

O3A ADVISORY COUNCIL AGENDA

Meeting Date: Tuesday, November 17, 2020
Time: 10:00 a.m. – 12:30 p.m.
Location: Via Conference Call
Call Info: ZOOM meeting – see email for instructions
Copy also enclosed behind agenda



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|-----------------|--|---|
| 10:00 – 10:20 | <u>Call to Order: Elizabeth Pratt, 2020 Chair</u> <ul style="list-style-type: none">• Roll Call (Verbal verification from membership roster)• New Business/Changes to Agenda• Public Comment• Select November & December COG meeting attendees• Membership Review<ul style="list-style-type: none">➤ Discuss recruitment / vacancies➤ Review/Approve minutes➤ Minutes for October 21, 2020• Chair Appoints Nominating Committee for 2020 officers – Slate to be presented in November<ul style="list-style-type: none">➤ 1 member per County / Election at November Meeting | Roll Call

Select

Review

Motion

Set Committee |
| 10:20 – 10:45 | <u>Laura Cepoi, Executive Director</u> <ul style="list-style-type: none">• Legislative Advocacy | Report |
| 10:45 – 11:15 | <u>Jody Moss, Director, Contracts & Planning</u> <ul style="list-style-type: none">• Senior Lobby Day: sign-up• AC Interviews• TIID EB RFP for Virtual Programs - Janis• Review proposed 2021 OAA subcontract Allocations (with Janis Housden, Program Manager) Congregate & Home Delivered Nutrition, Transportation and Legal Services | Report

Review & Motion to Approve |
| 11:15 – 11:30 | <u>Local & Committee Reports/Announcements</u>

<u>State Council on Aging – Joe Sharkey</u> | Reports |
| 11:30 – Adjourn | <u>Elizabeth Pratt, 2020 Chair</u> <ul style="list-style-type: none">• Public Comment• Adjourn Meeting | |

Next Advisory Council meeting: January 19, 2021 via ZOOM. No December meeting!
Next COG meetings: Thursday November 5, 2020 & December 3, 2020 at 10:00 a.m. by conference call.

DRAFT

The Advisory Council
of the
Olympic Area Agency on Aging
Meeting Minutes for October 20, 2020
Location: Conference Call

MEMBERS PRESENT: Carolyn Lindley; Charla Wright; Eldred Gilpin; Ginny Adams; Joe Sharkey; Pam Tuttle; Patricia Smith; Tobi Buckman; Vicki Schmidt.

MEMBERS ABSENT: Elizabeth Pratt, Becca Knievel; Dale Jacobson; Jane Lauzon.

O3A STAFF PRESENT: Laura Cepoi, Executive Director; Jody Moss, Director, Contracts Management & Planning; Janis Housden, Program Manager; Ingrid Henden, Program Manager.

GUESTS: No guests present.

CALL TO ORDER: 10:04 a.m. by Jody Moss, Acting Chair.

NEW BUSINESS/CHANGES to AGENDA: No changes.

PUBLIC COMMENT: No comments.

SELECT COG MEETING REPRESENTATIVE: Carolyn volunteered for the November 5 COG meeting and Ginny volunteered for the December 3 COG meeting, both of which will be held over a conference call.

MEMBERSHIP REVIEW: Jody reported that there are two applicants for open positions: Marti Anthony, former Minority representative on the council is applying for the Minority representative again; and Margaret Taylor, for O3A Program Manager is applying for the Disabilities representative. Jody will follow-up with Eldred regarding possible applicants for the Pacific county openings. Michelle Cook thanked the council for thinking of her as the Tribal representative, however she politely declined the offer. She did refer Jody to another possible applicant.

Jody informed the council that Dale had badly injured his foot, and was recuperating. Janis will coordinate an e-card to send from the council.

A motion to recommend Vicki Schmidt for a second three-year term to represent Grays Harbor was made by Tobi, with a second by Pam. **Motion Passed.**

Jody will also follow-up with Elizabeth regarding the Chair's appointment of a Nominating committee for 2020 officers.

REVIEW/APPROVE MEETING MINUTES: A motion to approve the July and September minutes as written was made by Carolyn, with a second by Ginny. **Motion Passed.**

EXECUTIVE DIRECTOR REPORT: *Laura Cepoi*

Laura reported that the Quinault tribe is building a holistic addiction clinic in Aberdeen to help with opioid addiction. The clinic will be ready in about 12-18 months, provide about 50 jobs to the area, and serve both tribal and non-tribal populations.

The Hoh tribe was selected to participate in a program by SpaceX to improve internet connectivity through the Starlink satellites; the program is going well.

