

**Joint
Senior Services Advisory Council (SSAC)
and
Disability Services Advisory Council (DSAC)
Meeting
MEETING MINUTES
Tuesday, December 5, 2017**

SSAC Members Present: Bob Daley, Chair; Saleem Noorani, Vice Chair; Catherine Skiens; Suzanne Lazaro; Carolyn Mendez-Luck; Mark McNabb; Curtis Miller; Suzette Boydston; Doris Lamb; Robynn Pease; Lee Strandberg; Janet Shinner; and Marilyn Winter.

DSAC Members Present: Jan Molnar-Fitzgerald, Chair; Mike Volpe, Vice Chair; Jann Glenn; Lee Lazaro; Edythe James.

Aging and Disability Resource Connection (ADRC) Members Present: Pat Shirley; Jasper Smith; and Sandy Potter.

Guests: Cathy Savage; Michele Martin; Mitzi Naucler; Kath Schonau, Don Taylor; Marie Laper; Helen Beaman; Ryan McCambridge; and Amy Trinidad.

Members Absent: Commissioner Bill Hall, Lincoln County; Bill Turner; Anne Brett; Pete Rickey; Suzanne Brean; Clark Brean; Carolyn Fry; Rusty Burton; and Suanne Jackson.

Staff: Senior and Disability Services (SDS) Director Randi Moore; SDS Program Support Supervisor Ann Johnson; Community and Program Support Coordinator Lisa Bennett; Community Services Program Manager Jennifer Moore; SDS Program Supervisor Amy Peer; and SDS Administrative Assistant Terri Sharpe.

1. Welcome, Introductions, and Additions to the Agenda:

DSAC Chair Jan Molnar-Fitzgerald called the meeting to order at 11:01 am. Introductions were made, including guests.

2. Approval of Minutes

• **DSAC:**

ACTION: Motion to approve the June 6, 2017 DSAC meeting minutes made by Lee Lazaro, seconded by DSAC Vice Chair Mike Volpe. Motion passed unanimously.

• **Joint SSAC-DSAC:**

ACTION: Motion to approve the October 3, 2017 Joint SSAC-DSAC meeting minutes made by Doris Lamb, seconded by Edythe James. Motion passed unanimously.

Suzette Boydston questioned the lack of consistency in the use of names in the minutes. Community and Program Support Coordinator Lisa Bennett explained that the minutes now go through the OCWCOG Communications Consultant and to keep consistent with OCWCOG, the format is to use the person's title and both names when first mentioning them, then thereafter, their title and last name will be used.

3. Issues and Advocacy Committee (IAC) Report (Suzanne Lazaro, IAC Co-Chair and Mike Volpe, IAC Co-Chair):

IAC Co-Chair Suzanne Lazaro gave an update on the IAC October 23rd meeting to the Councils. The decision was made to keep advocacy going through the Legislative short session with key State Legislators. The IAC would like to know the Legislators' stance on the provider tax repeal effort and educate them in recognizing the need for increased revenue for the growing senior and disabled population, and how housing deficits and other diminished community services make the situation more challenging. The IAC will continue to advocate for Long-Term Services and Supports (LTSS) with Medicaid and *Oregon Project Independence (OPI)*.

The IAC is in the process of creating a formal document to present to local Legislators that not only looks at SDS's services, but also complementary services that will include: LTSS, *Meals on Wheels (MOW)*, Mental Health Support, Housing, and Transportation. The goal is to show what a functional system would look like. There is concern with how slow the processes have moved in the past and hope that they will be able to move things along to have it ready for the February short session.

The concept of the formal document was shared with other Oregon Association of Area Agencies on Aging and Disabilities (O4AD) advocacy groups. This resulted in a joint meeting, scheduled with Northwest Senior and Disability Services Advisory Councils (NWSDS) on January 2, 2018 from 11:00 am – 1:00 pm. Everyone is invited.

The IAC reviewed a seven page "*Priority/Pending/Tracking/Legislation Governor's Commission Senior Services/ Oregon Disabilities Commission 2017 Oregon Legislature*" that gave the Committee their incentive to take political action during the interim period.

IAC Co-Chair Lazaro announced advocacy training is being held in Salem in January. *Advocacy 101* is scheduled for January 17th and *Legislative Boot Camp* is scheduled January 23rd. Training is not necessary if anyone would like to join the IAC at the Capitol when advocating with the Legislators.

