

NWSSB

[Northwest Senior Services Board]

ADVANCE MEETING MATERIALS

MARCH 8, 2022

VIRTUAL MEETING

1:00 – 3:30PM

Northwest Regional Council
600 Lakeway Drive
Bellingham, WA 98225
360.676.6749



NWSSB VIRTUAL MEETING INFORMATION

Northwest Senior Services Board

Tue, Mar 8, 2022, 1:00 PM - 3:30 PM

Please join the meeting from your computer, tablet or smartphone.

Join Zoom Meeting

<https://us06web.zoom.us/j/88618564882?pwd=MIBpcXIVNFISKzZHZDdaUFpGVGNmUT09>

Meeting ID: 886 1856 4882

Passcode: 906484

To Join by Phone

+1 253 215 8782 US (Tacoma)

Meeting ID: 886 1856 4882



February 28, 2022

Dear Northwest Senior Services Board Members:

Our next meeting of the NWSSB will be held virtually on **Tuesday, March 8th from 1:00 to 3:30 pm. Please see the enclosed instructions to connect to Zoom via your computer or phone.**

The agenda for the meeting includes:

- welcome and introductions;
- the new Dementia Support Program at NWRC;
- creating NWSSB committees; and
- agency, COVID, and legislative updates.

Please review the enclosed materials as your perspectives and thoughts are a key part of the process. If you are unable to attend the meeting, please notify Elizabeth Anderson on our staff. If you have trouble connecting to the meeting, please contact our administrative staff for technical assistance at 360-676-6749.

Sincerely,

DocuSigned by:

Amanda McDade

650ED08A69B94BD
Amanda McDade

Executive Director

Enclosures

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NORTHWEST SENIOR SERVICES BOARD

Date: March 8, 2022

Time: 1:00pm – 3:30pm

Location: Virtual Meeting (Zoom)

Agenda

Time	Topic	Pages	Action Required
1:00-1:05	Regular Meeting Call to Order Barbara Pesola, Chair <ul style="list-style-type: none"> • Introduction of Guests • Roll Call • Review of January Minutes • Announcements • Public Comments 	3-6	Motion
1:05-1:50	Presentation: Dementia Support Program Kate Massey & Kelsey Wood, NWRC Program Support Specialists	7-12	Discussion
1:50-2:00	Break		
2:00-2:30	Discussion Amanda McDade <ul style="list-style-type: none"> • Forming NWSSB Committees 		Information
2:30-2:50	Agency & Legislative Updates Amanda McDade <ul style="list-style-type: none"> • Agency • COVID • Legislative & Advocacy 		Information
2:50-2:55	State Council on Aging Update (SCOA) Georgiann Dustin	Verbal	Information
2:55-3:05	Updates from Our Communities Members	Verbal	Discussion
3:30	Adjourn	Verbal	Motion

Upcoming Northwest Senior Services Board Meetings and Events:

May 10, 2022	Regular Meeting	Virtual
July 12, 2022	Regular Meeting	TBD
September 13, 2022	Regular Meeting	TBD
October 19-20, 2022	Fall Gathering and Conference	TBD
November 8, 2022	Regular Meeting	TBD

Upcoming Northwest Regional Council Meetings:

April 21, 2022	Governing Board Meeting	TBD
July 28, 2022	Governing Board Meeting	TBD
December 8, 2022	Governing Board Meeting	TBD

Anyone needing special accommodations to participate in a meeting should contact NWRC at least 48 hours in advance of the scheduled meeting.

For more information, please contact NWRC at 360-676-6749 or 1-800-585-6749, 600 Lakeway Drive, Bellingham WA 98225.

Northwest Senior Services Board Meeting Minutes

January 11, 2022

Members Present In-Person: None

Members Present via Zoom or Telephonically: Carl Bender, Georgiann Dustin, Jana Finkbonner, Shirley Forslof, Wendy Gilbert, Alberta Horn, Mary Kanter, Bob Monize, Kathleen O'Connor, Barb Pesola, George Edward, Jennifer Lautenbach, Shirley Bennett, Denise Irely, Jodi Sipes, Marshall Gartenlaub

Members Absent: Anna Ankrum, Doug Cornelsen, Stephen Shubert, Tasker Robinette

Staff Present Zoom or Telephonically: Amanda McDade, Ryan Blackwell, Elizabeth Anderson, Darla Smith, and Jeri Johansen.

Guests Present via Zoom or Telephonically: None

Call to Order (Barb Pesola) at 1:09 PM

Zoom Meeting Reminders

Guests: None

Roll Call

Review of November Minutes:

Motion put forward by the board president, Barb Pesola to accept the minutes from the November 9, 2021, meeting.

