

Utah Commission on Aging
February 2015 Meeting MINUTES

Date: Wednesday, February 11, 2015

Time: 12:00-1:30 PM

Location: The Alta Club: 100 E South Temple Salt Lake City, UT 84111

Attendance MEMBERS	INVITED ATTENDEES	REPRESENTING
Excused	Karla Aguirre (proxy for Jon Pierpont)	Utah Department of Workforce Services
Excused	Representative Stewart Barlow	Utah House of Representatives
√	Mayor Ron Bigelow – West Valley City	Utah League of Cities and Towns
√	Barry Burton	UT Association of Counties
Absent	Patty Conner (proxy for Val Hale)	Governor’s Office of Economic Development
Absent	Michael S. Cupello	Public Safety Sector
√	Marion Davis (proxy for Karla Aguire)	Dept. of Workforce Services
Excused	David C. Gessel	Health Care Provider Industry
Excused	Val Hale	Governor’s Office of Economic Development
√	Danny Harris (proxy for Alan Ormsby)	Aging Advocacy Organizations
√	Nels Holmgren – Vice Chair (proxy for Ann Silverberg Williamson)	Department of Human Services
√	Becky Kapp – Chair	UT Area Agencies on Aging
Excused	Gary Kelso	Long-Term Care
√	Tracey Larson	Financial Institutions
Excused	Alan K. Ormsby, JD	AARP, Aging Advocacy Organizations
√	Anne Palmer (Executive Director)	Utah Commission on Aging
Absent	O. Fahina Tavake Pasi	Ethnic Minorities
Excused	David Patton	Utah Department of Health
Excused	Senator Brian Shiozawa, M.D.	Utah Senate
√	Angie Stefaniak (proxy for David Patton)	Utah Department of Health
√	Mary Street	Business Community
√	Mark Supiano, M.D.	Higher Education
Excused	Nate Talley	Governor’s Office of Management and Budget
√	Bette Vierra	General Public
√	Frances (Fran) Wilby	Charitable Organizations
Excused	Ann Silverberg Williamson	Department of Human Services
Absent	Troy Wilson, JD	Legal Profession
GUESTS		
√	David Carrier	Utah Citizens’ Counsel
√	Robert P. Huefner	Utah Citizens’ Counsel
√	Andrew Jackson	Mountainland Association of Governments
√	Jenny Johnson	Violence & Injury Prevention - UDOH
√	Shawn McDonough	SLC Mayor’s Office
√	Nan Mendenhall	Adult Protective Services
√	Jen Morgan, Director	Aging & Disability Resource Center (ADRC)
√	Lana Stohl	Department of Human Services
√	Cindy Turnquist	Sage Hill Cohousing
STAFF		
√	Holly Abel	UCOA Program Coordinator

1. Luncheon Begins: Welcome, Introductions, Minutes Approval - Becky Kapp 12:00 - 12:10 PM

Introductions were made. The December minutes were approved.

2. Utah Citizens' Counsel – Robert P. Huefner 12:10 - 12:30 PM

The Utah Citizens' Counsel was created for people who have spent a long time in public service and are now retired but continue to serve in this capacity. There is a high rate of turnover due to age.

- The Declaration of Rights was shared with the group.
- The UCC recent report is available in electronic form via email request to Robert Huefner at bach70@comcast.net 801-359-6705.
- More information and reports are available on their website <http://www.utahcitizenscounsel.org/>
- 5 Human Rights issues are covered in the report.
 1. Utah's Healthcare System conflicting purposes were addressed.
 2. Environmental Health – High level of interest in Air Quality. Recommendation to try to change the economic incentives for people to manage use of highways. Taking ownership of the issues individually.
 3. Public Education –
 4. Economic Challenges – specific for seniors
 5. Domestic Violence – one of the major efforts will be education of avoiding the dangers of vulnerability for seniors.

The Counsel is anxious for feedback from the UCOA for future reports:

1. Known Issues
2. Accommodations and recommendations.
3. How the UCOA could use their report.

Action Item: Holly will place a cross link on the UCOA website to the UCC.

3. Current Legislative Issues Report – Anne Palmer 12:30 – 1:00 PM

Anne Palmer opened the discussion regarding issues she has been monitoring. Bills of particular note are:

- Healthy Utah – SB 164
- Alzheimer's State Plan
- Representative Rebecca Chavez-Houck's proposed 'Utah Death with Dignity Act' (patterned after Oregon's Law)

Becky Kapp reported on AAA meeting with social services appropriations committee to request for \$750K: divided as \$500K for Meals on Wheels and \$250K for AAA Support, education and respite care within the State. Becky is hopeful they will receive the amount they are requesting. Andrew Jackson shared there is huge support for the Meals on Wheels on the hill. Norma Matheson will be the keynote speaker at the Legislature's Senior Day.

Nels Holmgren reported that there are 3 requests on the table from Department of Human Services. Of most urgency is funding for additional Adult Protective Services Staff support. The Medicaid Education Waiver funding would allow patients to receive nursing home level of care for Medicaid, while bringing services into their homes for a much lower cost. This is a very important and cost-effective program, so there will be a lot of interest from the public policy and medical standpoint. This is a \$200K appropriation (Aarp is heavily involved)

– Danny Harris will be leading on the presentation. There will be direct taxpayer savings for this program to be implemented, which is only a 6th of the cost to a nursing home care situation.

Danny Harris reported:

- People who qualify for the benefit of a Nursing Home, could also be provided for in their home. (The waiting list for this kind of care fills continually).
- The Healthcare Workforce Financial Assistance – DOH Loan Forgiveness for people working in Underserved Areas. Senator Shiozawa and Dr. David Sundwall are presenting on Friday for 500K appropriation.
- The Utah Hospital Association is also running their own workforce assistance bill independently. If the State’s bill goes through, they will withdraw their request. (Competing actions)
- Extending Medicaid “Healthy Utah” Plan – Senate Bill 164 – Rep. Ed Redd and Sen. Shiozawa – thorough research behind this issue for past 2 years. Anne Palmer offered full support of this bill. Danny spoke to the great research for Utahns within the health care gap. Healthy Utah has strong public support from vast groups. The “most medically frail” option is being debated also. The governor’s Healthy Utah bill is a good compromise for the Medicaid expansion Yesterday the Senate Caucus met to determine a position and wanted more discussion. They are not sure if the bill will be heard today. This will be one of the most challenging pieces of legislation to work on getting passed.

Action Item: Commission Members are encouraged to talk to their Senators and Representatives regarding those aged 50-64 who fall in the coverage gap. These are usually individuals who have been working in careers and recently lost their jobs who are searching for gainful employment.

Alzheimer’s State Plan: House 175 Rep. Ray. UDOH to be entity to be the oversight to the plan. Create some public awareness so that loved ones with dementia will receive referrals. A “dementia aware community” and to help expand research in Utah.

Action Item: UCOA will formally support House Bill 175

Utah Death with Dignity Action (patterned after Oregon’s 1997 Plan) – terminal disease patients to have lethal pill to take at their own choice. This is only being presented this year and not anticipated to pass.

4. Violence and Injury Prevention Program - Jenny Johnson, UDOH 1:00 – 1:20 PM

Jenny Johnson shared that UDOH did not qualify for a special funding request 5 years ago because they did not have a Falls Prevention Coalition. So, they formed the Coalition and are now looking at programs which the CDC is endorsing for prevention for falls. Her program works closely with AAA and Senior Centers. University of Utah Physical Therapy Department is heavily consulted. A new program called “**Stepping On**” has been implemented for Utah adults 55 and older living on their own. This program closely mirrors programs for people living with chronic conditions. UDOH representatives were sent to Wisconsin to learn the program, and then piloted the program through Utah County Health. The 4 year pilot program was offered in two communities with the highest rates of falls, and over that 4 year period the falls rate dropped significantly. The Falls Coalition is working to help people become master trainers here in Utah, and expand their community based program.

Fall related injuries are the 3rd leading cause of death in the nation. Utah secured a large Aging Grant thanks to their large amount of data they could provide.

There are 10 high fall risk communities in Utah currently being focused on:

- Davis (Bountiful) - 1 area
- SLC - 7 areas

- Utah County - 1 area
- Juab/Millard/Sanpete (counted as 1 area)

The St. George community would also like to roll this program out as soon as possible.

The UDOH has received a grant to expand the “Stepping ON” program. It’s only a 2 year grant so there is a challenge to implement everything quickly, but they are working as fast as possible.

Jenny shared an objectives handout.

A woman named Sally is being hired from Oregon State University to come join and spearhead the program.

The “Stepping On” program is a 7 week course with a minimum of 3-month program follow-up (booster classes, phone calls, mailing of surveys, etc.)

1. They are hoping our Commission will help them think through sustainability components, linking what they are doing in the community with UU Faint & Falls, and IHC Balance Program.
2. Please send Referrals to the Stepping On program.
3. Working on exploring state policy issues
4. Thinking outside the box as to how to recruit people and reach community members. Currently relying on the senior centers in areas, but that reaches a very small percentage of people.

Becky shared with Jenny that **St. Marks & SL Regional** also have community clinics she should reach out to. There is also a falls outreach program in **Dixie**.

This program is free of charge currently but it is being rolled out for a fee in Bountiful.

Mark Supiano encouraged that they create a social media presence. It’s economical and the fastest way to reach people.

Their Social Media Presence is not comprehensive yet. They are brainstorming options such as bus billboards, transit, print, etc. Jenny has asked other states what they have done.

Traumatic Brain Injury (TBI) is closely linked to falls. A funding for the TBI program is up again for appropriations this week. Advocates for TBI patients work closely with the Stepping On – given funds to them to start in new counties because so many falls link into creating TBI. TBI is incredibly pricey, so prevention is a huge savings.

Anne encouraged Jenny to attend the Center on Aging Retreat

5. Other Business Items – Becky Kapp / All

1:20 - 1:30 PM

Wed. March 4, 2-5 PM Summit for Elderly Refugees in Utah – **Location: DWS Office located at 140 E 300 S, Salt Lake City, UT.** A grant is being applied to assist older refugees.

Action: **Marion Davis** will send a link or flyer to Holly to distribute to everyone.

Meeting Adjourned

1:30 PM

Event of Interest

“Aging In Community” – 5 Week Saturday Workshop - Sagehill Cohousing Partners

<http://aging.utah.edu/2015retreat.php>

Begins Feb. 21 - register online.

Save-The-Date

The Center on Aging 9th Annual Research Retreat

Friday April 3, 2015 – 7:45-11:45 am

University of Utah USTAR Building

Keynote Speaker Dr. Ken Rockwood, MD –Dalhousie University in Halifax, Nova Scotia Canada

Dr. Rockwood is a leading researcher in Alzheimer's, dementia and delirium.

Symposia sessions will address aspects of frailty, cognitive health and quality of life in older adults.

This event is Free & Open to the public. Get details at <http://aging.utah.edu/2015retreat.php>

2015 Bi-Monthly Commission Meeting Schedule

- Wed. April 8, 2015 12-1:30 PM ~ Location: Salt Lake City Public Safety Building
475 S 300 E, Salt Lake City, UT 84111 Salt Lake City, UT 84111
- Wed. June 10, 2015 12-1:30 PM ~ Location: tba
- Wed. Aug 12, 2015 12-1:30 PM ~ Location: tba
- Wed. Oct. 14, 2015 12-1:30 PM ~ Location: tba
- Wed. Dec. 9, 2015 12-1:30 PM ~ Location: tba

Holly Abel

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