Laura stated that AARP had announced their Long Term Services and Supports Report Card and Washington is once again #2. AARP measures 5 domains for the report (Washington rankings in parenthesis): Affordability & Access (11); Choice of Setting and Provider (6); Quality of Life and Quality of Care (27); Support for Family Caregivers (21); and Effective Transitions (7). Washington moved up in four categories, and down in Quality of Life and Quality of Care. DSHS is working to improve in that category by making more data informed decisions, creating more employment initiatives, improving care in skilled nursing facilities to eliminate bed sores, reducing use of anti-psychotics for dementia, increasing the focus on prevention of infection, and strengthening the Long Term Care Ombudsman program.

Laura also reviewed a study from the UW on how pandemic fatigue has affected older adults through declining health, increased falls, more physical issues, putting off doctor visits and visits to the ER. Social isolation is exacerbating dementia, substance dependency, and suicides. There was a 20% reduction in EMS calls in the first month of the pandemic, and a 25% reduction in meals and I&A calls. Meals are counted by unduplicated clients, so that one person who gets 30 meals and one who gets 1 meal are counted the same, and that may account for some of the decline in meals provided. O3A is looking into developing a Telephone Reassurance program to target isolated older adults.

Laura updated the council on O3A's Health Homes program. O3A is currently losing about \$200K per year as a Health Homes Community Care Organization, and also losing money as a Health Homes Lead organization. O3A is reviewing what can be done more efficiently fiscally and still be effective programmatically, and if we can afford to remain a lead organization

CONTRACT MANAGEMENT AND PLANNING DIRECTOR REPORT: *Jody Moss*

Jody reviewed the proposed 2021 contract allocations for Older Americans Act (OAA) contracts: Congregate and Home Delivered Meals, Transportation, and Legal services. She also reminded the council that the current four-year contracts are being extended for a fifth year due to the pandemic. An RFP will be completed in 2021. Joe asked if we are hearing about any potential solutions, or new approaches from contractors? Jody answered that we are about at the end of CARES funding for nutrition and will be switching back to OAA funding in a month or two; OAA funds do not have the same flexibility as CARES funding. Both of our nutrition providers are Community Action Programs (CAP) that have been overwhelmed during the pandemic working to meet people's basic needs and OlyCAP's Nutrition Director just left for a position with the FDA. Jody is happy to brainstorm with council members for solutions and/or new approaches. Ginny stated that there are no pick-up or take-out sites for congregate meals in Port Townsend. Laura mentioned a program that provided breakfasts through restaurants, as breakfasts are usually cheaper and can be provided within the meal allowance (\$8.50/meal). Janis added that there is a waiver on the nutrition requirements that changes the meal requirements from 1/3 of the recommended dietary allowance to 1/3 of the daily calories. Jody stated that we do not know if this will apply to OAA funded meals as well. Joe and Ginny volunteered to take part in the brainstorming session; Jody will set up a Zoom meeting and send the link to the council. Charla moved that the council recommend the COG approve the 2021 OAA services contracts as proposed, with a second by Eldred.
Motion Passed.

Jody reminded council members that Wednesday and Thursday of this week are the W4A/SCOA Conference, and Senior Lobby Conference. Links have been sent out for each conference to all council members. We highly recommend that council members attend the legislative session on Wednesday, 12:40 pm – 1:50 pm. Laura is setting up Zoom meetings with legislators and we will be asking for volunteers to attend those meetings and share their stories.

LOCAL MEMBER REPORTING:

Council members provided the following reports on their communities:

- Tobi reported that she has several seniors that she calls regularly; she sees a benefit for both her and the person she calls. She also has a radio talk show on mental health and coping during the pandemic.
- Charla reported that the North Olympic Peninsula Long Term Care Alliance will meet tomorrow and there will be two speakers: Statewide Health Insurance Benefits Advisors (SHIBA) and Dr. Isenberg from the UW who will speak on the challenges of communicating with people with dementia while wearing a mask.
- Pam and Vicki reported that Kathy Jones with SHIBA was doing visits at their church, by appointment.
- Janis reminded council members of the Trending Healthy newsletter and requested assistance with promoting and recommending the newsletter to friends and family.

STATE COUNCIL ON AGING (SCOA) REPORT: *Joe Sharkey*

No updates.

PUBLIC COMMENT: No comment.

