

**Aging Partners Areawide Advisory Council Minutes
October 19, 2017**

Present: Linda Heinisch, Gloria Aron, Shari Busch, Kathy Stokebrand, JoAnn Sieck, Sharon Reisdorff, Jacki Miller, Esther Bailey

Audio Conference: None

Absent: Ardee Rut, Keith Larsen, John Wyvill, Steve Egglund, Harold Simpson, Cathy Rauch, Marsha Ward, Marty Stones, Vern Schulte, Alan Gissler

Staff: Randy Jones, Denise Boyd, Diane Kozisek, Susan Keese

I. Gloria Aron welcomed everyone and called the meeting to order at 1:03 p.m. Self-introductions followed. Gloria Aron asked for a motion to approve the minutes of September 21, 2017. Shari Busch made the motion and Esther Bailey seconded. All were in favor and the motion was adopted.

II. Butler County Senior Services: led by Diane Kozisek, assistant director

Diane shared with the group that she loves the challenge and reward of working with Senior Services. Services provided include congregate meals five days a week, case management via Aging Partners caseworker Becky Romshek, meals on wheels (deliver to 20-30 daily), public transportation services, cards, entertainment, health promotion classes, nutrition education and special events. They host Health fairs with an average attendance between 75-100 people. Health fairs include occupational therapist, drug review, old prescription recycling, blood pressure checks, a donated free meal, chiropractor assessments, diabetic outreach, shoe clinic, and a Four Corners caseworker to answer questions. Also they will do a Financial Resource Fair in April with funeral homes offering planning advice to help people prepare, insurance and investment companies, and nursing home representatives handing out information.

The David City Senior Center will rent their facility out at times for extra income and promotes community involvement. Fundraising includes brunch one Sunday a month; a monthly potato bake; and soup & salad or sandwich & salad at the David City Center. Butler County is trying to promote anyone to come in and eat from the public besides 65 and older.

Current improvements for Butler County Senior Services include building a new garage to store transit vehicles and fundraising for a new tiled floor at the David City Center.

Q&A

- Gloria asked if tile is as safe as carpet. Shari stated that it depends on type; some are non-slick and even safer. Diane is confident that they'll be careful in selection
- Randy asked if any city funding goes into the David City Senior Center. No, only county support, federal/State funds filtered through Aging Partners, fundraising, and donations go towards the center.
- Shari asked if transportation needs advance reservations for a ride. A 24 hour notice is required.
- Shari asked if there's a priority to van rides. Yes, Dialysis patients get first priority. They transport folks to Columbus for dialysis 5 days a week.
- Randy asked if individuals under 60 use transportation services. Yes they can and 2-3 regular users are under 60 years of age.
- Shari asked the cost to rent the David City Center building? \$75 and certificate of insurance

III. State Advisory Committee Report: led by Kathy Stokebrand

Meeting was held in Kearney October 11th, 2017: State Unit on Aging update regarding the legislative plan for Ombudsman funding. The Ombudsman Program mission is to empower and enhance the lives of residents of

Updated: 12/11/17 sck

long term care facilities by seeking resolution of issues and by advocating resident's rights. They're responsible through Federal and State Law to advocate.

1. Ombudsman: in Nebraska the program is divided. Funding comes from State and Federal (Total \$250,000). This last year Ombudsman conducted 1900 facility visits (long term care), 690 complaints, 2200+ individual consultations, 1500 facility consultations, 46 education programs, 74 facility/staff trainings, 150 meetings with resident councils, and participated in long term facility services surveys. The most common complaints are failure to respond for request for assistance, exercising a preference or a choice to the individual, personal hygiene needs not addressed or met; medication administration; dignity; resident conflict; discharge/eviction problems; personal property loss; family conflict; and quality of food.

2. Office of Guardians has expanded to cover clients better without overloading guardians. They promote planning legal actions for all and options available for guardians and other non-guardian resources such as power of attorney. Office of Guardians work to find best persons to act as guardians; collect data for what needs are in Nebraska; and where individuals with needs and assigned guardian can go with questions/concerns. Nebraska is aging quicker as 8th highest in the Nation, 39% of Nebraska residents over 65 years of age are disabled, and the number of adults over 65 will double in the State by 2060.

3. Discussed complaint at meeting is keeping centers open in Nebraska even though participation numbers are falling. Have to look to younger generation to keep centers going and it can be hard for communities to understand/accept this. Randy asked, "When you say "intergenerational" do you mean younger seniors or youth?" Kathy replied that having a center be intergenerational means keeping the community aware of the centers existence and its importance to the community by involving all. One way of doing so is by having school programs provide entertainment at senior centers and in return the senior centers can reach out to kids (i.e. trunk or treat will start at senior center and Christmas time craft day at senior center).

Q&A

- Randy asked if the State Advisory Committee talked about monitoring visits. Yes, monitoring visits will be more intense than in the past due to Federal guidelines requiring a more complicated process with more questions. State will not get their funding if they do not meet Federal compliance. Major change is inserting member of State auditing department to really get into financials. Randy added that the result of this will cause Aging Partners to carry stricter monitoring down to lower level of County Programs and requires more overhead and administration time.
- Gloria asked if current staff will be able to handle added monitoring. Randy replied Aging Partners has been frugal with open positions to give flexibility to shift and are considering adding compliance monitoring personal to staff down the road. Aging Partners is in a much better position since our finances run through the City of Lincoln, but as you get into smaller agencies it gets harder. Randy added having to move towards sub-awards rather than interlocal agreements (from CMS at national level). Interlocal agreements are just too generalized to meet Federal and State compliance standards. Switching to sub-awards may require us to restructure Aging Partners formal contract with the counties and really educate county boards on the process and why the change is needed.
- Randy asked if the committee discussed ADRC funding. Kathy responded that they are hoping to present success of program to the State so ADRC does not get cut (\$5-7 million needed to keep it functioning at current level).

