

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: January 18, 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. December meeting notes (Attachment 1) - Approval
 5. 2023 Aging Council Workplan- Social Isolation subcommittee (discussion)
- 12:00pm
6. January Advocacy activities
 - a. Governor's Budget (Attachment 2)
 - b. w4a Advocacy webinar – January 23 at 11:00am
 - c. Kitsap Aging planning session – January 24 at Noon
 - d. Legislative appointments (virtual, dates & times)
 - e. Thank You card
 7. Council Member Report of Activities- Outreach form (Attachment 3)
 - a. 1/10th Citizens Advisory Council- Charmaine Scott
 - b. 2022 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. Dashboard Report (Attachment 4)
 - b. 2023 Draft Advisory Council Calendar of Events (Attachment 5)
- 1:30pm ADJOURN

Kitsap County Division of Aging & Long Term Care Advisory Council

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December 14, 2022 Aging Advisory Council Meeting Minutes

Zoom

1. Convened at 11:32 a.m.

Members Present: Steve McMurdo, Ranae Beeker, Karol Stevens, Barbara Paul, Susan Kerr, Linette Zimmerman, Ann Paoletti, Elizabeth Safsten, Cynthia Blinkinsop.

Members Excused: Charmaine Scott.

Members Unexcused: Sandra Miles.

Guests Present: None.

Staff Present: Stacey Smith, Cristiana Fillion.

Public Address: None.

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

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

3. Approval of Minutes:

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

4. 2023 Aging Council Workplan

- Stacey shared the 2023 workplan. Steve asked if there are any amendments that Council members would like to make to the draft workplan. No changes suggested. Cynthia made a motion to approve the plan and Karol seconded. The 2023 Workplan was finalized.
 - a. Social Isolation Subcommittee – Stacey stated that a subcommittee for Goal #3 will need to be formed. Ann, Karol, and Ranae would like to join the subcommittee. Karol would like to start the meetings in 2023. Elizabeth is interested and asked for clarification on the status of the Recruitment Subcommittee that she is a member of. Barbara stated that they had identified groups to approach and were deciding on who would approach which group. Their final task was to develop a skillset, but now that the Council has 11

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members, the Recruitment Subcommittee is on pause. Barbara will create a plan of action in February for when another vacancy occurs.

5. Discuss January Activities

- a. w4a Legislative Advocacy Webinar – Stacey stated that the webinar is scheduled for January 23, with a tentative start time of 11 a.m.
- b. Kitsap Aging Planning Session – Stacey explained that Kitsap County there are three districts: 23, 26, and 35. Each has one Senator and two Representatives. With the general elections having taken place in November, District 23 has had no changes, Spencer Hutchins will replace Rep. Jesse Young in District 26, and Travis Couture will be filling the seat of retiring Sen. Tim Sheldon in District 35. Stacey has sent invitations to schedule Zoom meetings, likely to begin on January 30. She is anticipating four of five legislators will have the time and interest to meet. Legislative meetings are typically 15 minutes. Stacey reminded the Council that she will not be attending the preparation meetings and that Cathy Knight, w4a Director and Bainbridge Island resident, will step in to help the Council prepare. Stacey asked that Council members hold January 23 for Advocacy Day and January 24 for the preparation planning meeting.

6. Council Member Report of Activities

- a. 1/10th Community Advisory Council Representative – Charmaine Scott
 - Charmaine was not in attendance.
- b. 2022 SCOA Meeting
 - Susan stated that SCOA did not meet in November. She added that while she has not yet officially joined a subcommittee, she has had a chance to attend a meeting for both committees she is interested in.
- c. Council Member Report of Activities
 - Cynthia presented at the Family and Consumer Science conference, and she has been receiving messages from professors that attended. Karol helped her work on the PowerPoint slides, and she was able to share them on a few websites. She also advised a friend on how to find resources for her father.
 - Ranae explained that she is also a member of the Kitsap County Accessible Communities Advisory Committee. She attended a Governor's Committee on

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Disability Issues & Employment (GCDE) townhall in Port Orchard and learned what other counties are doing to help citizens with accessibility needs. Their Advisory Committee plans to discuss an audit or survey to help identify needs in Kitsap County. Ranae stated that the Americans with Disabilities Act (ADA) requires an ADA plan; their Committee will work with Kitsap Public Health to discuss resources. Ranae also spoke to a friend who is a caregiver for his wife and strongly recommended that he speak with ALTC's Information & Assistance specialists.

- Linette did some advocacy work with the Port Orchard Rotary Club and discussed isolation for senior women with the Soroptimists.
- Karol explained that a Keyport resident with dementia has been receiving help from neighbors. Unfortunately, he cannot use Meals on Wheels because he's unable to heat meals on his own, so neighbors have arranged a group to bring hot food to him. Karol provided a Dementia Roadmap and contact information for ALTC.
- Barbara has been working with a friend from church, sharing the bridge sheet.
- Ann shared information with friends about this Council and is looking forward to learning more to help those around her.
- Cynthia asked if she could have a workshop with neighbors to describe services provided by ALTC. Stacey suggested she connect with Jason Doty, Information & Assistance Supervisor.

7. Aging Services

a. Workforce Recruitments

- Dementia Specialist Denise Hughes has decided to officially retire this month. Stacey put out a request for proposal in July but did not receive any responses. This gave her the ability to reach out to Mari Van Court, the former Chair of this Council. Mari is an ARNP and has been a caregiver for three different family members. Denise will be taking referrals until Friday and will release referrals to Mari in mid-January. ALTC's work with Denise has prompted the UW Memory & Brain Wellness Center to reach out to Stacey regarding the Dementia Friends Initiative, and ALTC will be hosting an event in February.

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- ALTC staff have been very busy preparing for a new carpet install. Staff are now back in the office and getting things back in order. There are currently three Case Manager vacancies. ALTC recently welcomed a Care Transitions Care Coordinator. Hospital staff have been trained and she is hoping to get a referral soon.

b. Dashboard Report

- The Council reviewed the December Dashboard Report and Stacey described the dashboard metrics. Stacey will update the revenue section next month.

c. 2023 Draft Advisory Council Calendar of Events

- The Council reviewed the 2023 Calendar of Events. Stacey announced that Ann has been officially appointed. Her orientation will be on Wednesday the 21st from 10 to 11:30. The meeting is open for any Council members that would like to attend.

8. Executive Session

a. 2023 Advisory Council Slate of Officers

- Stacey explained that the Chair and Vice Chair positions have term limits of two years, but that the Council can choose to pause the bylaws if everyone agrees that the current incumbents should remain in their positions. Karol asked if Barbara and Steve would be willing to sit in their positions for another year. Barbara would like to encourage someone to step forward, but she will continue in her position if there are no interested members. Steve stated that he comfortable staying in his role as Chair but would like the to group to decide. As no other members are able to volunteer for the positions at this time, Karol moved that Council suspend the bylaws so the Chair and Vice Chair can remain in their appointments for another year. Ranae seconded. All were in favor, motion carried.

b. Holiday Card Picture

- Cristiana took screenshots of the Council to use for the holiday card.

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ADJOURNMENT

The meeting was adjourned at 1:08 p.m.

Steve McMurdo, Chair



STATE OF WASHINGTON
DEPARTMENT OF SOCIAL AND HEALTH SERVICES
Aging and Long-Term Support Administration
PO Box 45600, Olympia, WA 98504-5600

December 15, 2022

Dear colleagues, friends and partners—

Yesterday Governor Inslee released his proposed 2023-2025 Operating budget and 10-year Capital budget for consideration by the Washington State legislature. The Department of Social and Health Services was thankful to see over \$2.9 billion in operating budget investments and over \$1 billion in Capital budget projects for the Washingtonians served by our agency. Among investments made in the Aging and Long-term Support Administration, we are pleased to highlight:

Increases to Medicaid Provider Rates: The Governor's budget includes significant investments in Medicaid provider rates for Skilled Nursing Facilities, Assisted Living Facilities and Adult Family Homes, totaling \$257.50 GF-State and \$292.80 GF-Federal. Further, the Governor's budget includes implementation of the Consumer Directed Employer (CDE) Rate Setting Boards Recommendations to increase the labor and administrative rates (\$341 million GF-State and \$421 million GF-Federal), funding for home care agency worker parity, and an increase in administration funding for home care agencies. (\$4.9 million GF-State and \$6 million GF-State, respectively).

The Governor's budget also includes critical investments in care for clients with significant or complex needs, including traumatic brain injury and specialty dementia care. This is critical both for client care and the health of the long-term services and supports system as a whole.

Funding to Support Clients Transitioning from Hospital and other Institutional Settings: The Governor's budget includes \$10.9 million GF-State and \$2.1 million GF-Federal to help patients transition from acute care hospitals and other institutional settings to community-based settings, offering flexible solutions- including investments in housing subsidies- to improve our client's ability to transition into an appropriate setting of their choosing.

Investment in Traumatic Brain Injury Beds: Traumatic Brain Injury (TBI) survivors often have complex and specific needs that cannot be met in many residential settings. Currently, there are no TBI specialty beds in Washington state. This results in TBI patients being sent out of Washington state to receive care, which is difficult for our clients, their families and the State's budget. Governor Inslee's budget includes funding for a 16-bed community-based facility, to help serve Washington's TBI clients.

Funding for WA Cares Fund implementation: The Governor's budget includes over \$2.5 million in investments in staffing and technology for the WA Cares Fund over the next biennium. WA Cares is Washington state's first-in-the-nation universal long-term care insurance program, that will provide \$36,500 in long-term care services and supports for working Washingtonians who contribute to the

program. This funding will support additional FTE, state-wide capacity planning and outreach, actuarial modeling for policy options and implementation of IT solutions for the Fund.

Funding for continuation of Mandatory Caseload and Workload adjustments: Governor Inslee included funding to account for changes in the projected number of clients receiving long-term care services and supports based on the November 2022 forecast. His budget also includes funding for professional staff necessary to verify Medicaid eligibility, assess functional disability, ensure oversight and quality assurance, and coordinate the delivery of services for this projected caseload.

ALSTA Agency Request Legislation: The Governor's proposal also includes funding for two pieces of ALSTA Agency Request Legislation. These proposed bills would increase the Personal Needs Allowance for residents of LTC facilities to \$100 per month and implement a petition process for removal from the Adult Protective Services (APS) registry should the law be revised to create this avenue in the session. We're excited to continue to work with the legislature on these two important issues.

Remember, the Governor's budget is just the first step in the legislative process. The legislature will consider the proposals, introduce new legislative priorities, and pass a final budget during the 2023 session that balances expenditures with revenue projections. As we continue to move through this process, the Department of Social and Health Services will work to support the legislature and the Governor's office in their decision-making process, forwarding our important mission of *Transforming Lives*.

For additional details on the Governor's budget, please visit the [Office of Financial Management](#).

Sincerely,



Bea Rector
Assistant Secretary
Aging and Long-Term Supports Administration
Washington State Department of Social and Health Services

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 | |

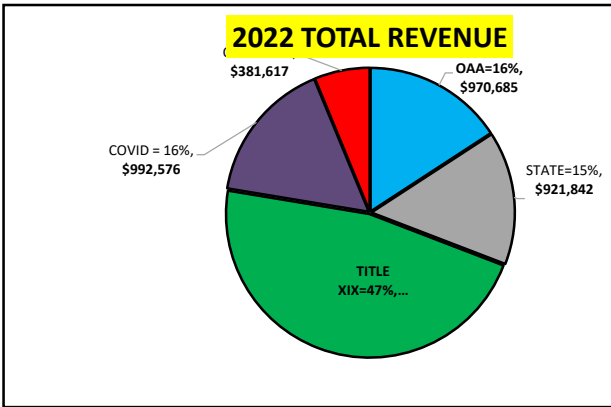
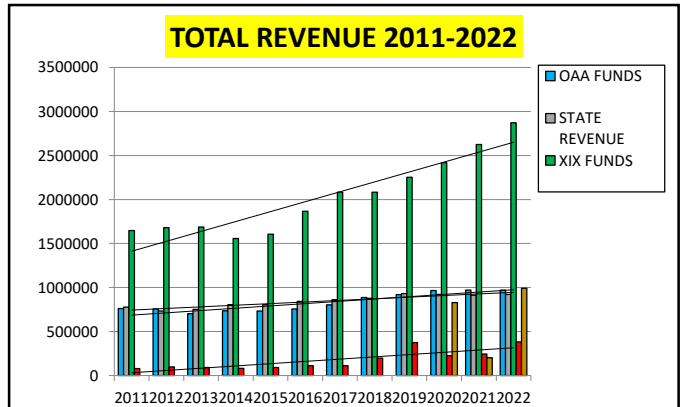
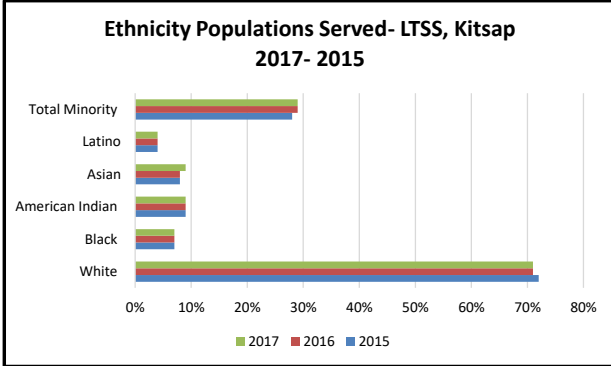
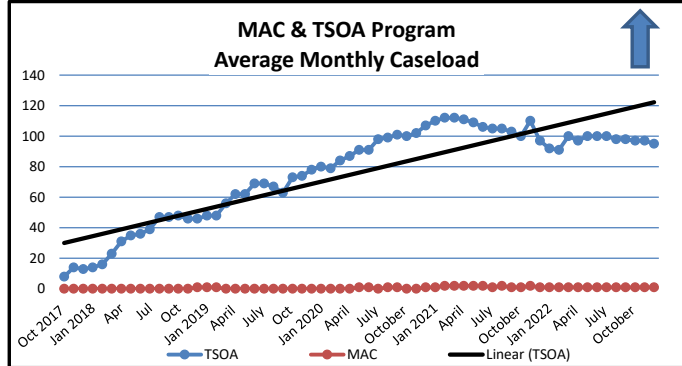
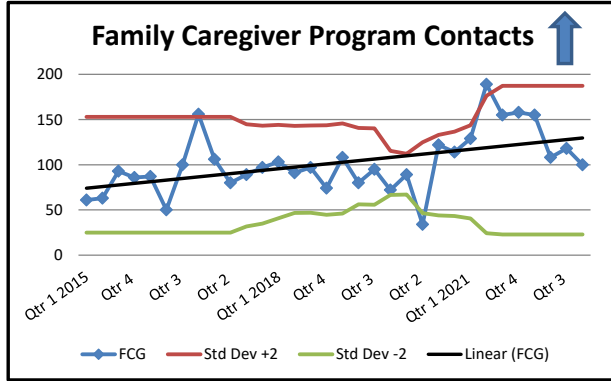
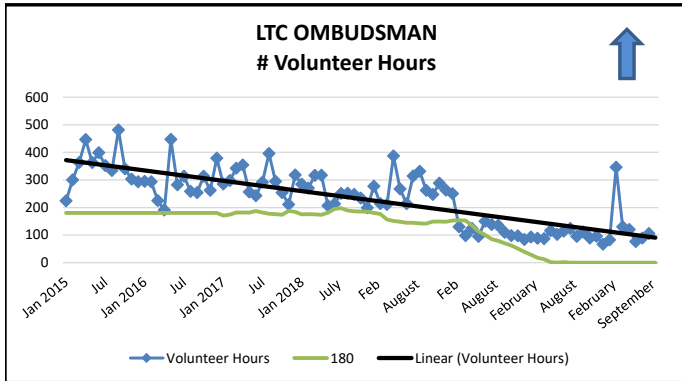
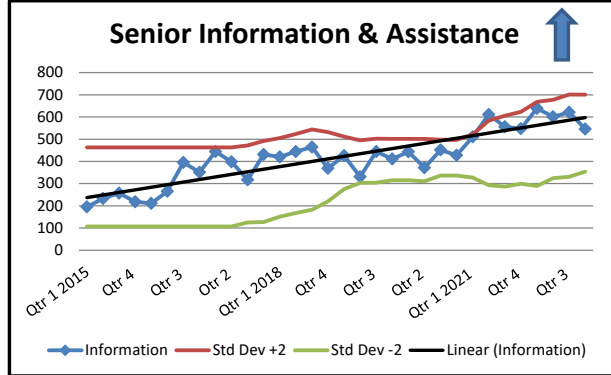
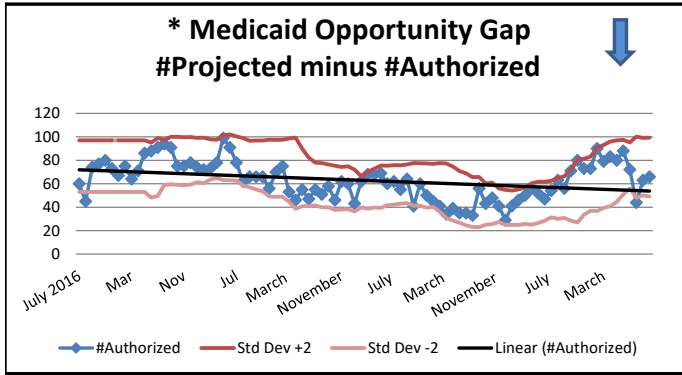
7. Race/Ethnicity- Targeted or in Attendance:

- | | | | |
|--|--|--|---|
| <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- January 2023



* Medicaid Opportunity Gap: July 2022- Decreased allocation to 1001

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

Trends:

Community Outreach Activities:

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 11:00am-Noon zoom
January 24	* Advisory Council Legislative Planning meeting- Noon zoom
January 30-February 2	* w4a Advocacy Days (appointments with elected officials)
February 15	* Advisory Council from 11:30am- 1:30pm
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 TBD	* May Older Adults Virtual Workshops
June 21	* Advisory Council from 11:30am- 1:30pm
July 19	* Advisory Council from 11:30am- 1:30pm (Summer Gathering)
August 16	* Advisory Council from 11:30am- 1:30pm
September 20	* Advisory Council from 11:30am- 1:30pm
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

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A G E N D A

- 11:30am 1. Call To Order
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- 11:45am 5. Council Member Report of Activities- Outreach form (Attachment 2)
- a. 1/10th Citizens Advisory Council- Charmaine Scott
 - b. 2022 SCOA Meeting- Susan
 - c. Council Member Report of Community Outreach Advocacy
 - What did you do since the last meeting?
 - Brief Overview
- 12:15pm 6. De-brief January Advocacy activities – what went well, improvements for next time
- a. w4a Priority Summary Fact Sheet (Attachment 3)
 - b. Legislative appointments, de-brief (Attachment 4)
- 1:00pm 7. Aging Services
- a. Recruitments
 - b. Care Transitions program
 - c. Dashboard Report (Attachment 5)- updated revenue graphs
 - d. 2023 Draft Advisory Council Calendar of Events (Attachment 6)
- 1:30pm ADJOURN

Reminder March meeting: Report status of 2023 Aging Council Workplan- Social Isolation subcommittee (Karol)

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Members Excused: Cynthia Blinkinsop.

Members Unexcused: Sandra Miles.

Guests Present: None.

Staff Present: Stacey Smith, Cristiana Fillion.

Public Address: None.

