

O3A ADVISORY COUNCIL AGENDA

Meeting Date: Tuesday, January 19, 2021
Time: 10:00 a.m. – 12:30 p.m.
Location: Via Conference Call – Zoom
Call Info: ZOOM meeting – see email for instructions
Copy also enclosed behind agenda



Elizabeth Pratt, 2020 Chair

- Call to Order
- Roll Call (Verbal verification from membership roster) ***Roll Call***
- New Business/Changes to Agenda
- Public Comment
- Select February COG meeting attendee(s) ***Select***
- Membership Review ***Review***
 - Discuss recruitment / vacancies
- Review Minutes for October 21 & November 17, 2020 ***Motion to Approve***
- Election of 2021 Officers (Chair and Vice-Chair) ***Election***
 - Nominating Committee presents slate
 - Chair asks for Nominations from floor
 - Election – New officers take office end of meeting

Laura Cepoi, Executive Director

- Legislative Advocacy ***Report***
- Elder Index at a Glance (Poor Health and Good Health)

Jody Moss, Director, Contracts & Planning

- Review 2020 3rd Quarter Service Summary ***Review***
- Review 2021 AC Activity Timeline
- Review 2021 OAA RFP process and schedule
- Update on current OAA contracts

Charla Wright, Clallam Member

- Palliative Care Road Map ***Presentation***

Local & Committee Reports/Announcements

Reports

State Council on Aging – Joe Sharkey

Elizabeth Pratt, 2020 Chair

- Public Comment
- Adjourn Meeting ***Adjourn***

Next Advisory Council meeting: February 16, 2021 via ZOOM.
Next COG meetings: Thursday, February 4, 2021 a.m. by video conference/call.

From: [Housden, Janis M. \(DSHS/AAA/OLYMPIC\)](#)
To: [Laase, CarolAnn \(DSHS/AAA/OLYMPIC\)](#)
Subject: zoom info
Date: Tuesday, May 12, 2020 4:02:15 PM

Hi Everyone: Here is the reoccurring AC Zoom Meeting information (as an Outlook invitation). I did not include any AC members because I do not know who uses Outlook. ;)

Join Zoom Meeting by clicking on link:

<https://dshs-wa.zoom.us/j/92456831381?pwd=eTJmK1VnTWhsaFM1YzZHfYXE4ekNZUT09>

Meeting ID: 924 5683 1381

Password: 123456

One tap mobile

+12532158782,,92456831381#,,1#,123456# US (Tacoma)

Dial by your location

+1 253 215 8782

Meeting ID: 924 5683 1381

Password: 123456

Janis

Janis M. Housden, Program Manager

Contracts and Planning Unit

Olympic Area Agency on Aging

Practice Compassion during COVID-19

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www.o3a.org/

Sign up for O3A's *Trending Healthy* Newsletter at www.O3A.org.

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 (2!); 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.

The Advisory Council
of the
Olympic Area Agency on Aging
Meeting Minutes for November 17, 2020
Location: Conference Call

DRAFT

MEMBERS PRESENT: Elizabeth Pratt, Chair; Becca Knievel, Vice Chair; Carolyn Lindley; Charla Wright; Jane Lauzon.

MEMBERS ABSENT: Dale Jacobson; Eldred Gilpin; Ginny Adams; Joe Sharkey; Pam Tuttle; Tobi Buckman; Vicki Schmidt.

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: 10:17 a.m. by Elizabeth Pratt, Chair.

NEW BUSINESS/CHANGES to AGENDA: The following items were removed from the agenda: 1) selecting a COG representative for November; and 2) 2021 OAA Subcontract allocations. Those items were left on the agenda in error.

PUBLIC COMMENT: No comments.

SELECT COG MEETING REPRESENTATIVE: Becca volunteered for the December 3 COG meeting which will be held over a conference call.

MEMBERSHIP REVIEW: Jody reported that there is a possible applicant for the Tribal Representative; she will follow-up.

Beth appointed the following members to the Nominating Committee: Becca (Jefferson), Charla (Clallam), Eldred (Pacific), and Jane (Grays Harbor). The Nominating Committee will meet by conference call in December.

REVIEW/APPROVE MEETING MINUTES: As there was not a quorum, approval of the minutes was tabled until January 2021.

EXECUTIVE DIRECTOR REPORT: *Laura Cepoi*

Laura congratulated Beth on her recent wedding; council members also shared well wishes.

Laura updated the council on what O3A is doing related to COVID-19. O3A is reviewing telework policies as it is expected for staff to continue to telework for the foreseeable future. O3A also surveyed staff on how they are doing, with a 75% response rate. Most staff feel supported by their supervisors and many miss the direct contact with their clients.

Laura provided the council with information on President-elect Biden's five part plan for Medicare: 1) lower age of eligibility to 60; 2) provide higher disbursement for those 85+; 3) change the law to allow Medicare Part D to negotiate prices; 4) reduce out-of-pocket expenses; and 5) eliminate institutional bias to Medicaid funding.