Motion made by: Jodi Sipes Seconded: Kathleen O'Connor Result: Approved

Announcements: None

Public Comment: None

Introductions of new NWRC Executive Director and NWSSB Members

Amanda McDade and members

Each board member introduced themselves to NWRC's new Executive Director, Amanda McDade.

Amanda McDade introduced herself and provided a brief overview of her background. She has been with NWRC approximately six years as the Case Management Director and is excited about taking on the Executive Director role.

Introduction of Darla Smith as NWRC's new Office Supervisor.

Break for 10 minutes

1:26 – 1:40

The Board requested discussion on:

- What should the Boards primary focus be for 2022?
- How can the Board be more involved?
- Committees that it may be beneficial for Board Members to participate on.
- What is the function of the NWSSB?

Background information on the Northwest Senior Services Board was provided by Ryan Blackwell. The original direction for the Board was to have input and guidance from seniors, however, this role is changing to be more advocacy based. Additionally, the Board acts as a sounding board for new programs prior to being presented to the Governing Board.

Discussion ensued around the possible need for a secretary that can help track and send out informational and marketing materials, possibly a type of advocacy liaison role. It was felt that more outreach is needed in the community. A request was made for informational materials be made available throughout the community, perhaps through the various Senior Centers.

Conversation continued around growth trends and impacts of these trends, especially in the ratio of available caregivers to those persons who need them.

Agency Update

Amanda McDade

- COVID Update
NWRC had planned to restart home visits in December of 2021. Due to the impacts of the current variant, this plan has since been changed to a triage approach allowing for varying types of visits such as “porch” and remote contact based on risk factors for both the client and staff. The majority of our staff continue to work remotely. Staffing levels have been impacted by Covid.
- NWRC 2022 Budget Summary
Amanda McDade shared that Dan Murphy reviewed the 2022 budget summary at the last NWSSB meeting in November, and that she was open to answer any questions. A question was presented regarding the administrative costs. Ryan Blackwell offered that though he has not seen the current analytics, the administrative costs usually run around 10%.
Discussion centered around nutrition and why the budget seemed to have gone down when the understanding was that it would stay even for this program. The

budget is based on a per unit cost. It is possible that during COVID, the number of meals served went down which could make it appear that the budget was reduced. The per unit cost remained flat. There was a request to have a report on the number of meals served. Whatcom Council on Aging is the service provider and would need to provide that information. Discussion circled around the possibility that supply chain issues could be impacting the cost. Ryan Blackwell noted there is an increase in per unit cost, which reflects inflation and the supply chain issues we have all been seeing. A request was made for a detailed report on NWRC COVID funds obtained and their distribution.

Legislative Update

Ryan Blackwell and Amanda McDade

- **Advocacy Updates**

The legislative session started yesterday, January 10th. This is essentially a clean-up year and there is more in available in the budget than anticipated. NWRC is focused on several issues that are also being advocated for by larger agencies such as AARP and SEIU. NWRC has a goal to increase funding for case management that reflects the same increase the state received. The caseloads for NWRC staff are very heavy and have become much more complex. Increased funding would allow for NWRC to reduce the caseload enabling a higher level of service for our case managed clients.

The Long-Term Care Act premiums have been placed on hold for the time being by Governor Inslee, allowing for time to address some of the issues in the bill.

Acute Care Hospital Transitions – Additional funding is being sought for this program. Movement to employ 30 additional care coordinators state-wide. This means approximately 2 additional staff for each area. NWRC staffs two positions, with one care coordinator stationed in Skagit and one in Whatcom hospitals. The staff in these positions are imbedded in with the hospital staff allowing care to continue longer, making sure that needs are in place for the client to transition from hospital to home easier and be more successful. This program has proven to reduce 30-day hospital re-admissions dramatically 57% to 13%. Page 17 of this packet.

Personal Needs Allowance – There is a request to increase this allowance from 100% of the Federal Poverty Level to 300% for individuals needing in-home care. Currently, the PNA is \$1,074 per month for an unmarried individual, with the remaining two-thirds (on a \$3,000/mo. income) going to their providers to pay for their care. Many adults, needing care and choosing to stay in their homes will refuse, or accept less care hours in order to keep the cost down. Page 19 of this packet.

State Council on Aging Update (SCOA) - Georgiann Dustin

The SCOA is also advocating for increasing the personal needs allowance. SEIU and AARP are also advocating for this request. In addition, the SCOA is advocating for higher salaries and additional training for caregivers. SCOA is contemplating in-person and hybrid meetings for a potential start in April.

Reminder: W4A Webinar is on Thursday.

Updates From Our Communities:

Orcas buddy check in is going well. Thank you to Bellingham Senior Center for including Island County on their programming. – Barbara Pesola

Blaine and Whatcom Senior Centers are allowing visitors if proof of vaccination can be shown. Programs are limited at this time.