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

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

3. Approval of Minutes:

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

4. 2023 Aging Council Workplan—Social Isolation Subcommittee

- Ann, Ranae, Karol, and Elizabeth expressed interest in joining the Social Isolation Subcommittee. Karol is open to leading the subcommittee and explained that she was previously a member of a similar subcommittee for SCOA. Stacey asked if Karol would like to have the subcommittee added to the March agenda; Karol confirmed.

5. Discuss January Activities

- a. Governor's Budget, w4a Advocacy Webinar, and Kitsap Aging planning session—Stacey shared the Governor's Budget letter and directed the Council to page 2 which detailed the funding for continuation of mandatory caseload and workload adjustments. This is a top priority for w4a. Stacey explained that being included in

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the letter is a good start, but that it does not guarantee that it will be approved. The Governor's budget was released in December. This budget will be a biennial process, meaning the budget will cover the next two years. The legislative session will last 105 days, starting January 9 and ending April 23. There are cutoffs and items on the budget will need sponsors. Council members will learn more about the process during the w4a webinar on Monday. During the legislative meetings Council members will explain their asks and thank each legislator for their ongoing support. Once meetings have ended, the Council will watch the bills and budget as they go through the legislative process with advocacy alerts. Stacey clarified that Monday is the educational meeting with w4a lobbyists (Kate Tudor-White) to learn more about the statewide issues, then the meeting specifically for Kitsap Aging Council members will be on Tuesday. Elizabeth explained that she will not be able to make the webinar on the 23rd but will be able to attend the meeting on the 24th.

- b. Legislative Appointments – Stacey started making meeting requests on December 13. She has received a few responses and is in the process of confirming dates and times. She will send confirmed times on Tuesday. There will be a meeting with Sen. Drew McEwan's staff on Monday, January 30. Sen. McEwan's 35th district overlaps with the Lewis, Mason, Thurston AAA and they will be leading the appointment. There will also be a meeting with Rep. Michelle Caldier on Monday; Sara Thompson from Pierce County will be in attendance. Stacey is still waiting for confirmation on the meeting with Sen. Christine Rolfes, who is the Chair of the Ways & Means Committee. Kate White Tudor will join this meeting, and Stacey is working with Kate's schedule to ensure that she can attend. The meeting will take place on either January 31 or February 1. There will be a meeting with Rep. Tarra Simmons on Wednesday, February 1. Stacey has not heard back from Sen. Emily Randall, who has been appointed to the Senate Leadership Committee, but will attempt to make contact again today.
- c. Thank you card – Cristiana shared the previous year's thank you card. Stacey explained that the thank you card will be sent out after meetings with legislators. Steve suggested that caregivers be listed in the card's language. Cristiana will

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make the addition and update the group photo on the card.

6. Council Member Report of Activities

a. 1/10th Community Advisory Council Representative – Charmaine Scott

- Charmaine stated that 2023 contracts that were worked on and signed last year will be starting this month. She explained that all funds are provided through the 1/10th of 1% Mental Health, Substance Abuse and Therapeutic Court sales tax and that previously they had performed in-person site visits, but now everything takes place via Zoom. Their Council will be having a retreat this Saturday. Several members have not met with the Council in-person, so this will be a great opportunity. Charmaine pointed out that Project Connect is holding a fair next Tuesday, Wednesday, and Thursday with free services.

b. 2022 SCOA Meeting

- Susan stated that there was no meeting December.

c. Council Member Report of Activities

- Steve reviewed the Governor's Budget. He also joined a discussion on NextDoor with a woman who is trying to find services and things to do for 93-year-old father.
- Ann spoke to someone looking for full-time care for their mother and passed on the phone number for ALTC and Kitsap County's Long Term Care Ombuds. She also spoke to a friend about Veteran-Directed Care for their dad. In regard to senior isolation, Ann reached out to teachers, whose students that often need to complete community service, to share the idea of teens helping seniors with tech support. She plans to maintain contact with a high school V.P. and hopes to work with her in March or April. Steve pointed out that this would be a good thing for the subcommittee to discuss. Ann was also reading about disability issues, and it occurred to her that her local Post Office does not have an automatic door and the South Kitsap Mall does not have an elevator. Ranae shared that many federal buildings do not have automatic doors and suggested that Ann possibly approach the Mall's administrator regarding the elevator.
- Linette stated she has been sending out emails and reminders of Council

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activities. She is hoping to include bill numbers in her emails requesting others to help with advocacy. Stacey explained that a majority of the w4a priority asks are through the budget proviso process- no bill number is assigned.

- Susan spent time in Arizona caregiving to her parents. She helped them transfer data on their computer as well as clear up old emails and unsubscribe from others. Susan received a response from Sen. Kilmer's office which gave her a good idea of what he is working on relating to aging. Susan plans to visit the Bremerton Senior Center in the next month.
- Barbara has volunteered for Project Connect and in February she will start working on a plan of action for the Recruitment Subcommittee. Barbara explained that she has Power of Attorney for a woman at Bay Vista who has been on hospice since November.
- Karol announced that she is in the sixth month of her house remodel. A number of other homes in Keyport were affected by a recent king tide. As the Community Club President, Karol shared information on Emergency Management and another state program meant to mitigate costs left over after insurance. The community's medical equipment library has been very helpful for residents.
- Ranae has been reaching out to Congressional legislators and has found that a number of them have taken the time to respond. Ranae has also encouraged a couple of friends to participate in caregiver support groups.
- Elizabeth reached out to Olalla Bay Market & Landing and learned that the community space is free to use. She has been pursuing the idea to have a Kitsap Aging overview of services informational presentation for the community. Elizabeth plans to reach out to Fred Meyer or Safeway to see if they will donate food for the event.

7. Aging Services

a. Dashboard Report

- The Council reviewed the January Dashboard Report.

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- Barbara asked if the revenue for Care Transitions will be lost if not used. Stacey stated that the revenue will come every year going forward thanks to the advocacy work that the Council did last year. Stacey explained that ALTC has been working closely with the new Hospital Discharge Case Manager, Faith, and introducing her to our community social workers. Stacey had a very frank discussion with the Post Acute Program Manager last month and presented to their staff.

b. 2023 Draft Advisory Council Calendar of Events

- The Council reviewed the 2023 Calendar of Events.

ADJOURNMENT

The meeting was adjourned at 1:20 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 |



Washington Association of Area Agencies on Aging

2023 Budget Priorities

Case Management:

Thank You for 2022 Funding for Case Manager workforce. We are “catching up,” thanks to \$24 million in last year’s budget. Area Agencies on Aging are on track to hire 130+ case managers this year. These funds help reduce staff burnout and help restore services to keep clients living with disabilities safe at home.

Please support technical fix to Case Management Formula—it includes some, but not all, case managers in maintenance level adjustments to keep up with rapid inflation in wages. We need \$4.9 million from the general fund plus federal match to maintain parity with state staff compensation for all of our case management staff. (Budget language on back)

Health Homes:

This Medicaid Program Pays for itself by reducing hospital costs. The Health Homes program provides care coordination for people on both Medicaid and Medicare (dual-eligibles) who have the most expensive and complex chronic health problems. Health Homes services help keep clients healthy, reducing hospital costs. Washington has a shared savings agreement with federal Medicare to send about \$17 million each year back to the state.

Please support a rate increase to keep up with inflation for Health Homes “fee for service” program for dual-eligible clients. (Budget language on back)

Dementia Resource Catalyst Funding to help people stay safe at home (supporting Alzheimer’s Association Request):

The 2021 Legislature funded a two-year pilot program for dementia-capable services at two Area Agency on Aging sites. This program is a vital lifeline for people with Alzheimer's disease and their families. Our staff help families keep their loved ones safely at home and connect them to resources they need.

Please fund \$1.734 million for dementia services at two additional sites.

Contact:

Kate White Tudor 360-402-1272; kate@whitetudor.com
Cathy Knight, 206-612-4006; cathy.knight@agingwashington.org

Area Agencies on Aging proposed budget language:

Please support technical fix to Case Management Formula—it does not keep up with rapid inflation in wages. We need to maintain parity with state staff compensation.

Budget language: “\$4,900,000 of the general fund—state, and \$5,000,000 of the general - fund-federal appropriation for fiscal years 2024 and 2025 is provided solely for Area Agency on Aging Case Management services parity with funding provided for comparable work performed by state employees. DSHS shall maintain parity by adjusting the Area Agency on Aging case management funding on a per client monthly rate by a percentage equal to the percentage increase in the fully budgeted cost for comparable full time equivalent state employees.”

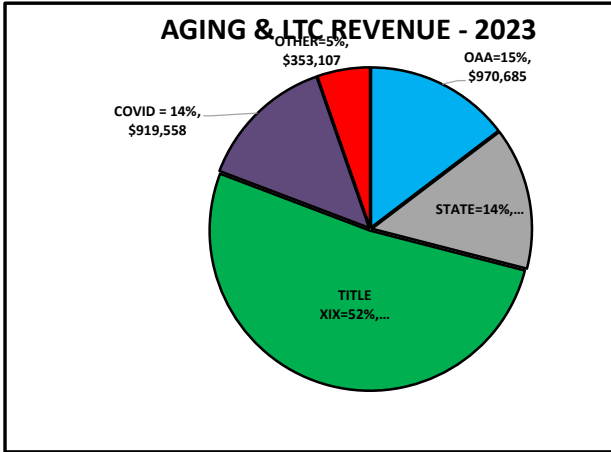
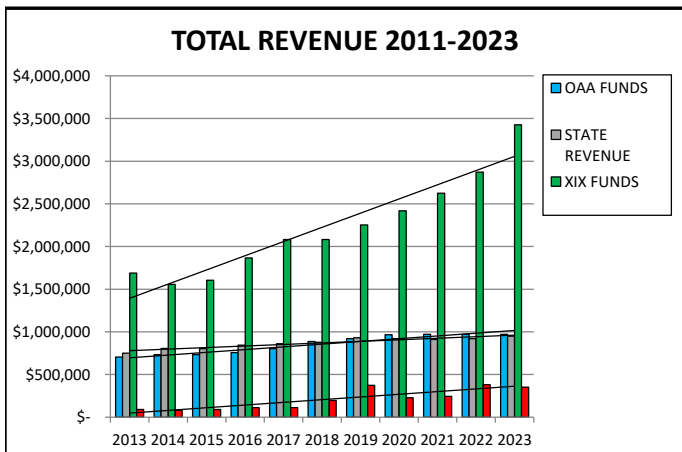
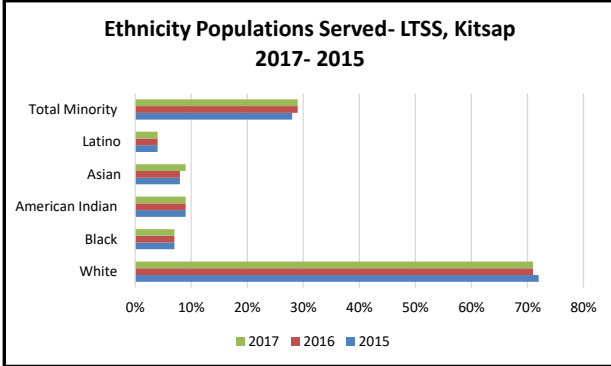
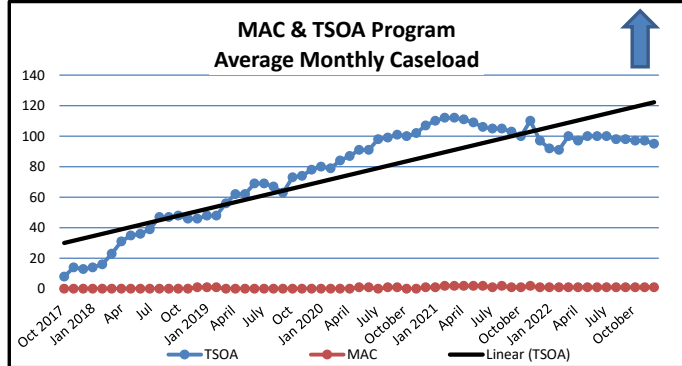
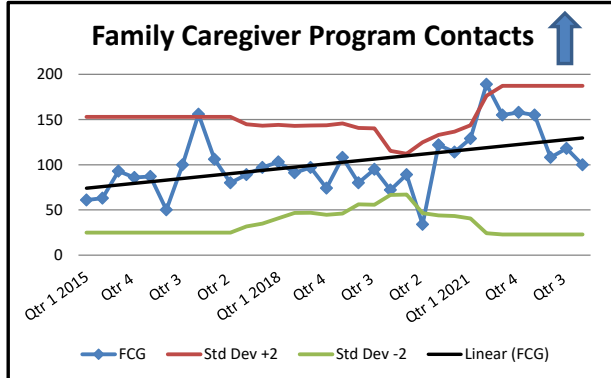
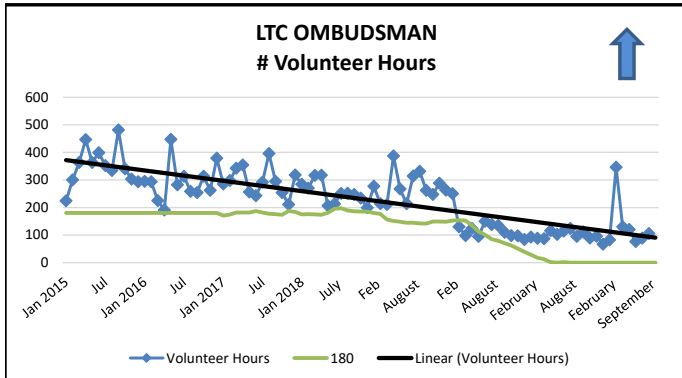
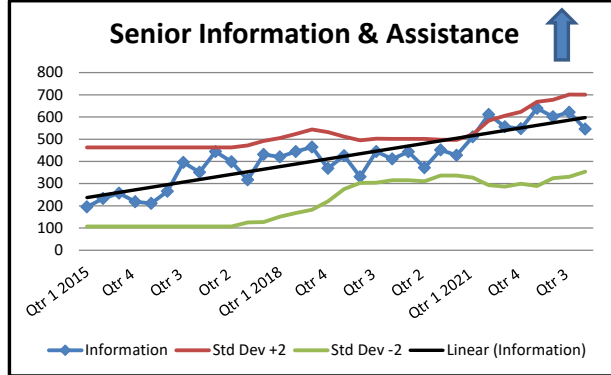
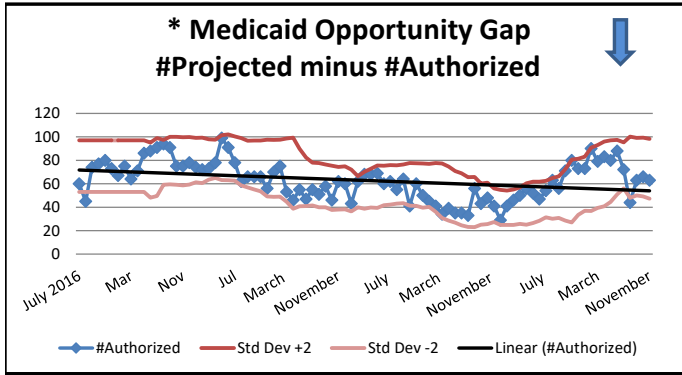
Health Homes needs to keep up with inflation to stay staffed—this program pays for itself.

Budget language: “\$1,607,000 of the general fund-state, and \$1,633,000 of the general fund-federal is appropriated for fiscal year 2024 and \$2,015,000 of the general fund—state and \$2,048,000, of the general fund-federal is appropriated for fiscal year 2025 solely to increase payment rates in the health homes program for dual eligible enrollees.”

W4A Advocacy Day
Legislative Appointments
 January 30- February 3, 2023

Date	Time	Name	Virtual Link	Comments
1/30/2023 Monday	11:00- 11:15am	Senator Drew MacEwen (35) STAFF		Appt with STAFF (not Senator). LMTAAA to lead appt.
1/30/2023 Monday	2:30-2:45pm	Rep. Michelle Caldier (26)		Sara Thompson (Pierce AAA) to join
1/31/2023 Tuesday	4:00-4:15pm	Rep. Drew Hansen (23)		
2/1/2023 Wednesday	9:30-9:45am	Rep. Tarra Simmons (23)		
2/1/2023 Wednesday	1:30-1:45pm	Senator Christine Rolfes (23)		Kate to the join the meeting
2/1/2023 Wednesday	3:00-3:15pm	Senator Emily Randall (26)		Sara Thompson (Pierce AAA) to join

Aging & Long Term Care Advisory Council Dashboard- February 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 2023: Federal PHE ends

Trends:

Community Outreach Activities:

Feb. 14: Keyport Community, Overview of Services and Aging in Place
Feb. 18: Silverdale Library, Info Resource Fair
Feb. 21: The Pearl, Overview of Services
March 15: Hansville Friends, Overview of Services presentation
March: (Hold) SK Senior Resource Fair

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 11:00am-Noon zoom
January 24	* Advisory Council Legislative Planning meeting- Noon zoom
January 30-February 2	* w4a Advocacy Days (appointments with elected officials)
February 15	* Advisory Council from 11:30am- 1:30pm
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 TBD	* May Older Adults Virtual Workshops
June 21	* Advisory Council from 11:30am- 1:30pm
July 19	* Advisory Council from 11:30am- 1:30pm (Summer Gathering)
August 16	* Advisory Council from 11:30am- 1:30pm
September 20	* Advisory Council from 11:30am- 1:30pm
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

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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 | |