Community Program Support Coordinator Bennett announced there is a tentative meeting scheduled with Senator Arnie Roblan at the Toledo office on January 5th in the afternoon. An email will be sent when a time has been established. There will be no videoconferencing and everyone is encouraged to come. The meeting with Representative Andy Olson is scheduled on December 12th, from 10:00 am – 11:00 am at the Albany OCWCOG building. The meeting with Representative Dan Rayfield is taking place on December 14th from 10:00 am – 11:00 am. Due to limited space, only the IAC Co-Chairs will be meeting with him.

Community Program Support Coordinator Bennett provided a handout, "*Important Upcoming Dates*" that provides the name of the event along with the location, date, and time. If anyone would like to attend any of the events they should contact her.

IAC Co-Chair Volpe would like to encourage everyone to follow what is happening with the Federal Legislation that impacts what happens locally. Everyone should know who their Federal and State Legislators are, and to stay in contact with them.

4. Senior Meals Advisory Committee (SMAC) Report (Catherine Skiens, SMAC Chair):

SMAC Chair Catherine Skiens announced that SMAC Program Supervisor Diane Harvey retired in November. She has been with OCWCOG for over 20 years. Her departure has created great loss among her staff and the Meal Site Managers, and her knowledge will be greatly missed. OCWCOG is recruiting for her position, as well as for the position of Meal Site Manager for the Albany location.

SMAC Chair Skiens reported to the Councils that she was made aware that there are some low-income people that are running out of food by month end, and are sharing their meals from *MOW* with each other. She reached out to Ryan McCambridge, Linn Benton Food Share (LBFS) Director for help.

LBFS Director McCambridge gave a brief overview of the Commodity Supplemental Food Program (CSFP) and some of the positive outcomes. The CSFP is a senior nutritional program that is a direct service model. It's federally funded and to qualify one must be 60 years or older, and be at 130% of the federal poverty level or below. Those that qualify are served food boxes to their residences. It's a case management system that is capped at 300 cases in Linn and Benton Counties. Not every county participates because of the case load limit, which is difficult for foodbanks to manage due to the expense of delivering the food. Linn Benton Food Share benefits by having Gleaning groups, which are in most towns, distribute food. Gleaning groups distribute about 2/3's of the boxes and Food Share 1/3. It's a once a month supplemental food box that is mandated by the U.S. Department of Agriculture

(USDA). Those that have signed up are very grateful for the service. This also opens up recruitment of other services.

There is some possibility of CSFP going away due to the federal budget, but LBFS will continue with the program until it does. There are synergy partnerships with MOW with some cost saving benefits. There is a partnership with Samaritan Health Services with medical food boxes being distributed to people that have just been discharged from the hospital.

DSAC Vice Chair Volpe asked if there was anything for people under 60 years of age, and if they have thought about expanding CSFP to a wider age range. LBFS Director McCambridge said they don't have anything under CSFP, but they can offer them food distribution through Food Pantry or Gleaners. As far as expanding the age range, it's all about funding.

Ms. Boydston asked if there is a plan for Lincoln County. LBFS Director McCambridge said Lincoln County does have Food Share that covers the County to a lesser degree than Linn Benton Food Share. Food Share is dependent on the wealth in the community for its support and Lincoln County has less support. There has been a rise in senior hunger and as the population ages this is a growing concern.

Community Program Support Coordinator Bennett announced that Community Services Program Manager Jennifer Moore and LBFS Director McCambridge will be getting together next month to develop some partnerships between CSFP and MOW. LBFS Director McCambridge would like to partner with MOW in sharing delivery costs which would be effective with isolated seniors. The food is not the high cost of the program, but rather the distribution. Robynn Pease suggested looking into Senior Centers for volunteers.

Due to time restraint and interest in the topic, Community Program Support Coordinator Bennett suggested referring this to SMAC for further discussion. SMAC Chair Skiens agreed.

5. Care Planning Committee (CPC) Report (Doris Lamb, CPC Member and Community Program Support Coordinator Bennett):

Doris Lamb announced the CPC had their first meeting with about 15 people in attendance. Discussion focused on the goals of the Committee and where they would focus their energy. They decided on quality assurance with SDS services; develop another Consumer Satisfaction Survey which would include a follow-up plan along with action items on any negative results; and focus on the State Audit that talked about concerns of the Homecare Workers Program.

