

ALASKA COMMISSION ON AGING
Rural Outreach Meeting,
September 15, 2015
Soldotna Senior Center Alaska
Approved Meeting Minutes

Tuesday, September 15, 2015

Call to order: Meeting called to order by Chair, Mary Shields, at 1:00 p.m.

Roll Call: ACoA Commissioners: Mary Shields-ACoA Chair, Rolf Numme-ACoA Vice Chair, (Via Teleconference) David Blacketer, Rachel Greenberg, Bob Sivertsen, Eleanor Dementi, Duane Mayes, Anna Frank, Marie Darlin, and Edna Devries (via teleconference) .

ACoA Commissioner not present: Paula Pawlowski

ACoA Staff Present: Denise Daniello, Lesley Thompson, Sherice Cole and Dee Shaw (via teleconference).

ACTION: Adoption of the Agenda. Motion made by Bob, second by Rachel to approve the revised agenda. Adoption approved.

ACTION: Motion to adopt the meeting minutes from May 5th & 6th and June 25th, 2015. Bob moved with Edna seconded. Marie noted that on page 2 there is a correction that should read the correct spelling for Commissioner **Davidson**. Minutes were adopted as corrected.

Mary Shields Chair Report:

Mary noted that the Commission has been busy working on advocacy issues. We have been closely watching proposed reductions to the Senior Benefits and have submitted public comment to the Division of Public Assistance regarding further changes to the program per their request. Mary is looking forward to working on the Alaska Commission on Aging Sunrise provision with positive results.

Mary also noted that staff are doing a great job to ensure that the Commission is keeping everything on track. Marie continues to be our advocacy chair and Bob continues to work hard as Alaska Pioneer Home Advisory Chair.

Rolf Numme Vice-Chair Report:

Rolf reminded people how important life-long learning is for seniors. He is concerned about senior poverty and the economic climate for seniors. There is age discrimination in the workplace and we should update legislators about these issues. We should encourage older adults to attend college classes for social engagement and updating their educational skills.

ACTION: Request for ACoA Commissioner to serve on the Governor's Council on Disabilities and Special Education. Mary reported that Edna DeVries is interested in serving in this role for the Commission.

Edna has received a letter from the Governor's office confirming this. This motion was unanimously approved.

ACTION: Request for ACoA Commissioner to serve on the Curriculum Advisory Board for the new Geriatric Workforce Enhancement Program, Southcentral Foundation and the University of Alaska. Denise stated that the commission has been a long supported on geriatric workforce education. This is a new program to support the geriatric workforce through the University and they want someone from the Commission to serve on their committee. Bob is willing to think about serving in this position.

Executive Director Report:

Denise Daniello, ACoA Executive Director reviewed her report under tab 3.

Alaska State Plan for Senior Services, FY2016-2019: The new State Plan for Senior Services was officially approved by the U.S. Administration on Community Living on August 18 by Kathy Greenlee, Administrator and Assistant Secretary of Aging. We appreciate the good work of the State Plan Advisory Committee, a 34-member group, who drafted the goals, strategies, and performance measures for the State Plan. ACoA Commissioners David Blacketer and Marie Darlin provided excellent leadership as the State Plan Advisory Committee Co-Chairs. On October 14th the ACoA Planning Committee will meet to begin discussion of revisions to the funding formula, as described in the State Plan. All Commissioners are welcome to attend this committee.

Alaska's Roadmap to Address Alzheimer's Disease and Related Dementias (ARD): The Roadmap was published in January 2015 and work has begun with implementing this plan. On Thursday, November 19 from 10:00 a.m. to 2:00 p.m. at the Trust offices, a stakeholder group will meet to hear updates describing activities underway regarding implementation and how interested persons can be involved in moving the action plan forward. We are encouraging participants to bring information regarding evidence-based best practices and/or innovations for service delivery in dementia care to share at the meeting. ACoA members are encouraged to attend the Roadmap implementation meeting either in-person or by teleconference. We thank the Trust for providing support for this event that includes lunch.