Laura announced that ALTSA has implemented Phase 1 of Electronic Visit Verification (EVV). EVV is mandated by the 21st Century CURES act and requires homecare providers to collect the geographic location data when serving clients, in addition to the worker, start and end times, and tasks. Phase 1 requires homecare agencies to collect the data elements beginning November 1, 2020. At this time homecare agencies do not have to submit the worker or geographic location data; that will begin in Phase 2. ALTSA does not have a begin date for Phase 2 yet. This is only required for agencies; Individual Providers are not required to collect this information.

Laura also stated that ALTSA will begin eliminating the shared benefit for people who live with clients; this will be done with a slow roll-out starting in March 2021.

O3A is scheduling meetings with legislators and will notify council members when they are scheduled.

CONTRACT MANAGEMENT AND PLANNING DIRECTOR REPORT: *Jody Moss*

Jody reported that there will be a presentation on the Palliative Care Roadmap in January.

Jody updated the council on how legislative advocacy will happen in the 2021 session. Meetings will be held with legislators over Zoom. As with previous meetings, each council member can select an advocacy point that is meaningful to them to discuss with the legislator. You will only need to speak for a few minutes on the topic, and any personal experiences you can provide are amazingly helpful – legislators love to hear from their constituents much more than staff, and personal stories really help legislators to remember the information. Charla, Beth, Becca, Pam, and Vicki have all expressed interest in attending these meetings. O3A will try to schedule them in December before the session starts.

Jody requested volunteers for interviewing applicants; Beth and Becca volunteered. Jody may ask again if she needs representation from another county.

Jody reported that O3A is actively recruiting Community Care Organizations (CCOs) for Health Homes. These are organizations that will deal with individuals with one or more chronic conditions and frequently are heavy users of health care. O3A is also coordinating with other AAAs who are Health Home Leads to work with the Health Care Authority regarding the software programs used for Health Homes. The programs are costly and don't allow for the small number of clients we serve.

Jody updated the council on O3A monitoring activities; staff have resumed monitoring contractors and are conducting the monitorings remotely.

Jody reported that O3A is developing a Telephone Reassurance program with CARES act funding; we will keep the council apprised as the project moves along.

Janis updated the council on the Title III-D Evidence Based Programs RFP, which has been released. O3A has not received any responses yet and sent out additional press release last week. O3A is looking to increase the target audience, and since programs will

be provided virtually, they can serve anyone in the four county region. Programs must be certified as evidence-based for virtual platforms.

Janis reminded the council of the Trending Healthy newsletter sent out by O3A monthly. One topic in this month's newsletter is using drop boxes to combat social isolation. If you live near other family members (or friends), everyone can place a drop box outside their home and then each family has a secure area for dropped off goodies, notes, and gifts.

LOCAL MEMBER REPORTING:

Council members provided the following reports on their communities:

- Beth reported that there has been no new guidance for senior living facilities. She stated that Compass and Clock is available for distribution; this is a resource magazine for older adults in Clallam, Jefferson, and Kitsap counties. Beth also announced that she and Charla raised \$1,000 worth of food and supplies plus \$1,500 in donations for the Olympic Humane Society. The North Olympic Peninsula Long Term Care Alliance next meeting will be tomorrow, November 18, over Zoom. Festival of Trees in Clallam county is going on now.
- Carolyn reported that her caregiver support group is meeting in smaller groups of two or three people at a time and then reporting back to Carolyn for any follow-ups.

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

Minutes were sent to council members last week.

PUBLIC COMMENT: No comment.

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



Washington Association of Area Agencies on Aging

Legislative Priorities for 2021

Preserve Long-term care eligibility and funding. People with long-term care needs rely on caregivers to help them with daily living essentials like eating, bathing, and taking medications. Without these services, their conditions may worsen, making them even more vulnerable to COVID-19, and less likely to have the resources to care for themselves should they fall ill. Washington State's Area Agencies on Aging support family caregivers and coordinate in-home services for low-income people living with disabilities, including seniors and people with mental health conditions. Please do not cut eligibility or case management funding for long-term care services in Medicaid.

Fix and Improve the Long-Term Care Trust Act. Washington's Long-Term Care Trust Commission has recommended including Washington's tribal employers in the program, including people with developmental disabilities, clarifying the opt-out allowed for people who already have long-term care insurance, and making additional technical fixes. Some of these fixes will help ensure the program remains financially stable into the future.

Pass SJR 8200 to Ensure Adequate Funding for the Long-Term Care Trust Act. State actuaries determined that investing the Trust Act premiums will add almost 20% to funds available to pay for benefits. This resolution passed the Legislature in 2020 by 96-1 and 45-3. Please pass it again so voters can approve it on the ballot in 2021.

Support Extending the Medicaid Transformation

Demonstration (Waiver). Area Agencies on Aging have helped the Medicaid Transformation Demonstration Program implement the Medicaid Alternative Care (MAC) and Tailored Supports for Older Adults (TSOA) initiatives, which help delay enrollee's entrance to Medicaid. Please support funding to extend these services for an additional year.

Support HB 1120: Long-Term Care Workforce Improvements.