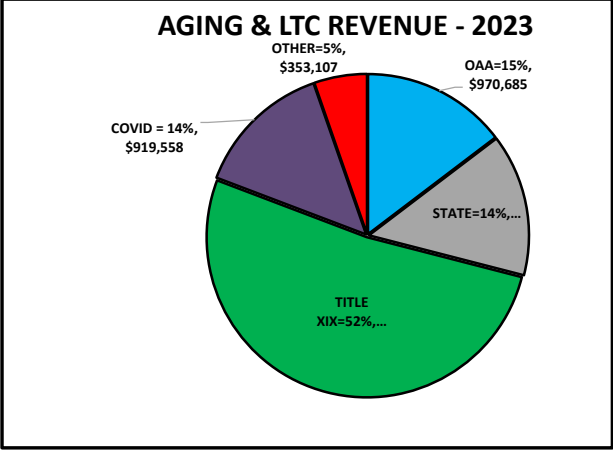
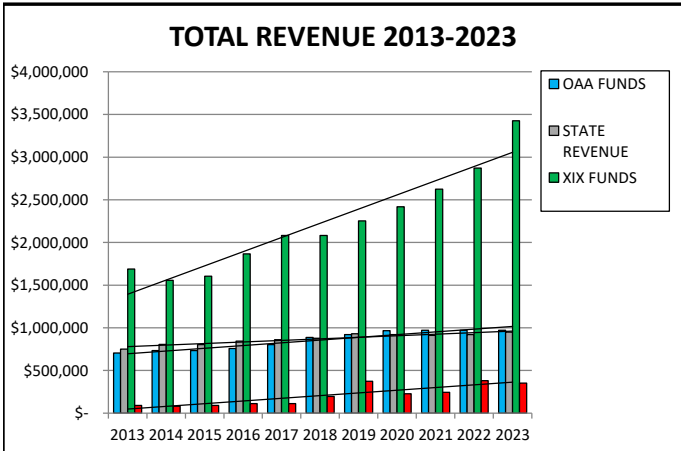
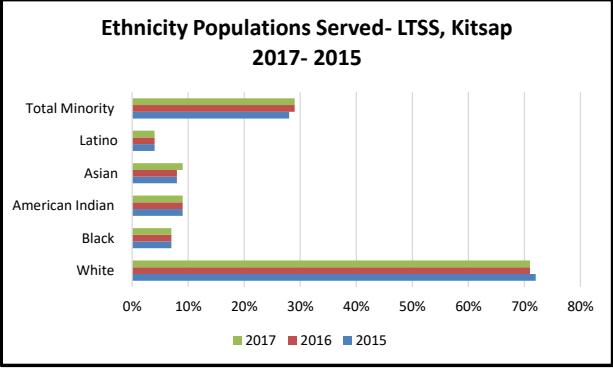
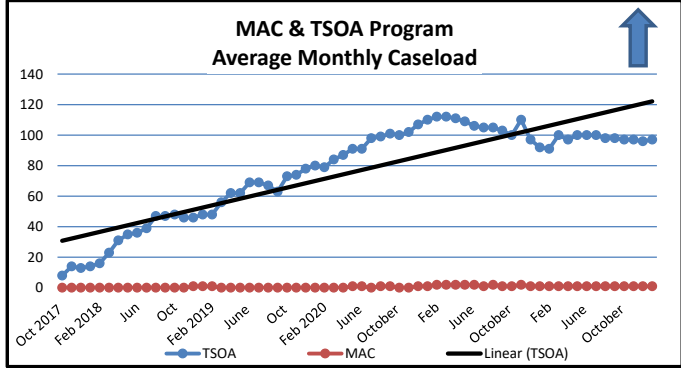
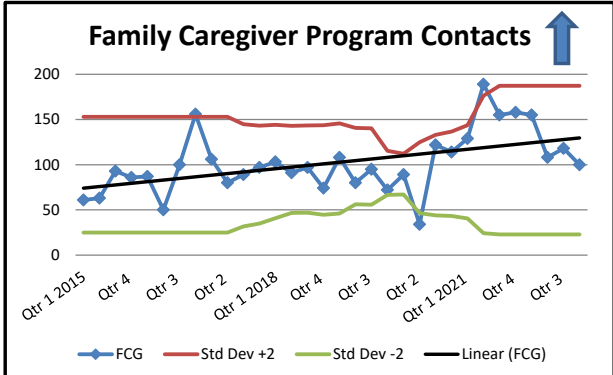
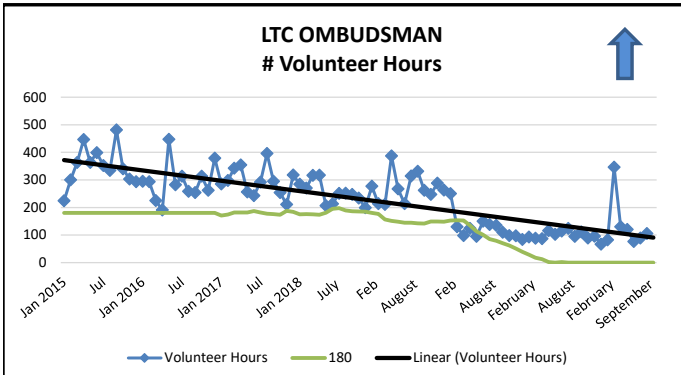
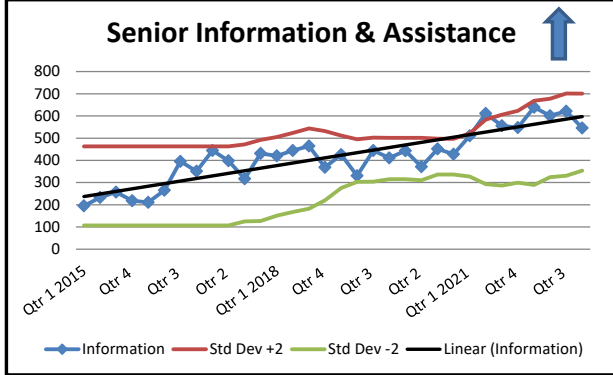
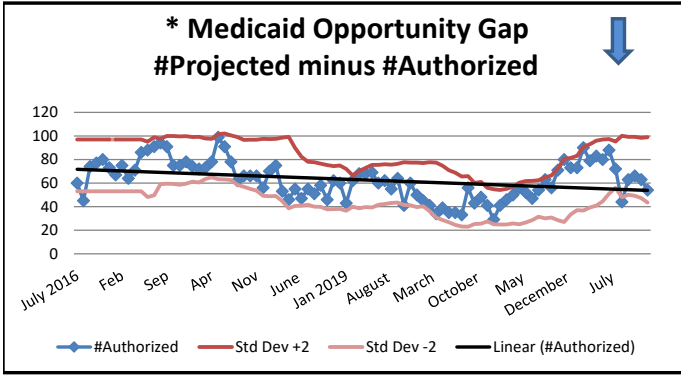
7. Race/Ethnicity- Targeted or in Attendance:

- | | | | |
|--|--|--|---|
| <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>
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May 17	* Advisory Council from 11:30am- 1:30pm
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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

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 |
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| <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

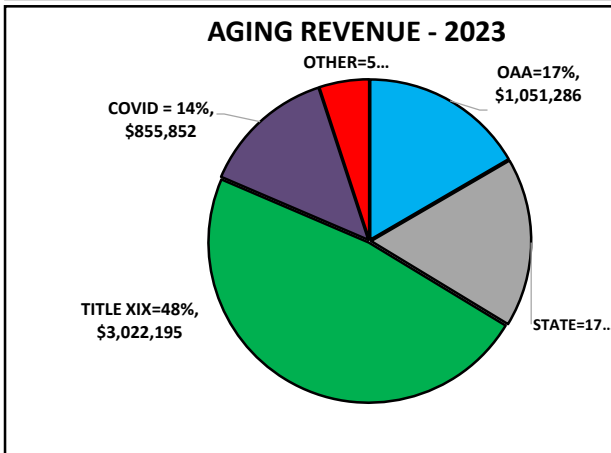
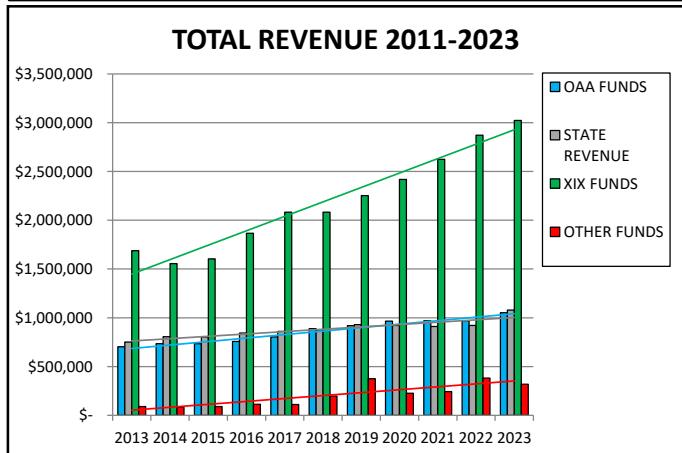
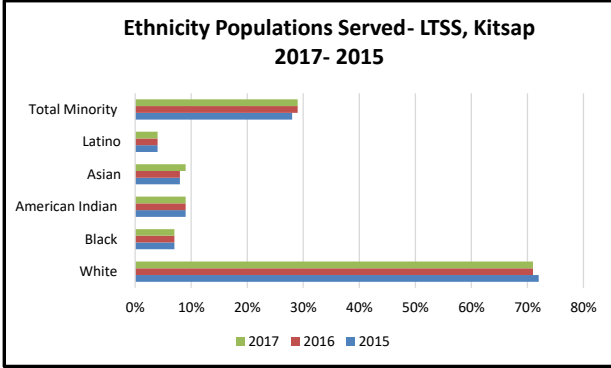
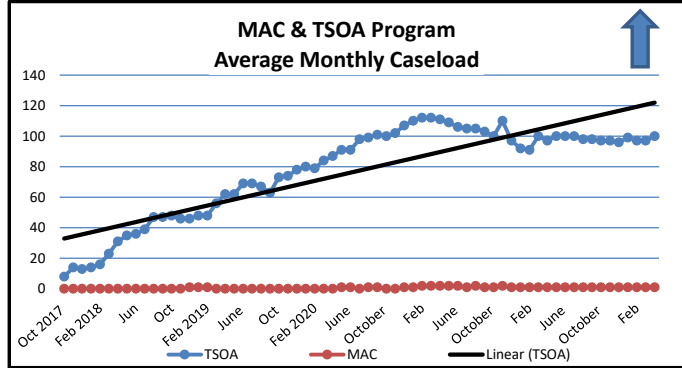
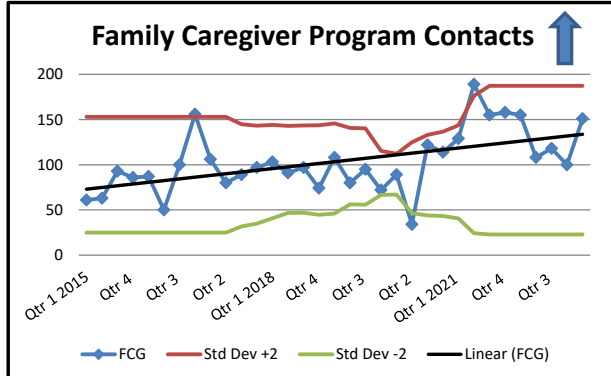
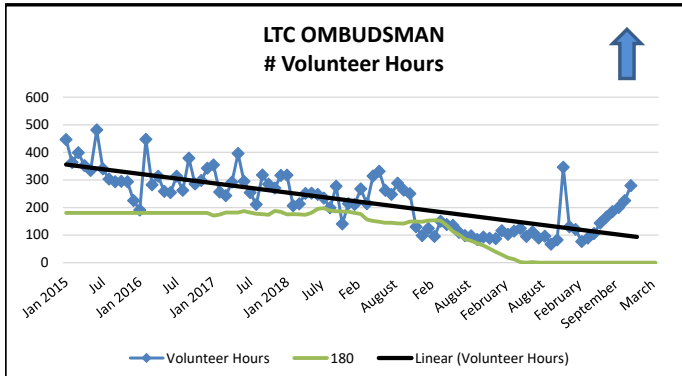
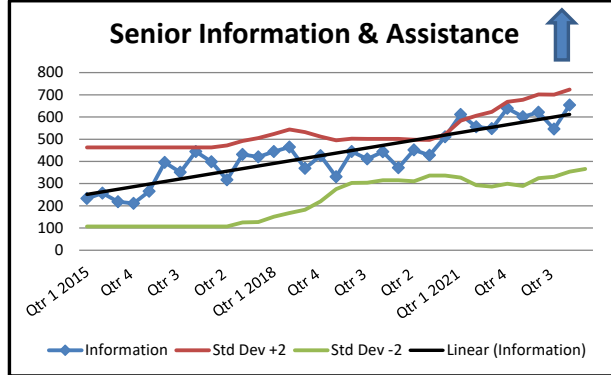
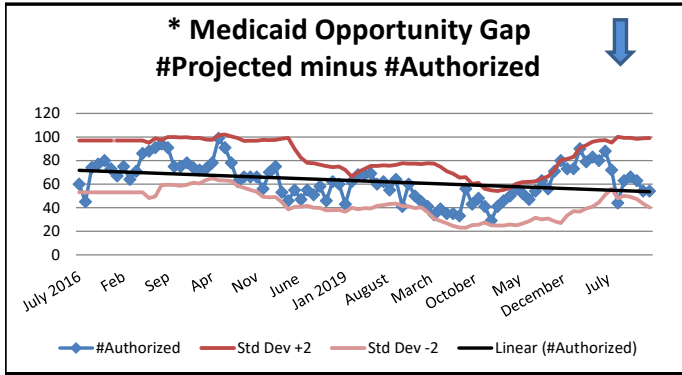
This presentation will provide insight into different Medicare plans, timelines, and Medicare Advantage Plans.

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



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May 2022 - Home assessments begin (partial or full)

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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

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May 10: OAA PSE Programs for Older Adults 10:00am (virtual)

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Advisory Council Meeting

Date: June 21, 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. May Meeting notes (Attachment 1) - Approval

11:40am 5. 2023 Aging Area Plan Presentation (1 hour)– Tawnya Weintraub, Kitsap Aging Planner

12:45pm 6. Aging Services

a. Recruitments- 3 FTE Medicaid CM, 1 MDT CM, 1 RN

b. Dashboard Report (Attachment 2)

1:15pm 7. 2023 Advisory Council Calendar of Events (Attachment 3)

a. Outreach Form (Attachment 4)

b. July Retreat Planning (Stacey, Steve, Charmaine, Ranae)-

- Draft Agenda (Attachment 5)

c. August meeting: VMFH Stephanie Christensen presentation

1:30pm ADJOURN

Kitsap County Division of Aging & Long Term Care Advisory Council

614 Division Street, MS-5

Port Orchard, WA 98366

Phone: (360) 337-7068 ♦ 1-800-562-6418 ♦ Fax: (360) 337-5746

May 17, 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, Linette Zimmerman, Elizabeth Safsten.

Members Excused: Cynthia Blinkinsop, Susan Kerr.

Members Unexcused: None.

Guests Present: Kate Ingman, Community Health Plan of Washington (CHPW)

Staff Present: Stacey Smith, Cristiana Fillion.

Public Address: The Council made introductions. Kate introduced herself and stated that she was interested to learn more about aging and long term care services to better understand community needs.

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 February meeting minutes. The motion was seconded by Ann. The minutes were approved.

4. Social Isolation Subcommittee Activities

- Karol, Ann and Ranae had their first subcommittee meeting and decided to continue holding meetings via Zoom. They plan to establish monthly meetings. Ranae gave feedback on how difficult it is to determine whether a building is accessible. The subcommittee will work on a checklist to assess accessibility and then plan to visit and assess each senior center in the county. Stacey has an ADA checklist that she will forward to Karol to use as a resource for creating their checklist. Ranae will check if senior centers are required to be ADA compliant. They also plan to individually reach out to their medical and dental practices to offer information to those providers that may have patients that seem isolated.

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Steve suggested reaching out to the Executive Director of Meals on Wheels Kitsap as delivery drivers often notice when an older adult is isolated.

5. Legislative Advocacy Activities

- Case Management – Stacey was happy to report that thanks to the Council's hard work, all of this year's asks were funded for the next two years. There will be a \$2.4 million increase for Medicaid Case Management. This was less than requested, but a step in the right direction towards being in parity with DSHS Case Managers.
- Health Homes – There was a rate increase of \$7 million for the Health Homes program. Stacey explained that after the former Health Homes staff member at ALTC moved into another position, the program was placed on pause during the COVID-19 pandemic. ALTC is now considering restarting the program.
- The Dementia Catalyst Program – The statewide Dementia Catalyst pilot program will be expanded to include an additional new site.
- Stacey mentioned that there was also \$3.5 million approved for the Senior Nutrition Program, a new monthly allocation to AAAs for the Kinship Navigator Program, and new WA Care educational campaign assistance funding; totaling approximately \$500,000 increase in funding for Kitsap Aging and Long Term Care (ALTC).
- Karol asked about the ending of the COVID-19 public health emergency (PHE) protocols. Some of the processes that became flexible during the pandemic will be reverting back to pre-pandemic rules, while other programs that have helped to better serve the community, such as senior nutrition pick-up meals, will remain intact. Kate (CHPW guest) stated that those individuals that did not have to renew their Medicaid or Medicare benefits during the PHE period will now need to prove financial need. She stressed the importance for those individuals to ensure that their contact information is up to date.

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6. Council Member Report of Activities

- a. 1/10th Behavioral Health Community Advisory Council Representative – Charmaine Scott
 - Charmaine stated that she was unable to attend the April 1/10th Behavioral Health Community Advisory Council meeting but informed the Council that they are currently reviewing their timeline and RFP process. RFPs will go out in June.
- b. 2022 State Council on Aging (SCOA) Meeting
 - Susan was not in attendance.
- c. Council Member Report of Activities
 - Sandra has been introducing herself to nonprofits. She met with Island Volunteer Caregivers (IVC) who provide services like transportation, life improvement, and support groups to 300 seniors in the area. They discussed setting up a system to establish communication between IVC and the Council.
 - Barbara met with an offshoot of the Knights of Columbus that collects, repairs, and lends medical equipment and spoke to them about the Council. Barbara attended a Kitsap County Council for Human Rights meeting. She also attended a monthly Tea and Chat meeting at Peace Lutheran Church and shared materials with Cynthia Rutan who is the Parish Nurse for all Lutheran churches in Kitsap County. Barbara stated that the new County Commissioner Katy Walters was at the League of Women Voters. She spoke about her goals, and she has been very involved with workforce development for local nursing shortages.
 - Ranae attended the Social Isolation Subcommittee meeting. She also participated as a member of the Muscular Dystrophy Association and lobbied our Congressional representatives to make air travel more accessible to those with disabilities. Ranae has also given out Kitsap Aging business cards to a number of people, including a woman who was having difficulty getting a wheelchair and a couple who could benefit from respite services. Ranae informed the Kitsap Council that the Disability Advisory Board is hosting the

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Ride the Clear Creek Trail event on July 22.

- Linette attended a statewide Soroptimist meeting held in Spokane which was a good opportunity to inform other members about their Aging Advisory Councils and AAAs. She stated that most members didn't know of any local Advisory Councils and were not aware of their AAAs. Linette also notified the Council that there have been scam calls targeting those on Medicare.
- Ann stated that she picked up a number of brochures from the ALTC office and has handed them out. She's spoken to several friends in different states and let them know that they can contact their AAAs. She also attended the Kitsap Aging OAA brain health and dementia presentation at the Silverdale Library and visited the senior center in Key Peninsula where she spoke with the Director.
- Elizabeth posted information about the Senior Farmers Market on multiple Facebook groups. She has also been working on a Kitsap Aging information session at Olalla market, but now that the market has opened, she has had a chance to see that the parking situation there is not good. Elizabeth asked the Council for suggestions for another location in South Kitsap. Charmaine suggested the South Kitsap Library.
- Steve has continued to post on social media about the services ALTC provides. Neighbors on NextDoor have started to share his name with those looking for services. Steve has been following legislation and noted that the property tax relief for seniors has been expanded. He also mentioned a recent executive order to increase access to high-quality care, support caregivers, and improve job quality for long-term care workers. The Council discussed the difficulties with recruiting and retaining qualified staff. Steve suggested that Council members read the Surgeon General's most recent report on social isolation.