IV. Directors Discussion: led by Randy Jones

A. Food Preparation Contract Update: led by Denise Boyd

At last meeting, Areawide Advisory Council approved to give support to change in meal model edits. The State

Updated: 12/11/17 sck

Unit on Aging reviewed and approved Aging Partners food model change within 2 days. After approval by SUA, Lincoln City Council moved from “pending” to “action” on October 16th and will have final say on Monday October 23rd 2017 to in act contract. Aging Partners (Lancaster Co.) aim to start the new food contract Oct 30th 2017. Aging Partners believes that people will be well pleased. Aging Partners has offered shelf stable meals for participants to have on hand at their homes to cover both closed roads and snow cancelations.

Q&A

- Kathy asked if more time to look at contract of 60 days (instead of 30 days) would have resulted in more bids. No. Aging Partners reached out 70+ local companies letting them know our contract was opening for bid; however, only the selected vendor submitted a completed bid for the food contract.
- Shari asked if any major questions or concerns from city council? Randy replied that 3 people of public spoke up at public hearing-1 confused on process; other 2 attend Downtown Senior Center and were concerned about loss of kitchen staff. Council asked about quality of food-Randy reassured with quality assurance procedures and a 30 day “out” convenience clause written into contract. Also Aging Partners has maintained food service certified kitchen properly licensed staff with the Lincoln Health Department.

B. Overview of New Diabetes Self-Management Workshop: led by Susan Keese

Aging Partners has begun offering an evidence-based, self-management program developed by Stanford University geared specifically towards Diabetes. It is a 6-session interactive workshop that helps people with diabetes take control of their health. We meet once weekly, for six weeks. This program and training materials are sponsored by NE-HHS which makes all interactive training sessions free to the public. The *Living Well with Diabetes* self-management workshop is reviewed and supported by the American Diabetes Association and American Association of Diabetes Educators. The Stanford Patient Education Research Center and California HealthCare Foundation conducted a randomized, controlled study to test the workshops’ s effectiveness in 2008 and found that six months after the workshop, participants reported significant improvements in overall health and at 12 months continued to demonstrate improvements.

An overview and workshop schedule will be featured in Aging Partners *Living Well* magazine released in the winter addition. Currently one workshop is being offered in Lincoln through Aging Partners. An addition two workshops will be offered in January and in March we will be offering the program in one of the multicounty locations.

C. Health & Fitness Center Update: led by Randy Jones

Aging Partners Health and Fitness Center is forced to move out of current location. They will be moving to its new location at 9th and J St in Lincoln in the near future. This building houses multiple staff offices, Transportation, and the fitness equipment. The Building Commission will pay for \$50,000 in renovations to the new location. Also Martha Hakenkamp has secured \$50,000 which has been designated for fitness equipment. We hope to be in new site by end of 2017. Clients are very excited and anxious for the new move.

Q&A

- Shari asked where new parking will be. Randy answered that roughly 50 stalls of metered street parking have been designated for the new location. Once customers come in we can register license plates with city so they are not ticketed at the meters.
- Shari asked if new location has more room. There is a slight decrease in size but will be better utilized and efficient.
- Kathy asked how many people currently attend the Health & Fitness Center. Roughly 500-600 unduplicated count use fitness center programing.
- Kathy asked if Aging Partners is still planning to move to Victory Park. Randy says Aging Partners is

leaving option open until December 2019 and intending to move there. However, Aging Partners is getting to a position where we have to come up with a Plan B due to water flooding and dilapidation of the Downtown building and traffic concerns. If Aging Partners is able to move to Victory Park the Health & Fitness Center will move there as well.

D. Introduction to “No Wrong Door” and Medicaid Waiver Redesign Update: led by Randy Jones

This is the first step of the new privatized Medicaid Waiver. The “No Wrong Door” approach that is an idea of taking care of persons needs directly which will help prevent more costly services that puts them on Medicaid early. The ADRC will roll into the “No Wrong Door” program if successful.

Complication with this approach is the vast amount of parties who need to be served including schools, VA, hard to get to groups, disabled, and the aging in-step. To make this effect is to break down barriers and different groups working on same page. The State has promoted this difference in its structure by categorizing which makes it difficult to navigate through the system. Conceptually “No Wrong Door” aims to unify the programs together to provide option counseling and resources regardless of which agency has been contacted.

Redesign has been taken off the table for now because it’s been too aggressive and asking for more change than what can be implemented. Aging Partners believes that implementation will be after 2020. A lack of quality getting out of Heritage Health has slowed down this process and the fact that Ne does not have a Medicaid Director.

Q&A

- Kathy asked are current caseworkers snowed under. In terms of ADRC, Aging Partners has stayed on top of volume (which has been steady). However as more people become more aware of it we think there’s going to be a need for more investment. On other side with Medicaid Waiver, seeing the highest need ever with Aging Partners caseworkers.

IV. Other Business:

Change in location of January 25, 2018, AAC meeting from Lancaster Extension to **Downtown Senior Center** with a Fillmore County virtual tour. Lunch will be offered at 12:00PM.

Adjournment: 2:47 PM

Respectfully Submitted,
Susan Keese
November 29, 2017
Amended by Randall S. Jones

Handouts: Agenda, September 21st Meeting Minutes, 2017-2018 Tentative Schedule