

Commission on Aging & Disabilities Meeting

Meeting Date: January 9, 2019

Start Time: 10:00 am

Location: Bureau of Aging & Disabilities Library

Chairperson: Hermine Saunders

Vice-Chair: Jim McCarron

Topic	Discussion
Attendance	Dan Andersen, Dan Bowler, Larry Burbank, Val Cioeff, Bob Coen, Doc Doxzen, Art Frotton, Gail Gannon, Lauren Hickey, Christine Kay, Diann Linton, Diane Martin, Jim McCarron, Rich Ottone, Heather Robb, Commissioner Ed Rothstein, Hermine Saunders, Celene Steckel, Leslie Wagner, Carol Wheatley, Patty Whitson, Lou Yeager
Acronyms	AAA - Area Agency on Aging, ADA - American's w/Disabilities Act, ADL - Activities of Daily Living, AIP – Aging in Place, BCC – Board of County Commissioners, BOAD - Bureau of Aging and Disabilities, COAD – Commission on Aging and Disabilities, CDSMP – Chronic Disease Self-Management Program, CTS – Carroll Transit System, CIL - Center for Independent Living, MDH - Maryland Department of Health , FFP – Federal Financial Participation, LTAC – Long Term Advisory Council, LTCO - Long Term Care Ombudsman, M4A - Maryland Association of Area Agencies on Aging, MAP - Maryland Access Point, MFP -Money Follows the Person, MOU – Memorandum of Understanding, MWOA - Medicaid Waiver for Older Adults, NED - Non-Elderly Disabled, NFCSP - National Family Caregiver Support Program, OAA - Older Americans Act, OHCQ - Office of Health Care Quality, SALGHS - Senior Assisted Living Group House Subsidy program, SHIP - State Health Insurance Program, SIP - Senior Inclusion Program, SMP - Senior Medicare Patrol, SPDAP - Senior Prescription Drug Assistance Program, VTV – Village to Village, WEAAD – World Elder Abuse Awareness Day.
Call to Order and Establishment of Quorum- Hermine Saunders	Hermine Saunders called the meeting to order. A quorum was established with 10 members present. Celene Steckel introduced Commissioner Ed Rothstein. Everyone went around the room and introduced themselves and explained their participation in the COAD. Commissioner Rothstein introduced himself as well.
Approval of Minutes – Hermine Saunders	Hermine requested approval of the November 2018 minutes as submitted. Lou Yeager motioned 1 st and Lauren Hickey 2 nd for approval. All were in favor to approve as submitted.
Old Business – Hermine Saunders	<u>COAD Membership Vacancies, Celene Steckel</u> – Dan Andersen, Dan Bowler, and Doc Doxzen were introduced as COAD's newest members, however, their appointments will not be official until their letters are signed and returned to the Commissioners' Office. Celene mentioned that this is the first time in many years that COAD has full membership, showing strong momentum in the work they are doing.
New Business – Jim McCarron	<u>Long Term Advisory Health Cluster Update, Bob Coen</u> – The Long Term Advisory Council presented their recommendations to the Board of County Commissioners on Tuesday, November 27, 2018. The link is online for those wanting to view. Moving forward it is important for people to take personal responsibility for their own health and wellness. Technology will change how healthcare is provided. <u>AIP Sub-Committee Update, Jim McCarron</u> – Last month Judy Pittman from The Village in Howard presented during their meeting. The Village is a group of Howard County residents and not a structure. They support each other so they may stay in their homes. This village supports 3 objectives which research shows are essential to successful aging – autonomy, purpose and community. They meet regularly, organized to restrict their size, must be over 55 and live in Howard County. They are a non-profit that has a part-time staff person (20 hours/week) to coordinate activities, requests, newsletter and website. There are two tiers of

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	<p>membership - \$350 which includes transportation/handyman services and \$150 which includes activities and events. They do anticipate raising that rate in 2019. Everyone contributes; you just don't join and become a passive member. Discussion then took place that transportation for this age group is crucial. A model that is being looked in to includes a public transportation hub with the use of Lyft and Uber drivers for assistance to the hubs. The AIP sub-committee is continuing to study and research different AIP models, include the Village concept and will report to the COAD with their findings. Aging in Place needs to be grass-root and not county managed, whereas the county will support and advocate, but not sustain financially. Once an idea has been developed, there will be a presentation to the Board of County Commissioners.</p> <p><u>Communities for Life Update, Diane Martin</u> – Five CFL grants have been awarded by the State to Talbot, Worchester, and Alleghany counties, as well as Keswick and Broadmead. Each must have three non-medical components in their business model to include service navigation, transportation, and indoor/outdoor chores. Dr. Martin has been awarded a grant to develop the training program for service navigation. There are 4 modules weekly for 4 weeks of online training. Dr. Martin is completing a report that will include data and will forward to Leslie once complete. McDaniel College is encouraging Dr. Martin to get more involved in the community and will be freeing up her hours so she can accomplish that.</p>
<p>Bureau of Aging & Disabilities – Celene Steckel</p>	<p><u>Staffing Update, Celene Steckel</u> – No updates to report.</p> <p><u>Senior Inclusion Program, Rich Ottone</u> –</p> <ul style="list-style-type: none"> • At capacity with 26 clients. • Completed annual cost report. • Currently working on OHCQ renewal application. • QA Plan was completed last month. • Still working on the Medical Assistance application to be in compliance with the Final Rule. • DDA has authorized additional funds to increase the wages for Direct Support providers. • Christmas party was a great success with families and caregivers invited. • Out of the 242 days open in 2018, SIP was in the community 134 days. • They are maintaining a waiting list. • They have considered growing the program to other senior and community centers in the County. <p><u>Senior & Community Centers, Patty Whitson</u> –</p> <ul style="list-style-type: none"> • The Partnership for a Healthier Carroll County has compiled a 3 year Community Benefit and Health Improvement Plan. The Healthy Aging Leadership Team (HALT) is the designated group for the following concerns addressed in this plan: <ul style="list-style-type: none"> ▪ Behavioral Health (Mental Health/Substance Abuse/Alcohol Abuse) – The Health Department regularly gives substance abuse talks and each center has DoTerra medication disposal bags available to the public. ▪ Oral Health ▪ Dementia/Neurocognitive Health