Many of our laws about long-term care worker qualifications include deadlines and expiration dates that were suspended by executive order during the pandemic. However, there is now a huge backlog of workers who need continuing education, fingerprints, and other requirements for certification, and their eligibility to work will expire when the executive orders expire. Please pass this bill to provide DSHS with more flexibility to adjust licensing deadlines to ensure we do not experience a long-term care workforce crisis when pandemic emergency orders expire.

What is loneliness and social isolation?

Loneliness: the feeling of being alone, regardless of the amount of social contact

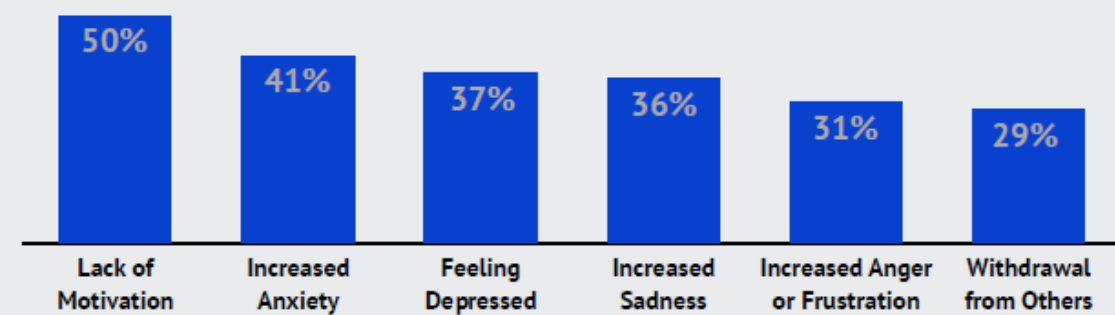
Social Isolation: having few social relationships or infrequent social contact with others

More people are feeling lonely & isolated as the pandemic goes on

Before the pandemic approximately 20% of adults in the US said they often or always felt lonely or socially isolated. Reports from August 2020 showed:



A majority of those experiencing social isolation also reported:



Risk factors of being lonely

Factors that decrease loneliness

- Increased age
- Marriage
- Hobbies
- Good night's sleep
- Social network size

Factors that increase loneliness

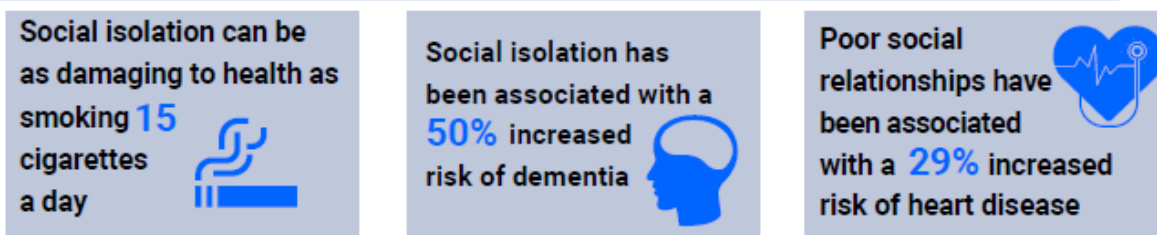
- Social isolation
- LGBTQ status
- Mental illness diagnosis
- Lower income
- Urban environments

Factors that have little to no effect

- Education
- Race/Ethnicity
- Gender

Loneliness & social isolation can be damaging to physical health

41% of people have not visited or seen a health care professional since March



Social isolation and loneliness significantly increase a person's risk of premature death from all causes

Solutions and strategies to combating loneliness & isolation

During COVID-19 social restrictions & beyond

- Talk with Family and Friends Regularly**
Phone, virtual platform, email and social media
- Keep a Healthy Lifestyle**
Eat a balanced diet, exercise and get quality sleep
- Get Outdoors as Much as Possible**
Get as much sunlight, fresh air and nature as you can
- Get Help and Reach Out When Needed**
Take part in support groups or therapy, virtual or in person

41% of ADULTS have reported feeling socially isolated during the pandemic.

In partnership with Covia, O3A is introducing a new program called **Social Call.**

Social Call matches volunteers with individuals for a regular, old fashioned, friendly phone chat. This can be a group chat as well as a simple one on one call. Video chats are also available if you have that technology and want to use it.

Social Call is about building friendships over time.

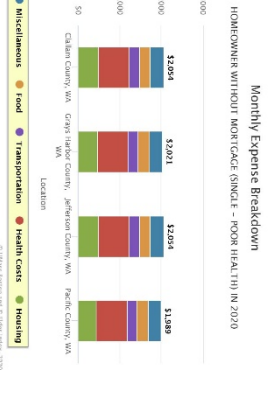
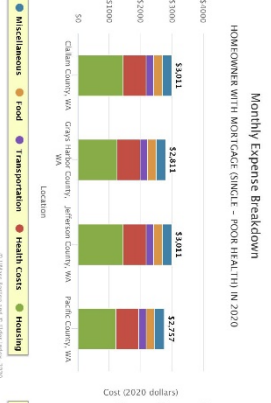
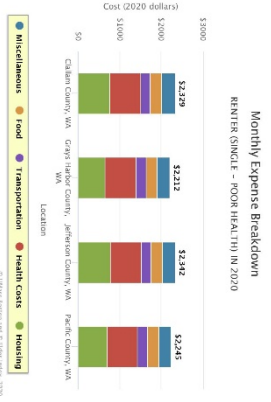
Volunteers are matched based on interests, and are trained in helping conversations happen.