7. Aging Services

a. Older Americans Month

- Stacey announced that May is Older Americans Month (OAA) and County Commissioners made a formal proclamation. Stacey shared the flyer and

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explained that ALTC chose to hold some workshops via Zoom and some in-person. There has been low attendance so far and Stacey asked for suggestions on how to improve attendance next year. Barbara suggested making sure the workshops are easily accessible on the website. Ann suggested posting paper flyers.

b. Recruitments

- Stacey explained that ALTC is still recruiting Case Managers. There's a lead for an RN Case Manager and there will be two interviews in June. There are seven or eight interviews scheduled for May 22. Stacey staffed the booth at the Job Fair and stated that there were close to 200 people in attendance.

c. Area Plan Activities

- Stacey explained that ALTC opened a community survey during March which respondents could complete online or by mailing in paper copies. There were ≈1,500 responses compared to the ≈800 responses received during the last Area Plan year. Over 75% of respondents were 60+. Stacey shared the results for the first question (In your opinion, what are the top three needs for older adults?) with the Council. The top results were healthcare, food access, in-home care, housing, transportation, and income concerns. Tawnya Weintraub, ALTC Contracts Planner, will be talking more about the survey results during the Council's June meeting.

d. Dashboard Report

- The Council reviewed the May Dashboard Report. Stacey briefly reviewed the outreach activities.

e. 2023 Draft Advisory Council Calendar of Events

- The Council reviewed the 2023 Calendar of Events. There will be an Area Plan overview presentation in June. The Council Retreat in will be in July and Stacey will be collecting items for the agenda. Stacey informed the Council that Stephanie Christensen, a representative of Virginia Mason Franciscan Health, would like to meet with the Council to discuss the hospital and healthcare needs of older adults and to provide an overview of their assessment. Stacey asked

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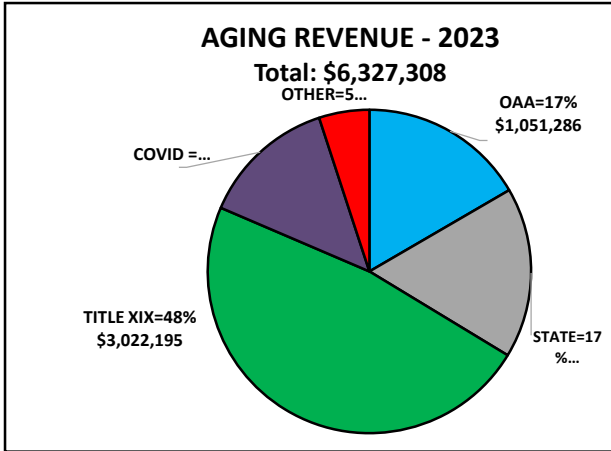
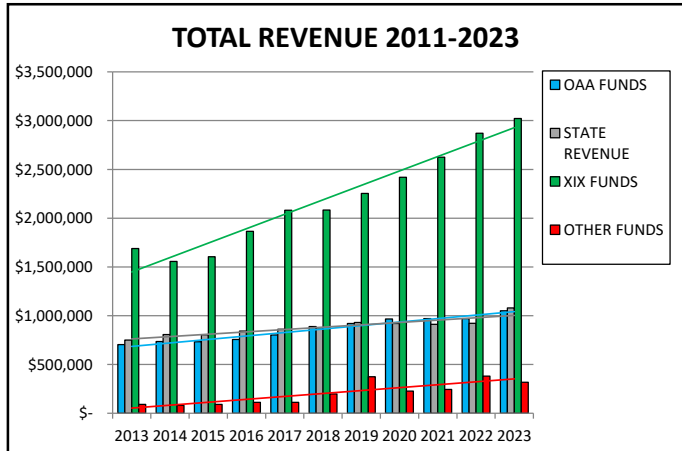
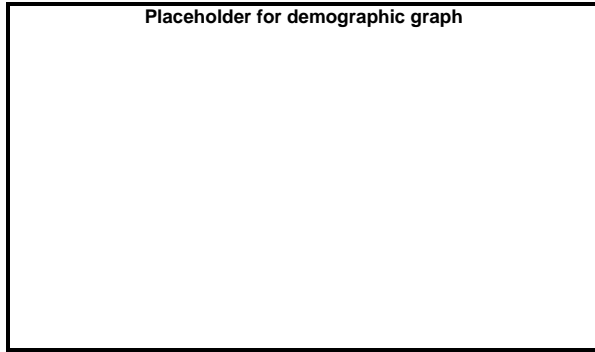
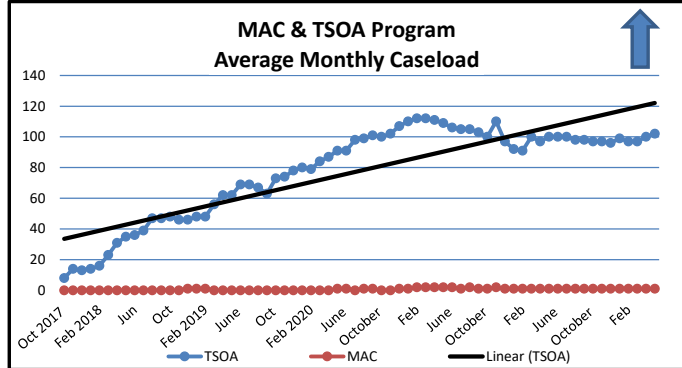
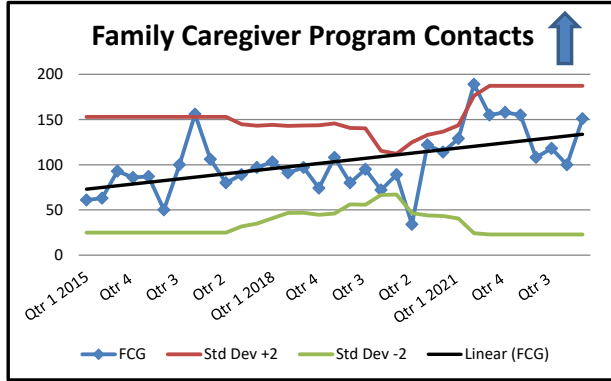
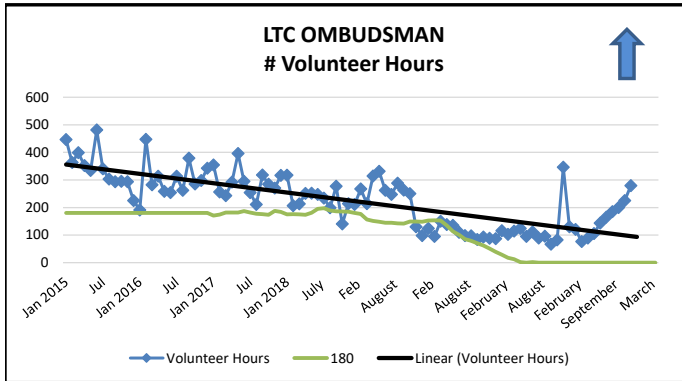
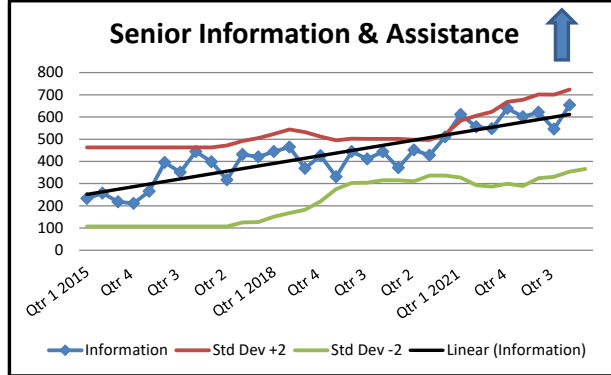
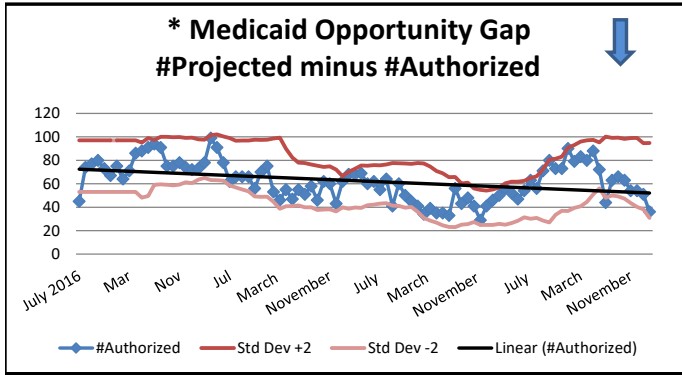
when the Council would like to meet with her. The Council agreed on August. Stacey stated that SCOA and Senior Lobby are asking for opinions on whether attendees would prefer an October virtual or in-person annual conference, and topics of interest. They Council agreed they prefer Zoom. Steve suggested care transitions as a topic. Karol suggested workforce development and CNA programs for high school students. Stacey asked Council members to email her with any other suggestions they may have.

ADJOURNMENT

The meeting was adjourned at 1:32 p.m.

Steve McMurdo, Chair

Aging & Long Term Care Advisory Council Dashboard- June 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:

June 14: Kitsap Aging Overview of Services, Retsil from 9:00-10:00am

June 21: Healthy Aging (JCM), Village Greens Kingston at 1:00pm

June 30: Kitsap Aging Overview of Services, Suquamish Elders from 1:00-3:00pm

July 3: Kitsap Aging Overview of Services, Givens Senior Center at Noon

July 11: YMCA Community Café (virtual) from 1:00-2:00pm

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>
June 21	* Advisory Council from 11:30am- 1:30pm <i>AREA PLAN OVERVIEW presentation</i>
July 19	* Advisory Council from 11:30am- 3:30pm (Retreat)
August 16	* Advisory Council from 11:30am- 1:30pm VMFH presentation
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

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 |

Kitsap Aging Advisory Council Retreat

Pizza on outdoor fire oven
Potluck – Bring a side dish, salad, or dessert to share
Beverage: Bring your own

Date: July 19, 2023

Time: 11:30am - 3:30 pm

**Location: Karol Stevens residence
1820 NE Pacific Ave
Keyport, WA**

Karol's phone number: (360) 908-1300

Stacey's cell number: (360) 620-4578

-
1. Start 1st pizzas
 - Each member share why they joined the Council – personal sharing
 2. Revisit 2023 Workplan – Advocacy Priority
 - Council “Path to Advocacy” in January – WA state legislature
 - Congressional Advocacy, continual
 3. Discuss existing member community connections & new connections
 4. Game: What services does Kitsap Aging provide?
 5. Wrap up

Questions:

- a. Enough informal time for connecting
- b. Food sensitivities/ allergies
- c. ADA parking options
- d. Carpool

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Advisory Council Meeting

Date: August 16, 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. June meeting notes (Attachment 1) - Approval
- 11:40am 5. VMFH (Hospital/ Healthcare) Community Survey Presentation (45 minutes)
Stephanie Christensen, Community Integration Program Manager for Virginia Mason Franciscan Health (VMFH)
- 12:30pm 6. Social Isolation subcommittee update
- 12:45pm 7. Council Member Report of Activities- Outreach form (Attachment 2)
- a. 1/10th Citizens Advisory Council- Charmaine Scott
 - b. 2022 SCOA Meeting- Susan
 - c. Council Member Report of Community Outreach Advocacy
 - What did you do since the last meeting?
- 1:10pm 8. Aging Services
- a. Area Plan activities
 - August 15th: Draft posted to website for 30 days (public comment period starts)
 - August 16th: BOCC Workstudy presentation
 - August 23-27th: Draft Area Plan hardcopy at Kitsap Fair Senior Lounge
 - September 11th: BOCC Regular Meeting Public Hearing
 - September 15th: Public Comment period closes
 - September 20th: Aging Advisory Council approval
 - September 25th: BOCC approval
 - b. Recruitments
 - c. Dashboard Report, new metric discussion (Attachment 3)
9. 2023 Advisory Council Calendar of Events (Attachment 4)
- September meeting- Area Plan approval
 - October 18th w4a & SCoA virtual conference
 - October 19th Fall Senior Lobby virtual conference
 - November meeting- Begin 2024 Workplan Goals
 - December meeting- revise date or cancel?
- 1:30pm ADJOURN

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June 21, 2023 Aging Advisory Council Meeting Minutes

Zoom

1. Convened at 11:29 a.m.

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

Members Excused: None.

Members Unexcused: Linette Zimmerman.

Guests Present: None.

Staff Present: Stacey Smith, Cristiana Fillion, Tawnya Weintraub.

Public Address: The Council made introductions. Tawnya Weintraub introduced herself as the Division of Aging and Long Term Care's Planner and Contracts Manager.

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

- Stacey asked that the Social Isolation Committee discussion be moved under agenda item 7. Ann made a motion to approve, Charmaine seconded.

3. **Approval of Minutes:**

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

4. **2023 Aging Area Plan Presentation**

- Tawnya Weintraub, Division of Aging and Long Term Care Planner and Contracts Manager began the 2024-2027 Area Plan Presentation. She gave a brief overview of the 1965 Older Americans Act (OAA), which was amended in 1973. Tawnya explained that funding is tied to the development and submission of an Area Plan every 4 years, with an update every two years. The purpose of the plan is to determine the priorities of the local population and address how the AAA will administer programs to meet those needs and allocate OAA funding. Priority

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services are determined by OAA requirements, public meetings, community and program participant surveys, and Advisory Council input. Tawnya stated that Washington is a leader in developing home and community-based services and is rated as second in the nation for availability of services for older adults and adults with disabilities according to AARP's Scorecard.

- The Area Plan has specific requirements through Washington State's Aging and Long-Term Care Support Administration (AL TSA). AAAs are informed of the requirements and the responses within the Area Plan are based on local needs. Tawnya listed the requirements. Section A: Introduction to the Aging, our Planning Process and Priorities; Section B: Service Area Profile, Local Focal Points; Section C: Issue Areas and Themes; and Section D: Budget.
- Tawnya moved to Area Plan themes. The first theme she described was healthy aging, which involves disease prevention and health promotion programs, brain health and dementia supports, and decreasing isolation and increasing social engagement. The Area Plan also addresses both informal and formal support services, as well as 7.01 planning services and coordination with the local Port Gamble S'Klallam and Suquamish tribes. Another theme is COVID-19, which involves what has been implemented and looking ahead to the "unwinding" process.
- Tawnya gave an overview of direct services which are provided over the phone, in person or online. Some highlights include Senior Information & Assistance (I&A), the Family Caregiver Support Program (FCSP), Senior Drug education, and the Long-Term Care Ombuds Program. New services include the Care Transitions program, which helps individual who are transitioning from the hospital to other care settings, monthly Caregiver Newsletter, informational videos, memory screenings, and robotic pets.
- Tawnya described contracted services. Kitsap ALTC has over 30 contracts for services provision throughout the county. Some examples include adult day services, legal services, the Kinship Caregiver Support Program, nutrition and skilled nursing. A fall prevention Otago-like pilot program is in development as well

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as a Personal Emergency Response pilot program for older adults and caregivers.

- Stacey described the difference between OAA and discretionary funding and noted that the budget chart shown on the slide is similar to the chart on the monthly Dashboard Report. Stacey explained that some funds have required uses, like legal and access services, in-home services that aren't tied to Medicaid, family caregiver services, and nutrition. Discretionary funds are only 16% and these funds pay the overhead costs of administration and contract coordination, general office staff and the Ombuds program. It is important to weigh the amount of discretionary funds available versus what the needs are, as funding for one service takes from other services.
- Moving to the Area Plan Community Survey results, Tawnya stated that the survey that was open during the month of March received 1,440 responses, 223 of which were paper copies. The survey for the previous 4-year plan received only 717 responses. One question that was asked was how community members are getting information on services for seniors and caregivers. The responses show that they are receiving information mostly online, then from friends and neighbors. 80% of respondents were over 60, and 30% identified as caregivers. Tawnya listed the top 3 identified needs for older adults, which are healthcare, in-home personal care, and food access/nutrition. Those were followed very closely by housing, transportation, and income/financial concerns. Tawnya explained that while there is not quite enough funding to directly support healthcare needs, ALTC helps with ways to coordinate services through referrals, case management, and access to programs that with the cost of healthcare. Tawnya noted that in-home personal care is listed as the second highest need, and pointed out that there have been local, statewide, and national level workforce issues. Due to recent legislative action and increased state funding, ALTC is in a good place in regard to funding for nutrition services, such as home delivered meals, congregate meals, nutrition bundles, and the Senior Farmers Market Program.
- The top 3 identified needs for adults with disabilities were transportation, followed very closely by in-home personal care. There is currently a statewide workforce

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development team working to address the in-home caregiver shortage. The third highest need is housekeeping help.

- Tawnya moved to family caregivers identified needs and stated that nearly 30% of respondents are caregivers. The top needs identified were respite care, help with caregiving duties, information and assistance, memory care/dementia resources, and managing the behaviors of the people they care for. Tawnya noted that when asked what prevented people from participating in activities, the top “Other” response was caregiving.
- Tawnya explained that responses came from a mix of populations. 50% reported that they did not have any problems accessing their community without a car, but for those who did, sidewalks and walkability are large barriers, as well as few amenities near their homes, physical ability, lack of public transportation, and personal safety. When asked about services that they currently used, responses included housekeeping, transportation and in-home personal care. In terms of housing, the majority responded that they live with a spouse or partner, alone, or in a multi-generational household. Top needs were minor home repairs and cost of property tax, and the top “other” response of yardwork.
- More than half of respondents took part in exercise or wellness programs and 33% are volunteers, 35% participate in social, cultural or religious activities, and 30% are managing chronic conditions. When individuals were asked what might make it difficult to participate in activities cost, transportation, information about where to attend, and “Other” were the top responses. Top “Other” answers were caregiving, health, and COVID-19 concerns. Tawnya asked if Council member had any questions about the survey results.
- Barbara noted that many identified needs are very dependent on the availability of transportation, and Ranae agreed that transportation is a concern for many. Stacey informed the Council of the transportation self-tutorial that was recently added to the ALTC website, which describes transportation services available in Kitsap County. Cynthia was curious to know more about the fall prevention pilot program. Stacey explained that she has been working with North Kitsap Fire and Rescue

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and CARES to implement a pilot program. Elizabeth asked if there is more information to be gained from the community survey regarding healthcare providers and stated that she sees a lack of providers accepting new patients in Kitsap County. Stacey acknowledged that accessing all types of care has been a Statewide issue and explained that there is not enough discretionary funding to provide a meaningful impact. Barbara asked if there has been any discussion on ways to make Kitsap County attractive to healthcare providers. Karol referenced the Council's previous discussion on hospitals and concluded that its hard to know how exactly to help. The Council discussed healthcare workforce issues and possible recruitment strategies. Elizabeth pointed out that transportation overlaps with other issues. For example, it is very difficult to get the St. Anthony hospital via public transit. The Council discussed their previous meeting and advocacy related to Kitsap Transit, and Kitsap Transit's inaction related to the issues Council members gave input on. Stacey stated that Kitsap Transit holds monthly board meetings and suggested that perhaps Council members would like to attend those meetings.

- Tawnya moved to the Area Plan timeline and explained that the next step is a public forum which will take place in Central or North Kitsap. Following that, the draft plan will be posted to the ALTC website on 8/15 for public review and feedback, the Council will get a chance to address the Area Plan draft during the August meeting, and then there will be a public hearing with the Board of County Commissioners on 9/11. Final approval will be requested from the Council on 9/20, and then from the Board of County Commissioners on 9/25. The Final 2024-2027 Area Plan will be submitted to ALTSA on 10/1. Stacey will send a copy of the presentation to the Council.

5. Aging Services

a. Recruitments

- Stacey explained that ALTC hired two new Medicaid case managers who will be starting on July 5 and 12. There remains one opening for a COPES case manager, with interviews scheduled next Friday. Recruitment for an RN case

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manager has been open for 12 months with little interest. ALTC is looking for possible subcontract.

b. Dashboard Report

- The Council reviewed the June Dashboard Report. Stacey briefly described the outreach activities. Stacey stated that this will be a good topic to revisit at next month's Council Retreat.

6. 2023 Advisory Council Calendar of Events

a. Social isolation subcommittee

- Karol, Anne, and Ranae met on Zoom on Monday and decided that each subcommittee member will write a draft mission statement and topics they believe should be the subcommittee's focus areas. They will then come together to discuss and combine their drafts. The subcommittee continues to work to identify where they could provide information, some examples they are considering are health care providers and senior centers. Ranae will identify accessibility issues at senior centers and plans to visit locations this summer.
- Another topic of discussion has been transportation. Steve stated that he has scheduled time to meet with Friends of the Library to discuss adding a senior information tab on the Kitsap Regional Library website and suggested that information on transportation would be a good topic to add.
- Stacey shared where the new transportation guide is located on the ALTC website and gave an overview of the website.

b. July Retreat Planning

- The July 19 Council Gathering will take place 11:30-3:30 at Karol's home. During the meeting, Council members will discuss what brought them to the Council, revisit progress on the 2023 Workplan goals, and possibly play a game.

c. August Meeting: Virginia Mason Franciscan Health

- Stephanie Christensen, a representative of Virginia Mason Franciscan Health, would like to meet with the Council to discuss the hospital and

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healthcare needs of older adults, and to provide an overview of their assessment. She will share what she learned during the August Council meeting and give an opportunity for Council members' feedback. There will be a shorter Area Plan presentation in September, at which point Stacey and Tawnya will ask for Advisory Council approval of the Area Plan.