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- Skin Cancer
 - Immunizations
 - Falls
- Carroll County ranks poorly in the state with skin cancer and mortality from falls. HALT voted to address the following goals in 2019:
 - Dementia
 - Skin Cancer
 - Immunizations (Patty chairs this work group)
 - Falls
- In 2020 and 2021, HALT will address:
 - Oral Health
 - Alcohol Abuse
- HALT is able to use the Senior & Community Center programs to gauge success in meeting their goals.
- Current 2019 Programs scheduled in our Senior & Community Centers:
 - Income Tax Assistance – In 2018 AARP assisted 2,337 individuals with their taxes.
 - Legal Aid Clinics – We asked Legal Aid for the top 3 areas of concerns for seniors in Carroll County:
 - Housing – related cases ranging from foreclosure assistance to landlord/tenant matters.
 - Consumer Cases – ranging from debt collection, to bankruptcy, to contract disputes.
 - Wills and Powers of Attorney matters
 - Lou Yeager from Catastrophic Health Planners announced that they provide powers of attorney and wills for free, as a service of the lawyers they have on staff.
 - Legal Aid Bureau will provide Renter’s Rights talks beginning in January
 - Law Day and Law Day talks will be provided by local attorneys. Law Day is May 1st and talks will be provided in March and April.
 - Seniors will have the opportunity to schedule a 45 minute appointment with a volunteer attorney to develop living wills and medical power of attorneys, at no charge.
 - Fresh Conversations – Staff from UMD Extension lead a program that offers food, fun, and friendly conversation to help seniors maintain their health and independence. These are held once a month.
 - Sample new recipes
 - Discuss current nutrition and health topics
 - Discover new ways to be active
 - Learn from each other
 - Older Drive Safety Classes – suggested dates have been sent to Larry Burbank

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- Monthly blood pressures in each center
- Update – Blood Pressure Cuff Distribution – there has not been as much interest as anticipated. They will be meeting again with the Health Department and Hospital to try and come up with a plan on how best to distribute these free cuffs.
- Update – New tablets purchased with Senior Center Operating Funds Grant
 - Payment processing – will accept payment of cash, checks and credit cards. Credit cards can be swiped on a card reader that is integrated to the mobile app.
 - Nutrition Assessments
 - Participant Surveys
 - Membership Form Registrations
- Update – Flu Vaccines and Flu Precautions
- State Monitoring – Congregate and Health Promotion
 - Rewrote the Nutrition Manual
- Koons Donation
- Community Partnerships

Aging & Disabilities Services, Celene Steckel –

- Senior Assisted Living Group Home Subsidy is a program available to income-eligible adults age 62 or older that provides a maximum monthly subsidy of \$650 for care in small facilities (16 beds or less). We've had vacancies in Carroll County's program and although widely marketed, have been hard to fill. Maryland's Secretary on Aging has agreed that the monthly maximum subsidy is low and is considering possibly increasing the monthly maximum.
- Senior Care Program provides \$300/month for in-home supports. There is a health department assessment and you must meet income eligibility.
- Bonnie Glick is leaving the Maryland Department of Aging and has been approved for the US Agency for International Development.
- The State will be monitoring all Title III programs via Skype in one day for each AAA. Carroll County's date is January 24, 2019.

Other Updates and Announcements, BOAD Staff –

- Five leaders from Carroll County have been cross-trained in Chronic Pain Self-Management. We are partnering with the Health Department and will schedule workshops sometime this summer or fall. All five senior and community centers are scheduled to host either a Chronic Disease or Diabetes Self-Management workshop series at their locations in the Spring of 2019.
- The Seniors on the Go Expo will take place Wednesday, April 3, 2019 from 9am to 2pm in the Shipley Arena of the

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	Carroll County Ag Center. COAD will again have a booth, so volunteers will be needed to set-up on Tuesday, April 2 nd and run the booth on Wednesday, April 3 rd , as well as tear down. A sign-up sheet will be available at March's meeting.
Area Reports – COAD Members	<u>Larry Burbank, Veterans</u> – <ul style="list-style-type: none">• Sheetz in Manchester will be under renovation this Spring. Traffic may be impacted at Rt. 30 and 27.
Next Meeting Date	The next meeting date is Wednesday, March 13, 2019 at 10:00 a.m. in the Bureau of Aging & Disabilities Library.