This is an easy option to try and if you find you don't like it after a few sessions no worries, you can stop. Or maybe you make some new friends from here locally or from all across the country.

Call toll free 877-797-7299 and ask about Social Call.

Volunteers must be 18 and older. Recipients of Social Calls must be 60 or older.

Elder Index at a Glance



Clallam County, WA

RENTER

The Elder Index is: **\$27,948** / year
This is 99% of the national average of \$28,236

| | | | | |
|-------------------------|-------|---|---------------|---------|
| Miscellaneous (Single) | \$314 | ↓ | Food (Single) | \$272 |
| Transportation (Single) | \$235 | ↔ | Poor health | \$742 |
| Housing (Renter) | \$766 | ↑ | Monthly Total | \$2,329 |

OWNER WITH MORTGAGE

The Elder Index is: **\$36,132** / year
This is 103% of the national average of \$35,028

| | | | | |
|------------------------------|---------|---|---------------|---------|
| Miscellaneous (Single) | \$314 | ↓ | Food (Single) | \$272 |
| Transportation (Single) | \$235 | ↔ | Poor health | \$742 |
| Housing (Owner, no mortgage) | \$1,448 | ↑ | Monthly Total | \$3,011 |

OWNER WITHOUT MORTGAGE

The Elder Index is: **\$24,648** / year
This is 104% of the national average of \$23,748

| | | | | |
|------------------------------|-------|---|---------------|---------|
| Miscellaneous (Single) | \$314 | ↓ | Food (Single) | \$272 |
| Transportation (Single) | \$235 | ↔ | Poor health | \$742 |
| Housing (Owner, no mortgage) | \$491 | ↑ | Monthly Total | \$2,054 |

Grays Harbor County, WA

RENTER

The Elder Index is: **\$26,544** / year
This is 95% of the national average of \$28,236

| | | | | |
|-------------------------|-------|---|---------------|---------|
| Miscellaneous (Single) | \$308 | ↓ | Food (Single) | \$272 |
| Transportation (Single) | \$235 | ↔ | Poor health | \$742 |
| Housing (Renter) | \$655 | ↑ | Monthly Total | \$2,212 |

OWNER WITH MORTGAGE

The Elder Index is: **\$33,732** / year
This is 96% of the national average of \$35,028

| | | | | |
|---------------------------|---------|---|---------------|---------|
| Miscellaneous (Single) | \$308 | ↓ | Food (Single) | \$272 |
| Transportation (Single) | \$235 | ↔ | Poor health | \$742 |
| Housing (Owner, mortgage) | \$1,254 | ↑ | Monthly Total | \$2,811 |

OWNER WITHOUT MORTGAGE

The Elder Index is: **\$24,252** / year
This is 102% of the national average of \$23,748

| | | | | |
|------------------------------|-------|---|---------------|---------|
| Miscellaneous (Single) | \$308 | ↓ | Food (Single) | \$272 |
| Transportation (Single) | \$235 | ↔ | Poor health | \$742 |
| Housing (Owner, no mortgage) | \$464 | ↑ | Monthly Total | \$2,021 |

Jefferson County, WA

RENTER

The Elder Index is: **\$28,104** / year
This is 100% of the national average of \$28,236

| | | | | |
|-------------------------|-------|---|---------------|---------|
| Miscellaneous (Single) | \$314 | ↓ | Food (Single) | \$272 |
| Transportation (Single) | \$235 | ↔ | Poor health | \$742 |
| Housing (Renter) | \$779 | ↑ | Monthly Total | \$2,342 |

OWNER WITH MORTGAGE

The Elder Index is: **\$36,132** / year
This is 103% of the national average of \$35,028

| | | | | |
|---------------------------|---------|---|---------------|---------|
| Miscellaneous (Single) | \$314 | ↓ | Food (Single) | \$272 |
| Transportation (Single) | \$235 | ↔ | Poor health | \$742 |
| Housing (Owner, mortgage) | \$1,448 | ↑ | Monthly Total | \$3,011 |

OWNER WITHOUT MORTGAGE

The Elder Index is: **\$24,648** / year
This is 104% of the national average of \$23,748

| | | | | |
|------------------------------|-------|---|---------------|---------|
| Miscellaneous (Single) | \$314 | ↓ | Food (Single) | \$272 |
| Transportation (Single) | \$235 | ↔ | Poor health | \$742 |
| Housing (Owner, no mortgage) | \$491 | ↑ | Monthly Total | \$2,054 |

