

Kitsap County Division of Aging & Long Term Care Advisory Council

614 Division Street, MS-5, Port Orchard, WA 98366

Phone: (360) 337-5700 ♦ 1-800-562-6418 ♦ Fax: (360) 337-5746

Advisory Council Meeting

Date: March 15, 2023

Time: 11:30am- 1:30pm **(11:15am for pre-meeting technical assistance)**

Virtual Meeting Link: Please click the link below to join the webinar:

<https://us02web.zoom.us/j/3603375624?pwd=OTdqN01vVXNnK1creTVDeK1oRWZCUT09>

Meeting ID: 360 337 5624

Passcode: 98366

Phone Dial-in: 1 (253) 215-8782

Meeting ID: 360 337 5624

Password: 98366

A G E N D A

- 11:30am
1. Call To Order
 2. Introduction of Council members and public members- expectations for public input
 3. Meeting Agenda Approval
 4. February meeting notes (Attachment 1) - Approval
 5. 2023 Aging Council Workplan- Social Isolation subcommittee (discussion)
 - a. Committee members: Karol (lead), Ann, Ranae, Elizabeth
- 12:00pm
6. Legislative Advocacy activities
 - a. Status on w4a Legislative priorities:
 - Case Management – technical fix
 - Health Homes increase reimbursement rate
 - Dementia Catalyst increased pilot sites (statewide)
 - b. Spring Senior Lobby Day, debrief
 7. Council Member Report of Activities- Outreach form (Attachment 2)
 - a. 1/10th Citizens Advisory Council- Charmaine Scott
 - b. 2023 SCOA Meeting- Susan
 - c. Council Member Report of Community Outreach Advocacy
 - What did you do since the last meeting?
 - Brief Overview
- 1:10pm
8. Aging Services
 - a. Recruitments- 3 FTE Medicaid CM, 1 MDT CM, 1 RN
 - Posted to w4a, USAging, and boosted to local platforms (Indeed)
 - b. Area Plan Community Survey, posted March 1-30
 - c. Dashboard Report (Attachment 3)
 - d. 2023 Draft Advisory Council Calendar of Events (Attachment 4)
 - June meeting: Area Plan presentation
 - July meeting: Retreat Planning (Steve, Charmaine, Ranae)
- 1:30pm ADJOURN

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February 15, 2023 Aging Advisory Council Meeting Minutes**Zoom****1. Convened at 11:31 a.m.**

Members Present: Sandra Miles, Steve McMurdo, Ranae Beeker, Barbara Paul, Ann Paoletti, Charmaine Scott, Karol Stevens, Cynthia Blinkinsop, Linette Zimmerman, Susan Kerr.

Members Excused: Elizabeth Safsten.

Members Unexcused: None.

Guests Present: Cathy Knight, W4A State Director.

Staff Present: Stacey Smith, Cristiana Fillion.

Public Address: None.

2. Approval of Agenda: The meeting agenda was reviewed.

- Karol made a motion to approve the agenda. Ranae seconded and the agenda was approved.

3. Approval of Minutes:

- Karol made a motion to approve the January meeting minutes. The motion was seconded by Barbara. The minutes were approved.

4. Council Member Report of Activities**a. 1/10th Community Advisory Council Representative – Charmaine Scott**

- Charmaine stated that the 1/10th Mental Health Community Advisory Council has received their third quarter report and are beginning their review. Their Council will also be working to streamline the RFP process so it mirrors that of other Human Services grant funding. They will also be reviewing their bylaws to update definitions and language. In March they will learn how much grant funding will be available. Their Council is planning to begin in-person meetings this year but have yet to find a new centrally located space.

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b. 2022 SCOA Meeting

- Susan stated that the first topic of discussion during the January meeting was with the Association of WA State Senior Centers. They are aiming to get more information on whether senior centers are sharing resources, how senior centers engage with the community, and how they are being funded. Susan joined the Bremerton Senior Center and will try to gather that information. There were also presentations from Washington State's Long-Term Care Ombuds, AgePride, The Hearing Loss Association of Washington, as well as updates from w4a, Senior Lobby and DSHS ALTSA. Susan is joining the Public Outreach and Education Committee and they have created a first draft plan for 2023.