The next CPC meeting will take place on January 9th from 11:00 am - 12:30 pm with focus on training for the CPC members to better their understanding in the evaluation process between consumers and case managers, and the tools they use. Everyone is welcome and encouraged to attend.

The CPC is currently looking for a Chair and Vice Chair for the Committee, but one does have to be a SSAC or DSAC member to be nominated.

6. Calendar Review:

ACTION: Motion to approve the proposed OCWCOG Senior and Disability Services Advisory Councils Meeting Schedule 2018 made by Lee Lazaro, seconded by Lee Strandberg. Motion passed unanimously.

7. Area Plan Updates (Randi Moore, SDS Director):

SDS Director Randi Moore gave the Councils a brief update on the *Area Plan*, which is a five-year plan (with annual updates) that acts as a roadmap for how SDS would like to function. SSAC and DSAC plays a part in the development and approval of the *Plan*. This year's updates were extended to March, so the Councils will receive them at the February 6th meeting. SDS Director Moore encouraged everyone to familiarize themselves with the *Area Plan*, which is on OCWCOG's website. The parts of the *Plan* that they will be updating are the grid's goals and objectives. She would like the *Plan* to be a working document to help them identify the work they do.

Community Program Support Coordinator Bennett explained that SDS still has not received formal guidance from the State as to what it is they would like updated. She would like the Councils, while familiarizing themselves with the *Plan*, to make note of any questions or suggestions they may have, or if they know of any community partners they could reach out to, to let her know. She'll send a link out to everyone with the page numbers of the parts they should read. Unfortunately, at the February meeting there will not be time for major revisions since the updates are due at the end of February/first of March, which is why it is important for the Council members to give their feedback earlier. At the February 6th meeting, SDS will be looking more for the Council's approval than for any updates, and whether SDS is on track for meeting and achieving their goals.

8. Break for Lunch

9. Older Adult Behavioral Health Initiative (Marie Laper and Helen Beaman, Older Adult Behavioral Health Specialists):

Older Adult Behavioral Health Specialist (OABHS) Helen Beaman gave a PowerPoint presentation to the Councils on the Older Adult Behavior Health Initiative (OABHI) along with the roles she and OABHS Marie Laper have. Both OABHSs Beaman and Laper are contracted under OCWCOG, with OABHS Beaman covering Linn and Benton Counties and OABHS Laper covering Lincoln County. The two populations they serve are people with disabilities, ages 18 - 63, and older adults, 64 and older.

Areas of personal interest for OABHS Beaman include social justice, promoting healthy aging, and increasing access to services for underserved populations.

The OABHI comes through the Oregon Health Authority. The Initiative seeks to strengthen services for older adults and people with disabilities in Oregon communities with coverage for every community in the State. They hope to achieve this by increasing collaboration and coordination by those who touch the lives of these two populations.

The aging population is rapidly growing with implications of depression in older adults which, without treatment, can impact all areas of a person's life. Men, age 75 and older, have the highest risk of suicide. Fifteen percent of older adults are at risk drinkers and 25 percent misuse prescription drugs.

Core components of the role of a OABHS include:

- Complex Case Consultation – being available to everyone in the community for consultation.
- Coordination and Collaboration – removal of barriers to care and identify things that need improvement through better communication between agencies.
- Community Education and Training – provide training, coaching, and technical assistance to agencies and volunteer organizations.

OABHSs do not provide any direct service in their roles, but rather help by complex case consultation, collaboration on projects, networking, training, and providing resources. Referrals mostly come from Intensive Care Teams (ICT), care coordinators, health navigators, and behavioral health staff. The ICT brings all the people from different agencies, associated with a consumer's case, around the table to help specific consumers. Their website, HealthyMindsLinnBenton.org is a resource for people to find information on the Initiative, events, and trainings in the community, as well as video trainings, and a blog. The web address will be made available after it becomes live which will be inclusive to the community as well as providers.