Pacific County, WA

RENTER

The Elder Index is: **\$26,940** / year
This is 95% of the national average of \$28,236

| | | | | |
|-------------------------|-------|---|---------------|---------|
| Miscellaneous (Single) | \$303 | ↓ | Food (Single) | \$272 |
| Transportation (Single) | \$235 | ↔ | Poor health | \$742 |
| Housing (Renter) | \$693 | ↑ | Monthly Total | \$2,245 |

OWNER WITH MORTGAGE

The Elder Index is: **\$33,084** / year
This is 94% of the national average of \$35,028

| | | | | |
|---------------------------|---------|---|---------------|---------|
| Miscellaneous (Single) | \$303 | ↓ | Food (Single) | \$272 |
| Transportation (Single) | \$235 | ↔ | Poor health | \$742 |
| Housing (Owner, mortgage) | \$1,205 | ↑ | Monthly Total | \$2,757 |

OWNER WITHOUT MORTGAGE

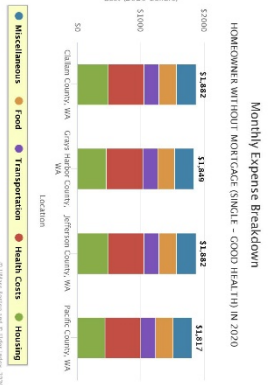
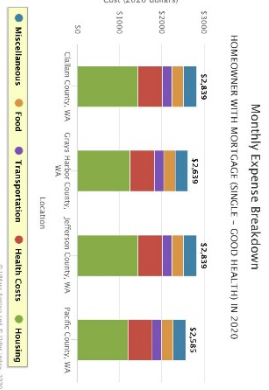
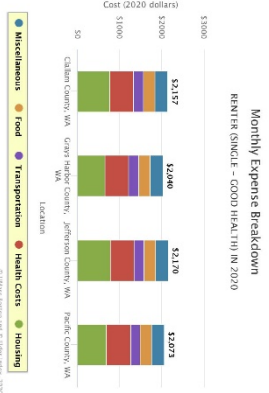
The Elder Index is: **\$23,868** / year
This is 101% of the national average of \$23,748

| | | | | |
|------------------------------|-------|---|---------------|---------|
| Miscellaneous (Single) | \$303 | ↓ | Food (Single) | \$272 |
| Transportation (Single) | \$235 | ↔ | Poor health | \$742 |
| Housing (Owner, no mortgage) | \$437 | ↑ | Monthly Total | \$1,989 |

Data Source: Elder Index. (2020). The Elder Index™ [Public Dataset]. Boston, MA: Gerontology Institute, University of Massachusetts Boston. Retrieved from ElderIndex.org.

Health Status filter = "Poor health"

Elder Index at a Glance



Clallam County, WA

RENTER

The Elder Index is: **\$25,884** / Year
This is 100% of the national average of \$25,884

| | | | | | |
|-------------------------|-------|---|---------------|---------|---|
| Miscellaneous (Single) | \$314 | ↓ | Food (Single) | \$272 | ↑ |
| Transportation (Single) | \$235 | ↓ | Good health | \$570 | + |
| Housing (Renter) | \$766 | ↑ | Monthly Total | \$2,157 | |

OWNER WITH MORTGAGE

The Elder Index is: **\$34,068** / Year
This is 104% of the national average of \$32,676

| | | | | | |
|---------------------------|---------|---|---------------|---------|---|
| Miscellaneous (Single) | \$314 | ↓ | Food (Single) | \$272 | ↑ |
| Transportation (Single) | \$235 | ↓ | Good health | \$570 | + |
| Housing (Owner, mortgage) | \$1,448 | ↑ | Monthly Total | \$2,839 | |

OWNER WITHOUT MORTGAGE

The Elder Index is: **\$22,584** / Year
This is 106% of the national average of \$21,396

| | | | | | |
|------------------------------|-------|---|---------------|---------|---|
| Miscellaneous (Single) | \$314 | ↓ | Food (Single) | \$272 | ↑ |
| Transportation (Single) | \$235 | ↓ | Good health | \$570 | + |
| Housing (Owner, no mortgage) | \$491 | ↑ | Monthly Total | \$1,882 | |

Jefferson County, WA

RENTER

The Elder Index is: **\$26,040** / Year
This is 101% of the national average of \$25,884

| | | | | | |
|-------------------------|-------|---|---------------|---------|---|
| Miscellaneous (Single) | \$314 | ↓ | Food (Single) | \$272 | ↑ |
| Transportation (Single) | \$235 | ↓ | Good health | \$570 | + |
| Housing (Renter) | \$779 | ↑ | Monthly Total | \$2,170 | |

OWNER WITH MORTGAGE

The Elder Index is: **\$34,068** / Year
This is 104% of the national average of \$32,676

| | | | | | |
|---------------------------|---------|---|---------------|---------|---|
| Miscellaneous (Single) | \$314 | ↓ | Food (Single) | \$272 | ↑ |
| Transportation (Single) | \$235 | ↓ | Good health | \$570 | + |
| Housing (Owner, mortgage) | \$1,448 | ↑ | Monthly Total | \$2,839 | |