Denise reported that ACoA's Legislative Advocacy Committee approved four policy priorities for the Commission's advocacy platform that were presented to the Alaska Mental Health Trust Authority at the August meeting. They include:

- Preserve the Senior Safety Net for Programs/Services Serving Alaska Seniors
- Support Family & Other Informal Caregivers to Care for Elderly Loved Ones at Home
- Protect Older Alaskans from Financial Exploitation, Abuse, & Harm
- Advocate for "Sunrise" Legislation for the Alaska Commission on Aging

Alaska Senior Benefits Program: The SFY2016 budget for the Senior Benefits program is \$20,024,800, reduced by \$3,065,700 from SFY2015 expenditures, and is expected to impact 9,800 eligible seniors, according to the Division of Public Assistance (DPA, July 2015). In May 2015, there were 11,475 seniors receiving Senior Benefits. Currently, about one in six seniors participates in the program with the largest number of recipients living in Anchorage. The average age is 75 years old, with the oldest recipient being 103 years old. The majority of recipients are women. Senior Benefits, funded with 100% General Funds,

provides tiered monthly cash assistance to seniors who income-qualify to help with food, housing, and prescribed medications. On average, 300 new enrollees sign up for Senior Benefits annually due to the growth of the senior population. The program is scheduled to sunset on June 30, 2017.

Lesley Thompson participated in a partnership panel at the Aging Population Summit sponsored by the Special Olympics. She highlighted the need to promote awareness about the needs of people living with Intellectual and Developmental Disabilities (IDD) who are aging and have dementia as well as their aging parent caregivers. Lesley discussed the changing family dynamics related to caregiving from the perspective of aging parents caring for their adult children with IDD and their adult children providing care for their aging parents.

Alaska State Human Resource Conference: Mary Shields, Ken Helander, and Denise have been invited to participate in a panel presentation called *"The Sandwich Generation: It's No Bologna"* to discuss the challenges for employees and employers who are family caregivers caring for aging parents as well as their children and grandchildren. The conference is scheduled for September 23-24 at the Hilton Hotel in Anchorage. The Sandwich Generation presentation is scheduled for Thursday, September 24 from 10:00 to 11:30 a.m. Information about the conference can be found at <http://alaska.shrm.org/conference>.

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Denise thanked ACoA MASST participant Charles Carran for all the work he has done for the past year at the Commission. He input over 2,000 written senior surveys and provided help with the data calculations and much more.

ACoA Committee & Representational Reports

State Plan Advisory Committee: David Blacketer & Marie Darlin, Co-Chairs

Marie and David talked about the great team of people that helped to develop the Alaska State Plan for Senior Services, FY2016-2019. It was a lot of work but well worth it. David, State Plan Advisory Committee Co-Chair, gave praise to Denise and Marie for all the hard work that they did to complete this important plan.

Both David and Marie talked about the need to ensure that we follow the implementation efforts.

Mary talked about the reviews that the Alaska State Plan for Senior Services received. It was reviewed by many entities and received positive feedback. She agreed that we need to ensure that there are implementation efforts. She was very pleased with all of the work that was completed on behalf of the State Plan.

Legislative Advocacy Committee: Marie Darlin, Committee Chair

Marie referred to the Watch List that shows all of the legislative bills that are still active for the second part of the session of relevance to seniors. Next session will be much more work. The things that were of

importance to seniors slipped through the cracks and are still in working status. We need to encourage all of the teleconference sites to participate and advocate on bills of importance to seniors.

If anyone has any need for information or action on legislative issues, please talk to her. Although the current state budget has received some cuts, we know there will be more and we really need to be aware of where they might be and how they may affect seniors. In preparation for this session, please contact your local legislator before they go to Juneau in January. It makes a bigger impact when they are in their districts versus when we meet with them during session.

**Pioneer Home Advisory Board (PHAB) Report & Discussion about the Future of the Pioneer Homes:
Bob Sivertsen, PHAB Chair**

Bob reported that the Alaska Pioneer Homes (Homes) are under evaluation for possible funding reductions by the state. There is an audit currently being conducted. During FY2016, the Homes had an 8% budget cut and possibly another 2% (\$700,000) in FY2017. The majority of reductions were made to personnel line.

