

Advisory Council *on Aging*

October 14, 2009

Area 1 Agency on Aging, (208) 667-3179

ATTENDEES

ICOA:

Council Members:

Rose Spencer – Benewah
Jonnie Bradley – Bonner*
Esther Gilchrist – Bonner
Paul Graves - Bonner
Carey Spears—Bonner
Larry Verhei—Bonner*
Gini Woodward—Boundary
Tari Yourzek—Boundary
Joanna Adams - Kootenai
Linda Beecher – Kootenai
Marie Fish - Kootenai
Dennie Seymour - Kootenai
Zak Zakrajsek—Kootenai
Julie Robbins— Shoshone

Service Providers:

Helen Stephens - Kootenai

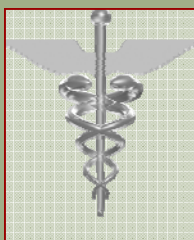
Staff:

Marilyn Anders
Pearl Bouchard
Betty Bray-Baker
Fran Hunsaker
Mary Jacobsen
Darryl Swartzell

Guests:

Terry Gentry— Dept of Labor
Judy Gray—Dept of Labor
Rolly Jurgens—NIC

* new council members



The Advisory Council meeting was called to order at 9:38 by the council president, Tari Yourzek. Introductions were made all around, which included special recognition of new members of the council.

President's Report Tari Yourzek

Tari chose to report on the current flu season and precautions that should be taken to lessen its spread. She began by identifying symptoms of the flu: fever (either low or high grade), cough, body aches (extreme), and soar throat. Less common are diarrhea and nausea.

She suggested that the best way to avoid spreading the virus is to get vaccinated, keep households cooler and humidified, wash hands (using paper towel to turn off water and open the door before discarding), de-socialize (avoid crowds), cough into elbow (not hand), be aware of equipment that is used by many people and sanitize, and finally, if sick—stay home.

Guidelines suggest that those affected should wait 7 days or until they are without a fever for at least 24 hours before returning to work to guarantee that they will not infect others.

JoAnna Adams of Panhandle Health District informed the attendees of the medical health hotline, 415-5199 (local), or 1-866-528-3501 (outside the Hayden area). The hotline is available Monday—Friday, from 8-5. Check out their website at www.phd1.idaho.gov for more helpful information. This website is updated daily.

Marilyn Anders announced that funds are now available to help seniors, 60-64, without coverage to get the flu vaccine. To find out more contact the Panhandle Health District hotline at the number above.

Tari suggested those interested in receiving the flu shot check with their insurance company to see what is covered. She encouraged individuals, especially those who fall into a high risk category, to proceed with the seasonal flu shot regardless of whether they decide to receive the H1N1 flu shot.

She suggested seeing a doctor if necessary, however, try to avoid the hospital emergency department if possible. If not infected with a flu virus, the emergency room is a good place to catch it.

Finally, Tari encouraged everyone to share this information with family, friends, and co-workers. The more informed the community is the better they will be able to withstand illness.

Carey Spears, council secretary, presented the minutes of the April, 09 Advisory Council meeting for review, asking for a motion to accept them as submitted. Zak so motioned; Julie R. seconded. All were in favor and the minutes were accepted.

Director’s Report..... **Pearl Bouchard**

Fiscal Budget Update

Pearl reported an agency budget change that will cause a 7.5% reduction in state funding. The governor has designated a tiered program to bring about budget cuts due to the reduction of available state funds. This \$52,070 cutback will translate as:

| Program | Reduced \$ | (Wait List) | Effect on the Community |
|--------------------------------|------------|-------------|---|
| Homemaker Services..... | <\$22,100> |(134) | \$ represent 16 seniors awaiting services. |
| Home Delivered Meals..... | <\$10,500> |(N/A) | Reduction of appx. 2,900 meals. |
| Case Management..... | <\$17,134> |(20) | Service hours reduced by 707, effecting 134 clients, due to reduced CM staff. |
| Ombudsman Program..... | <\$836> |(N/A) | Reduced visibility in community. |
| Senior Companion Respite | <\$1,500> |(23) | Reduction of 168 hrs of respite. |

Pearl explained that certain programs are designated for reductions because of the way funding is received. Additionally, funding must be used for the program for which it was originally designated. Supplanting with federal funds is not allowed.

With our program, clients are first visited by case managers who assess not only their needs but their risk as well. Risk is determined by assessing poverty level, nutrition and activities of daily living. Waiting lists represent months of waiting for high risk seniors without services.

Unfortunately long waiting lists can mean some people will never receive services. In the last nine months two people passed away while on the case management waiting list and seven others moved to long term care. Amazingly a month of facility care for one person is equal or less in cost to one year of in-home care for one person.

The home maker waiting list reported eight deaths and five moves to long term care, while the family caregiver respite program reported an additional three deaths and one senior moved to long term care in the last nine months.

Pearl also reported on the mail campaign, which is our first line of defense of a waiting list. The average donation in the last mail campaign was \$38/person. She explained that donations could be doubled with just 58 additional donations of \$38.

Pearl asked if each member of the council would be willing to forward two mail campaign letters to people they know in the hopes of raising additional funds. The council members responded enthusiastically by asking for five letters to pass on instead of only two. Tari Yourzek asked if the letter could be published in the paper. Pearl confirmed that possibility would be checked into. She informed the group that additional copies of the letter would be available by contacting Marilyn Anders at the Area Agency on Aging.

