



Northwest Senior Services Board

# **Advance Meeting Materials**

**Regular Meeting**

**January 19, 2012  
1:00 - 3:30 pm**

**Anacortes Public Library  
1220 10th Street  
Anacortes, WA 98221  
360-293-1910**



Northwest Regional Council  
Area Agency on Aging  
600 Lakeway Drive, Suite 100  
Bellingham, WA 98225  
(360) 676-6749 or  
1-800-585-6749

January 13, 2012

Dear Northwest Senior Services Board members:

Our next meeting of the NWSSB is scheduled for **Thursday, January 19, 2012 from 1 to 3:30 p.m. at the Anacortes Public Library at 1220 10<sup>th</sup> Street.** A map and directions are enclosed. The agenda for the meeting will include, among other items:

- A report on the state and federal budget issues
- A presentation on quality measures for long term care and Washington state's current system ranking by one study

As usual, your attention and contributions at this meeting are very important as we continue our advocacy and planning processes this year. Please review the materials enclosed with the agenda, outlining these and other matters to be discussed at the meeting.

If you are unable to attend the meeting and have not yet done so, please contact Richard Dietz and let him know. You may also call Richard or Pat Elwell if you would like to carpool to the meeting. In addition, for those that are interested, several staff and Board members will be meeting for lunch at [11:45 at Gere-A-Deli restaurant, 502 Commercial Avenue in Anacortes.](#)

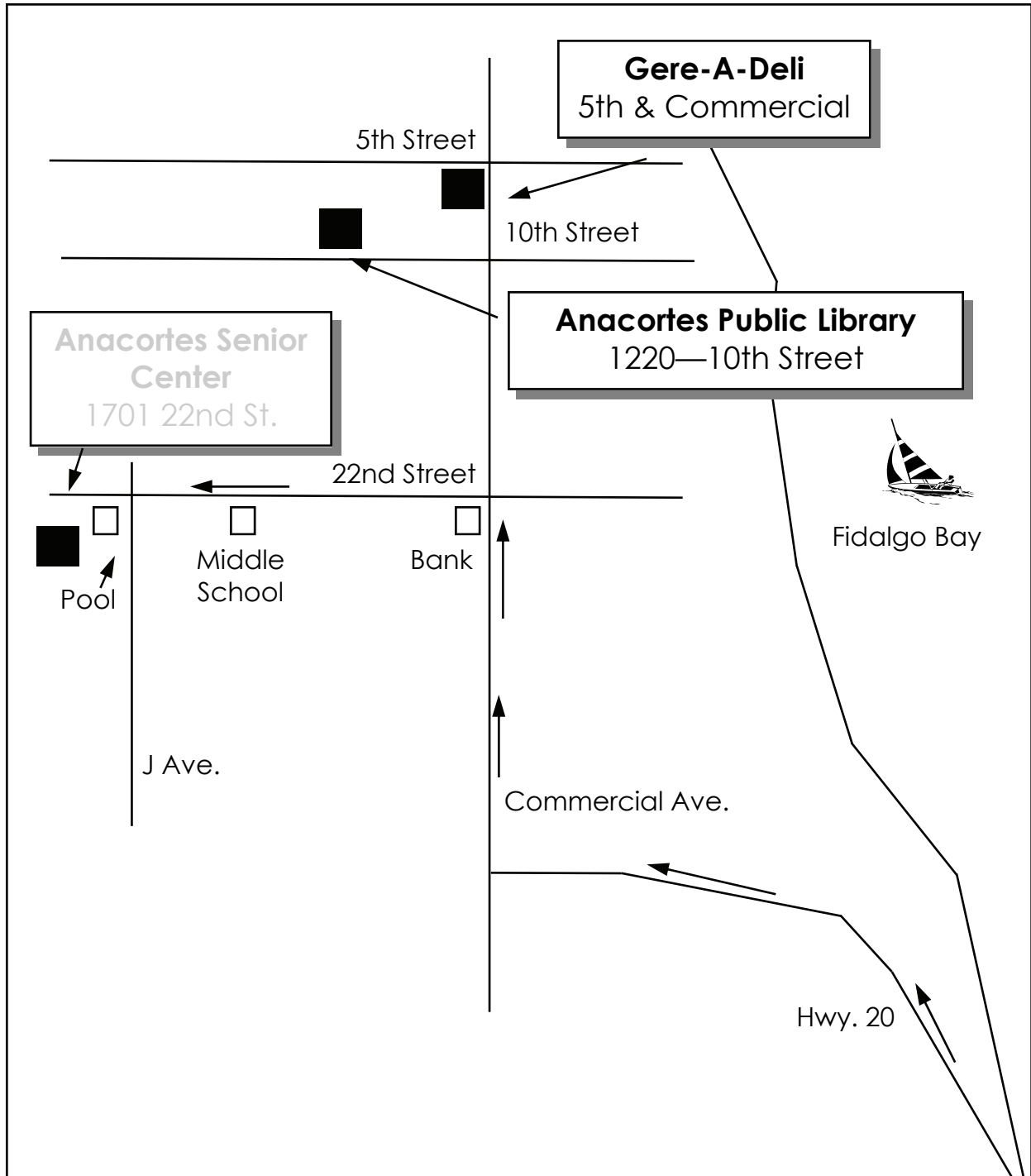
I will, unfortunately, not be able to join you at this meeting, but I look forward to seeing you all soon!