DHSS is considering the option to privatize the Homes as a way to save State funds. In 1988, when the Juneau Home was being built, the state hired a consultant to look at possible privatization. Bob has a copy of that report. The Office of Management and Budget (OMB) met after the report was completed and decided some of the criteria was not researched well for the report. It was noted that the Homes were unique to Alaska and were concerned about what would happen to the seniors who were in need of a place to stay and could not afford to remain in residence. Currently, there are 498 total beds in the Homes with some of the beds available across the state.

The biggest challenges today are dealing with staff. Certified Nursing Assistants (CNAs) with 20 years of service are preparing for retirement and it will be very difficult to replace them. The Homes might have to look at closing wings with a reduced budget in order to maintain the quality of care for fewer residents. They may be looking at having to cut staff again this next fiscal year. If we have to continue to make these cuts, Bob noted, we may need to look at closing a Home. We need to use our voices to ensure the Homes continue. The Homes may have to consider dropping their Level 1 care and focus on the most vulnerable residents. The Homes may also need to increase their charges for residents. The most important thing is to provide quality service to the seniors.

Duane stated that with the changes of the Centers for Medicare and Medicaid's "setting rule," the State may need to make some changes to the Homes such as offering residents the option to choose a roommate.

Public Comment:

- Joan O'Keefe, executive director of Southeast Alaska Independent Living (SAIL), spoke about a program called "Home MAP" that provides an assessment of home accessibility. It is a comprehensive holistic program approach that helps seniors and persons with disabilities remain in their homes as long as possible through home modifications. SAIL is working to make

the program available across the State of Alaska. They are working with various partners including the Department Health and Social Services, Alaska Mental Health Trust Authority, Alaska Commission on Aging, Alzheimer's Resource of Alaska, and other agencies. HomeMAP includes a program component of comprehensive training and they are looking at offering workshops in both Juneau and Anchorage.

- Sandy Bise previously worked in home health care and commented that she is very impressed with what the Commission is doing on behalf for Alaska seniors.
- Wendy Focose from Representative Chenault's office stated that she stays on top of what is going on in the district and works hard to keep Representative Chenault informed.
- Robin Forsi from Senator Micciche's office stated that he will be meeting tomorrow with Governor Walker.

Amanda Lofgren - Alaska Mental Health Trust Authority

Update on the Trust budget. This past August the Trust did a two year budget which helped them make changes from last year's projections.

In FY17, the Alzheimer's Resource of Alaska will change its service array to focus on providing case management to assist the State to be compliant with the new federal requirement of "conflict free case management."

Housing and Long-Term Services and Support Focus Area concentrates on increasing the availability of housing options best suited to the needs of Trust Beneficiaries that will improve or sustain their quality of life. There will be \$200,000 funding for services that help Beneficiaries to remain longer in their homes.

The Workforce Development funds varying strategies that include integrated employment, meaningful activities, training, and peer-based recovery support programs. The Trust works to ensure service providers across the state have access to a stable, capable, culturally competent workforce to serve Trust beneficiaries, their families and communities.

Mary Shields is now participating in the monthly meetings to review Trust mini grant applications.

The Trust is working with many partners to help with people who are not Medicaid eligible because while they need assistance due to cognitive impairments, they do not meet level of care. This project is involving many partners. Amanda met with assisted living providers and Hope Community which provides services that are willing to work with this population.

St. Mary's Church in Anchorage just built a memory care facility. The hope is that more agencies and churches may get involved with this trend.

Amanda thanked Duane Mayes, Director for the Division of Senior and Disabilities Services, for making changes to the stakeholder process and being so transparent regarding the division's efforts to reach compliance with the new federal requirements.

ACoA Commissioner Eleanor Dementi asked about the number of elders in low income housing. She is concerned because there are people in the shelters who have dementia and will need housing and health care to take care of their medical needs.

