vice Chair Volpe feels it is important to educate consumers on what abuse is. SDS Program Manager Fitzmorris agreed with DSAC Vice Chair Volpe and will work with SDS Program Manager Moore on how they can do this and do it effectively.

There are family caregiver support groups for caregivers that feel abused. The caregiver can also reach out to the case manager if the consumer is on Medicaid. For those that are not on Medicaid they can reach out to OCWCOG's Mental Health Liaisons Marie Laper in Lincoln County and Helen Beaman in Linn County. APS is another resource that was suggested.

DSAC Vice Chair Volpe asked if SDS Program Manager Fitzmorris felt there was an adequate number of homecare workers. She responded that number wise they have enough, but not enough of them are adequately trained. There is plenty of free training offered, but unfortunately it is not mandated and not many homecare workers take advantage of this resource.

7. Changes to Home and Community-Based Services (Randi Moore, Program Manager, SDS):

Tabled to the May 2, 2017 Joint SSAC/DSAC meeting.

8. Announcements:

Thanks were given to Ms. Shinner and Lakeview Senior Living for hosting the meeting and providing such a wonderful luncheon, and to the residents that gave up their dining room to allow SSAC and DSAC to use their space. Ms. Shinner introduced Lakeview Senior Living Executive Director Sherry DeVoe.

9. Adjournment:

Meeting was adjourned at 1:41 pm.

The next meeting will be on Tuesday, May 2, 2017.