OABHS Beaman provides training and consultation to various groups throughout the community which include:

- Linn County Community Health Assessment/Community Health Improvement Plan
- Linn County Mental Health Advisory Board
- Linn and Benton ICT groups
- LGBT Plus Competency Workgroup
- Community Care Organizations

Community Program Support Coordinator Bennett reminded the Council members it is part of their role to provide input on places where OABHSs Beaman and Laper could do outreach. Mr. Lazaro would like to have OABHS Beaman conduct a training with his Dial-a-Bus employees. Ms. Pease and Carolyn Mendez-Luck would like to connect with OABHS Beaman regarding the Elder Connections meetings at Oregon State University. Jann Glenn would like information on OABHS Beaman's Gambling Addiction training.

OABHS Beaman pointed out that each OABHS, throughout the State, has their own set of skills and will travel to conduct a training in their specialty if one requests it. OABHS Beaman will provide the word document with all information listed for every specialist listed in the State, or anyone can contact her with the type of training they are seeking, and she'll direct them on who to contact. OABHS Beaman has a wide variety of training topics with some geared toward clinicians and others to the community. Regardless of who she is talking to, she always tries to end the conversation with teaching a coping skill or how to keep one's own cup full.

DSAC Vice Chair Volpe requested a copy OABHS of Beaman's presentation. Community Program Support Coordinator Bennett will send a copy to both DSAC Vice Chair Volpe and Ms. Lazaro.

Notable Projects of OABHS Beaman's include:

- *Problem Gambling Among Older Adults* - a project with Linn County
- Heart to Heart Resource Fair
- Older Adult Behavior Health Initiative Website
- *Senior and Boomer News* – written several articles
- Mental Health First Aid Instructor Certification
- Mental Health Fairs
- Mental Health PSA's
- Mental Health Movie Nights with Mental Health Advisory Board
- Veterans Stand Down

OABHS Laper has been an OABHS since January, 2017 in Lincoln County. In her presentation to the Councils she referenced documents (pages 9-22) provided in the agenda packet. Linn County has a higher percentage of adults 65 and older, than Linn or Benton Counties, but is similar in their significant behavioral health needs. OABHS Laper uses this information, as well as informal meet and greets throughout Lincoln Counties, to get a sense of the community.

OABHS Laper's focus has been on delivering trainings, partnering with Lakeview Heights, Oceanview, North End Senior Solutions (NESS Club), and the Samaritan Health Education Center, to provide a series of talks which have been quite successful. According to evaluations, after each training, over 95 percent of the participants have reported an increase awareness of the topic, and over 85 percent said they would make a life change to improve behavior health, or know what to do to make a life change.

Topics OABHS Laper covers in her presentations include:

- Normal Aging and Physical Health
- Anxiety
- Depression
- Cognitive Aging
- Fall Prevention
- Surviving the Holidays
- Suicide Prevention
- Crisis Intervention Training – partnering with Lincoln County Law Enforcement and Benton County Law Enforcement, which is focused on interactions with law enforcement and older adults. OABHS Laper is doing these presentations every month and they are open to the community.
- Death Café – this involves open discussion on all topics related to death. They meet quarterly at the Senior Center with participation growing monthly.

- Remembrance Ceremony – this is taking place tomorrow at Lakeview, which is open to the community. It provides a chance to recognize that the Holidays are a time of joy, but can also be a time of remembering loss and a time of grief.

OABHS Laper will continue to develop her repertoire of trainings throughout the communities.

OABHS Laper is an active member of advisory groups to bring the voice of older adults to communities. She does this through her participation as a member of the Advisory Committee, a participant in Lincoln County crisis intervention sequential mapping exercise, and as a member of Senior Meals Advisory Committee. She'll will also be participating in the Community Health Improvement Plan around mental health, as well as around meals and food insecurity.

Case Consultation is a big role in her job. She gets referrals from case managers from OCWCOG and from Mental Health. She would like to see more referrals from Primary Care Physicians, as she does not have particular caseloads, she has a lot of flexibility to reach out to individuals.

OABHS Laper provided everyone with the Executive Summary from the OABHI and encouraged everyone to look at the recommendations (Call to Action). Across the State all OABHSs recognize the silo activities, such as funding and eligibility issues, that create a huge barrier in getting services to folks who need them. She is willing to support the IAC by making connections and providing information.