Duane Mayes – Director for the Division of Senior and Disabilities Services

Duane spoke at the September Home and Community-Based Conference sponsored by the National Association of States United on Aging and Disabilities regarding Alaska's efforts to come to compliance with the new federal requirement of Conflict Free Case Management. His presentation occurred on the same day that Medicaid expansion occurred in the state on September 1.

The Enterprise System is now working very well for provider reimbursements. The Department is currently working on the Medicaid Redesign project. As part of this effort, DHSS contracted with Health Management and Associates. Duane is the project manager. He will bring all the key stakeholders together so they can move forward of the redesign of the current system. The primary focus is adding the 1915 (i/k) options to better serve persons with cognitive impairments who do not meet level of care requirements for the 1915 (c) waiver. The 1915(i) option will help with many individuals with ADRD obtain waiver services, in addition to others with cognitive impairments such as those with serious mental illness, brain injury, and intellectual and developmental disabilities. The 1915 (i) will provide a 50% federal match. The 1915 (k) will be used to refinance many of the current waiver and Personal Care Assistant services at a higher federal reimbursement of 56% match (as opposed to the current 50% federal match) which will conserve General Funds and save the State money.

The 1915 (i) will serve those dementia who meet income requirements but not institutional level of care. Often, these individuals are functionally able to perform activities of daily living but need cuing and supervision. The Alaska Psychiatric Institute is having an increase in the numbers of people with challenging behaviors and ADRD and is challenged to meet this demand.

Conflict free case management for home-and community based services is now required by the Centers for Medicare and Medicaid (CMS). Agencies that provide services will no longer be able to provide services and case management in order to avoid the conflict of self-referral.

The numbers of seniors and people with disabilities on waivers are growing every year. SDS has been working hard to keep up with the increase but it has been difficult. In FY 2016, there were 27 positions cut in SDS alone. Using tele-health has help to reduce the cost of travel for re-assessments.

SDS is also working to implement the "universal worker concept" where one staff member is trained for multiple responsibilities. Tribal entities have been using this model and are pleased with the results. Duane noted his five years of service as Division Director and promised to continue as long as the Governor wants him to serve.

Jim McCall, Alaska Housing Finance Corporation, Senior Housing Program Office

Good news that partial financing was approved by AHFC for the "Home Run Senior" apartments in Juneau. This project, sponsored by St. Vincent, will combine residential housing and commercial

enterprise. St. Vincent will use their thrift store space to help fund the senior housing piece. The project will include 5 efficiencies, 28 affordable one bed apartments, and 8 apartments with two bedrooms.

AHFC also recently financed three new small Assisted Living Homes with one in Wasilla and two in Anchorage. These facilities will serve seniors and persons with disabilities.

In August, Alaska was notified that the HOME program will have a 93% cut. He thanked ACoA for advocating to Alaska's Congressional delegation to help restore funding.

Home Investment Partnership Act – The following AHFC programs fall under this Act:

- 1) Home Opportunity Program (HOP)
- 2) Homeownership Development Program (HDP)
- 3) Greater Opportunities for affordable living program (GOAL)
- 4) Owner Occupied Rehabilitation Program (ORP)
- 5) Community Housing Development Organization (CHDO) Certification and the Operating Expense Assistance (OEA) Program
- 6) Tent Based Rental Assistance (TBRA)

Public Housing Update: Waitlist for public housing for senior/disabled opened the annual waitlist lottery in July and now is closed. They are currently working on putting out the results of the lottery.

Energy update: Weatherization since 2008 – \$355 million dollars has been received and \$314 million have been expended.

Rebate Program: \$252 million appropriated with \$201 million remaining. There have been about 23,000 rebates.

Senior housing office recently went through an internal audit and did not have any negative findings!

Marianne Mills – AgeNET Chair

Marianne reported that AgeNET has been working with SDS on the last minute legislative cuts for the FY2016 year and it has been very challenging. She thanked SDS for working as fast as they could to help with defining the new grant totals. AgeNET will continue to work with SDS regarding compliance with conflict free case management and they want to ensure that no older Alaskan falls between the cracks during this time.