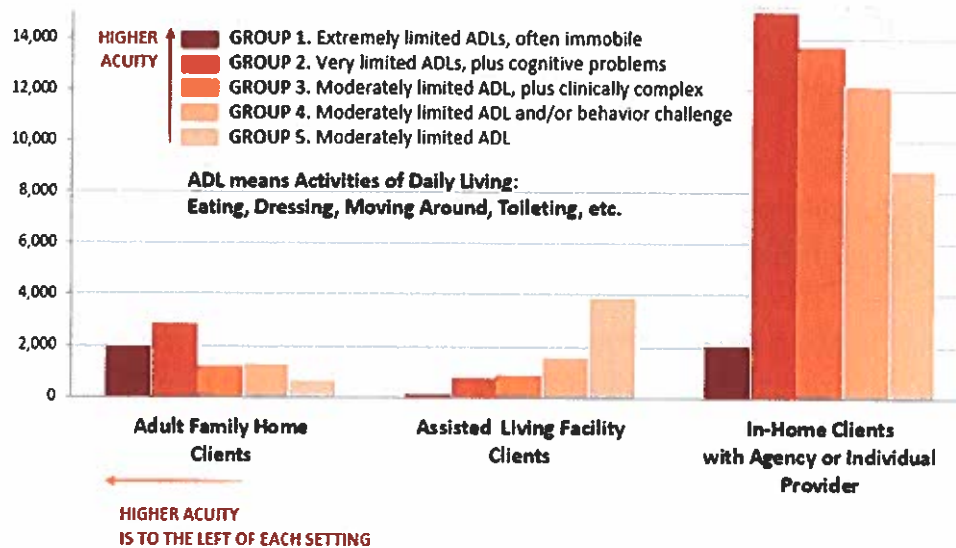
MEETING ADJOURNED: The meeting was adjourned by consensus at 11:22 a.m.



Washington Association of Area Agencies on Aging

\$3.4 million GF-S to Manage Severe Mental Health Impacts for Clients with In-Home Care Needs

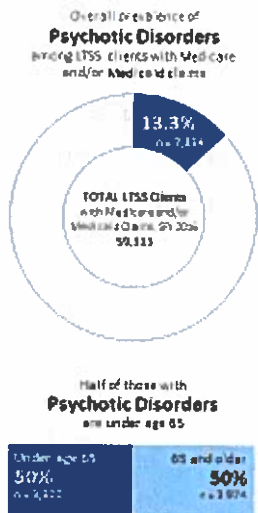
- Washington State is a national leader in caring for people with disabilities in their homes. By providing care at home Washington has saved \$2.7 billion over the last fifteen years compared to the cost of facility-based care.
- In-home long-term care is an under-appreciated support for more than 3,700 people with serious mental illness. Of all the people in long-term care:
 - ✓ 1 in 3 with psychotic diagnoses live at home
 - ✓ 3 in 5 with mania/bipolar diagnoses live at home
 - ✓ 1 in 4 with delirium/dementia diagnoses live at home
- One in four of the people discharged to long-term care from the state mental health hospitals receives care in a home setting.
- These clients qualify for in-home care because they also have physical disabilities that require hands-on assistance. Many in-home clients are severely limited in activities including eating, dressing, bathing and accessing mental health care.
- Clients with both severe mental illness and physical disabilities are at much higher risk of stopping their medications, acting out, losing their caregivers, and requiring hospitalization. They are also at risk of becoming homeless without adequate case manager supervision to assure they continue paying rent and stay on their medications.
- The 2019-21 budget added \$885,000 GFS (\$1.77 million including federal match) for the biennium. This fell far short of the \$7.2 million GF-S we needed to hire 60 more case managers to reach the ratio of 35 clients per case manager for clients with the most complex combination mental and physical health challenges.
- Please add \$3.4 million GFS (\$6.9 million with match) to the supplemental budget for SFY21 to help us hire 54 more case managers statewide to protect these clients from hospitalization and homelessness.



Source: CARE data as of June 30, 2015 snapshot, combined clients of ALTSA and DDA.

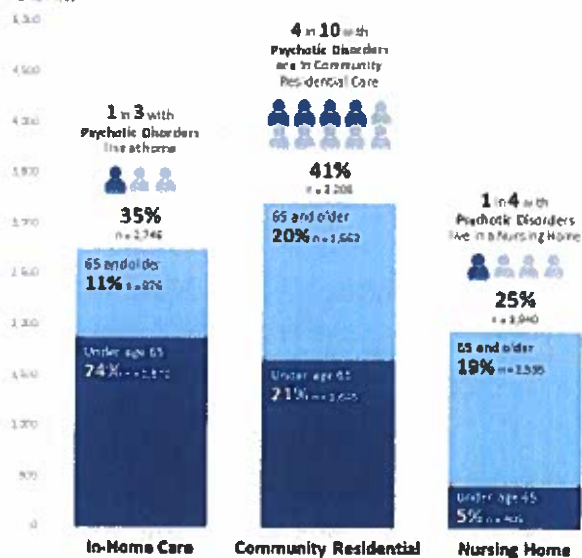
Mental Illness | Psychotic Disorders

JUNE 2016 LTSS CLIENTS BASED ON SFY 2016 CLAIMS EXPERIENCE



Where LTSS clients with Psychotic Disorders live ...