OWNER WITHOUT MORTGAGE

The Elder Index is: **\$22,584** / Year
This is 106% of the national average of \$21,396

| | | | | | |
|------------------------------|-------|---|---------------|---------|---|
| Miscellaneous (Single) | \$314 | ↓ | Food (Single) | \$272 | ↑ |
| Transportation (Single) | \$235 | ↓ | Good health | \$570 | + |
| Housing (Owner, no mortgage) | \$491 | ↑ | Monthly Total | \$1,882 | |

Grays Harbor County, WA

RENTER

The Elder Index is: **\$24,480** / Year
This is 95% of the national average of \$25,884

| | | | | | |
|-------------------------|-------|---|---------------|---------|---|
| Miscellaneous (Single) | \$308 | ↓ | Food (Single) | \$272 | ↑ |
| Transportation (Single) | \$235 | ↓ | Good health | \$570 | + |
| Housing (Renter) | \$655 | ↑ | Monthly Total | \$2,040 | |

OWNER WITH MORTGAGE

The Elder Index is: **\$31,668** / Year
This is 97% of the national average of \$32,676

| | | | | | |
|---------------------------|---------|---|---------------|---------|---|
| Miscellaneous (Single) | \$308 | ↓ | Food (Single) | \$272 | ↑ |
| Transportation (Single) | \$235 | ↓ | Good health | \$570 | + |
| Housing (Owner, mortgage) | \$1,254 | ↑ | Monthly Total | \$2,639 | |

OWNER WITHOUT MORTGAGE

The Elder Index is: **\$22,188** / Year
This is 104% of the national average of \$21,396

| | | | | | |
|------------------------------|-------|---|---------------|---------|---|
| Miscellaneous (Single) | \$308 | ↓ | Food (Single) | \$272 | ↑ |
| Transportation (Single) | \$235 | ↓ | Good health | \$570 | + |
| Housing (Owner, no mortgage) | \$464 | ↑ | Monthly Total | \$1,849 | |

Pacific County, WA

RENTER

The Elder Index is: **\$24,876** / Year
This is 96% of the national average of \$25,884

| | | | | | |
|-------------------------|-------|---|---------------|---------|---|
| Miscellaneous (Single) | \$303 | ↓ | Food (Single) | \$272 | ↑ |
| Transportation (Single) | \$235 | ↓ | Good health | \$570 | + |
| Housing (Renter) | \$693 | ↑ | Monthly Total | \$2,073 | |

OWNER WITH MORTGAGE

The Elder Index is: **\$31,020** / Year
This is 95% of the national average of \$32,676

| | | | | | |
|---------------------------|---------|---|---------------|---------|---|
| Miscellaneous (Single) | \$303 | ↓ | Food (Single) | \$272 | ↑ |
| Transportation (Single) | \$235 | ↓ | Good health | \$570 | + |
| Housing (Owner, mortgage) | \$1,205 | ↑ | Monthly Total | \$2,585 | |

OWNER WITHOUT MORTGAGE

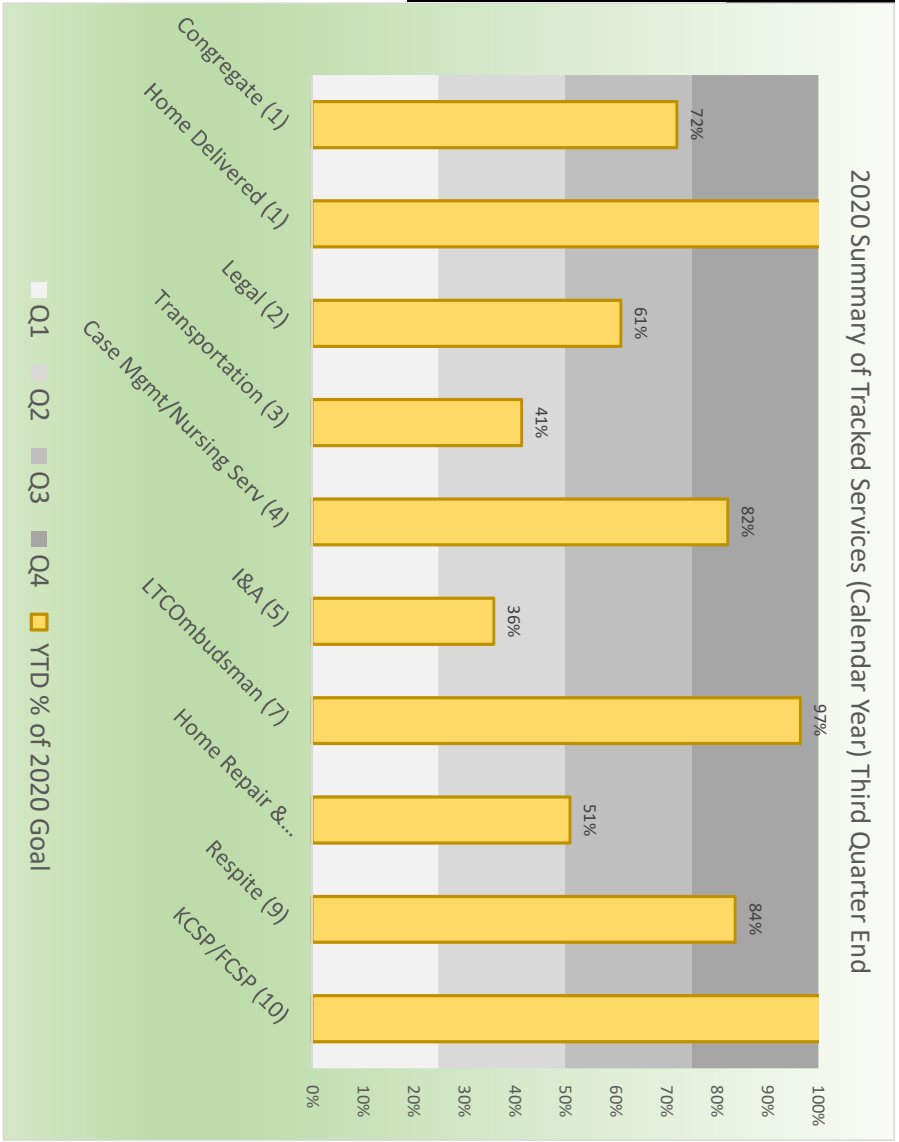
The Elder Index is: **\$21,804** / Year
This is 102% of the national average of \$21,396