ADJOURNMENT

The meeting was adjourned at 1:18 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 | |

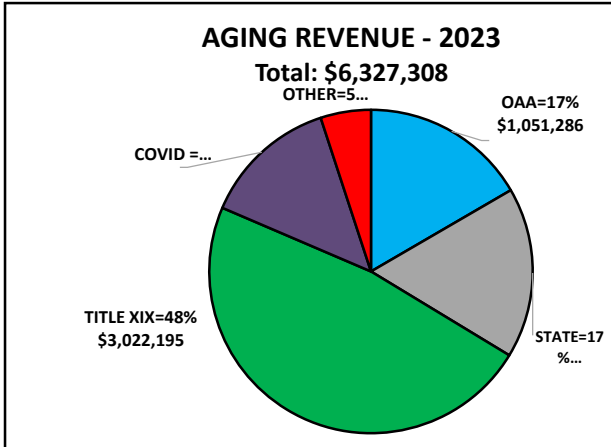
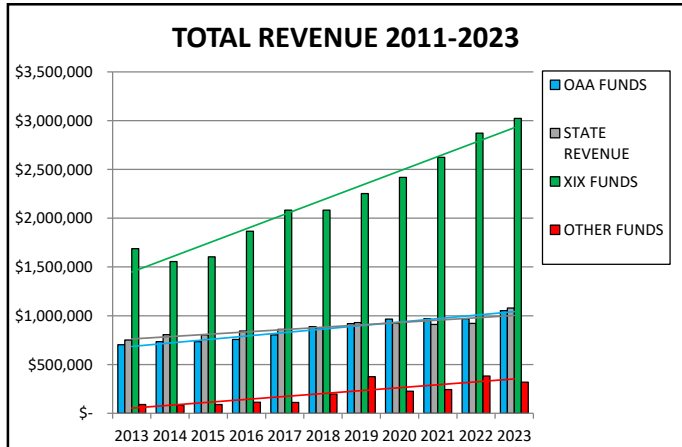
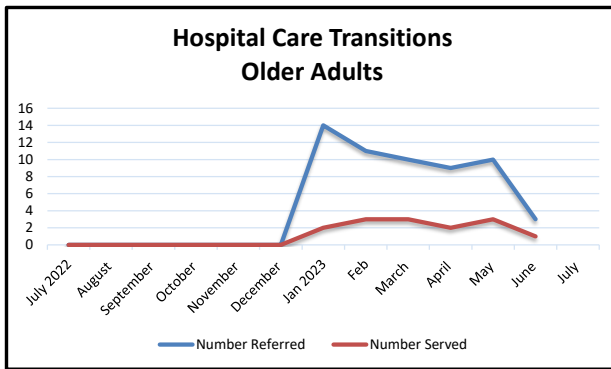
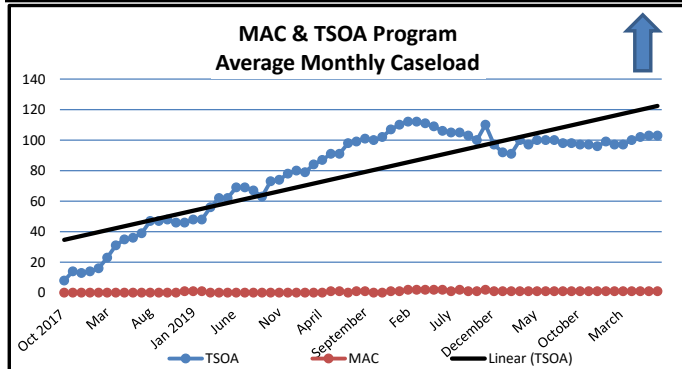
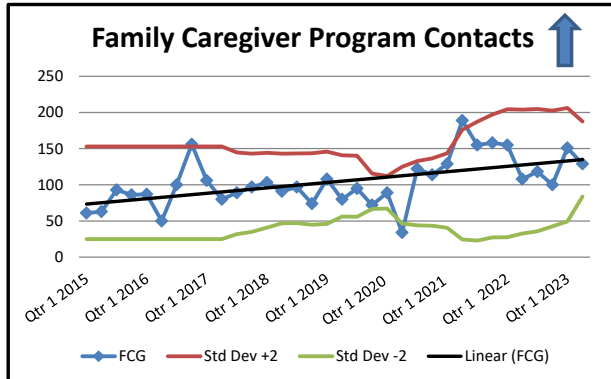
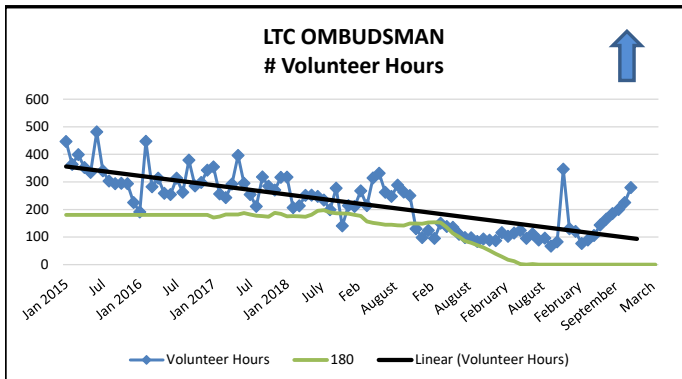
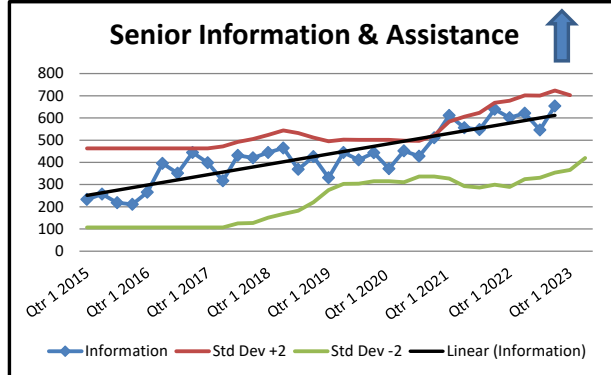
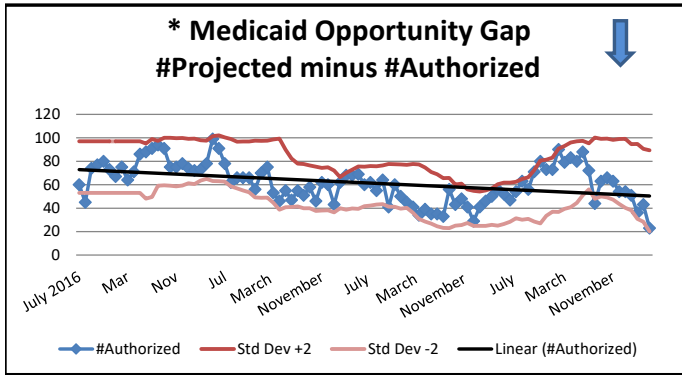
7. Race/Ethnicity- Targeted or in Attendance:

- | | | | |
|--|--|--|---|
| <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- August 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:

August 8: Bangor Veterans Resource Fair

August 23-27: Kitsap Fair Senior Lounge

September 23: Poulsbo Farmers Market Booth from 9:00am

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>
June 21	* Advisory Council from 11:30am- 1:30pm <i>AREA PLAN OVERVIEW presentation</i>
July 19	* Advisory Council from 11:30am- 3:30pm (Retreat)
August 16	* Advisory Council from 11:30am- 1:30pm VMFH presentation
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

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Advisory Council Meeting

Date: September 20, 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. August meeting notes (Attachment 1) - Approval
- 11:40am
5. 2024-2027 Area Plan final approval
- 12:30pm
6. Social Isolation subcommittee update
- 12:40pm
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? (3 minutes per member)
- 1:00pm
8. Aging Services
 - a. Recruitments
 - b. Dashboard Report (Attachment 3)
 9. 2023 Advisory Council Calendar of Events (Attachment 4)
 - October 18th w4a & SCoA virtual conference
 - October 19th Fall Senior Lobby virtual conference – confirm attendance
 - November meeting- Begin 2024 Workplan Goals
 - December meeting- revise date or cancel?
 10. Kitsap County Advisory Council DEI Trainings (Attachment 5)
- 1:30pm ADJOURN

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August 16, 2023 Aging Advisory Council Meeting Minutes**Zoom****1. Convened at 11:30 a.m.**

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

Members Excused: Elizabeth Safsten.

Members Unexcused: None.

Guests Present: Stephanie Christensen and Doug Baxter-Jenkins, Virginia Mason Franciscan Health

Staff Present: Stacey Smith, Cristiana Fillion.

Public Address: None.

Approval of Agenda: The meeting agenda was reviewed.

- Barbara made a motion to approve the agenda, Karol seconded.

2. Approval of Minutes:

- Cynthia made a motion to approve the June meeting minutes. The motion was seconded by Charmaine. The minutes were approved.

3. VMFH (Hospital/ Healthcare) Community Survey Presentation

- Stephanie Christensen, Community Integration Program Manager and Doug Baxter-Jensen, Director of Community Health presented the Community Health Needs Assessment. Doug explained that non-profit hospitals must conduct an assessment every 3 years to determine current needs and build an implementation plan to address those needs. Their team worked with Kitsap Public Health District (KPHD) analyze the data for current needs.
- The main priorities were found to be Mental Health (substance use, youth depression/suicide, adult depression), Access to Health Care (Medicaid visits, access to primary care, and health insurance coverage), Pregnancy and Births (access to prenatal care, low birth weight, and infant mortality), Chronic Disease (obesity and physical activity, breast cancer in women, and diabetes), and Basic

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Needs (food insecurity and poverty).

- Doug stated that they are involved in many projects that expand access to Behavioral Health. Regarding access to primary care providers, Doug stated that Kitsap County has a lower rate of primary care providers compared to the state as a whole, and they are hoping that the residency program in Bremerton will encourage doctors to stay in Kitsap County.
- Doug explained that their needs assessment was completed in May, and they are in the final stages of the community engagement process, this has involved meeting with different advisory councils, boards, and management teams. Next, they will begin creating the Implementation plan before finally presenting it to their Board of Directors.
- Stephanie posed questions to the Council: “When you look at priority areas, who should we be forming a partnership with?” and “What doesn’t exist or should exist that would help the community?”
- As a retired RN and with 15 years experience as a volunteer firefighter and EMT, Karol has a passion for prehospital care. She stated that the elderly are a large part of have a narrowing margin to be using emergency services. Karol was startled to learn of extreme backup times at the ER and is concerned about the lack of utilization of the Care Transitions program. Karol stated that while she has seen improvement in ER wait times, there is still a lot of work to do in that regard, and not seeing it addressed in the plan is concerning. Doug stated that while not included in the Community Health Assessment’s plan, it will definitely be part of the hospital’s strategic plan. Karol suggested that that perhaps they could track wait times. He and Stephanie can see if they can elevate the concern and stated that they are writing everyone’s comments down and plan to share them all with hospital leaders.
- Steve stated that a frequent discussion among the Council is workforce development for nurses and nursing assistants. Stephanie explained that they are working with Olympic College to build a program to support and create a diverse pipeline to individuals going into healthcare. They are focusing on Bremerton

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School District now and plan to broaden their program to other school districts in Kitsap County and eventually to outside counties. Currently, Olympic College has very significant participation in the student placement program and provide more students to them than any other college. Doug added that they are also starting a nurse residency program. The program is in place in Seattle and VMFH plans to expand it.

- Ranae noted that there has been a residency program for a long time and asked if it is changing. Doug explained that the new program is virtual and will be added to current program.
- Cynthia stated that the Naval hospital will soon lose its hospital status and move to clinics only and asked how St. Michael is situated to handle the influx of population when new ships come to port. Doug stated that they are in talks with the Department of Defense and the Naval hospital, but the planning is internal and he does not know specific details. Cynthia is also concerned about hospice care; she stated that there was previously a hospice center, but there has not been one some time. She asked Doug and Stephanie what they think about integrating with other providers. Doug stated that they have a hospice program and can do in-home care as well, but he will add expanding hospice care to the list of things to address with hospital leadership. Karol suggested that palliative care is another important service to consider as it isn't currently available in Kitsap County.
- Susan was curious to learn about populations entering the hospital, ER wait times, and how guest services and first contact staff are handling that with the increased size of the hospital. Doug explained that he's not knowledgeable about patient access staff. He's aware of staffing challenges but is not part of hospital operations. Doug did state that volunteer numbers plummeted due to the COVID-19 pandemic, and leadership is working now to increase those numbers.
- Doug and Stephanie thanks the Council, offered to be a resource for the Council and ALTC and invited them to contact him or Stephanie. Stephanie would love to strengthen collaborations and coordination.

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4. Social Isolation Subcommittee Update

- Karol explained that the Social Isolation Subcommittee are working to finalize their mission statement and identify networks where isolated people could participate, as well as identify how those who are not knowledgeable about the Americans with Disabilities Act guidelines can get basic information on the needs of individuals who are disabled. Ranae is working on a checklist for those hoping to educate themselves. The subcommittee is also looking information with medical clinics, such as outpatient vision, hearing, and physical therapy.

5. Council Member Report of Activities

- a. 1/10 Citizens Advisory Committee – Charmaine Scott
 - Charmaine explained that during August the 1/10 Citizens Advisory Committee is reviewing and rating proposals; 23 are continuing programs. The process has been refined to compliment the 1/10 Housing Committee. Much more information is being provided than in previous years, including previous year budgets and information on how grantees have been meeting their goals. While the new process is more strenuous, committee scoring of proposed projects will be more accurate.
- b. 2023 State Council on Aging (SCOA) Meeting – Susan Kerr
 - Susan explained that they didn't meet in July and August. Their next meeting will be in September.
- c. Council Report on Activities
 - Sandra contacted Island Volunteer Caregivers (IVC) who provide non-medical services to disabled individuals and older adults. They were interested in hearing about grants. Sandra has been in contact with Jason Doty, ALTC's Information & Assistance Supervisor, to talk about grant opportunities that are available. Stacey suggested she get in touch with their program's volunteer coordinator to get specific information on the type of grants they are looking for. Sandra stated that after meeting with Jason to learn about grants, she may talk with two other nonprofits as well: one for nutrition services and another for housing services. Stephanie added that there is funding available from VMFH

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that organizations can apply for annually. Sandra has also signed up to volunteer with IVC to be a companion to individuals in respite care.

- Barbara has made three contacts. She brought informational packets to her doctor who has offices in Port Orchard and Bainbridge Island. She also gave packets to Kevin Pentz, a financial advisor and Rotary Club member, who is very involved in community activities. He has clients who are older adults and clients who care for older adults. Barbara also gave packets to a Pastor who was glad to be able to provide new information to his congregation.
- Karol shared that, a week ago, her neighbor with dementia that her community has been delivering meals to had a court-appointed guardian named. He has moved to a more supportive level of care.
- Cynthia stated that she attended the YMCA Enhance®Fitness class and spread the word about it. She has friends who are speaking very highly of the program. Cynthia is excited to hear that Stephanie is connecting with teachers for workforce development. She suggested that, while there are AP students that could be involve, she would also include vocational aspects to reach populations that are more likely to stay in Kitsap County.
- Ranae has continued her work on the Accessible Communities Advisory Committee. They are partnering with the Kitsap Public Health District the Outdoors for All Foundation to host Bikes for All on September 9. The Outdoors for All Foundation will be providing several types of bikes. Flyers will go out next week. Additionally, Ranae will be visiting the Manette Senior Center for her work on the Social Isolation Subcommittee.
- Ann has shared information on the hospital transition program with those that have upcoming surgery and those whose family members will be having surgery. She has also been sharing brochures with clinics and would like more business cards to share.
- Susan filled up the brochure rack at a physician's clinic with materials. She has been helping a neighbor who was in the hospital, but never signed up for Medicare benefits. Susan asked if there are flyers available for the Senior

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Farmers Market Nutrition Program. Stacey suggested Council members direct interested people to the Meals on Wheels Kitsap website for information and applications.

- Steve attended the Area Plan public forum in July. He also plans to meet with Poulsbo Friends of the Library about getting a senior information tab added to the Kitsap Regional Library (KRL) website. He researched libraries in different areas and Seattle is the only one with a 50+ section; he's hoping to encourage KRL be a leader. Steve asked Council members to suggest organizations similar to Fishline, Meals on Wheels Kitsap, and the Social Security Administration that could be added to the tab.

6. Aging Services

a. Area Plan Activities

- Stacey explained that the Draft Area Plan has been posted to the website and that there is a 30-day comment period ending September 15. Stacey asked that the Council review the draft. Earlier in the day Stacey and Tawnya gave a presentation to the Board of County Commissioners (BOCC), providing an overview of the plan and approval process. A hard copy of the plan will also be available to review at the Kitsap County Fair in the Senior Lounge that is hosted by ALTC. On September 11, Aging will present during the Board of County Commissioners regular meeting for the public hearing. The meeting starts at 5:30 P.M. On September 20 the Council will vote to approve the final plan. Steve will be asked to sign off on the plan, Stacey will then sign the plan, and then it will go to the BOCC for final approval.
- Karol asked if the September 11 public hearing is hybrid. Stacey confirmed that it will be and she will send the agenda with a link to the meeting.

b. Recruitments

- Stacey explained that ALTC has hired two full-time staff members and one part-time staff member, one Case Manager has resigned, and there will be an interview for the Registered Nurse Case Manager position on Friday.

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c. Dashboard Report

- The Council reviewed the August Dashboard Report which includes the new Hospital Care Transitions chart.

7. **2023 Advisory Council Calendar of Events**

- The Council reviewed the 2023 calendar of events. Stacey gave a reminder that September's meeting will include the Area Plan approval presentation. In October the Council meeting will be cancelled as Council members will be attending the w4a/SCOA virtual conference on October 18 and the Fall Senior Lobby on October 19. The Council will discuss the 2024 Workplan in November and will finalize the Workplan in December.