TOTAL = 7,114



SOURCE: OSHPD Research and Data Analysis Division, Integrated Medicare and Medicaid claims, SFY 2016

OSHPD | Behavioral Services Administration | Research and Data Analysis Division | MAY 2018



Tips for crafting an effective case example for legislative advocacy

Use examples of people you know or ask you AAA for examples. You can also ask your AAA for editorial help. The following tips will help you craft examples that will be understood and remembered:

Keep text short and framed like you are explaining it to a neighbor:

- No more than 5-7 short, declarative statements. Nouns, verbs, adjectives as much as possible. Avoid professional jargon
- Introductory sentence should cover age, gender, living situation of the person in your example.
- The next 2-3 sentences should describe client's challenges- diagnoses, functional limits, living situation, cognition limits, prognosis, previous history.
- The next sentence or two should describe what the long-term care system does for client
- Bonus if it can reliably be predicted what will happen if services are lost

Key considerations:

- Make sure the examples is someone who is actually receiving LTC and would be affected by the LTC cuts.
- Make sure the case is "typical" of the group, or at least a significant segment of the group, affected by the cuts
- Avoid using an "outlier" example, even if they represent an amazing success. Unless your example is representative and can be generalized, it won't be effective
- Remember the goal is to show how essential these services are to health and safety so be sure to explain why.

Examples:

74-year-old woman living alone. She has a memory impairment, diabetes, high blood pressure, arthritis, depression, COVID-19. Plus, she is incontinent. She takes eight different medications. She depends on her caregiver to monitor her blood sugars daily. She depends on her caregiver's assistance with bathing, walking, getting in and out of a chair, going to the bathroom, and basic household tasks.

63-year-old woman living alone. She has a history of falls which resulted in hospitalization. She has kidney failure, diabetes, hypertension, asthma, and arthritis. She takes thirteen different medications and has kidney dialysis three times each week. Her caregiver assists her with bathing, transfers, locomotion, toileting, transportation, meal preparation and shopping



Script for W4A advocate emails & calls regarding potential long-term care cuts

Thank you for your help speaking up to protect long-term care!

FIND YOUR LEGISLATORS

You can look up your district here: <https://app.leg.wa.gov/DistrictFinder/> and click on your legislator(s) to get their contact information.

EMAIL YOUR LEGISLATORS

The email list for all legislators is online here: <https://app.leg.wa.gov/memberemail/>

Please send your legislator an email expressing your support for preserving long-term care (there is no bill number):

Dear Senator/Representative [],

I live in your district. I am very concerned about protecting long-term care. Seniors and people with disabilities in my community depend on long-term care services in their homes for help with their most basic needs, including bathing, dressing, preparing meals, eating, helping them move around without falling, using the bathroom, and assisting them with medications. The state pays for long-term care through Medicaid for almost 60,000 people living in their homes, with services managed by the area agencies on aging.

Recently DSHS proposed budget cuts that would take services away from 20,000 people. Cutting seniors off of services would put their lives and health in danger. [add a story about a vulnerable person receiving long-term care here].

We know Washington is facing budget challenges, but we solve nothing by cutting off services for our most vulnerable community members. Please protect long-term care funding.

CALL YOUR LEGISLATORS

The legislative hotline, where you can leave a message for all of your legislators with one call, is:

1-800-562-6000

Or call their office directly and leave a message:

Hello. My name is []. My phone number is [].

I live in your district. I am very concerned about protecting long-term

Seniors and people with disabilities in my community depend on long-term



Olympic Area Agency on Aging

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2021 ADVISORY COUNCIL MEETING SCHEDULE

Meetings are scheduled for the 3rd Tuesday of each month.

Meetings are currently set via ZOOM until further notice.

In-Person meeting are usually at the Shelton Civic Center.

JANUARY 19

FEBRUARY 16

MARCH 16

APRIL 20

MAY 18

JUNE 15

JULY 20

AUGUST 17

SEPTEMBER 21

OCTOBER 19

NOVEMBER 16

DECEMBER = NO MEETING