Adjourn:

Barb Pesola: Motion put forward that there being no further business this meeting is adjourned.

Motion made by: Bob Monize Seconded: Shirley Forslof Result: Approved.

The meeting adjourned at 3:08 p.m.

Jeryllyn (Jeri) Johansen, Receptionist/Administrative Aide

Reviewed and approved by the Northwest Senior Services Board at the March 8, 2022, meeting.

Barbara Pesola, NWSSB Chair



The Dementia Support Program at NWRC:

- Provides dementia education and resources to community and network partners in order to recognize signs of dementia and understand available resources and/or referrals.
- Supports people with dementia and their caregivers to obtain legal advice and participate in advance care planning activities
- Increases the availability of STAR-C (an evidence-based consultation service to help family caregivers who are caring for someone with Alzheimer's disease or a related dementia)
- Offers culturally tailored dementia caregiving education to Tribal communities in the region
- Provides dementia education and support to cultural and ethnic groups that are currently underserved through the use of translated materials and language appropriate events
- Increases opportunities for people in early dementia and their caregivers to socialize and engage in community

Dementia Support Program at Northwest Regional Council



How to reach us:

For personalized assistance with a dementia related issue, please contact your local Aging and Disability Resource Center.

Whatcom County: (360) 738-2500 adrcwhatcom@dshs.wa.gov

Skagit County: (360) 428-1301 adrcskagit@dshs.wa.gov

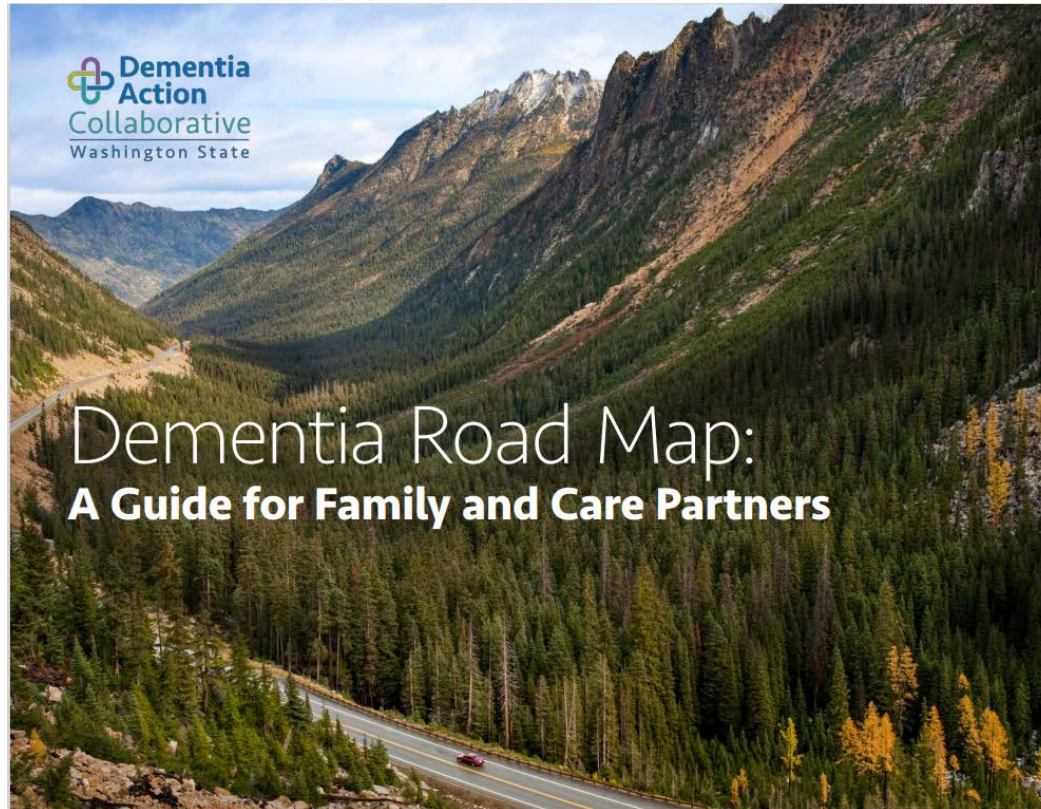
San Juan County: *Orcas* (360) 376-7926

San Juan (360) 370-7526 *Lopez* (360) 468-2421

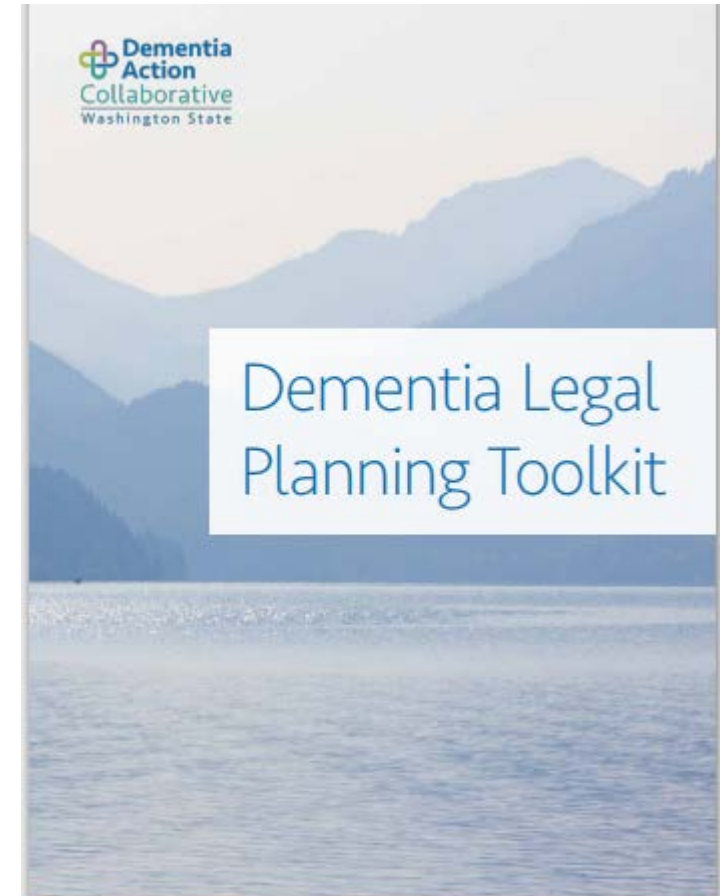
Island County: *South Whidbey* (360) 321-1600

Oak Harbor/N. Whidbey (360) 675-0311 *Camano* (360)387-6201

For material requests or to request a training, please contact
NWRCdementia@dshs.wa.gov



[Dementia Road Map - A Guide for Family and Care Partners](#)



[Dementia Legal Planning Toolkit](#)



Dementia Legal Planning

Receive FREE education and guidance around the topic of legal planning when memory concerns are present!

This presentation is designed for people living with dementia, individuals caring for someone with dementia, and those concerned about the potential for memory loss to impact their lives in the future.