| | | | | | |
|------------------------------|-------|---|---------------|---------|---|
| Miscellaneous (Single) | \$303 | ↓ | Food (Single) | \$272 | ↑ |
| Transportation (Single) | \$235 | ↓ | Good health | \$570 | + |
| Housing (Owner, no mortgage) | \$437 | ↑ | Monthly Total | \$1,817 | |

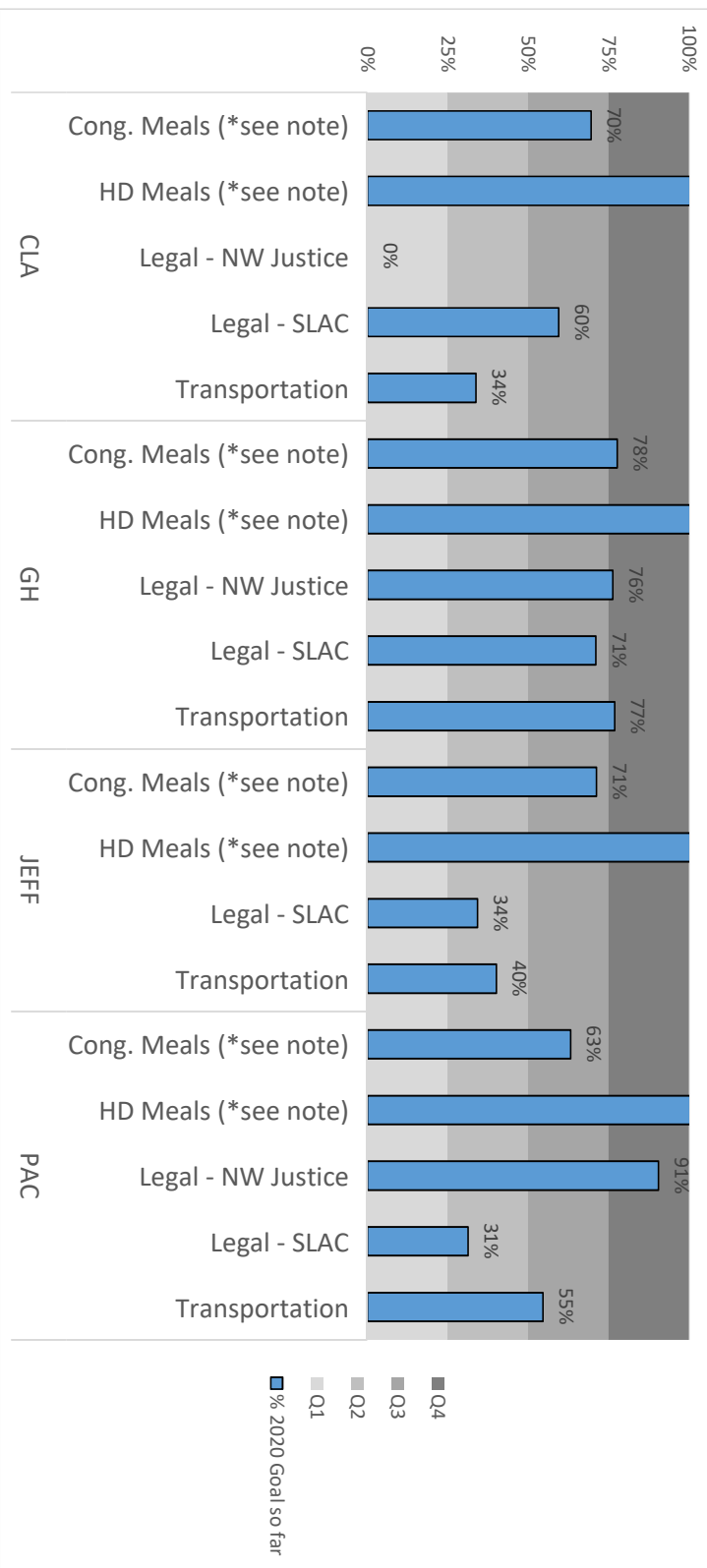
Data Source: Elder Index. (2020). The Elder Index™ [Public Dataset]. Boston, MA: Gerontology Institute, University of Massachusetts Boston. Retrieved from ElderIndex.org.
Health Status filter = "Good health"

