



COMMISSION ON AGING

c/o Agency on Aging, DHS

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MEETING SUMMARY

July 20, 2015

MEMBERS PRESENT: Mitch Opalski, Linc Cummings, Gordon Hasenai, Pamela Hawkins, Erica Wood, Arlene Spinelli for Barbara Favola, Nels Anderson, Valerie Crotty, Cragg Hines, Laurie Young, Lena Wang, Andrea Walker, Patricia Sullivan

MEMBERS ABSENT: Jim Feaster*, Joan McDermott* * Excused Absence

STAFF PRESENT: Maimoona Bah-Duckenfield, Meredith Eisenhart, Glenda Blake

I. Call to Order: 9:05 a.m.

II. Presentation for Program of All-Inclusive Care for the Elderly (PACE) - Rose Mario – Manager of Marketing and Business Development for INOVA Cares for Seniors

- PACE is a national model that provides primary, acute, preventative and long-term care services.
- To be eligible for PACE, persons must be 55 or older, living within PACE service area (now includes Arlington as of April 2015), living safely in community with support at time of enrollment, and meet nursing home level of care as determined by an approved screener. Most PACE referrals come through County screeners.
- On average participants are 76 years old and have 6 chronic conditions. 72% of participants are female and 89% are Medicare/Medicaid (dual eligible).
- PACE is responsible for care 24/7 and remains responsible for care if a participant is hospitalized. Most people stay in PACE through the end of their life.
- PACE is an interdisciplinary model of care including physicians, physical therapist, occupational therapist, home health coordinator, transportation coordinator, social workers, Center manager, registered dietician, recreational therapist, and more. Interdisciplinary team meets every day to discuss care for participants.
- One participant was a woman with increasing symptoms of dementia. Her caregiver was looking for adult day 5 times a week, care coordination, and home health support. Now she attends PACE, has a wanderguard, a seat belt buckle guard for the PACE van, home health aide in the evening, her nutritional status monitored, receives pull-up briefs for incontinence, and the caregiver also receives respite.

Question #1: Does PACE cover dental?

- PACE will cover dental needs. When people enroll with PACE, the program often will identify unmet needs. Dental cleanings, dental evaluation, and dentures will be covered.

Question #2: What is the financial model? Where did it come from?

- Program is funded primarily through Medicare and Medicaid. PACE receives an amount for each participant. Small number of participants are private pay. The private pay for an individual with Medicare but not Medicaid is \$5,308.
- PACE started in 1978 in San Francisco at On Lok Senior Services.

Question #3: Where does INOVA fit in?

- INOVA provides resources. For example, all staff are INOVA employees.

Question #4: What is PACE's Capacity? How does transportation work?

- There are 130 participants. Adult day capacity is the limiting factor and has a maximum of 60.
- PACE does approximately 10 assessments a month with 5 to 7 enrollments.
- PACE provides transportation; tries to limit the length of the ride.

Question #5: Virginia has one of the highest levels of threshold for nursing care. Are participants required to meet that threshold?

- Participants must meet nursing home criteria. Sometimes families are unaware their family member is nursing home eligible.

Question #6: Do you enroll people currently in nursing homes and bring them back home?

- It has been successful with some families but not all. Families go back to being caregivers. However, it has been successful with a number of people.

III. Minutes Approval:

- Minutes for June meeting, Joint COA and Long-Term Care Residences Commission, and COA Executive Committee were approved unanimously.

IV. Vice Chair's report on Behalf of Chair (Mitch Opalski)

- Joan McDermott, COA Chair, wrote a letter to Governor McAuliffe about changing the word "citizen" to "resident" in the Older Americans Month proclamation.
- NVAN's next meeting is July 21. The Legislative platform will be voted on.
- Joan McDermott met with COA County Board liaison, Libby Garvey, to provide an update on the Commission's input of the Real Estate Tax Relief program.
- Arlington Area Agency on Aging received n4a Achievement award for its Aging Information Exchanges with long-term care communities.
- Joint meeting between Commission on Aging and Commission on Long-Term Care Residences was held in June.
 - o Erica Wood stated she would like more time for creative brainstorming. COA Strategic Planning Committee will discuss. Nels Anderson stated he would have liked to break into workgroups.

V. Director/Staff Report (Maimoona Bah-Duckenfield)

- Aging Without Bars had a workshop session presentation at n4a conference.
- Rachel Sparico will join Area Agency on Aging in August. She will support AAA program development, contract monitoring, and outreach. She has supported the Assistive Technology presentations.
- Age Friendly Communities were highlighted at the n4a conference. New York is a model for Age Friendly community. It began work in 2007 and continues to work on it. Rigorous process. Partnered with National Academy of Sciences which was willing to do research. Have 4 key areas with 59 initiatives.
- Reauthorization of Older Americans Act passed Senate. White House Conference on Aging viewing party was held for staff.

******5 Minute Exercise break**

VI. Committee Reports

- Budget (Mitch Opalski): No report
- Legislative: No report. Next meeting August 10, 2015.
- Membership (Linc Cummings): Will have two openings. Several candidates. Plan to make recommendations at the end of the month.
- Public Information and Outreach (Gordon Hasenei): Presented PowerPoint at joint Commission meeting. Plan to incorporate Long-Term Care Residences Commission slides in COA PowerPoint. Considering Public Service Announcements (PSAs). Looking at creating PSAs through partnership with Arlington Independent Media.
- New Media/Technology (Laurie Young): Documented joint Commission meeting. Two to three thousand people saw the COA Facebook post for the White House Conference on Aging which was a sponsored post.
- Senior Centers (Andrea Walker): Finished visiting Senior Centers for the year and are working on final report. Nels Anderson will become Chair in October.
- Strategic Planning (Joan McDermott): Invited Jane King to August Strategic Planning Committee meeting. July meeting was cancelled.
- Supportive Services and Housing (Erica Wood): No meeting in July. Next meeting is August 25. Planning outreach for Assistive Technology sessions.
- Transportation (Cragg Hines): Mary Hynes discussed I-66 and toll issues at last meeting. Some community members are concerned about losing bridge between Ballston Metro and Ballston Commons during renovation.

VII. Liaison/Meetings Reports

- Alexandria Commission on Aging (Mitch Opalski): No meeting in July or August.
- Alliance for Senior Programs: No report.
- Interchurch Community Health Initiative (Pamela Hawkins): No report.
- Arlington Neighborhood Villages (ANV) (Patricia Sullivan): Many annual renewals. Looking to expand services, including walking buddy program.
- Community Development Citizens Advisory Council (CDCAC) (Linc Cummings): Non-profits are preparing proposals.
- Arlington Community Facilities Study (Mitch Opalski): No report.

- Emergency Preparedness Advisory Commission (Valerie Crotty): Libby Garvey inquired about back-up batteries for those with Comcast or Verizon for internet. Comcast does not provide; Verizon provides but does not check. Best for individuals to provide their own. Also important to have back-up charging source for cell phones. Most people plan to get information from television, then social media. In true emergency radio is best source. Should not let gas tank be more than half empty. Automobile can provide radio and cell phone charging. MWCOCG did survey which found seniors are the least prepared population. Arlington uses community centers as shelters. Virginia Hospital Center was overwhelmed during Derecho. Need to think about best way to educate seniors. Also need to think about how to tap into caregivers.
- Affordable Housing Study (Erica Wood): Meeting with County Board members to reinforce COA's letter while also voicing support for the Affordable Housing Plan.
- Long-Term Care Residences Commission (Nels Andersen): Meeting on July 8 had presentation by Long term Care Ombudsman and Adult Protective Services. Also discussed legislative issues and the joint Commission meeting.
- Pedestrian Advisory Committee: No report.
- Steering Committee/Older Persons (Lena Wang): Next meeting is September 18. Presenter will be PACE. August session was on transportation.
- Senior Adult Council (Andrea Walker): No report.
- Transit Advisory Committee (Fran DeSilva): No report.
- Vertical Village (Mitch Opalski): Vertical Villages is seeking another apartment partner. Program at Wildwood Park is still in place. National Council on Aging approached them for Aging Mastery program.

VIII. **New Business:**

- None

IX. **Announcements and Public Comment:**

- None

The meeting was adjourned at 11:00 a.m.