c. Council Member Report of Activities

- Ann attended the Kitsap Aging legislative meetings and found them very interesting. Ann also followed up on the South Kitsap Town Square Mall elevator situation and found that one of the escalators is also out of order. She was told that the repairs are on hold while the building is being remodeled. Ann has been talking to neighbors and some were curious to know of good organizations they can donate to that would help seniors. She is considering Meals on Wheels Kitsap (MoWK). Stacey agreed that MoWK would be a great choice and provided contact information for MoWK. Ann also spoke about GoGoGrandparent which is a service that enables seniors to request home services and transportation from trusted providers.
- Karol stated that her home remodel—should be completed in March. Very recently, Karol facilitated a presentation from Information & Assistance Supervisor Jason Doty and Information & Assistance Technician Brenda Barker for the Keyport Improvement Club. Karol also explained that a family member will be using the ACCESS bus through recovery. Ann asked how best to get information about ACCESS. Karol stated that there is a website, but you can also call and they will provide information and send applications.
- Barbara attended the Project Connect event in Poulsbo. She introduced herself to the person running the fair and offered materials on senior services

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- Cynthia has spent some time traveling and assisting her brother in finding an agency to build a ramp for his home.
- Charmaine has been spending time working on the 1/10th Mental Health Community Advisory Council. She also noted that the South Kitsap VFW is collecting foodbank donations.
- Linette been working on an aging in place project in her basement apartment. She has also been working with the three local Soroptimist Clubs in our area. She described ALTC services and encouraged them to come up with a service project for seniors, either individually or as a club activity. Linette explained that the Soroptimist Clubs in Kitsap County and the Olympic Peninsula will be meeting next weekend and she will have a few minutes to let them know about the Council and how they can make contact with their AAAs.
- Ranae thought the Kitsap Aging legislative activities were informative and was very impressed by how perceptive and engaging everyone was. Regarding Karol's comment and Ann's question, Ranae expressed that getting accustomed to using the ACCESS bus was difficult, but the drivers are great and the other passengers are often friendly. She stated that it was very easy to apply online. Rides can be scheduled online or over the phone.
- Sandra stated that she joined Bainbridge Island senior center, and they are very active. Susan explained that the Bremerton senior center was only closed during 2020, and they are also very active with activities and outings.
- Steve attended the Kitsap Aging legislative meetings. He also joined a conversation on NextDoor in which he explained the Council and provided contact information for ALTC's Senior Information and Assistance.

5. De-Brief January Activities

- Legislative Appointments – Cathy Knight, W4A State Director, attended the legislative meetings and began the discussion by stating that the Council was well prepared and that the meetings went well. The first session was with a staff member of Sen. Drew MacEwan. She explained that he replaced longtime Sen. Tim Sheldon, and in the past, he has been a champion for older adults. Stacey

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continued, stating that this was a unique appointment in that the Lewis-Mason-Thurston AAA took the lead. Cathy noted that while there were some technical issues, the meeting went well overall and gave our Council the opportunity to see how other Councils approach legislative meetings.

- Stacey moved to the next meeting with Rep. Michelle Caldier, who is also a champion for seniors. Sara Thompson, from the Peirce County AAA, was in attendance. Cathy stated that Rep. Caldier was very welcoming and understanding. Ann stated that the interaction went very well. Steve stated that after introductions were made, the rest of the meeting flowed naturally.
- On Tuesday the Council met with Rep. Drew Hansen. Cathy stated that she was pleasantly surprised by the meeting with Rep. Hansen. He was very focused on whether there were sponsors and if things were written up. Steve added that it was comforting that Cathy had the data available and he was very appreciative of her knowledge.
- Wednesday's first meeting was with Rep. Tarra Simmons. Rep. Simmons was very gracious and spent some time talking about issues that are important to her. While there were no promises made, she seemed understanding and supportive, and made the Council aware of limitations.
- The following meeting was with Sen. Christine Rolfes. Kate White Tudor joined the meeting. Cathy stated that the meeting went well. She felt that Sen. Rolfes really understands the issues, but knowing the budget, there were no promises. Barbara stated that although Sen. Rolfes was late coming into the meeting, she felt that the meeting still went well. She noted that the approach of getting straight to the issues, rather than telling stories, was beneficial as Sen. Rolfes was understandably hurried. Steve pointed out that having the data ready and the fact that two of the asks were for programs that already exist was very helpful. Karol felt the same way and agreed that Sen. Rolfes is very informed on the issues and programs. Ann mentioned that she was impressed by the meeting.
- The final meeting was with Sen. Emily Randall. Stacey expressed her excitement that Sen. Randall decided to sponsor a bill. Cathy stated that there are now sponsors for all three bills, from both houses. Cathy congratulated the Council on

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a job well done.

- Cathy will send out Action Alerts. One thing she will be tracking is the expansion of the definition of a family member, this would reduce training hours and certificate requirements and encourage more family members to be involved in elder care. There is also a bill for rural counties to maintain a sales tax to support senior activities. Cathy explained that there is a lot of money that the state must spend by June 30 and they are considering low-income nutrition services. There will be an appropriation hearing on Friday, and Lynn Kimball, Executive Director of Aging & Long Term Care of Eastern Washington, will be testifying for senior nutrition programs.
- Stacey moved to the Spring Senior Lobby, which will be virtual this year. Stacey explained that in the past the Senior lobby has had keynote speakers and occasionally there is time to spend with legislators in the afternoon. Stacey sent out a save-the-date. No agenda or link for the meeting has been shared yet. Cathy stated that there will be presentations, but legislators will be very busy with negotiations and will likely be unable to attend. Barbara will not be able to attend but encouraged Ann and Ranae to attend as a learning experience. Karol seconded. She attends every year and stated that the presentations are very helpful in gaining a broader view. Susan will be attending in the morning to see Walt Bowen's presentation.

6. Aging Services

a. Recruitments

- Stacey stated that ALTC has had an ongoing recruitment for a second Registered Nurse Case Manager. There have been two applicants, but both accepted other positions. Stacey described the recruitment process.

b. Care Transitions Program

- Stacey explained that the work with St. Michael and St. Anthony continues. Referrals have become more frequent and ALTC's Care Coordinator, Faith, has been reaching out to clients. There have been some referrals for clients

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that have visited the emergency room, and while not requiring admittance to the hospital, still needed assistance.

c. Dashboard Report

- The Council reviewed the February Dashboard Report. Stacey explained that the revenue graph has been updated to include data from 2011 to 2023, and that the graph is broken down by funding source. There has been a significant increase in funding thanks to the work of the Council. Stacey also added that community outreach events have been included on the second page of the report. Steve asked if the outreach activities are open to the public. Stacey explained that some, like the Silverdale Library Resource Fair, are open to the public while others are only open to the group that requested the meeting.
- Karol confirmed that Ann, Ranae and Elizabeth would like to be members of the Social Isolation subcommittee.

d. 2023 Draft Advisory Council Calendar of Events

- The Council reviewed the 2023 Calendar of Events. April's meeting is cancelled. Barbara suggested that regular business be streamlined during July's meeting to add time for the retreat. Ranae asked for more information on the May workshops. Stacey explained that ALTC hosts two to four workshops on healthy aging, aging in place, and ALTC's services. A mixture of virtual and in-person meetings are being considered. Stacey asked the Council if they would like to schedule July as a social event or retreat. Stacey will bring the agenda for an in-person gathering to the Council to review in June.

ADJOURNMENT

The meeting was adjourned at 1:06 p.m.

Steve McMurdo, Chair

Advisory Council Community Outreach Tracking Form

1. Type of Outreach:

- ☐ Community Outreach Event
 ☐ Group Education
 ☐ Media/Internet
 ☐ One on One
 ☐ Material Dissemination
 ☐ Advocacy Action Alert

2. Outreach Details:

Date of Activity:	Event Location:	
Time Spent on Event (Minutes)	Preparation Time: (Minutes)	Travel Time: (Minutes)
Name of Advisory Council Member(s):		
Number of People Reached:	Name of Event <i>(if applicable)</i> :	

3. Advocacy Action Alert Details:

Name of Elected Official(s):	Method of Contact: <input type="checkbox"/> Phone <input type="checkbox"/> Email <input type="checkbox"/> Mail <input type="checkbox"/> Other _____
Notes:	

4. Topic(s) Discussed:

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Alzheimer's & Dementia | <input type="checkbox"/> Family Caregiver Support | <input type="checkbox"/> MAC/TSOA | <input type="checkbox"/> SHIBA/Medicare |
| <input type="checkbox"/> Americans w/Disabilities Act | <input type="checkbox"/> Kinship Caregiver | <input type="checkbox"/> Medicaid | <input type="checkbox"/> Systems Advocacy |
| <input type="checkbox"/> Disaster Preparedness | <input type="checkbox"/> Legal Services | <input type="checkbox"/> Nutrition | <input type="checkbox"/> Volunteer Recruitment |
| <input type="checkbox"/> Elder Abuse | <input type="checkbox"/> Legislative Town Hall | <input type="checkbox"/> Senior Drug Info | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> End of Life Planning | <input type="checkbox"/> Long Term Care Planning | <input type="checkbox"/> Senior I&A | |