| Services (2020 cal. year) | Contract Units (12 mon) | Actual Units (YTD) | Undup. Clients (by Quarter End) | YTD % of 2020 Goal |
|---------------------------------|-------------------------|--------------------|---------------------------------|--------------------|
| Congregate (1) | 48,016 | 34,623 | 613 | 72% |
| Home Delivered (1) | 47,972 | 61,314 | 299 | 128% |
| Legal (2) | 805 | 491 | 236 | 61% |
| Transportation (3) | 6,713 | 2,781 | 242 | 41% |
| Case Mgmt/Nursing Serv (4) | 20,968 | 17,227 | N/A | 82% |
| I&A (5) | 2,294,900 | 824,333 | N/A | 36% |
| LTCOmbudsman (7) | 4,800 | 4,632 | N/A | 97% |
| Home Repair & Sr. Emergency (8) | 153 | 78 | 67 | 51% |
| Respite (9) | 14,648 | 12,253 | 186 | 84% |
| KCSP/FCSP (10) | 586 | 728 | N/A | 124% |

- Key Codes
- (1) meals served
 - (2) hours service
 - (3) one-way trips
 - (4) authorized cases
 - (5) direct public contacts
 - (7) consultations
 - (8) assists
 - (9) hours in-home care
 - (10) assists & assessments



2020 Summary of Tracked Services by County (Third Quarter)



Notes: Other services (Repite, Information & Assistance, Case Management/Nursing Services, etc.) do not have goals by county and are not included in this summary.

* In the month of March, some regular Congregate meals and regular Home Delivered meals were served under the Older Americans Act contract. And some Emergency meals (Emergency Pick-Up/Take Out replacing regular Congregate, and Emergency Home Delivered, replacing regular Home Delivered) were served under the new COVID-19 Nutrition contract. From April through September ALL meals served are under the Emergency Meal COVID-19 Nutrition contract.

The Advisory Council of the Olympic Area Agency on Aging

2021 Activity Plan and Timeline

- Purpose: Advise & make recommendations to O3A staff & Council of Governments (COG) in the following areas:
1. Identify & prioritize needs of older people and people with disabilities within the service region;
 2. Review comprehensive area-wide plan and recommend priorities and changes;
 3. Advise how funds should be allocated according to priorities and counties;
 4. Develop viable goals and objectives for the Agency;
 5. Review program applications and recommend which programs and services should be contracted;
 6. Provide other technical assistance as needed.

| Major Activity | Key Tasks | Lead | January – December 2021 * | | | | | | | | | | | | |
|---|--|--|---------------------------|---|---|---|----|---|----|---|---|---|---|---|--|
| | | | J | F | M | A | My | J | Jy | A | S | O | N | D | |
| 1. Discuss 2021 vacancies & committees | Discuss vacancies; proceed with recruitment. Establish Committees in February | AC Chair | X | X | X | X | X | X | X | X | X | X | X | X | |
| 2. Advocate with state legislators to preserve aging services budget & other important issues | Prepare for and participate in formal visits or calls to legislators; prepare for advocacy events; Contact legislators individually (on-going) | Advocacy Committee & Members | X | X | X | | | | | | | | X | | |
| 3. 2021 Request for Proposal (RFP) process for services funded by the Older Americans Act (OAA) – Congregate & Home Delivered Nutrition, Transportation | Review 3 year RFP process for 2022-2024 contracts RFP Advertised February for two weeks Proposals issued February 17 – Due March 22 Proposal review March 23 – April 12 Allocations Committee recommends at April 20 AC meeting AC forwards recommendation to May 6 COG for approval Any appeals heard at the June COG meeting | AC Chair & Planning Committee; O3A staff | X | X | X | X | X | X | X | | | | | | |
| 4. 2021 Area Plan Update | Review process Review Status of Goals and Objectives in May Review AP guidance from ALITSA / Any new Issue Areas June July – August work on the update. Review of draft summary and public hearings in August. September 21 AC recommendation of AP Update to COG October 7 COG approval – AP update submitted | AC Chair & Allocations Committee; O3A staff | X | X | | | X | X | X | X | | | | | |
| 5. AC Strengthening Activities | Discuss AC objectives for 2021 & 2022 | AC Chair | X | X | | | | | | | | | | X | |
| 6. Elect officers for 2022 | Nominating Committee set by Chair in Oct., Nov. Elections | AC Chair, | | | | | | | | | | | X | X | |

*No meeting in December of 2021. Allocations & Planning Committees may have additional meetings based on activity.



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