ADJOURNMENT

The meeting was adjourned at 1:34 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 | |

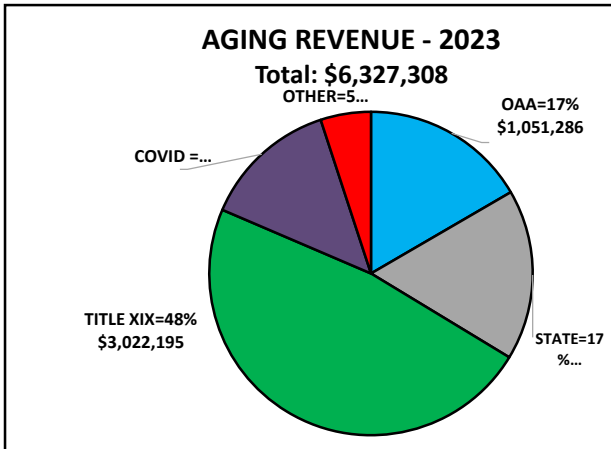
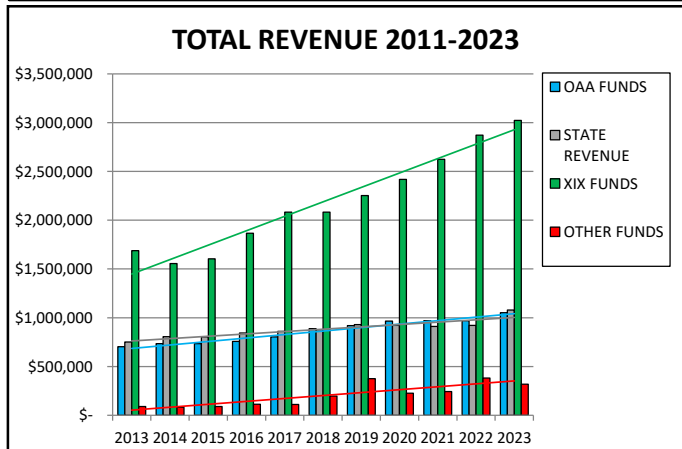
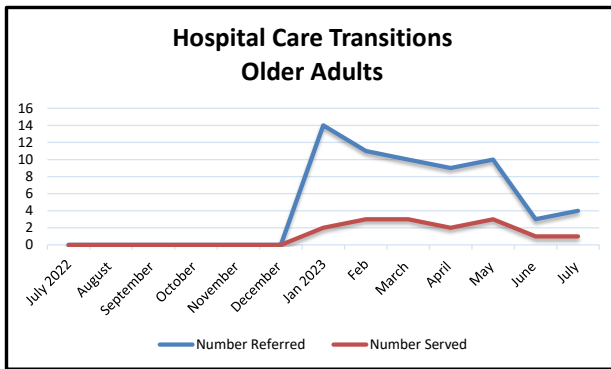
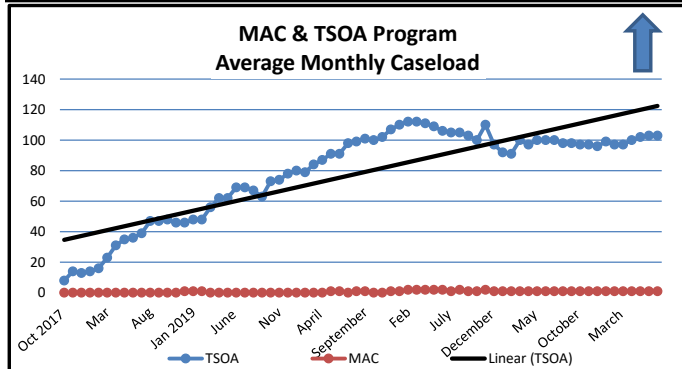
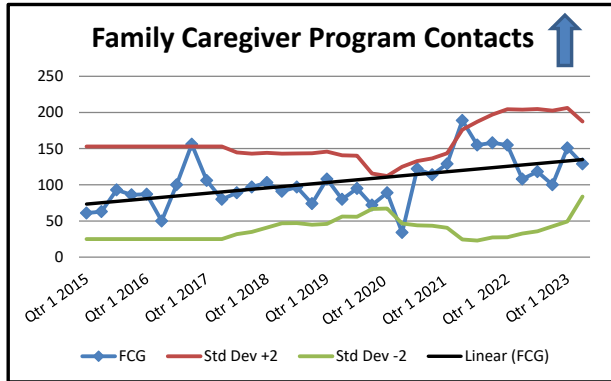
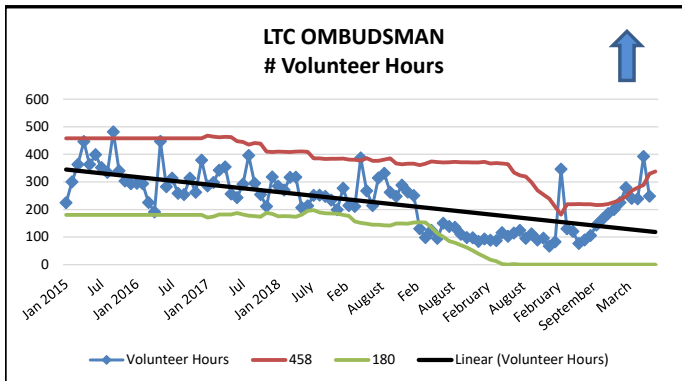
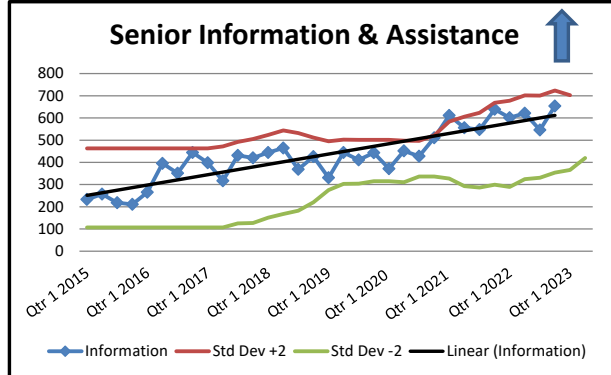
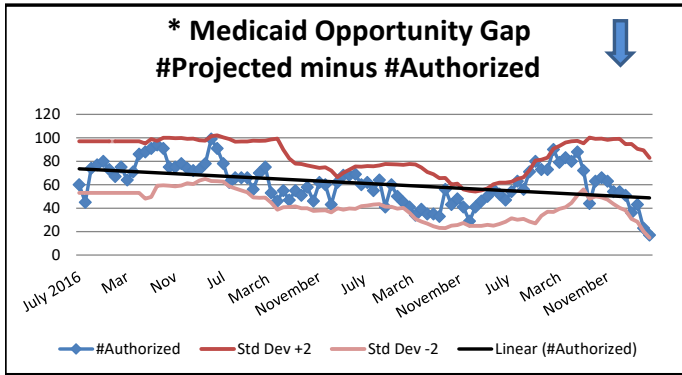
7. Race/Ethnicity- Targeted or in Attendance:

- | | | | |
|--|--|--|---|
| <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- September 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:

September 8: Suicide Awareness Conference (Jason)

September 22: Suquamish Health Fair (Gail and Brenda)

September 23: Poulsbo Farmers Market Booth from 9:00am (Jason)

September 30: Bainbridge Island Resource Fair

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>
June 21	* Advisory Council from 11:30am- 1:30pm <i>AREA PLAN OVERVIEW presentation</i>
July 19	* Advisory Council from 11:30am- 3:30pm (Retreat)
August 16	* Advisory Council from 11:30am- 1:30pm VMFH presentation
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

From: Rebecca Pirtle <rpirtle@kitsap.gov>
Sent: Friday, August 18, 2023 3:59 PM
Subject: SAVE THE DATES! Kitsap County Advisory Group Equity Training for all county advisory group staff and advisory group members

Hello! Some of our county advisory groups expressed the need for equity training for advisory group members and staff that make funding, policy and planning recommendations, host public presentations and engage deeply in our communities as representatives of Kitsap County. In response, I worked with former County Administrator Karen Goon to contract with a local equity trainer Lucretia Robertson and I'm happy to announce upcoming training sessions for all county advisory group members and staff coordinators. We are also creating a substantial toolkit with further ways advisory groups can make meetings and public interactions inclusive, engaging and productive in an environment that promotes mutually respectful conversations.

Lucretia Robertson is the director of diversity, equity and inclusion for Kitsap Regional Library and owner of Clarity Partnerships providing consultation services and mentoring to women of color. Most recently, she was selected to manage the City of Bremerton's launch of its DEI program. She has deep ties to Kitsap County and brings years of experience in leading equity-minded training and conversations. She has served on the boards of Kitsap Community Resources and Leadership Kitsap.

Participants in advisory group equity training will:

- **Develop** a basic understanding of race, intersectionality and equity, and be able to apply those concepts (along with Diversity, Equity and Inclusion) to the group's purpose/mission.
- **Gain** a broader understanding of the role of public engagement in advancing equitable outcomes and ensure full participation for marginalized people.
- **Learn actionable** ways to identify and reduce bias and institutional barriers.

I'm sending out this email now so you can save the dates to attend the virtual training sessions and ask questions in advance. I will send out another email to advisory group staff to forward to your advisory group members that will include the Zoom link to register for classes. While it is difficult to require volunteers to participate, this training is strongly recommended. Classes will be recorded and uploaded to the county advisory group website to be available to everyone.

There are three sessions for advisory group members and staff assigned to the Council.

Class 1 will be offered two different times in hopes of making it accessible to as many people as possible. The live Zoom sessions will be lively and interactive with the opportunity to ask questions and discuss topics presented.

Here are the details. In my forthcoming email to forward to advisory group members, I will provide more specifics about each class and how what participants learn can be directly applied to their work on county advisory groups.

1. ***Class 1, two hours, offered at two different times/days (same content for each session)***
Thursday, Oct. 12, 6-8 p.m. OR Saturday, Oct. 14, 10 a.m.-noon

Foundations for Equitable Public Engagement:

This class will briefly cover the historical underpinnings of racism, other 'isms and discrimination in government and the impact of inequity on diverse population groups. The session will discuss key concepts of diversity, equity and inclusion. Emphasis will be placed on taking an equity-centered approach to civic engagement. Foundational terms and concepts will be covered.

2. ***Class 2, one hour, offered Thursday, Oct. 26, 5:30-6:30 p.m.***

Guiding Frameworks for Equitable and Inclusive Engagement

This class will go deeper to discuss and practice applying equity principles to public discussions and ensure inclusive practices in public engagement. Participants will be introduced to various models for inclusive meetings.

3. ***Class 3, one hour, offered Thursday, Oct. 26, 7-8 p.m.***

Implementing Equity Tools for Planning and Collaborations

During the final session, participants will practice using the tools provided in earlier sessions to apply to grant application review, candidate interviews and forming recommendations.

Thank you!

Rebecca

Rebecca Pirtle

Communications & Volunteer Services Coordinator
Kitsap County Commissioners' Office

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: November 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. September meeting notes (Attachment 1) - Approval
- 11:40am 5. De-brief October Conferences
- October 18th w4a & SCoA conference
 - October 19th Fall Senior Lobby conference
- 12:00pm 6. 2024 Workplan- update goals and CY 2024 Council meeting day/time (Attachment 2)
- 12:30pm 7. Social Isolation subcommittee update
- 12:40pm 8. Council Member Report of Activities- Outreach form (Attachment 3)
- 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? (3 minutes per member)
- 1:00pm 8. Aging Services
- a. Recruitments
 - b. Dashboard Report (Attachment 4)
 - c. New Kinship Navigator program, starts January 1, 2024
 - d. New pilot North Kitsap Fire Fall Prevention program
9. 2023 Advisory Council Calendar of Events (Attachment 5)
- Holiday Card- picture
- 1:20pm 10. Kitsap County Advisory Council DEI Trainings- discussion
11. Kitsap County Accessibility Committee community post on 10/26/2023 (Attachment 6)
- 1:30pm ADJOURN

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September 20, 2023 Aging Advisory Council Meeting Minutes

Zoom

1. Convened at 11:29 a.m.

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

Members Excused: Elizabeth Safsten, Charmaine Scott.

Members Unexcused: None.

Guests Present: None.

Staff Present: Stacey Smith, Cristiana Fillion, Tawnya Weintraub.

Public Address: None.

Approval of Agenda: The meeting agenda was reviewed.

- Stacey requested to amend the agenda to include council member reappointments as number 11. Ranae made a motion to approve, Sandra seconded, and the agenda was amended.

2. Approval of Minutes:

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

3. 2024-2027 Area Plan Final Approval

- Stacey sent the Area Plan for Council members to review on Monday. Tawnya gave an overview of the 2024-2027 Area Plan. The Area Plan is required every 4 years with a 2-year update. The Area Plan highlights local needs, includes a demographic profile of Kitsap County, and discusses ALTC's services and partnerships. There are five issue area themes: healthy aging, options to support older adults and family caregivers, home and community based services, tribal partnerships, and COVID-19 response, supports and unwinding. The ALTC Budget is also included in the Area Plan
- Tawnya explained that ALTC received twice as many survey responses as the previous 2020-2023 Area Plan. There was a public forum on July 25 and the Area Plan draft was posted on the ALTC website for public review on August 15. She

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has been receiving phone calls and emails from community members providing feedback. Common themes include affordable housing, property tax, transportation, healthcare systems, medical needs, caregiving, accessibility and concerns about services in rural areas. Some feedback was specific to the document itself. Tawnya gave an overview of the timeline and stated that the goal today is to receive Council member feedback and vote for approval. The next steps are to receive final approval from the Board of County Commissioners before finally submitting the Area Plan in October.

- Ann stated that the Area Plan was thorough and that the format made it easy to follow. Sandra agreed and plans to share the Plan with the three nonprofits she will be meeting with.
- Karol noted how comprehensive the Area Plan is, and asked if the closing of the Naval Hospital would be something to address in the plan, with access to healthcare already being an issue. Stacey explained that outpatient services still available in the former hospital building, and that there is work being led by a local County Commissioner to determine how to address the situation.
- Ranae stated that the Area Plan is well organized and easily read.
- Linette made a motion to approve the 2024-2027 Area Plan. Cynthia seconded; all were in approval.

4. Social Isolation Subcommittee Update

- Karol explained that the Social Isolation Subcommittee will reconvene in a few weeks and discuss ways to make contact with medical facilities and senior centers.

5. Council Member Report of Activities

- a. 1/10 Citizens Advisory Committee – Charmaine Scott
 - Charmaine was not in attendance.
- b. 2023 State Council on Aging (SCOA) Meeting – Susan Kerr
 - Susan explained that SCOA has been on a break; they may be meeting next week.

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c. Council Report on Activities

- Ranea has been sharing the Bikes for All flyer and attended the event. Outdoors for All brought 30 bikes of different types, and there were 19 attendees. Ranae has also been working for the Social Isolations Subcommittee.
- Cynthia shared packets of brochures and materials with several of her neighbors.
- Sandra spoke with Island Volunteer Caregivers about the type of grants they're interested in. She has also reached out to two other nonprofit organizations on Bainbridge Island; one is related to housing resources and the other is a helpline with a foodbank and social services. She will be meeting with them next week. Sandra continues to volunteer as a companion to a 94 year old woman every Tuesday.
- Barbara brought packets or brochures and materials to her eye doctor who has many of senior patients in both Bremerton and Port Orchard
- Karol is preparing for the Day at the Dock event and community celebration in Keyport. In the fall they will be discussing emergency management and earthquake preparedness. Karol will be working this year to find speakers to talk about end of life planning with Keyport residents.
- Linette has a speaking engagement in October with the Soroptimist club in Suquamish; there will be 150-200 members in attendance.
- Susan gave out the last of her brochures and would like more for her local corner market and senior counter. Susan informed the Council that, starting in November, work meetings will conflict with Council meetings and asked that the Council discuss a new meeting schedule. Stacey would like to dedicate time during the November Council meeting to discuss a new meeting schedule in 2024 and asked that Council members consider dates and times before the next meeting. Ranae suggested creating a Doodle Poll in early November.
- Steve reached out to the Friends of the Library group and explained his idea of adding a senior tab on the Kitsap Regional Library (KRL) website; their group

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directed him to talk to library administration. Steve spoke with the Director, but his idea wasn't accepted. Barbara noted that KRL just launched their new website and suggested that it could be that they are too focused on trying to remove bugs and get the site running to dedicate the time to adding a new tab at the moment. Karol offered to support Steve in getting the page added. Steve will be joining Jason Doty, Information & Assistance Supervisor, at the Senior Resource Fair.

- Ann went to three doctors' offices, and each asked for more materials to hand out. She's given them I&A business cards to share with their patients and has shared the cards with several others.

6. Aging Services

a. Recruitments

- Stacey stated that two Medicaid case managers have resigned in the last month. Both positions are posted and Stacey is hoping to interview in the first week of October. Another case manager that has been in the office for 20 years will be retiring at the end of the year. A previous case manager has returned to work part-time.

b. Dashboard Report

- The Council reviewed the September Dashboard Report and Stacey gave an overview of outreach activities.

7. 2023 Advisory Council Calendar of Events

- October 18 w4a & SCOA Virtual Conference – Stacey will send registration information to Council members and send the agenda once received.
- October 19 Fall Senior Lobby – Stacey will need to register Council members herself for the Fall Senior Lobby and asked that Council members RSVP to her if they would like to attend. Steve, Barbara, Karol, Ann, Ranae, Sandra, Cynthia, Linette, and Susan would like to attend the Senior Lobby.
- November Council Meeting – Stacey explained that the Council will begin discussing 2024 Workplan goals in November, will revisit meeting dates and times, and discuss the possibility of in-person meetings.

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- December Council Meeting – Stacey pointed out that the third Wednesday in December is the 20th and asked if Council members would like to move the meeting to another date. The Council agreed to keep the normally scheduled meeting.

8. DEI Trainings

- Stacey explained that Kitsap County will be conducting diversity, equity, and inclusion training in October via Zoom. The classes will be recorded to review later if necessary. Steve highly suggested Council members either attend or watch the recordings. Stacey has forwarded the email with registration links for each training.

9. Reappointments

- Linette, Elizabeth, and Karol's terms are expiring at the end of the year. Stacey explained that reappointments may be different this year, in that member seats may be posted online and members may have to compete with members of the public to retain their Council seat.

ADJOURNMENT

The meeting was adjourned at 1:27 p.m.

Steve McMurdo, Chair



KITSAP COUNTY DIVISION OF AGING & LONG TERM CARE (AREA AGENCY ON AGING) ADVISORY COUNCIL **2023 WORK PLAN**

Meeting Days, Time and Location: Third Wednesdays of Each Month
11:30 am – 1:30 pm
Zoom virtual meetings

Advisory Council Staff: Stacey Smith, Administrator and Cristiana Fillion, Administrative Assistant
Advisory Council Chair: Steve McMurdo

Advisory Council Purpose/Mission Statement: The purpose of the Advisory Council to the Kitsap County Division of Aging and Long Term Care (ALTC) is to make recommendations to the staff of the Division of ALTC and the Board of County Commissioners regarding the development and support of the ALTC's Mission and Objectives.

More specifically, the purpose and duty of the Advisory Council to the ALTC is to make recommendations regarding the development and administration of the Area Plan; to conduct public meetings; to represent and advocate for the interests of older and disabled citizens of Kitsap County; and to review and comment on community policies, programs, and actions which affect older and disabled persons when requested.

The Division of ALTC Mission is to work independently and through community partnerships to promote the well-being and independence of older adults, adults with disabilities, and caregivers.

The primary objectives of the Advisory Council are to advocate for:

- Assisting citizens in securing and maintaining maximum independence and dignity in their living environment of choice with appropriate support services;
- Removal of individual and social barriers to economic and personal independence;
- Prevention of unnecessary or premature institutionalization;
- Helping older and disabled adults become involved with other people, reducing isolation and loneliness;
- Helping older persons enjoy better health through improved nutrition, health promotion and disease prevention education and activities;
- Connecting caregivers to individualized support and guidance to help empower them in their caregiving role;
- Partnering with other county departments, community agencies and non-profit organizations to further develop positive, healthy aging opportunities in Kitsap County;
- Providing excellent customer service to the community by acknowledging, listening and valuing each member.