AgeNET continues to work on increasing reimbursement rates for services. They are also educating Alaskans seniors about Alaska budget issues. Their number one goal during session is to advocate and educate on the need to fund home-and community based services as a strategy to serve people in the community for as long as possible as a way to reduce the need for higher cost care.

AgeNET also sent a letter to Alaska's Congressional delegation requesting that funding be restored for HUD senior housing program.

Marie Darlin – AARP

The legislators did not work much on senior issue/bills last session. AARP leadership will be meeting to decide on what advocacy issues they will be focusing on during the upcoming legislative session.

One of the main concerns is support for family caregivers. This will be one of the main topics AARP will be working on nationwide. We need to get our Alaskan legislators interested in helping family caregivers.

Marie also noted that AARP works very close with ACoA on advocacy.

Elder Protection – Teresa Holt, Long-Term Care Ombudsman

SFY2015 Office of Long-Term Care Ombudsman (OLTCO) Highlights

- As of June 30, 2015 there are 5,426 seniors living in long term care in 30 communities across the state.
- 92% satisfaction rate of the 1,044 complaints resolved to the satisfaction of the senior.
- OLTCO increased unannounced visits to senior assisted living homes from 86% in 2014 to 96% (252/263) in 2015.
- OLTCO made unannounced visits to all 18 nursing homes
- New brochures and posters were developed and distributed.

2015 Top Quality of Care Complaints

1. Injuries of unknown origin or falls
2. Timely access to physician or medical care
3. Correct administration of medication
4. Inadequate care that resulted in poor personal hygiene for seniors
5. Lack of toileting or proper incontinent care

2015 Top Resident Rights Complaints

1. Improper discharge or eviction
2. Lack of dignity and respect by staff
3. Loss of personal property

4. Denial of rights or choice
5. Verbal or sexual abuse, they work with licensing and aps.

2015 Top Quality of Life Complaints

1. Quality or quantity of food served
2. Cleanliness or facility including bed bug infestations
3. Resident conflict or roommate issues
4. Limited or no activities for residents
5. Hazards or disrepair of facilities

The vision for the volunteer program is to have 100 volunteers trained and in place next year.

Review of Site Visit Schedule for Wednesday

Denise reviewed the schedule for each of the three groups for site visits.

Recess to Thursday, September 17th, at 1:00 p.m.in Girdwood.

ALASKA COMMISSION ON AGING

Joint ACoA and Anchorage Senior Advisory Commission Meeting

September 17, 2015

Girdwood, Alaska

Draft Minutes

Roll Call: ACoA Commissioners: Mary Shields-ACoA Chair, (Via Teleconference) David Blacketer, Rachel Greenberg, Bob Sivertsen, Eleanor Dementi, Duane Mayes, Anna Frank and Marie Darlin.

ACoA Commissioner not present: Paula Pawlowski, Rolf Numme-ACoA Vice-Chair and Edna Devries

ACoA Staff Present: Denise Daniello, Lesley Thompson, Sherice Cole and Dee Shaw (via teleconference).

Anchorage Senior Citizens Advisory Commission

Commissioners: Carol Jackson, Chair, Theresa Brisky, Ella Craig, Joan Fisher, Anna Bell Stevens, Kevin Turkington.

Staff: David Levy, Muni Senior Services Coordinator

Girdwood senior providers, including the Food Bank, Health Clinic, and Transportation Services, provided a presentation of their services to the Commissions.

Commissioner Randall J Hoffbeck – Alaska Department of Revenue

Commissioner Hoffbeck presented information on “Building a Sustainable Future” describing the State’s fiscal situation and possible strategies to address the fiscal gaps. He talked about the unrestricted general budget gap of \$2.7 billion or (23%) of the budget.

The Commissioner talked about the path to fiscal stability and noted that there are no easy answers to balancing a \$3 billion annual deficit. It will take a combination of four things:

- **Continued budgetary restraint**
- **Add new taxes**
- **Modify Oil and Gas Taxes**
- **Repurpose Financial Assets (Strategic use of Alaska’s legacy assets)**
-

The Commissioner ended with this quote: *“We expect that if lawmakers do not enact significant fiscal reforms to reduce the imbalance within the next year, the state’s rating could begin transitioning downward. The rating migration lower would likely persist and accelerate if lawmakers continued to fail to act...”*

Monique Martin Medicaid Design Project, Commissioner” Office Health and Social Services.

Monique Martin presented to the group information about Medicaid expansion and redesign. She talked about how important Medicaid expansion is to ensure healthy Alaskans which in the long run will

save the state money. Monique explained where the costs and savings are in the Medicaid budget. One strategy being pursued to save money is by reducing the costs of uncompensated care.

During her presentation Monique described how important continual reform is to the Medicaid budget. Currently the Medicaid budget is \$1.7 billion.

There are 9 key factors shaping Alaska's current health care system. In the redesign payment and care models, Redesign = new care and payment models. The goal for the Medicaid reform is a high functioning health system for Alaska.

The Medicaid Redesign team and stakeholders are currently considering the following models of care: primary care case management; patient centered medical homes; health homes; pre-paid inpatient or ambulatory health plans; and accountable care organizations.

She encouraged everyone to visit their website to stay informed at www.medicaid.redesign@alaska.gov.

Duane Mayes, Director – Division of Senior and Disabilities Services:

Duane presented information on Senior and Disabilities Services (SDS) which included the goals and services for seniors age 60 and older with the priority being the most vulnerable elderly. They have a \$13 million budget for programs to help seniors remain in their homes for as long as they are able.

Duane talked about the impact on the Medicare Information office and the Aging and Disability Resource centers around the state. They have a FY2016 budget of \$1,087,785 with 5 providers around the state.

Duane reviewed Adult Protection service unit guiding principles which are:

- **The adult client makes decisions**
- **Freedom is more important than safety**
- **Every adult has the right to make bad choices**
- **Seek to achieve: freedom, safety, least disruption of lifestyle, and least restrictive care alternatives.**

At this point in the meeting, the Anchorage Senior Citizens Advisory Commission concluded their meeting and the Alaska Commission on Aging continued the agenda.

ACoA Rural Outreach Reports

Group 1 - Sherice Cole, Marie Darlin, David Blacketer, Anna Frank and Jim McCall

Heritage House – Sherice reported that this is a great place to live. They work very hard to ensure the residents are happy and give input into activities and programs that they would like. David says there

are 58 beds and 110 staff. Over 65% have AD/DR and there is one to four ratio per resident and staff during the day. Jim stated they are using the Green House model. They are 5 star rated!

Riverside Assisted Living - Riverside Assisted Living provides 24-hour staffing along with meals, medication management, access to a nurse, and assistance with bathing, dressing, and mobility. The facility offers an activity room, theater, atrium lounge, salon, spa, library and game and exercise rooms.

Soldotna Senior Citizens Site Visit & Lunch - Representatives from ResCare, the National Family Caregiver Support Program, Aging and Disability Resource Center (operated by the Kenai Peninsula Independent Living Center), and Frontier Community Services were invited and joined ACoA at the Senior Center to talk about their services for seniors and families caring for elderly loved ones living at home.

Sterling Area Senior Citizens - They serve senior meals and provide home visits, information/referral, social activities, health programs, caregiver support group, volunteer and employment opportunities (MASST program). They just hired a new director and she just started so she needs to get training and more experience in the senior field.

Group 2 - Rita Bowen, Mary Shields, Eleanor Dementi, Anna Frank and Denise Daniello

Eleanor Dementi — The ACoA group enjoyed breakfast with the Elders and staff at the Forget Me Not adult day program. Eleanor noted that she was very impressed with the dedicated staff and quality of the place.

Kenai Senior Services - Provides senior meals, information/referral, outreach, transportation, shopping assistance, home visits, volunteer opportunities, MASST program participant, and other services. The ACoA group enjoyed lunch, a tour, and visits with the seniors. Anna noted that she was very impressed with the Executive Director and the Center's operations.

U.S. Department of Veterans Affairs Outpatient Clinic – Anna's late husband started the veteran home in Fairbanks and so she really enjoyed visiting this clinic and learning about their services. The Clinic's staff noted that Kenai veterans do not have problems accessing timely health care services through their clinic as is experienced in other areas of the state.

Chuda House – Owned and managed by Cook Inlet Housing Authority, Chuda House provides independent, income-restricted housing for seniors (62+) and disabled persons. Common areas include lounge, library, and craft room. The director does everything at the home, including preparing special meals. The facility had one vacancy which was expected to be filled soon. Residents enjoy doing puzzles and hanging them to decorate the walls. Chuda's manager noted his organization's desire to coordinate more with Title III providers, the Kenai senior center, and to collaborate more with local Native programs.

Nikiski Senior Center – Provides senior meals, activities, transportation, care coordination, chore services, respite services, and serves as a placement site for the Mature Alaskans Seeking Skills Training (MASST) program. The Center rents the facility for special functions.

Mary said it was a fun day and she felt like it was like coming home as she lived in Kenai for several years and worked at the Kenai Native Association. It was very clear that they have very caring staff for seniors in the Kenai area.

Denise said she thinks that all of the visits were very productive. The providers and seniors really appreciated our visits and there was a good exchange of information about services and needs in the community. Public transportation is a problem with limited cabs and a bus system. Kenai's senior population is increasing and there is a growing need for a diversified array of services. Seniors and providers told the group that there is a need for more long term care support services, dementia care services, caregiver supports and training, and for a nursing home.

Group 3, Bob Sivertsen, Duane Mayes, and Lesley Thompson

Cooper Landing Senior Citizens Corporation, Inc. – Cooper Landing, Alaska.

Group 3 began the day visiting the senior housing owned by Cooper Landing Senior Citizens Corporation. There are 12 apartments of which 8 are 2-bedroom and 4 are one-bedroom for persons age 55 years and older. They own two busses that provide weekly bus services to Kenai and Soldotna. Eagles View building opened in April 2006 and Ravens View followed in May 2009. Cost per month for a one-bedroom is \$877 and two bedrooms is \$1,008.

The buildings are located 5 miles from town in a very isolated area. Group 3 was concerned about how quickly emergency services would arrive with assistance as the buildings were located away from town, in an area chosen for its amazing views of surrounding mountains and a river.

A major concern with this group is finding funding for some challenges with their water system. In the past they were fortunate enough to receive funding from the Legislature. Lesley will follow-up on helping them find information on possible funding sources for their needs.

Kenai Peninsula Independent Living Center, Aging and Disability Resource Center - Seward, Alaska

Team 3 was able to meet with two of the Center's staff. Melinda Maddox an Independent Living Advocate is stationed in Seward. Melissa Kline is the STAR coordinator and is stationed out of Soldotna but travels around the Kenai area assisting with the needs of seniors and persons with disabilities.

Their ADRC coordinator is based out of Soldotna and travels to sites within the Kenai area. The program also offers the T.R.A.I.L.S. program — Total Recreation and Independent Living Services - and is responsible for recreation programs that are designed to support individuals with disabilities.

The STAR program provides assistance to individuals with intellectual and developmental disabilities, and their families, to access resources in their communities and available services through the State of Alaska Developmental Disabilities Programs.

The Independent Living Center also provides assistive technology, peer support and a large community closet that includes wheel chairs, recreational mobility devices plus so much more.

The long term success of this program is attributed to the long term executive director, Joyanna Geisler.

Duane added that the ADRD pilot program has been successful; it is an efficient way to make sure the people are getting to the right services.

Seward Senior Center, Site Visit & Lunch - The mission statement of the Seward Senior Center is: "To insure honor, dignity, security & independence for the older Alaskan through support services to assist them in maintaining meaningful, quality lives."