Presentations:

Elder Abuse..... **Mary Jacobsen,**
AAA Community Services Manager

Mary reported that every 2.7 minutes a senior is victimized; however nationwide only 1 in 10 incidents is reported. In Idaho that number falls to 1 in 14 incidents reported. Abuse, whether intentional or negligent, is an act that causes harm to a vulnerable adult. Harm may be verbal or non-verbal, physical or mental, exploitation of funds, not providing food, shelter or clothing,

or abandonment. Many of these happen concurrently. Whatever the cause there is never a good reason for abuse, neglect or exploitation to happen.

Most abuse happens in homes, not institutions (90% vs. 9%). Statistics show that 11% of abusers are spouses, while 55% are adult children. However, victims are hesitant to report it. They fear loss of independence, retaliation from caregivers, or they feel ashamed and blame themselves. Primary caregivers are mostly adult daughters, however, the number of sons as caregivers is growing, while the age of caregivers is falling to between 30-50. Caregiver stress, burnout or those caught by surprise to care giving can lead to abusive situations.

Risk factors for abuse, neglect or exploitation are isolation, frailty, disability, substance abuse, dependence on others, cognition: dementia (easily disregarded), and family history: abusers raise abusers.

Warning signs of abuse are a **change in behavior**, bruises or other unexplained injuries in various stages of healing, withdrawal, change in alertness, bed sores, a change in hygiene, depression, the sudden appearance of a relative or friend followed by a sudden change in finances, wills or quick-claim deeds, inconsistent stories.

Financial exploitation can lead to loss of independence for seniors who are unable to recover, which can lead to depression. Consequently, there is a 40% increase of death within 12 months after such an incident.

Adult Protection’s (AP) job is to reduce or eliminate risk for vulnerable adults. AP workers assess vulnerability of seniors. In Idaho, a vulnerable adult is someone mentally or physically impaired to the extent that they cannot make decisions in their own best interest. Competency is assessed by evaluating the person’s ability to understand the difference between truth and fantasy and can only be determined in a court of law. North Idaho AP workers look at the individual’s ability to understand the consequences of their actions. Competent adults can refuse help.

Elder abuse of a vulnerable adult is a crime. Although AP has no legal authority, they do report to and work closely with law enforcement. Reports of elder abuse are kept confidential. Individuals who make reports (in good faith) cannot be prosecuted. However, reporters must be a witness of the abuse.

Finally, if worried about a senior but not quite sure if they are being abused, be aware that law enforcement can perform a “welfare” check on vulnerable adults.

Area Plan Updates Pearl Bouchard

Pearl reviewed changes to the Area Plan and submitted it to the council for voting. Public response was valuable and the effort to include them was definitely worth it. She pointed out that some changes were included in the narrative to reflect the current economic conditions for seniors. Carey Spears moved to accept the Area Plan as submitted. Rose Spencer seconded the motion. All agreed and the motion carried.

Addendum A: No changes

Addendum B: Line 4 and 17 should reflect a change from moderate to great need. Line 18 should reflect a change from transportation to escort service.

Carey Spears moved to accept the proposed changes. Paul Graves seconded the motion. All agreed and the motion carried.

- Addendum C: Carey Spears moved to accept Addendum C as submitted. Marie Fish seconded the motion. All agreed and the motion carried.
- Addendum D: Carey Spears moved to accept Addendum D as submitted. All agreed and the motion carried.
- Addendum E: Projected output will be updated yearly. Pearl proposed the addition of a page that will show current services along side projected needs. This would be especially helpful when grant writing.
Carey Spears moved to accept the proposed changes. Joanna Adams seconded the motion. All agreed and the motion carried.
- Addendum F: Carey Spears moved to accept Addendum F as submitted. Esther Gilchrist seconded the motion. All agreed and the motion carried.
- Addendum G: Percentages no longer reflects in-kind contributions, only cash. Budget will reflect the \$52,000 holdback, as well as a \$7,000 grant from ICOA for I&A, and \$15,000 ARRA funds for meal programs.
Carey Spears moved to accept the proposed budget. Jonnie Bradley seconded the motion. All agreed and the motion carried.
- Addendum H: Funding Formula, not required to vote on this item.
- Addendum I: Carey Spears moved to accept Addendum I as submitted. Joanna Adams seconded the motion. All agreed and the motion carried.
- Addendum J: Not required
- Addendum K: Not required

Idaho Commission on Aging ReportMarie Fish

Although unable to attend, Jackie McAvoy sent greetings to the council as the new ICOA commissioner for Area 1, a position formerly held by John Albee. She asked to be excused due to a prior engagement. As a resident of Post Falls and with many personal experiences related to aging she looks forward to working with Pearl and the council on both state and local issues.

For the Good of the Order

- Larry Verhei cited example of the need for better communication within the NIC organization regarding the Area Agency on Aging sponsorship.
- Larry Verhei suggested that brief biographies be collected about council members (from applications) in an effort to build communication between counties.
- Paul Graves reported that Bonner County is organizing their own inter-agency association fashioned after Kootenai County’s CareNet. He commented that this may answer some of the communication concerns that Larry had expressed.

The meeting adjourned at 11:56 a.m.

Approved By: Carey Spears (Via E-mail). *Respectively submitted by Fran Hunsaker*
Next Meeting: