

## **Northwest Senior Services Board Meeting Minutes**

**May 9, 2023**

**Members Present and via Zoom or Telephonically:** Shirley Bennett, George Edward, Jana Finkbonner, Marshall Gartenlaub, Mary Kanter, Bob Monize, Barb Pesola, Mike Shaw, Georgiann Dustin, Jodi Sipes, Alberta Horn.

**Members Absent:** Doug Cornelsen, Wendy Gilbert, Denise Irey, Jennifer Lautenbach, Carl Bender, Stephen Shubert, Shirley Forslof.

**Staff Present:** Amanda McDade, Bethany Chamberlin, Darla Smith, Jeri Johansen

**Guest:** None

---

### **Call to Order (Barb Pesola) at 1:00 PM**

#### **Review of March 14, 2023, Minutes:**

Motion put forward by the Board President, Barb Pesola to accept the minutes from the March 14, 2023, meeting. Motion was granted by Bob Monize and seconded by Jana Finkbonner. **Motion Passed.**

#### **Announcements:**

**None**

#### **Public Comment:**

**Marshall – US General Came out with report on Loneliness would like to discuss later.**

### **Executive Director Updates**

Amanda McDade provided an agency update including legislative updates. Health Homes program increase is noted for 26% (met the request) and \$2.4 million general fund increase for case management which will keep the case load at 1:75. We were funded with one other AAA for Dementia Support program. She provided an overview of the Annual Report, WA Cares, future growth, and strategic planning.

#### **WA Cares**

Amanda McDade requested feedback on the WA Cares website. How would the Board access benefits, if they had them. Concern raised about benefit amount as it is capped at \$36,500. It was noted at this time the tribes had elected to not participate in the program. The group questioned, what is the definition of long-term care, what is the term, how long. The program is client driven. The user gets to determine what service they want to use. There will be a self-report questionnaire to qualify for benefits. We are recommending that the State contract with us to work with users to connect them with services that they can elect to use their benefits on.

## **Strategic Planning**

Bethany Chamberlain reviewed the Strategic Plan process. The group went through the questionnaire.

### **1. LT Services & Supports**

The Board report that they have an understanding of LT services. There is concern for LT care services and the quality of care and who is the safety net. The political impact on LT care. The possibility of increasing ratio for case manager to client. The decreasing availability of care givers through decreasing population and/or decreased desire to serve as a caregiver.

### **2. Behavioral Health**

How would you access services? Concern about people who recognize they need services versus those who don't need. Concern about where people go when they need in-patient services. Comment made that some that in some cases agencies can stop going into homes due to substance use and mental health issues that cause safety concerns.

### **3. Behavioral Health & Social Isolation**

Marshall reported that social isolation doubles the chances that you will die, 25% of heart attack or stroke. Georgiann reported that DSHS compiled a report about isolation and recommended the other Board members read the report. Mike let the group know that he worked with a group that volunteered to check on people that check in on rural community members. He suggested to reach out to students and connect them with the service. The fire department on Camano Island hired someone to go visit community members that frequently reached out to the fire department.

## **Bylaws**

Marshall reported that the sub-committee learned more about the bylaws at the first meeting. They wanted to better understand the roots of the by-laws, so they looked at the policies and procedures of the AAA's. There were concerns about what the Board Members are and the word "advisory". Some of the wording was confusing. They are continuing to look at the by-laws and will be meeting the 3<sup>rd</sup> Thursday of the month. Suggestions or comments on the bylaws can be passed on to Bethany.

## **State Council on Aging Update (SCOA)**

Started meeting in person again this month. Reviewing their By-laws as they were written 10 years ago. There is conversation about lobbyist versus volunteers. In August the WCOA will be at Day in the Park. Georgiann will forward information to Bethany.

## Adjourn:

A motion was made to adjourn by Bob Monize and seconded by Marshall Gartenlaub. **Motion passed.**

## The meeting adjourned at 3:02 PM

Jeri Johansen, Administrative Assistant/Reception

Reviewed and approved by the Northwest Senior Services Board at the July 11, 2023, meeting.

DocuSigned by:

*Barbara Pesola*

09E4E7F0FF5A427...

Barbara Pesola, NWSSB Chair