Sincerely,

Victoria Doerper  
Executive Director

Enclosures

Map to  
**Anacortes Public Library  
& Gere-A-Deli**



**Anacortes Public Library:** From Highway 20 turn right onto Commercial Avenue. Follow Commercial for 26 blocks, turn left on 10th Street. Follow 10th through “N” Street. The Public Library is located on the right side of the street. Please call the library at (360) 293-1910 if you need assistance.

# Northwest Senior Services Board

## Meeting Agenda

**Day/Time:** Thursday, January 19, 2012  
1:00 – 3:30 p.m.

**Location:** [Anacortes Library](#)  
[1220 – 10<sup>th</sup> Street](#)  
[Anacortes, WA 98221](#)  
[360-293-1910](#)

Time	Topic	Pages	Action Required
1:00 - 1:10	<b>Call to Order</b> <b>Chair, Gil Thurston</b> <ul style="list-style-type: none"> <li>• Pledge of Allegiance</li> <li>• Roll Call</li> <li>• Review of Minutes</li> <li>• Announcements</li> <li>• Public Comments</li> <li>• Call for Expense Reimbursement Forms</li> </ul>	1 – 4	Motion to Approve
1:10 – 1:20	<b>Director’s Report</b> Shelly Zylstra for Victoria	Verbal	Information
1:20 – 1:50	<b>Legislative Issues and Advocacy</b> <ul style="list-style-type: none"> <li>• State and Federal Issues</li> <li>• Feb 23 advocacy visit to Legislature</li> </ul> Richard Dietz	5 – 9	Information
1:50 - 2:00	<b>2012 Subcommittee Assignments</b> Richard Dietz	10 – 11	Information
2:00- 2:15	<b>Program Updates</b> <ul style="list-style-type: none"> <li>• Family Caregiver Support Program Expansion – Kim Boon</li> <li>• Chronic Care Management Expansion – Shelly Zylstra</li> <li>• Wisdom Warriors – Shelly Zylstra</li> </ul>	Verbal & Handout	Information
2:15 – 2:30	<b>Break</b>		
2:30 – 3:00	<b>Raising Expectations of Quality in LTC Service Delivery</b> Shelly Zylstra	Handout	Information

**NWSSB Meeting Agenda, continued**

<b>Time</b>	<b>Topic</b>	<b>Pages</b>	<b>Action Required</b>
3:00 – 3:10	<b>State Council on Aging (SCOA) Update</b> Carl Bender	Verbal	Information
3:10-3:30	<b>Updates from Our Communities</b> All Members	Verbal	Information
3:30	Announcements and adjourn		

**Upcoming Northwest Senior Services Board & Subcommittee Meetings**

February 23 <sup>rd</sup>	Senior Lobby Day		Olympia
March 15 <sup>th</sup>	Full Board Meeting		Anacortes
May 17 <sup>th</sup>	Full Board Meeting		TBD
June 7 <sup>th</sup>	<i>Executive Committee</i>		<i>Bellingham</i>
June 21 <sup>st</sup>	Full Board Meeting		TBD
Sept. 20 <sup>th</sup>	Full Board Meeting		TBD
Oct. 2 <sup>nd</sup>	<i>Caregiver Support Subcommittee</i>		<i>Bellingham</i>
Oct. 3 <sup>rd</sup>	<i>Access/Client Advocacy Subcommittee</i>		<i>Bellingham</i>
Oct. 4 <sup>th</sup>	<i>In Home/Community Support Subcommittee</i>		<i>Bellingham</i>
Oct. 9 <sup>th</sup>	<i>Executive Committee</i>		<i>Bellingham</i>
Oct. 18 <sup>th</sup>	Full Board Meeting		TBD
Oct. TBD	AAA/SCOA Event & Senior Lobby Fall Conference		Seattle/Tacoma