Topics covered may include:

- Durable Power of Attorney
- Health Care Directive
- Wills
- Long Term Care/Medicaid Planning

Offered virtually via Zoom

Wednesday, March 23rd, 2022

2-3:30pm

To register: NWRCdementia@dshs.wa.gov

Space is limited for this session, you may be placed on a wait list for a future date.



About the presenter:

Barry Meyers is Certified as an Elder Law Attorney by the National Elder Law Foundation, Emeritus*. Mr. Meyers has practiced law since 1983 and elder law since 1992. He received his undergraduate education at the University of Southern California, a Masters degree from the University of California, Davis, and his law degree from Whittier College School of Law.

What is the Dementia Support Program?

The Dementia Support Program at NWRC:

- Increases opportunities for people in early dementia and their caregivers to socialize and engage in community
- Supports people with dementia and their caregivers to obtain legal advice and participate in advance care planning activities
- Provides dementia education and resources to NWRC staff and community partners
- Increases the availability of STAR-C (an evidence-based consultation service to help family caregivers who are caring for someone with Alzheimer’s disease or a related dementia)
- Offers culturally tailored dementia caregiving education to Tribal communities in the region
- Provides dementia education and support to cultural and ethnic groups that are currently underserved through the use of translated materials and language appropriate events

What is the goal of Dementia Support Program?

To enhance the capability of the community to meet the needs of people with dementia and their caregivers.

How can interested parties learn more about the Dementia Support Program?

For upcoming trainings, events, or to request materials please email NWRCdementia@dshs.wa.gov

People with dementia or caregivers who are interested in receiving supports should contact their local Aging and Disability Resource Center:

Whatcom County

(360) 738-2500

adrcwhatcom@dshs.wa.gov

Skagit County

(360) 428-1301

adrcskagit@dshs.wa.gov

San Juan County

Orcas (360) 376-7926

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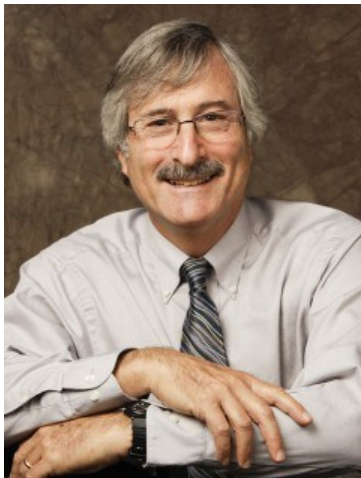
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