Behavior health services for older adults is scarce primarily because of lack of expertise in this area as well as the isolation factor. Many older adults are reluctant to accept government help and have difficulty in accepting depression, anxiety, and those kinds of concepts. Housing, transportation, access to health meals, and improved access to health care all play a role.

OABHS Laper would like everyone to increase their awareness on lifelong, livable, and age friendly communities. There is an Initiative for making our communities more livable for the aging population, in which Portland State plays a key role by reaching out to other communities in how to make our communities more age friendly. OABHS Laper would like to work together with the Councils on this Initiative as well.

SSAC Chair Daley inquired about OABHS Beaman connectedness to those that serve the homeless. OABHS Beaman said she connects with Health Navigators or Community Services Consortium. The Heart to Heart Resource Fair and Veteran's Stand Down is also geared toward the homeless. She feels issues get resolved when a person has a safe place and roof over their head, so that is her priority. OABHS Laper said they do not have formal homeless shelters in Lincoln County so, for her, it's more providing information to those that are working with the homeless.

DSAC Vice Chair Volpe asked OABHS Beaman if she thought about the construction model that would make a building more accessible for people with disabilities. OABHS Beaman said when she sees something that makes it difficult for those with disabilities she will have a conversation with the person in the service.

10. Announcements/Questions:

Ms. Lamb announced Lincoln County is having a Homeless Connect Day on Friday, January 26th and Saturday, January 27th, where the homeless are served lunch, have access to a dental plan (based on need), access to mental health help, and are able to attain copies of their birth certificates and driver's license. Last year they served close to 200 individuals of all ages.

Ms. Glenn announced Lincoln County has approved Radiant Church, of Newport, to be a new day facility for the homeless and hazardous weather facility (dependent on weather). They had a homeless Christmas party last Friday. There will be a Veterans Stand Down this Friday at the Shilo Inn from 10:00 am – 3:00 pm, where they can receive inoculations, glasses, and other services. The Salvation Army is working with the Nazarene Church to provide gifts for those in need. The Salvation Army is also posting lists of all places offering free meals through the month of November and December.

Ms. Mendez-Luck announced she received a notice that the Oregon Tax Checkoff for Alzheimer's Research funds pilot studies for up to \$20,000. The letter of intent is due in February and any proposal would be due in April. She would like to know if the Councils would be interested in working with her, with possibly looking at Latino caregivers (her area of research) or any other underserved populations. She is open to suggestions. She will send an email to Community Program Support Coordinator Bennett with more details for her to send out to the Councils. Mr. Lazaro suggested contacting Tera Stegner and Rene Knight from the Grace Center for input.

Mitzi Naucler announced that for the last five months Legal Aid has been in a medical legal partnership with the Sweet Home Clinic. Every person that comes in does a self-screen and if they have a legal problem they are offered an appointment with an attorney.

Ms. Naucler also announced that she just had to make a complaint to the ombudsman person against a facility that threatened one of the Legal Aid lawyers and asked him to leave the facility and not talk with his client or any other person. Ms. Naucler reminded everyone to make sure the posters on patient rights are up, and both staff and consumers are reading them and know what they mean.

Ms. Pease announced the Center for Nonprofit Stewardship is having their annual training for volunteer Board members and staff at LaSells Stewart Center on the Oregon State University (OSU) campus on February 3rd. This is an all-day training at \$120 per person. Anyone who would like more information can contact Ms. Pease.

Community Program Support Coordinator Bennett reminded everyone that the next Joint SSAC-DSAC meeting is on February 6th.

Community Program Support Coordinator Bennett informed the DSAC members that the packet they were given was from Joseph Lowe from the State.

Community Program Support Coordinator Bennett announced that on January 22nd, Access Benton County will be holding a meeting at the Corvallis Senior Center, in partnership with the Benton County Health Department, working on a health initiative specifically for people with disabilities. Julie Manning, from Samaritan Health Services will be there talking about access for people with disabilities to the Samaritan facilities. They would like other people in the community be involved and this is not just for Benton County. Anyone interested in attending should let Community Program Support Coordinator Bennett know or they can just show up.

11. Adjournment:

Meeting was adjourned at 1:39 pm.

The next meeting will be on Tuesday, February 6, 2018.

Meeting Minutes were recorded by Terri Sharpe.