**Upcoming Northwest Regional Council Meetings**

March 22 <sup>nd</sup>	Skagit Co. Commissioners' Hearing Room		Mount Vernon
June 28 <sup>th</sup>	Skagit Co. Commissioners' Hearing Room		Mount Vernon
Nov. 8 <sup>th</sup>	Skagit Co. Commissioners' Hearing Room		Mount Vernon

**NWSSB and NWRC Meeting Accessibility**

Meetings are held in accessible facilities. For more complete information, please contact the NWRC at 360-676-6749 or 1-800-585-6749, 600 Lakeway Drive, Suite 100, Bellingham, Washington, 98225.

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

## **Northwest Senior Services Board**

### **Senior Services Board Meeting**

October 13, 2011

**Members Present:** Anna Ankrum, Carl Bender, Bill Bezanson, Jana Finkbonner, Bob Monize, Barbara Pesola, Bill Pliska, Bill Thorn, Gil Thurston, Sharon Wolf, Diane Vendiola, George White

**Members Absent:** Ron Adams, Georgia Baciú, David Bell, Louise Deskey, Nancy Gentry, Glen Hallman, Linda Lancaster, Ken O'Mhuan

**Staff Present:** Shelly Zylstra, Victoria Doerper, Kim Boon, Maureen Kane, Pat Elwell

**Guests:** There were no guests.

**Public Comment:** Anna Ankrum commented on an AARP article about pressure sores. When reviewing data it's important to carefully review the whole issue to come to an accurate conclusion. Whereas a number of nursing homes are cited for pressure sores, many were developed in hospitals prior to admission to a nursing home.

### **Review of Minutes**

**Motion was made by Bill Bezanson and seconded by Bill Pliska that minutes from the September 15, 2011 meeting be approved.** A typographical error on page 4 was pointed out and corrected. **The Motion passed unanimously.**

### **Announcements**

A Get Well card for board member Glen Hallman was distributed for messages and signatures.

### **Director's Report**

A Center for Independent Living will soon open in our area. The focus of these centers is to help people with disabilities stay independent. Currently there are 4 or 5 centers in Washington State. The center in our area will be a satellite office of the Seattle Center for Independent Living. The Director of the Seattle office recently visited NWRC to discuss coordination and the referrals process. It was noted that board member Jana Finkbonner has worked with the Director in the past. The satellite office will be in Bellingham and will serve five counties: Island, San Juan, Skagit, Snohomish and Whatcom counties. Board members will be kept apprised of developments and a presentation will be planned for a future board meeting.

Staff will be participating in a conference call with CMS (Centers for Medicare and Medicaid Services) to discuss long-term services and supports. (CMS is moving away from the terminology and concept of long-term care.)

WAHA (Whatcom Alliance for Healthcare Access) is submitting a proposal for a 3026 (Affordable Care Act) grant to address hospital discharge transitions in Whatcom County. NWRC is slated to partner with WAHA by providing coaching services. NWRC is working on submitting a similar proposal for a 3026 grant to address hospital discharge transitions in Island and Skagit counties. Board members will be kept apprised of developments. It was noted that it appears that as hospitals focus on improving their readmission rates, physicians and hospitals are becoming more aware of the importance of family caregivers.

Earlier this week two family caregiver focus groups were held in Bellingham with Dr. Eric Coleman and his research assistant. Dr. Coleman developed the care transitions model. NWRC staff oriented Dr. Coleman to the Family Caregiver Support program and the focus groups discussed their experiences with recent hospital discharge processes. The purpose of the focus groups was to help define what does and does not contribute to a successful hospital discharge – that is, where readmission is avoided. Staff will receive a copy of Dr. Coleman's final report, which will be shared with board members.

DSHS (Department of Social and Health Services) Secretary, Susan Dreyfus, will be leaving either at the end of the year or in January. Staff have not yet heard who will be appointed to this position in the interim.

Discussion followed.

### **2012 Contract Recommendations from Executive Committee**

The 2012 contracting process, recommendations of the Executive Committee and the role of the advisory board were reviewed. The floor was opened for discussion.

