

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: May 17, 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. March 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)
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. Older Americans Month- Workshop Flyer (Attachment 3)
- b. Recruitments- 3 FTE Medicaid CM, 1 MDT CM, 1 RN
- c. Area Plan activities- June meeting presentation
- d. Dashboard Report (Attachment 4)
- e. 2023 Draft Advisory Council Calendar of Events (Attachment 5)
- July meeting: Retreat Planning (Steve, Charmaine, Ranae)
- 1:30pm ADJOURN

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March 15, 2023 Aging Advisory Council Meeting Minutes

Zoom

1. Convened at 11:34 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: None.

Staff Present: Stacey Smith.

Public Address: None.

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

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

3. **Approval of Minutes:**

- Ranae made a motion to approve the February meeting minutes. The motion was seconded by Ann. The minutes were approved.

4. **Social Isolation Subcommittee Activities**

- The subcommittee has not met yet. Karol has requested to postpone the first meeting one more month due to personal project delays. The group plans to meet April 19th. Karol will connect with other Council members to coordinate the meeting time and location (or virtual format).

5. **Legislative Advocacy Activities**

- Stacey provided an overview of the state legislative Bills “cut off” dates and update to the w4a priority budget proviso items. The Governors budget should be released April 12th, with April 23rd as the end of the regular session. The session could go into “Special session” if the House, Senate and Governor have not agreed on a

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final biennial budget.

- Spring Senior Lobby conference de-brief – Council members shared information and highlights of the conference and their preferences for attending conferences (in person versus Zoom). Stacey noted that planning for the Fall Senior Lobby Conference, scheduled for October 19th, is currently underway.

6. Council Member Report of Activities

- a. 1/10th Behavioral Health Community Advisory Council Representative – Charmaine Scott
 - Charmaine stated that the 1/10th Behavioral Health Community Advisory Council has finalized their CY 2024 request for proposal calendar of activities. They will be working on a recommendation to extend the award process to 2-years contract terms for the Board of County Commissioners. They are also considering offering mini-grants with a simplified application process. The total amount of available funds for CY 2024 award will be released in April.
- b. 2022 State Council on Aging (SCOA) Meeting
 - Susan shared an overview of the February 28th meeting topics that included Kaiser on-line pharmacy, statewide housing efforts, COPES and Residential Services state waiver renewal, senior centers advocacy, and AARP Dementia focus and bills they are advocating to pass. She will send the SCOA meeting notes and handouts to Stacey for Council distribution. The Council expressed appreciation for the information.
- c. Council Member Report of Activities
 - Ann followed-up with her neighbors to share information about Meals on Wheels for donation and Care Transitions services available through Kitsap Aging. She attended the Silverdale Resource Fair and Spring Senior Lobby conference. She distributed the March 21st Dementia Friends flyer to friends. She is researching “well connected communities” in preparation for the Social Isolation subcommittee. She requested 25 more rack cards to distribute.
 - Linette attended Soroptimist meeting that included 9 clubs from Kitsap, Pierce, Jefferson and Clallam to provide an overview of services available through local Area Agencies on Aging. She challenged members to identify projects that

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- impact local senior women. She attended the Emily Randall Town Hall meeting.
- Cynthia participated in a local caregiver support group. She has facilitated connecting family members to their local Area Agencies on Aging to address needs and explore services. She shared that she plans to downsize, sell her home in Silverdale and move to Poulsbo area.
 - Karol stated that her home remodel had been delayed one additional month. She continues to support her community understand “aging in place” planning. Keyport will be an Emergency Operations Command pilot site with stock supplies and special community training in preparation for a large earthquake that would isolate Keyport from support.
 - Steve attended the Spring Senior Lobby conference. He distributed Kitsap Aging brochures and flyers to various locations in Kitsap. He has been monitoring a Next Door app thread about supporting an older person in Kitsap. He returned from a vacation trip to Hawaii. He shared observations of senior issues while visiting Hawaii.
 - Ranae attended the Spring Senior Lobby conference. She continues to volunteer with local Muscular Dystrophy group. She frequently shared services available through Kitsap Aging with home health aides and other community members.
 - Barbara met with Poulsbo Mayor, Becky Erickson. She discussed issues impacting seniors such as housing, connecting to the Poulsbo CARES team, Parks & Recreation starting a lunch program inviting seniors to attend, and returning Sunday bus service in the Fall. Steve shared ideas to request 911 dispatch information about trends for older adults, such as most common types of calls, outcomes and frequency of return callers. Due to low staff capacity, Stacey plans to follow-up later in the year.
 - Sandra reported limited activity due to health, and will be focusing on recovery for the next 4-6 weeks.

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7. Aging Services

a. Recruitments

- Stacey stated that ALTC has had an ongoing recruitment for case manager and registered nurse positions. The applicant pools have been low in volume, experience and suitability to the office culture. Kitsap County Human Resources boosted the recruitment posting to Indeed and Zip Recruiter. Stacey posted the positions to w4a and USAging websites as well.

b. Area Plan Activities

- The Area Plan Community Survey will be open from March 1-30. The survey is one strategy to engage community input into the four year strategic process. To date there are approximately 1,200 completed surveys. There will be open community forums (in person and virtual), as well as public meetings and a public hearing to continue to share information and gather feedback. The Area Plan will be submitted October 2023.

c. Care Transitions Program

- Stacey shared that hospital referrals are continuing and that the program continues to grow.

d. Dashboard Report

- The Council reviewed the March Dashboard Report. Stacey briefly reviewed the metrics. She also reviewed the community outreach events have been included on the second page of the report. Older Americans month activities have also been added. Stacey shared that more information about May workshops will be posted in April.

e. 2023 Draft Advisory Council Calendar of Events

- The Council reviewed the 2023 Calendar of Events. April's meeting is cancelled. Information about the May workshops has been added to the calendar. In June, the Council will receive a presentation on the Area Plan, including community survey results.

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ADJOURNMENT

The meeting was adjourned at 1:40 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 |



May is Older Americans Month

This year's National theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by creating our own paths.

In recognition of this month, **Kitsap County Aging and Long Term Care** is offering free virtual and in-person events to older persons, family, caregivers, and supports.

- Virtual events: Registration is required for zoom events. Information is noted below.
- In-Person events do not require registration.

What does Kitsap Aging Information and Assistance offer me?

May 3rd 3:00—4:15pm

Zoom Registration Link: <https://us06web.zoom.us/j/83196563959?pwd=S3pleXlXNE4vLytzRVU1YzVCZ256Zz09>

Phone: 253-205-0468 **Meeting ID:** 831 9656 3959 **Passcode:** 799902

Presenters: Jason Doty, Program Supervisor and Alyssa Mimiaga, Case Manager with Kitsap County Aging and Long Term Care
Join us for an overview of programs intended to support senior citizens, adults with disabilities and caregivers

How do I keep my brain healthy as I age?

May 9th 12:00—1:00pm

In-Person Location: Silverdale Library, 3650 NW Anderson Hill Rd, Silverdale WA 98383, located in the Salish Room

Presenter: Jennifer Calvin Myers with Kitsap County Aging and Long Term Care

Topics will include an overview on healthy aging and how to properly dispose of medications.

What can Puget Sound Energy do for me?

May 10th 10:00—11:00am

Zoom Registration Link: <https://us06web.zoom.us/j/83067212700?pwd=K2ZBWkNoZGRqT1M5V3BmRW95QlIMUT09>

Phone: 253-205-0468 **Meeting ID:** 830 6721 2700 **Passcode:** 346335

Presenter: Maria Dozeman, Outreach Manager with Puget Sound Energy

This presentation covers programs available through Puget Sound Energy to help cover the cost of power bills, other Puget Sound Energy help programs, and ideas on making your home more energy efficient.

My loved one has Dementia: Now What?

May 16th 1:00—2:00pm

In-Person Location: Silverdale Library, 3650 NW Anderson Hill Rd, Silverdale WA 98383, located in the Salish Room

Presented by: Mari Van Court MSN-FNP, RN

This presentation will provide insight into the "Dementia Umbrella," the 4 main types of dementia, followed by a Q&A session.

Medicare: What do I not know?

May 23rd 12:00—1:15pm

In-Person Location: Port Orchard Library, 87 Sidney Ave, Port Orchard WA 98366 in the Community Room

Presented by: Peninsula Community Health State Health Insurance Benefits Advisors (SHIBA) Team

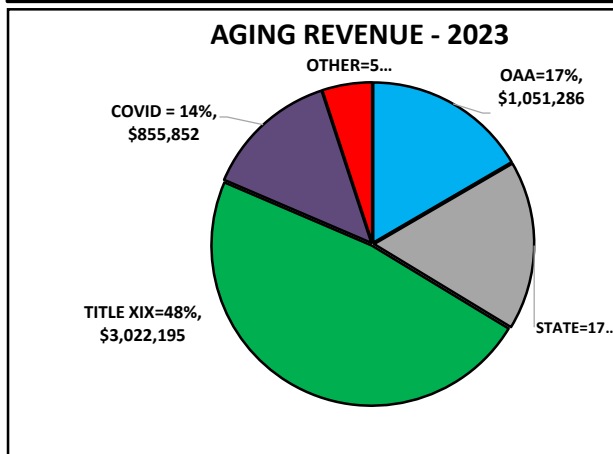
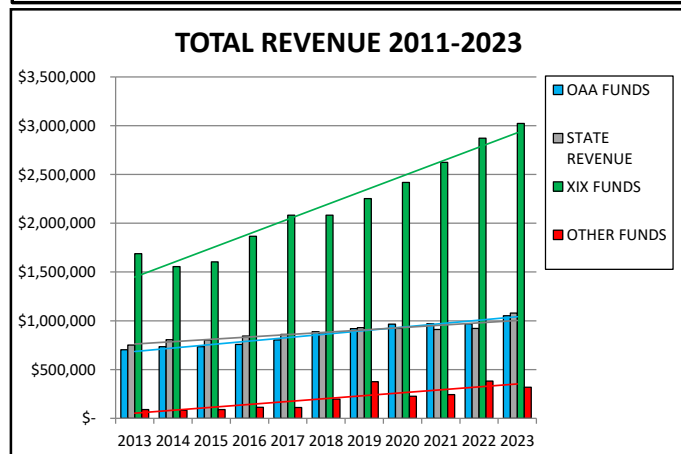
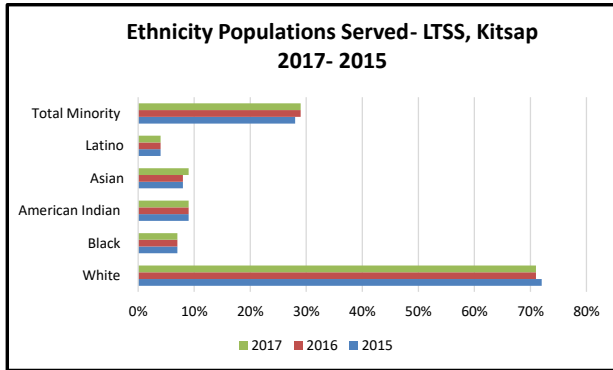
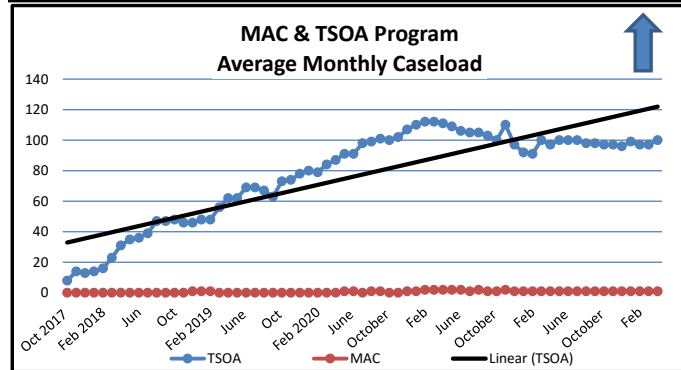
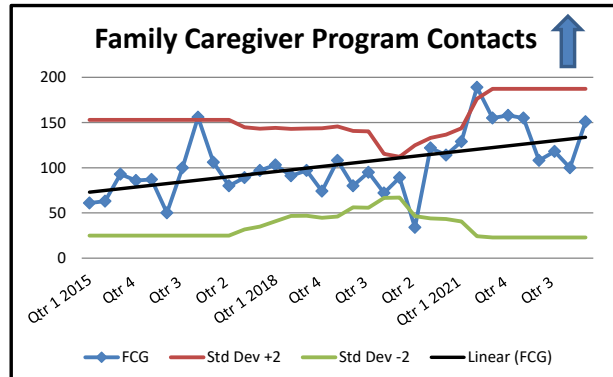
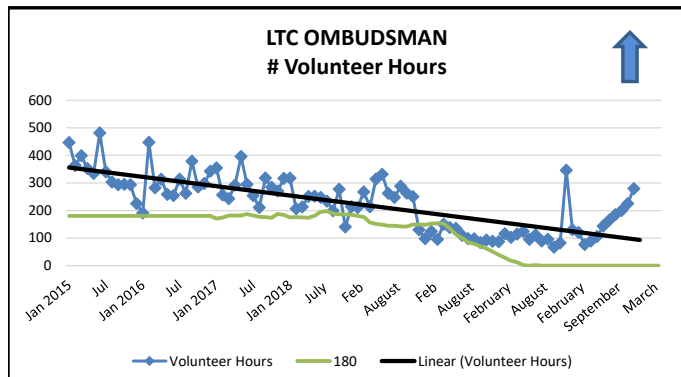
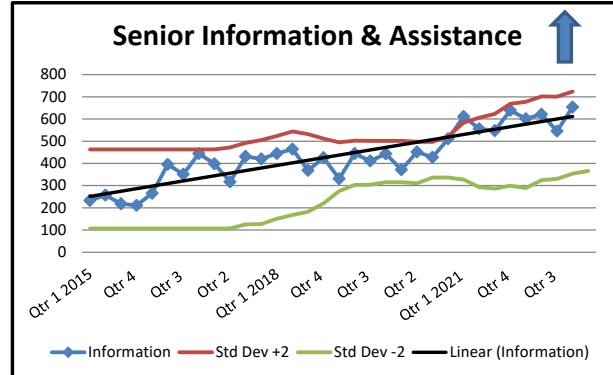
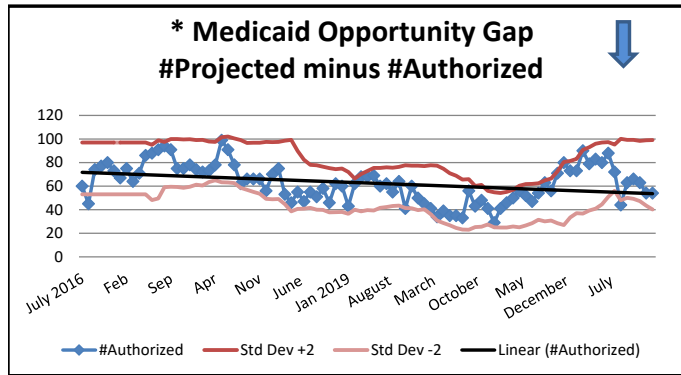
This presentation will provide insight into different Medicare plans, timelines, and Medicare Advantage Plans.

Visit www.agingkitsap.com for event registration links and video library

For questions or help registering, call 360-337-5700, 1-800-562-6418 or Email: SeniorInfo@Kitsap.gov



Aging & Long Term Care Advisory Council Dashboard- May 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 Public Health Emergency (PHE) and state Major Disaster Declaration (MDD) ends

Community Outreach Activities:

May 3: OAA ALTC Overview 3:00pm (virtual)

May 8: Board County Commissioners meeting, OAA Proclamation

May 9: OAA Brain Health Silverdale Library 12:00pm (in person)

May 10: OAA 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 <i>AREA PLAN presentation and approval</i>
October 18	* 2022 AAA & State Council on Aging (SCOA) Conference (No Advisory Council meeting this month)
October 19	* 2022 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