5. Estimated Age Range of Attendees:

- | | | |
|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> 18-24 | <input type="checkbox"/> 35-44 | <input type="checkbox"/> 55-64 |
| <input type="checkbox"/> 25-34 | <input type="checkbox"/> 45-54 | <input type="checkbox"/> 65+ |

6. Groups- Targeted or in Attendance:

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Dual-Eligible (Medicaid & Medicare) | <input type="checkbox"/> Unpaid Caregivers | <input type="checkbox"/> Mental Health Professionals | <input type="checkbox"/> Medicare Beneficiaries |
| <input type="checkbox"/> Speakers of Languages other than English | <input type="checkbox"/> Kinship Caregivers | <input type="checkbox"/> Low Income | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Individuals w/ Disabilities | <input type="checkbox"/> Social Workers | <input type="checkbox"/> Pre-retirees | |
| <input type="checkbox"/> Person w/ dementia | <input type="checkbox"/> Health Care Workers | <input type="checkbox"/> Retirees | |

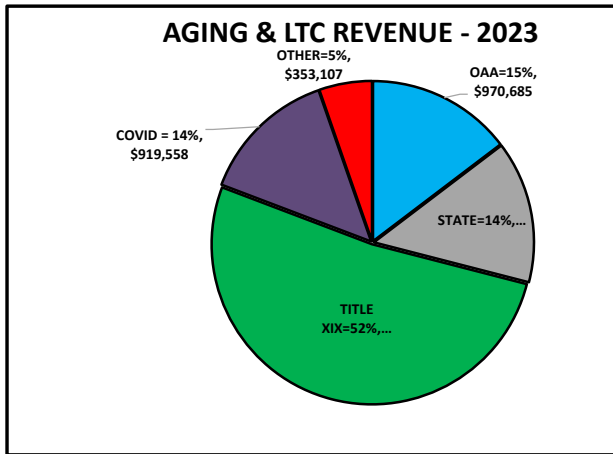
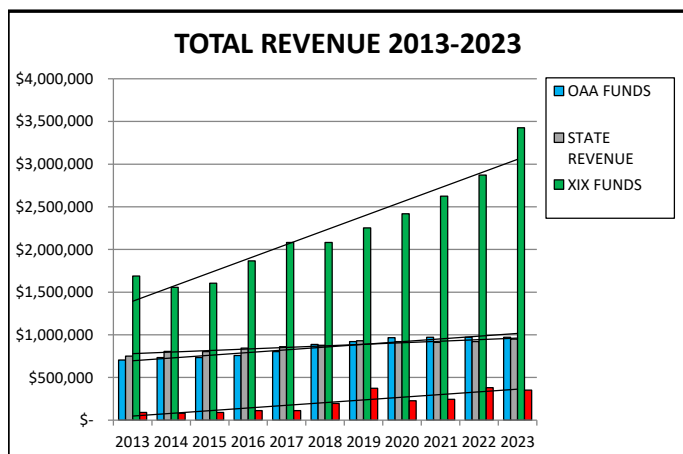
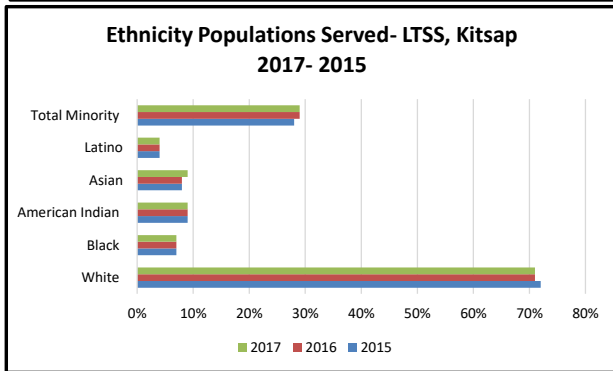
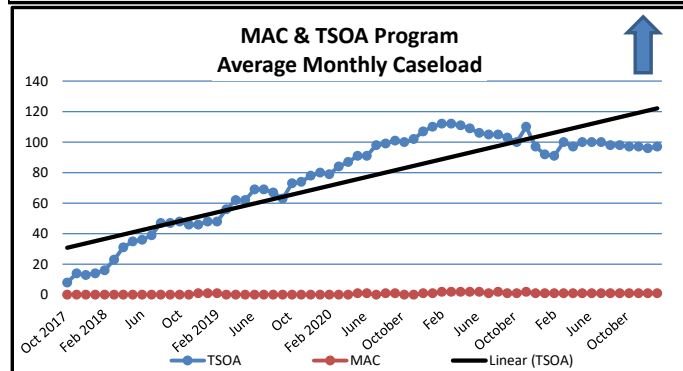
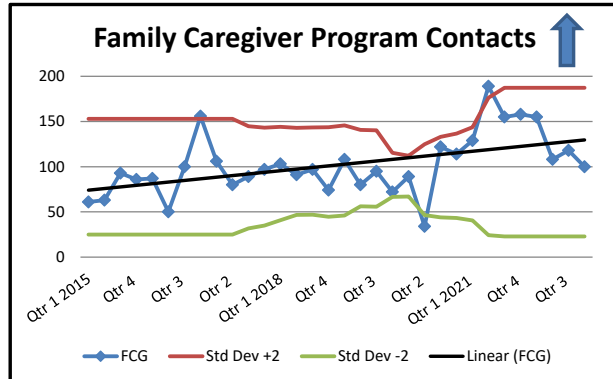
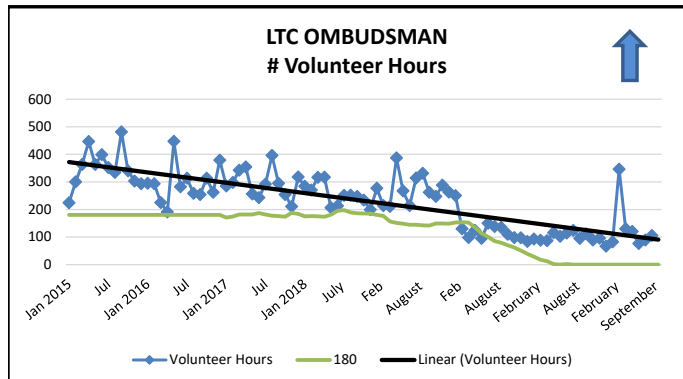
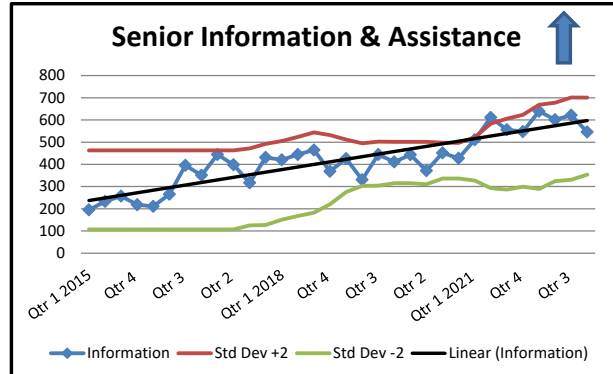
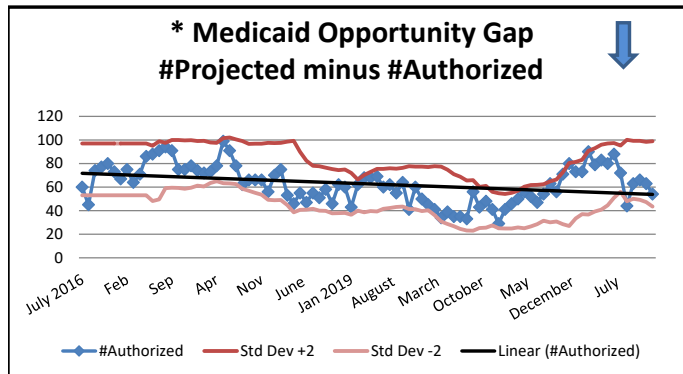
7. Race/Ethnicity- Targeted or in Attendance:

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> American Indian | <input type="checkbox"/> Samoan | <input type="checkbox"/> Asian Indian | <input type="checkbox"/> Other Pacific Islander |
| <input type="checkbox"/> Alaska Native | <input type="checkbox"/> Filipino | <input type="checkbox"/> Black, African Am | <input type="checkbox"/> Other Race-Ethnicity |
| <input type="checkbox"/> Chinese | <input type="checkbox"/> Japanese | <input type="checkbox"/> Korean | |
| <input type="checkbox"/> Hispanic, Latino, Spanish | <input type="checkbox"/> Other Asian | <input type="checkbox"/> Guamanian or Chamorro | |
| <input type="checkbox"/> Native Hawaiian | <input type="checkbox"/> White, Non-Hispanic | <input type="checkbox"/> Vietnamese | |

8. Materials Handed Out- Type & Quantity:

- | | | |
|---------------------------------------|-------------------------|--------------------------------|
| ___ ALTC Rack Cards | ___ Senior I&A Brochure | ___ Other |
| ___ Family Caregiver Support Brochure | ___ MAC/TSOA | ___ Advisory Council Bus. Card |

Aging & Long Term Care Advisory Council Dashboard- March 2023



COVID Timeline:

March- May 2020: COVID-19 Stay At Home order in effect
 June 2020: COVID-19 phased reopening began
 July 2020: COVID-19 July 2020 reopening paused
 November 2020 - February 2021: Statewide restricted opening due to Winter spikes
 December 2021- January 2022: Omicron spikes
 March 2022- Brief home visits start
 May 2022 - Home assessments begin (partial or full)
 July 2022- BA.5 variant surge
 October 31- State PHE ends for LTC facilities and some state waivers
 May 11, 2023: Federal PHE and state MDD ends

Trends:**Community Outreach Activities:**

(Tentative) March 7: Village Greens Healthy Aging presentation (JCM contact)
 March 15: Hansville Friends, Overview of Services presentation
 March 20: Bainbridge Island IVC Healthy Aging presentation (JCM contact)
 April 11: Bremerton Senior Center Healthy Aging Presentation (JCM contact)
 April 18: FourSquare church Healthy Aging presentation at Kitsap Golf & Country Club (JCM contact)
 May 3: OAA ALTC Overview 3:00pm (virtual)
 May 9: OAA Brain Health Silverdale Library 12:00pm (in person)
 May 10: PSE Programs for Older Adults 10:00am (virtual)
 May 16: Dementia Friends Initiative Model, Silverdale Library 1:00pm (in person)
 May 18: FourSquare church Healthy Aging presentation at church (JCM contact)
 May 23: OAA PCHS SHIBA presentation 11:00am (in person)

2023 Advisory Council Meetings & Activities

January 9	WA Legislature Begins (no events)
January 18	* Advisory Council from 11:30am- 1:30pm
January 23	* w4a Legislative Training Webinar <i>11:00am-Noon zoom</i>
January 24	* Advisory Council Legislative Planning meeting- <i>Noon zoom</i>
January 30-February 2	* w4a Advocacy Days (appointments with elected officials)
February 15	* Advisory Council from 11:30am- 1:30pm
February 23	WA Spring Senior Lobby Conference (zoom) 8:30-11:30am
March 15	* Advisory Council from 11:30am- 1:30pm)
April 19	Advisory Council from 11:30am- 1:30pm
May 17	* Advisory Council from 11:30am- 1:30pm
May Workshops	<u>May Older Adults Virtual Workshops</u> May 3: Kitsap Aging Overview, 3:00pm (virtual) May 9: Older Adult Brain Health, Silverdale Library, 12:00pm (in person) May 10: PSE Programs for Older Adults, 10:00am (virtual) May 16: Dementia Friends model, Silverdale Library, 1:00pm (in person) May 23: OAA PCHS SHIBA presentation 11:00am (in person)
June 21	* Advisory Council from 11:30am- 1:30pm <i>AREA PLAN OVERVIEW presentation</i>
July 19	* Advisory Council from 11:30am- 1:30pm (Retreat)
August 16	* Advisory Council from 11:30am- 1:30pm
September 20	* Advisory Council from 11:30am- 1:30pm
October 18	* 2023 AAA & State Council on Aging (SCOA) Conference (No Advisory Council meeting this month)
October 19	* 2023 Fall Senior Lobby Conference
November TBD	* Kitsap Caregiver Fall Caregiver Workshop/Conference
November 15 (revise)	* Advisory Council from 11:30am-1:30pm
December 20	* Advisory Council from 11:30am- 1:30pm

*indicates hybrid in-person and zoom meeting

In-person meeting location: (South Kitsap) Givens Community Center, Cascade Room