**Motion was made by Bill Bezanson and seconded by George White that the Northwest Senior Services Board approves the recommendations of the Executive Committee for 2012 services, funding, and contract negotiation issues as presented, and recommends them for approval by the Northwest Regional Council.**

### **2012 Subcommittee Preferences**

Subcommittee Preferences forms for 2012 were distributed and board members were asked to indicate their preferences. These preferences will be taken into account when assignments are made. Due to assuring adequate individual county representation on each subcommittee, however, first choice preferences may not always be awarded. Subcommittee assignments will be communicated at the next NWSSB meeting. It was noted that 2012 is a contracting RFP (Request for Proposal) year and subcommittee work will be more substantial.

## **2012 Selection Process – Chair & Vice-Chair**

The election process was described and voting strips were distributed. Discussion followed. Gil Thurston indicated he was willing to serve another term. Gil Thurston was re-elected as Chair and Louise Deskey was re-elected as Vice-Chair. In her absence, Gil requested staff speak with Louise to determine her continued willingness to serve in this capacity.

## **Legislative Advocacy Update**

State - The revenue picture continues to get worse. The Legislature's Special Session begins November 28<sup>th</sup>. It is anticipated there will be more cuts to social service programs as well as changes to eligibility requirements. Area Agencies on Aging throughout the state are working on developing case scenarios to illustrate to legislators the impact of possible cuts. Staff member Richard Dietz continues to schedule advocacy meetings with our area legislators. Interested board members who would like to participate should notify Richard.

Federal – The *Joint Select Committee on Deficit Reduction* has yet to make public their recommendations. It is anticipated that cuts to Medicare, Medicaid, and Social Security are being considered. If recommendations are released by the end October the Congressional Budget Office will then have time to review and comment for Congress to consider by November 23<sup>rd</sup>. If there is no agreement by December 23<sup>rd</sup>, automatic cuts will be applied starting in 2013.

Status of the Older Americans Act (OAA) funding and the CLASS Act update were provided.

Copies of the presentation, "Impact of Great Recession and Further Budget Reduction Options" presented by DSHS Secretary Susan Dreyfus at town halls meetings throughout the state, was distributed and reviewed. A lengthy discussion followed.

## **Review of Long Term Care State Scorecard**

"Raising Expectations – A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers" was reviewed. It was noted that Washington State ranks #2 in the nation. Discussion followed.

## **Confirm AAA Advisory Council/SCOA Gathering & Senior Lobby Conference Plans for October 20 & 21**

Carpooling arrangements were reviewed for those members attending either or both the AAA Advisory Council/SCOA Gathering and the Senior Lobby Conference.

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

It was noted that September was Bill Thorn's last meeting; Carl Bender, as our new SCOA representative, will be attending the next SCOA meeting. Carol Sloan, manager for the Adult Protective Services program, presented at the last SCOA meeting. Concern was expressed that with pending budget cuts, there will be less oversight resulting in an increase in exploitation, neglect, and abuse. SCOA members also reviewed Susan Dreyfus' presentation discussed earlier. As advocates of and for seniors, SCOA legislative priorities are directed towards eliminating further erosion of the system that supports seniors and people with disabilities. The priorities are as follows:

- To support healthcare reform initiatives that are cost-efficient
- To protect the most vulnerable senior citizens
- To prioritize funding to allow senior citizens to remain in their homes or a community setting; no cuts to SCSA (Senior Citizens Services Act) and protect the gains in FCSP (Family Caregiver Support Program.)
- To protect Washington State's investment in home and community services, maintaining the long-term care services infrastructure and to not rely on institutional care

Chair, Gil Thurston, on behalf of the advisory board, thanked Bill Thorn for the great job he did these past six years representing us at the State Council on Aging.

## **Updates from Our Communities**

Board members shared updates of note from their individual communities. Throughout the communities, seniors are considering their options around Medicare prescription plans. Board members were encouraged to remind others to contact their local Information & Assistance or Aging & Disability Resources offices for information and assistance during the Medicare re-enrollment period.

There being no further business, **Motion was made by Sharon Wolf and seconded by Bill Bezanson to adjourn. The Motion passed unanimously.** The meeting adjourned at 3:24 p.m.

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Pat Elwell, Executive Assistant/HR Generalist

Reviewed and approved by the Northwest Senior Services Board at the January 19, 2012 meeting.

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Gil Thurston, Chair