2023 Goal	Status	Priority Level	Comments/Coordination
TIER 1: HIGH PRIORITY			
1. Continue to increase community visibility to advocate about programs and services available through the Kitsap Aging & Long Term Care Agency.	Ongoing	High	Each Council member will identify one community-based organization to link/attend. Measure: a. Each member will identify 1-2 group/ gaps to concentrate connections, annually
2. Continue to strengthen the Advisory Council’s relationship with state, national and <i>with emphasis to the local elected officials</i> as mandated by the Older Americans Act and Council bylaws.	Ongoing	High	Council routinely participates in advocacy efforts with federal, state and local elected officials and in-session legislative discussions. Measure: Advocacy activities are reported during monthly Council meetings, reflected in meeting minutes, and recorded on outreach form.
3. Decreased social isolation for older adults.	Ongoing	High	Measure: a. Identify strategies for safe social connections for older adults and their caregivers b. Develop subcommittee to identify project(s) and opportunities.
TIER 2: MODERATE PRIORITY			
4. Health related: Identify strategies for supporting vaccine, booster, and health promotion.	Ongoing	Moderate	Measure: a. Identify strategies for information distribution
TIER 3: LOW PRIORITY			
GOALS ON HOLD			
GOALS COMPLETED OR DELETED			
Advisory Council Member recruitment: Create a protocol to identify desired skill sets and increase Council diversity to better represent Kitsap County’s general population and/or individuals served.	Completed		Completed- created a Council subcommittee.

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 | |

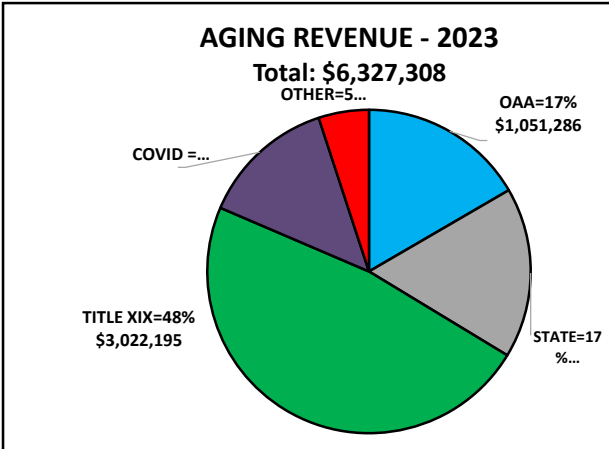
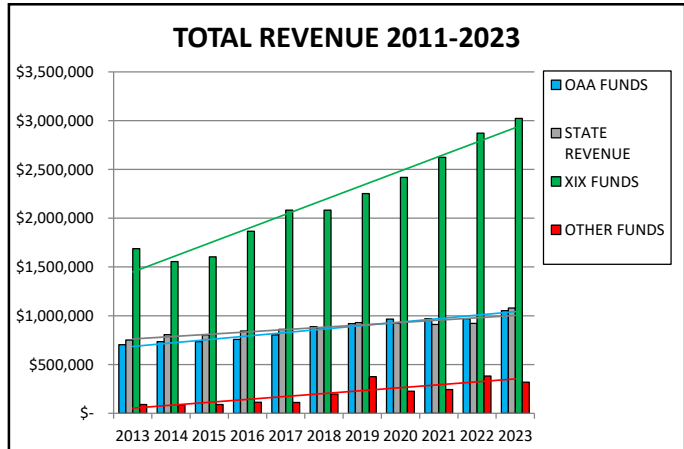
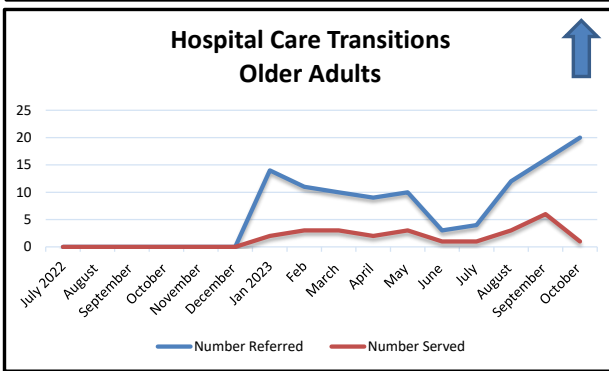
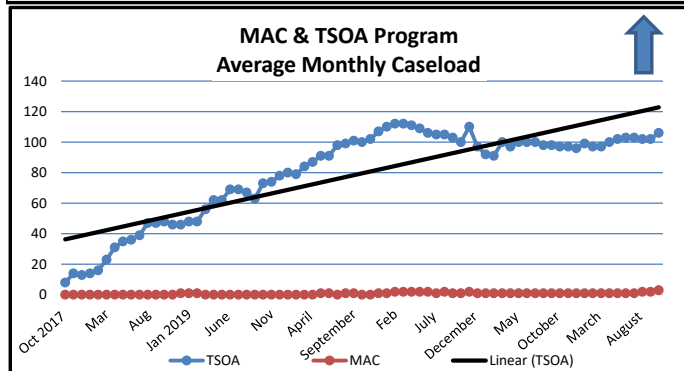
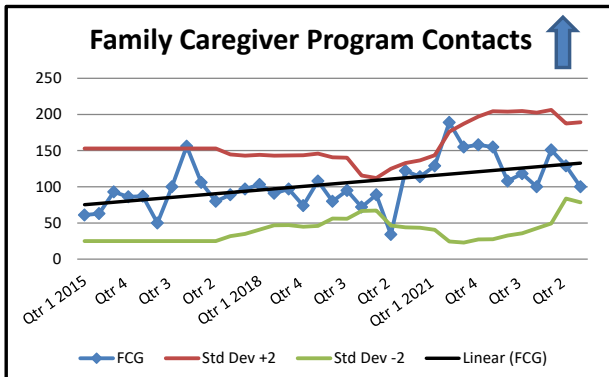
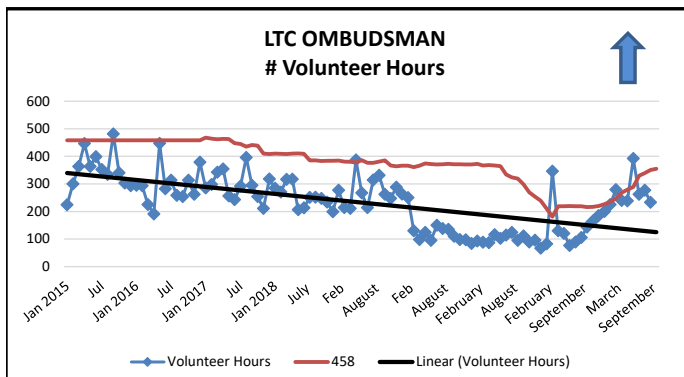
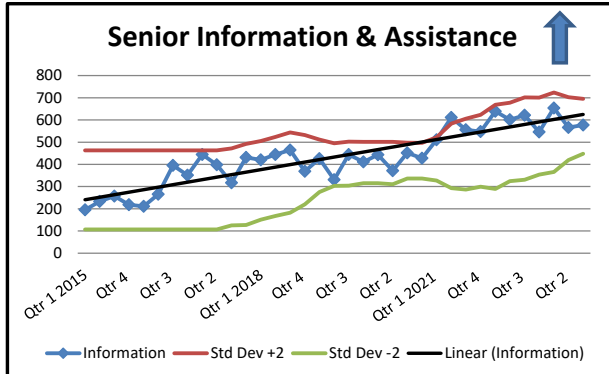
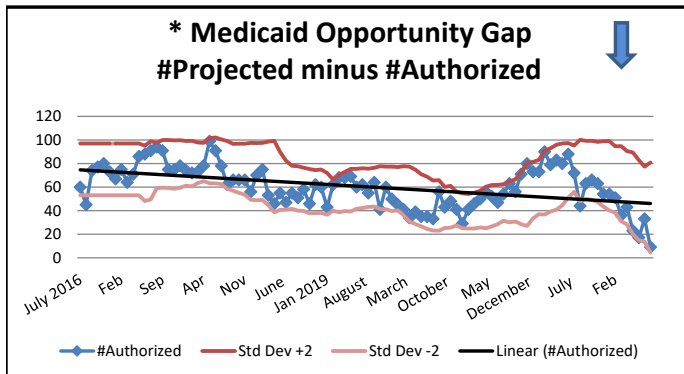
7. Race/Ethnicity- Targeted or in Attendance:

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|--|--|--|---|
| <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- November 2023



*July 2023: Medicaid caseloads maximum capacity= 1019

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

October 9, 2023: Medicaid Early Transfers begin

Community Outreach Activities:

November 13: NARF Federal Employees Plan Health Fair; 10:00am- 1:00pm (Jason)

Caregiver Workshops: November 6, 7, 8 and 12 (reference workshop flyer)

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>
June 21	* Advisory Council from 11:30am- 1:30pm <i>AREA PLAN OVERVIEW presentation</i>
July 19	* Advisory Council from 11:30am- 3:30pm (Retreat)
August 16	* Advisory Council from 11:30am- 1:30pm VMFH presentation
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

10/26/2023 Kitsap County notification system

Kitsap County Seeks Community Assistance For ADA Transition Plan to Increase Mobility in Kitsap County

Kitsap County Washington sent this bulletin at 10/26/2023 02:08 PM PDT

[View this as a webpage](#)



Kitsap County News

Kitsap County Public Works seeks community assistance with identifying ADA barriers within County right-of-ways.

(Port Orchard, WA) - Kitsap County Public Works is in the process of developing an ADA (Americans with Disabilities Act) Transition Plan to guide when and where mobility improvements need to be made. An ADA transition plan is one of the federally mandated requirements for state and local governments under Title II of the Americans with Disabilities Act.

This plan focuses on pedestrian facilities in the Public Right-of-Way including curb ramps, sidewalks, crosswalks, and signal push buttons. Through the development of this plan, Kitsap County Public Works will:

- Inventory existing pedestrian facilities
- Identify barriers and obstacles which limit accessibility
- Determine criteria for the prioritization of barrier removal
- Set a schedule for the removal of barriers.

The development of a comprehensive ADA Transition Plan requires feedback from community members just like you! Public feedback will assist the County in efforts to prioritize investments in accessibility. The public is invited to take a brief survey to provide critical feedback to County staff as recommendations and decisions are made regarding what needs fixing and how best to prioritize resources.

To complete the survey and for more information, please visit: <http://www.kitsapada.com>. The survey is open until November 25, 2023.

Do you have a specific location that makes travel difficult for you or prevents you from accessing programs or activities? Please use the [Online Reporting Tool](#) to notify Public Works of your ADA concerns.

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: December 20, 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. November meeting notes (Attachment 1) - Approval
5. Council Memberships: Re-appointments and new members
- 11:40am 6. 2024 Workplan:
- Finalize goals (Attachment 2)
 - Review tentative CY 2024 Council meeting day/time (Attachment 3)
 - Chair and Vice Chair elections for 2024
- 12:05pm 7. Plan to review Council Bylaws (Attachment 4)
- 12:30pm 8. Social Isolation subcommittee update
- 12:40pm 9. Council Member Report of Activities- Outreach form (Attachment 5)
- a. 1/10th Citizens Advisory Council- Charmaine Scott
 - b. 2023 SCOA Meeting- Susan
 - c. Kitsap Accessibilities and Public Works Transitions Plan- Ranae
 - d. Council Member Report of Community Outreach Advocacy
 - What did you do since the last meeting? (3 minutes per member)
- 1:00pm 10. Aging Services: Dashboard Report (Attachment 6)
- Healthy Aging presentations (Attachment 7)
- 1:10pm 11. Legislative Advocacy- January activities
- w4a Legislative Advocacy training/ overview- date TBD
 - Legislative Asks- CM and Senior Nutrition handouts (handouts)
 - Local stories
 - Appointments with elected officials, status
- 1:25pm 12. Review and finalize Holiday Card- picture
- 1:30pm ADJOURN

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November 15, 2023 Aging Advisory Council Meeting Minutes**Zoom****1. Convened at 11:32 a.m.**

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

Members Excused: Cynthia Blinkinsop.

Members Unexcused: None.

Guests Present: Kathryn Devlin, Knights Community Hospital Equipment Lend Program (KC HELP).

Staff Present: Stacey Smith, Cristiana Fillion.

Public Address: None.

Approval of Agenda: The meeting agenda was reviewed.

- Stacey requested to amend the agenda to include the Caregiver Workshops under item 9. Sandra made a motion to approve the agenda as amended, Barbara seconded, and the agenda was approved.

2. Approval of Minutes:

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

3. De-brief October conferences

- The Council discussed the October 18 SCOA conference. Council members shared feedback about topics, music, online format, and general impressions. In general, it was a positive experience.
- The Council moved to the October 19 Fall Senior Lobby. Council members shared feedback about topics and connection of topics, statistics related to growing number older adults and lessening of younger adults, recruitments for in home caregiver workforce, and general impressions. In general, it was a positive experience full of a lot of information.

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4. 2024 Workplan

- Stacey shared the 2024 Aging Advisory Council Workplan. The Council began by discussing 2024 meeting dates and times. The Council tentatively agreed to the third Tuesday of each month from 11:30-1:30, and to continue meeting via Zoom. Stacey noted that the Council will be voting to choose a new Chair and Vice Chair next month.
- The Council moved to the 2024 Workplan goals. Goal 1 will remain at high priority with the addition of Measure B “To promote legislative issues that impact older adults and disabled individuals.” Goal 2 will remain as-is. Goal 3 will remain at high priority with Measure B moved to “Goals Completed”. Stacey noted that there has not been much progress with Goal 4. The Council discussed whether the goal should be moved to Low priority or “Goals on Hold”. The Council voted to place Goal 4 on hold.

5. Social Isolation Subcommittee Update

- Karol explained that the Social Isolation Subcommittee has been canvassing health related service providers that they can offer materials to. They plan to hand out brightly colored envelopes that contain ALTC brochures with reorder instructions on the back. They hope to share these reorder envelopes with places that socially isolated people go, such as dentists, optometrists, physical therapists, PCPs, libraries, and churches.

6. Council Member Report of Activities

- a. 1/10 Citizens Advisory Committee – Charmaine Scott
 - Charmaine explained that on Monday Committee members met with County Commissioners to seek approval for their 2024 funding recommendations. 30 contracts were approved totaling \$7.2 million. There was \$11 million in requests, and the Committee worked from July to October to decide who would be funded.
- b. 2023 State Council on Aging (SCOA) Meeting – Susan Kerr
 - Susan explained that Governor Inslee spoke at their meeting about what he

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has seen during his tenure as Governor.

c. Council Report on Activities

- Barbara has made contact with a Baptist church bible study and shared publications with them. She also made contact with the librarian in charge of senior issues at Poulsbo library and discussed hosting a senior day, similar to the Silverdale library event.
- Sandra met with the Executive Director and Community Coordinator at Helpline on Bainbridge Island, and she signed up to volunteer at their food bank. On Friday, Sandra will be going to Island Volunteer Caregivers (IVC) to meet with some board members and volunteers. There has not been a lot of progress in the search for information on grants. Stacey recommended the 1/10 Citizens Advisory Committee and the Olympic Community of Health. Elizabeth asked if IVC may need a van and explained that Mason Transit will be giving away older vans soon; the deadline to apply is in early December. Ranae suggested Sandra contact Stefanie Christiansen at Virginia Mason Franciscan Health.
- Karol stated that she attended the first Kitsap County Citizen Advisory Council diversity, equity, and inclusion (DEI) training and plans to watch the recording of the second session. Karol also met with a librarian in support of the efforts to get a senior tab added to the Kitsap Regional Library website. They took a look at the updated library website and found that every age group except seniors has a tab. The librarian showed Karol how to make a suggestion on the website to have the tab added. Karol invited Commissioner Christine Rolfes to the first Keyport Community Group meeting in October and thinks she will be a good advocate for local programs. Commissioner Rolfes shared that she is excited to work with community members directly and that she would encourage all council members to reach out to her. Karol stated that in January, they will start a disaster preparedness pilot program with the Department of Emergency Management (DEM). She is hoping to have a positive influence on how DEM manages older adults during emergencies.
- Ranae attended the Kitsap County Citizen Advisory Council DEI training and

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thought it was very good. She handed out I&A contact cards to a few neighbors who are having issues with food insecurity. Ranae also attended the Kitsap Health District's data summit at the Kitsap Mall and found that many topics were related to older adults.

- Ann found more information on the South Kitsap Highschool caregiver program and shared the information with a friend at South Kitsap Highschool but hasn't received feedback yet. Ann also attended the Silverdale library senior event.
- Linette provided advocacy at the District one meeting of the Soroptimist Club.
- Steve had a meeting with Lucretia Robertson, KRL's Director of Human Resources and DEI, regarding a senior tab on the website. His idea was very well received and follow up information was requested. Steve also went with Jason Doty, I&A Supervisor, to the Silverdale library for a senior information presentation. Stacey, Steve, and Barbara participated in a panel to review and score submitted proposals for 2024 dementia services subcontract.

7. Aging Services

a. Recruitments

- Stacey stated that three Medicaid case managers have been hired and will be starting on Monday, November 20th. For the first time in a very long time, staffing for the Medicaid unit is at 100%. Recruitment continues for a Registered Nurse case manager.

b. New Kinship Navigator Program

- Kitsap ALTC received full funding last year for a new program intended for kin, such as grandparents or other older adults, raising children. The program will provide a navigator service to guide kin through things like working with the school, foster care and court systems. The subcontract will be with Kitsap Community Resource Services, starting on January 1st.

c. New Pilot North Kitsap Fire Fall Prevention Program

- Stacey spoke previously about the Otago Fall Prevention Pilot Program that was offered to the City of Poulsbo CARES unit, who ultimately declined the subcontract. More recently North Kitsap Poulsbo Fire Department has

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shown interest in the program. A subcontract has been offered to support the pilot services currently being provided.

d. **November Family Caregiver Month Workshops**

- Stacey explained that ALTC hosted four family caregiver workshops last week. The topics were “Memory Loss and Communication for Family Caregivers” and “Caregiver Support: Programs and Resources.” The workshops were hosted both virtually and in-person, during the week and with one workshop on the weekend. Unfortunately, they were generally not well attended with only five to seven attendees per event.

8. 2023 Advisory Council Calendar of Events

- The council reviewed the 2023 Calendar of Events.

9. DEI Trainings

- Stacey will share the Kitsap County Citizen Advisory Council DEI training session recordings once received.

10. Accessibility Committee

- Stacey reviewed the Kitsap County electronic notification asking for community assistance in identifying ADA barriers in Kitsap County. Ranae has volunteered to act as a representative for Aging and shared that Christie DeGeus spoke about the Public Works accessibility project to increase mobility at the November Accessibility Committee meeting.

ADJOURNMENT

The meeting was adjourned at 1:24 p.m.

Steve McMurdo, Chair



KITSAP COUNTY DIVISION OF AGING & LONG TERM CARE (AREA AGENCY ON AGING) ADVISORY COUNCIL

2024 WORK PLAN

Meeting Days, Time and Location: Third Tuesday of Each Month
 11:30 am – 1:30 pm
 Zoom virtual meetings

Advisory Council Staff: Stacey Smith, Administrator and Cristiana Fillion, Administrative Assistant
Advisory Council Chair: Steve McMurdo

Advisory Council Purpose/Mission Statement: The purpose of the Advisory Council to the Kitsap County Division of Aging and Long Term Care (ALTC) is to make recommendations to the staff of the Division of ALTC and the Board of County Commissioners regarding the development and support of the ALTC's Mission and Objectives.

More specifically, the purpose and duty of the Advisory Council to the ALTC is to make recommendations regarding the development and administration of the Area Plan; to conduct public meetings; to represent and advocate for the interests of older and disabled citizens of Kitsap County; and to review and comment on community policies, programs, and actions which affect older and disabled persons when requested.

The Division of ALTC Mission is to work independently and through community partnerships to promote the well-being and independence of older adults, adults with disabilities, and caregivers.

The primary objectives of the Advisory Council are to advocate for:

- Assisting citizens in securing and maintaining maximum independence and dignity in their living environment of choice with appropriate support services;
- Removal of individual and social barriers to economic and personal independence;
- Prevention of unnecessary or premature institutionalization;
- Helping older and disabled adults become involved with other people, reducing isolation and loneliness;
- Helping older persons enjoy better health through improved nutrition, health promotion and disease prevention education and activities;
- Connecting caregivers to individualized support and guidance to help empower them in their caregiving role;
- Partnering with other county departments, community agencies and non-profit organizations to further develop positive, healthy aging opportunities in Kitsap County;
- Providing excellent customer service to the community by acknowledging, listening and valuing each member.

2024 Goal	Status	Priority Level	Comments/Coordination
TIER 1: HIGH PRIORITY			
1. Continue to increase community visibility to advocate about programs and services available through the Kitsap Aging & Long Term Care Agency.	Ongoing	High	Each Council member will identify one community-based organization to link/attend. Measure: a. Each member will identify 1-2 group/ gaps to concentrate connections, annually b. Promote legislative issues that impact older adults and individuals with disabilities
2. Continue to strengthen the Advisory Council's relationship with state, national and <i>with emphasis to the local elected officials</i> as mandated by the Older Americans Act and Council bylaws.	Ongoing	High	Council routinely participates in advocacy efforts with federal, state and local elected officials and in-session legislative discussions. Measure: Advocacy activities are reported during monthly Council meetings, reflected in meeting minutes, and recorded on outreach form.
3. Decrease social isolation for older adults.	Ongoing	High	Measure: Identify strategies for safe social connections for older adults and their caregivers
TIER 2: MODERATE PRIORITY			
4. Review Council bylaws			Measure: Complete review by 8/30/2024
TIER 3: LOW PRIORITY			
GOALS ON HOLD			
2023 Goal Health related: Identify strategies for supporting vaccine, booster, and health promotion.	HOLD	Low	To implement as needed to address community recovery and virus spread. Measure: Identify strategies for information distribution, as needed.
GOALS COMPLETED OR DELETED			
Goal 3. Decrease social isolation for older adults.	Partial Completed		Measure completed: b. Developed subcommittee in 2023.

2024 Advisory Council Meetings & Activities

January 8	WA Legislature Begins (no events)
January 16	* Advisory Council from 11:30am- 1:30pm
January TBD	* w4a Legislative Training Webinar
January TBD	* Advisory Council Legislative Planning meeting
January TBD	* w4a Advocacy Days (appointments with elected officials)
February 20	* Advisory Council from 11:30am- 1:30pm
February TBD	* WA Spring Senior Lobby Conference (zoom)
March 19	* Advisory Council from 11:30am- 1:30pm)
April 16	(No meeting)
May 14	* Advisory Council from 11:30am- 1:30pm
May Workshops	<u>May Older Adults Virtual Workshops</u>
June 18	* Advisory Council from 11:30am- 1:30pm
July 16	* Advisory Council from 11:30am- 3:30pm (Retreat)
August 20	* Advisory Council from 11:30am- 1:30pm
September 17	* Advisory Council from 11:30am- 1:30pm
October TBD	* 2024 AAA & State Council on Aging (SCOA) Conference (No Advisory Council meeting this month)
October TBD 19	* 2024 Fall Senior Lobby Conference
November TBD	* Kitsap Caregiver Fall Caregiver Workshop/Conference
November 19	* Advisory Council from 11:30am-1:30pm
December 17	* 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

KITSAP COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL BYLAWS

Last amended and approved 11/18/15

Last BOCC approval 12/7/15

Edits: 12/5/2023

PREAMBLE

The Advisory Council for the Kitsap County Area Agency on Aging was established June 1, 1980 pursuant to the Basic Agreement between the State of Washington Department of Social and Health Services and the Board of Kitsap County Commissioners and pursuant to the provisions of the Older Americans Act.

ARTICLE I - NAME

The name of the organization shall be the KITSAP COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL.

ARTICLE II - PURPOSE and DUTIES

The purpose and duty of the Advisory Council is to advise the Board of Kitsap County Commissioners and staff of the Area Agency on Aging to:

- A. Develop and administer the Area Plan;
- B. Conduct public meetings hearings;
- C. Represent the interests of older adults, and adults with disabilities, and their caregivers;
- D. Review and comment on community policies, programs, and actions which affect older adults, and adults with disabilities, and their caregivers.

The Advisory Council shall also serve as an advocacy body to promote the interests of older adults, and adults with disabilities, and their caregivers residing in Kitsap County.

The Advisory Council shall not function in a policy-making or decision-making capacity.

ARTICLE III - MEMBERSHIP

Section 1. Eligible members

Membership on the Advisory Council shall be open to individuals residing within Kitsap County. As required under the Older Americans Act, a majority to the council shall be made up of individuals over age 60 who are participants or who are eligible to participate in the programs sponsored by the Area Agency on Aging.

Members shall be ineligible to serve if they move out of or no longer reside within Kitsap County. When this occurs, the Chairperson with the assistance of the Lead Staff to the council shall so notify the member in writing citing this article and section of the Bylaws.

The balance of membership shall be comprised of individuals representing the interests of older adults, ~~and~~ adults with disabilities, ~~and caregivers~~ representatives of ~~local elected officials and~~ members of the general public.

Membership is not open to individuals who are employed by agencies or organizations contracted with the Area Agency on Aging to provide services.

Section 2. Membership Size

There shall be three (3) appointments from each Commissioner's district and at least ~~two (2) appointments at large.~~

The Advisory Council's goal is to fill at a minimum three (3) appointments from each Commissioner district and ~~two (2) appointments at large.~~ The Kitsap County Representative to the Washington State Council on Aging shall be a member of the Advisory Council ~~servicing in an ex-officio capacity with no voting rights.~~

Section 3. Selection and Appointments of Members

The Area Agency on Aging shall solicit nominations for Advisory Council membership from throughout Kitsap County, following criteria set by the Older Americans Act. ~~A special effort will be made to secure representative of low income and minority elderly.~~

The Lead Staff to the Advisory Council will consult with the nominating committee of the Advisory Council and the Administrator prior to and during the screening and interviews of applicants prior to forwarding the nominee list to the full council for review ~~and a vote at a full council meeting.~~ Final ~~applicant recommendation referral~~ will be made to the Board of Commissioners for selection and appointment.

Section 4. Term of Membership

Advisory Council members shall be appointed for a term of three (3) years. ~~There are no term limits.~~

All Advisory Council appointments to the extent feasible will be made during the month of January, to coincide with the calendar year. All appointments made after January, for whatever reason, shall have a termination date of December 31, three

years from the nearest January.

~~All Advisory Council members of good standing as of January 1, 2013, notwithstanding the date of the original appointment, shall be eligible for an additional three (3)-year term.~~

Section 5. Terminations

Membership on the Advisory Council will be reviewed for termination if a member is absent for three (3) consecutive meetings of the Council without previously contacting Lead Staff to the Advisory Council (or designee) and being excused by the Chairperson.

In the event a member is unable to attend a regular meeting he/she will contact the Lead Staff to the Advisory Council (or designee) who so shall advise the Council Chairperson. Lack of notification will be instrumental in causing termination of membership.

In the event the member will be absent for an extended period of time, he/she may request a Leave of Absence, which is subject to approval by the Advisory Council, and will be considered an "inactive member" for that period.

~~Members may also be removed at any time for cause upon consultation and agreement with the Area Agency Advisory Council.~~

Section 6. Resignations

Resignation may be written or verbal. A written resignation is effective immediately when presented at a meeting of the Advisory Council or at the time specified by the Council Member. Verbal resignations are effective when accepted by the Advisory Council.

ARTICLE IV - ELECTIONS

Section 1. Officers

Officers of the Advisory Council shall consist of Chairperson and Vice-Chairperson.

Section 2. Election and Term of Office

The Kitsap County Advisory Council shall elect officers annually. The elections shall be conducted **in by** December, the term of office coinciding with the calendar year. No officer shall be elected to the same office for more than **two (2) consecutive** one-year terms.

Section 3. Vacancies

In the event a vacancy should occur, the Advisory Council shall elect a new officer, by a majority vote of those present, to serve the remainder of the term. All such elections shall occur at the next regular meeting following the vacancy and shall be announced in writing to the membership.

ARTICLE V - MEETINGS, COMMITTEES

Section 1. Meetings

The Advisory Council will meet on a monthly basis, time and place to be determined by agreement of the full council. Meetings may be held in person, virtual or a hybrid. Special meetings may be called at the discretion of the Chairperson in coordination with the Area Agency of Aging Administrator and Lead Staff to the Advisory Council. Every effort will be made to plan and distribute an annual calendar for special meetings such as legislative discussions and public hearings.

Section 2. Quorum

Fifty percent of the currently appointed active membership shall constitute a quorum for any meeting of the Advisory Council. The Council will allow voting by email for extenuating circumstances.

Section 3. Committees

The Advisory Council may establish such committees as may be necessary to conduct the Council's business.

The Chairperson shall appoint an Executive Committee of four (4) members of the Advisory Council, including the Chairperson, ~~Past Chairperson~~, Vice Chairperson and one other Council member. The Executive Committee shall act in an advisory capacity to the Chairperson, Administrator and Lead Staff to the Advisory Council. The Executive Committee shall carry out the business of the Council between meetings, and all recommendations shall be considered as automatic motions to adopt/concur to be acted upon at the next Advisory Council meeting.

The Council members shall elect four (4) members to a Nominating Committee for the purpose of nominating Officers and new members and shall report to the Council their recommendations.

ARTICLE VI - CONFLICT OF INTEREST

No member of the Advisory Council may debate or vote on a Council recommendation the result of which would financially benefit the member or any agency or organization of which the member is a decision making officer.

It shall be the responsibility of each Advisory Council member to declare potential conflicts of interest. The Advisory Council Chairperson shall, in consultation with the Administrator and Lead Staff to the Council as needed, be responsible for mediating differences of opinion in this matter as they arise.

ARTICLE VII - AMENDMENTS

The Advisory Council Executive Committee, in consultation with the Administrator of the Area Agency on Aging and Lead Staff to the Advisory Council, may offer amendments to these Bylaws to the full council for a majority vote of those members present at any regular meeting. Prior written notice, together with proposed written amendments, shall have been made available to all members. Such amendments are subject to review and approval by the Board of Commissioners.

Bylaws are in effect when approved by the Board of County Commissioners.

Adopted this 7th day of December 2015

**BOARD OF COUNTY COMMISSIONERS
KITSAP COUNTY, WASHINGTON**

(insert name), Chair

(insert name), Commissioner

(insert name), Commissioner

ATTEST:

Dana Daniels, Clerk of the Board

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 | |

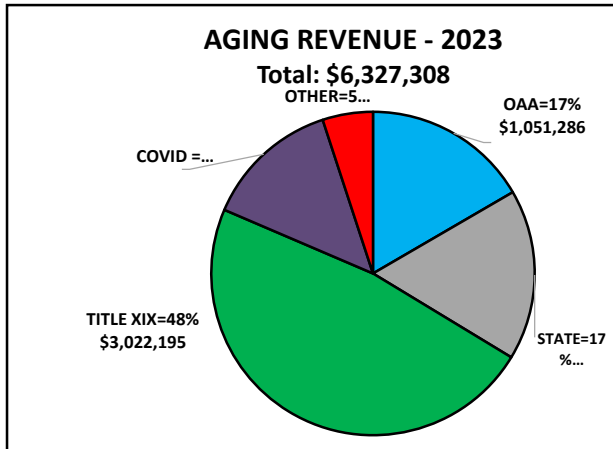
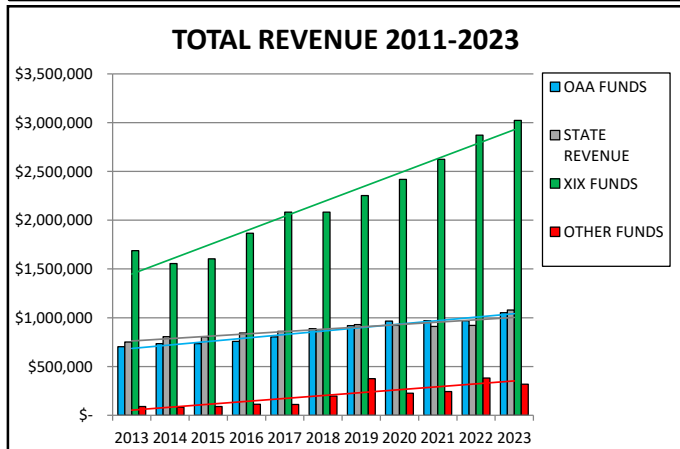
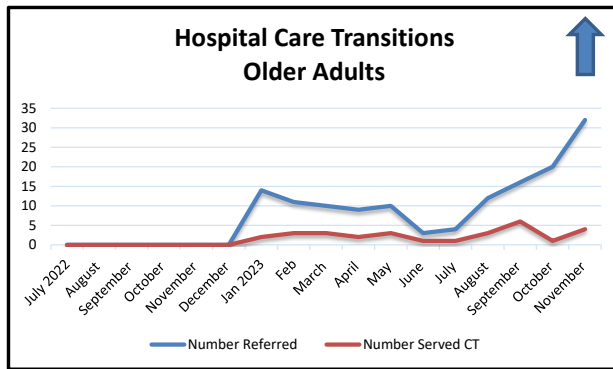
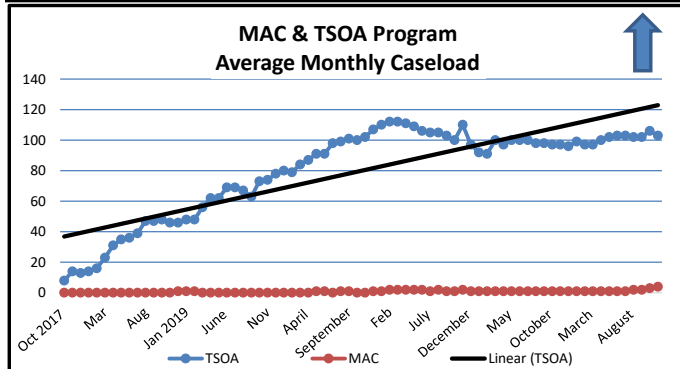
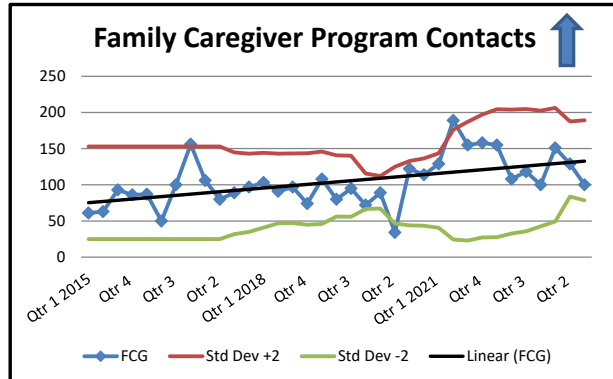
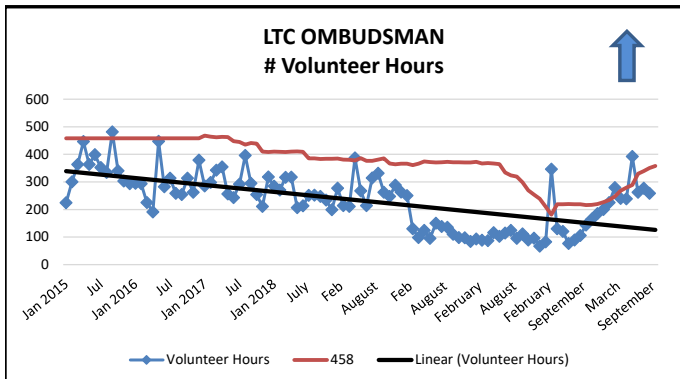
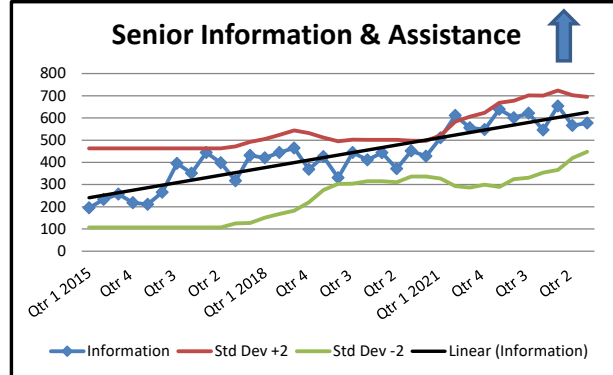
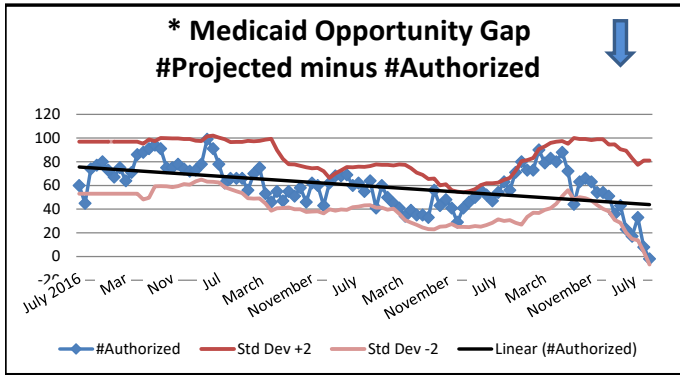
7. Race/Ethnicity- Targeted or in Attendance:

- | | | | |
|--|--|--|---|
| <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- December 2023



*July 2023: Medicaid caseloads maximum capacity= 1019

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

October 9, 2023: Medicaid Early Transfers begin

Community Outreach Activities:

December 4: KMHS OP team, overview of services (Jason)



Healthy Aging:

Brain Health & Safe Use of Medications

Healthy aging is unique to each person and includes a variety of factors. Safe use of medications and supplements is one way to maintain positive lifestyle factors that promote brain health.

In support of healthy aging for people age 65+, the following topics are reviewed in each 1-hour *virtual* presentation:

- Brain basics, brain health, healthy lifestyle factors
- Tips for safe use of medication and organization
- Medication disposal options
- Tips for traveling with medication

Visit the *Community Education Presentations* page on <https://mysoundself.com> to register for one of the dates remaining in 2023!

- **Thursday, Nov. 30th 10:00am**
- **Tuesday, Dec. 5th 11:00am**
- **Wednesday, Dec. 13th 12:00pm**

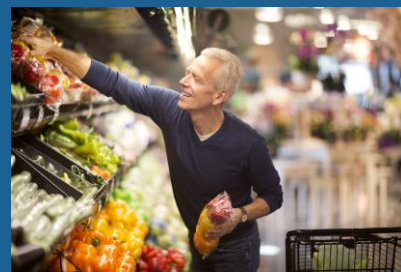
Not sure if you can attend one of these dates, or younger than age 65? No problem- feel free to register! Contact Jennifer with questions or help with registering: (360) 328-1078 or infosoundself@gmail.com

VIRTUAL
Online or by phone

No Fee to Attend

Registration: Visit the
Community Education
Presentations page on
<https://mysoundself.com>

Presented by:
Jennifer Calvin Myers, LICSW
Sound Self, PLLC



IN PARTNERSHIP WITH
KITSAP COUNTY
AGING AND
LONG TERM CARE

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