When team 3 went to the senior center for lunch they were very hungry. They were ready for a hearty, hot lunch and we were not disappointed.

Led by enthusiastic director, Dana Paperman, the Center serves approximately 50 congregate meals and 18 home-delivered meals during the summer. During the winter, the congregate meals program drops to about 25. The food was delicious and homemade.

The Seward Senior Center provides quality services on a limited budget. They were awarded a Health Promotion grant based on the fact that they have so many different health promotion activities at their Center. They provide Tai Chi, weight training, and other types of health promoting activities. They have a small library, computers, and provide transportation. During the summer, the Center hosts picnics at the beach. Throughout the year, the Center offers art and quilting classes.

Providence Seward Mountain Haven Nursing Home - Seward Mountain Haven is part of a nationwide Green House® model, creating a new way of living in later years. Each of the four buildings has a shared dining room and kitchen, private bedrooms and bathrooms. Built in 2009 after the previous building needed to be replaced, they choose to use the Green House® model in this picture perfect setting.

Group Three met with Rebecca Lawson, Director of the facility. She provided the following information:

There are four lodges and one main building that houses the administration building. Elders that live in the Center are from all over Alaska. The cost per month is \$30,000. Seventy percent of the residents are on Medicaid. Close to 35% of the residents have some sort of dementia and live in all four of the lodges. They have a capacity of 40 individuals and currently have 8 vacancies.

The Home employs sixteen nurses. The majority of new recruits come from outside of Alaska. This leads to some challenges with high turnover as they make a two year commitment. They have 56 CNAs on staff and are always looking for quality staff. They do offer many training opportunities to keep their staff up to date on the latest medical technology. Whenever possible, the Home uses telehealth services to ensure less disruption as possible for the elders.

SeaView Community Services - SeaView is a nonprofit social service, mental health agency that works with many partner agencies and services located in Seward. Their mission is "To provide community based services that strengthen families, foster self-sufficiency and enhance quality of life."

They use a variety of funding sources which include mini grant services. They provide waiver services including care coordination, waiver, supportive living, day habilitation, home modification services, respite care, and supported employment.

Group 3 learned from staff that 16% of the people served are 60 and older. They have an Assisted Living Center for people with mental illness of which 2 out of 6 are over 60 years of age.

Group 3 met with the administration team who included Christine Sheehan, Executive Director; Joseph Forscher, Behavioral Health Director; and Melvin Nobles, Disability Services/Accreditation Director.

Duane provided staff with technical assistance and support from SDS staff in the future. Much like every other non-profit in Alaska, they are struggling financially and are grateful for the visit and any help they might receive from the State.

Rita Walker, Mature Alaskans Seeking Skills Training Program State Coordinator

Rita enjoyed the site visits and having the opportunity to visit MASST sites and participants. Rita has served in this position for 9 years. Rita noted that Nikiski Center has helped 50 people get jobs! Rita also noted that the increase in minimum wage from \$8.75 to \$9.75 will be a challenge for many nonprofit programs and senior centers. She also reported that 70% of MASST participants that get vocational training placements end up being hired for those positions.

Staff Recognition – Lesley Thompson

Denise gave employee recognition to Lesley Thompson who was presented with her 10-year service certificate from the State of Alaska.

Commissioner Closing Comments:

Eleanor – Enjoyed the meeting and site visits and expressed her appreciation.

Bob – Noted that this was a most informative meeting having the opportunity visit different regions of the state to find out what is needed and services being provided.

David – Also noted that this meeting had been very informative.

Anna said she has learned a lot and it has been very interesting. She encourages people to get on different committees to use their expertise. She also noted that she had to miss hunting season this year and would appreciate if the Commission could change the dates for next year's rural outreach meeting.

Duane noted that SDS is working on a policy revision to reduce the number of people that can be drawn from the Intellectual and Developmentally Disabled registry annually.

Mary acknowledged the Chair of the Anchorage Senior Activities Center board. She is planning to take a seat on that board.

Meeting Adjourned at 4:45 p.m.