

ARLINGTON COMMISSION ON LONG-TERM CARE RESIDENCES

c/o Agency on Aging, DHS

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MEETING SUMMARY

October 9, 2013

Approved on November 13, 2013

- PRESENT:** Tom Fonseca, Chair; Andrea Callow, Steve Carfora, Steve Jennings, Elizabeth Margetta, Lynne Pilot, Lynwood Sinnamon, Alice Paxton, Leslie Walsh, Gene Robinson, Kristi Dudash (ex-officio member)
- ABSENT:** Joe Briglia,* Sara Greenberg,* Claire Jacobsen,* Cynthia Schneider,* Genevieve Timpane,* John Kozar* * excused absence
- STAFF:** Glenda Blake, Maimoona Bah-Duckenfield, Meredith Eisenhart
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I. Welcome County Board Member, Libby Garvey

- Maimoona Bah-Duckenfield introduced Potomac Genesis staff members: Amy Kanu, Assistant Administrator; Bob Spindel, Guest Services Director; and Michael Bilanca, Chef Manager

II. Tour of Potomac Center Genesis - Bob Spindel, Director of Guest Services

III. Residents' Perspectives at Potomac Center

- Two residents were asked to share their viewpoints on living at the Potomac Center
- Resident 1: Recently moved from the short-term rehab floor to the long-term care floor at Potomac. Potomac's strengths include appealing meals, overall staff is helpful and caring, and plenty of activities. Commented she really likes Potomac. The Administrator has an open door and residents are welcome to express concerns. Uses metro access for transportation.
- Resident 2: Has resided at Potomac Center for three months. Remarked most staff is phenomenal but that she is comfortable speaking to Administrator when concerns arise. She is active in the building community and attends activities and council meetings. Recently had a birthday party at Potomac. It was well attended by staff, family and friends. Both staff and events such as her birthday have helped her adjust to the new lifestyle.

IV. Q&A; Issues/Items for Follow Up

- The 5th floor is closed but may re-open in the future, pending corporate decision
- The Guest Services Director and Chef Manager positions are both new positions developed to cater to the needs of Baby Boomers who will have different expectations for the care experience in long-term care residences. Potomac Center also has a garden that residents tend.
- Mr. Fonseca shared the Commission is interested in linking resources to help management operate facilities and improve quality of life for residents.

- Ms. Kanu, Assistant Administrator, stated additional mental health support is needed, particularly for the population under 65.
- Ms. Bah-Duckenfield shared that the County is aware and additional information on Emergency Services is needed by the long-term care residences and there will be follow-up meeting organized between the two groups. Additionally, RAFT staff can provide training and consultation to long-term care staff regardless of the age of clients. (Direct services are limited to clients 65 and older.)

V. Minutes Approval – September 2013 minutes were approved with no changes.

VI. New Appointments and Re-Appointments

- The County Board appointed Alice Paxton and Steve Jennings and re-appointed Steve Carfora, Joseph Briglia, Claire Jacobsen, and Gene Robinson at their September meeting.
- Mr. Fonseca introduced Ms. Bah-Duckenfield as the new Program Director for the Arlington Area Agency on Aging (AAA). She will transition into the role by December 1, 2013.

VII. Discussion with Libby Garvey

A. Commission Committees/ Focuses

- Mr. Fonseca reviewed the Commission's work plan, which defines goals and objectives based on the Commission charter, as well as summarized the work of the committees.
- Standards and Quality Committee: Examining assisted living standards and regulations and looking for opportunities to affect change in areas such as staff training, discharge process, and public health/outbreaks.
- Outreach and Advocacy Committee: Conducting outreach to civic associations. Presentation includes information on long-term care settings in Arlington. Commission has a responsibility to educate the County Board and the public about long-term care needs.
- Legislative Impact Working Group: Will monitor and comment on legislation and study the impact of the Affordable Care Act.
- Liaison Program: Link between Commission/ADSD and facilities

B. Commission Issues – Concerns/Need for Study

- Impact of fewer long-term beds at nursing homes. Commission is analyzing the needs of the community with regard to demographics and long-term care industry changes.
- Cost of assisted living. Appears to be an increasing lack of affordability for many Arlington residents.
- Linking local resources (government and other resources) with long-term residences. Long-term care residents are Arlingtonians too.

C. Commission Member Feedback

- Ms. Garvey asked for Commission members to share their feedback on issues concerning the Commission. Topics discussed included:
 - The need for affordable long-term care in Arlington
 - Hospice as an area of interest

- Individuals entering long-term care residences come with increasingly complex care needs
 - Arlington is a young county, but people are bringing their older family members to the County and many will rely on the long-term care residences.
 - CMS 5-star rating system has components that are self-rated and could potentially inflate facility ratings.
 - Turnover in facilities is an issue; re-training staff is difficult to keep up with
 - Long-Term Care Ombudsman program serves a resource to residents in long-term care facilities.
 - Discussion about how Commission members do not have “clout” in the facilities; state is regulatory body.
 - Importance of having community advisory council and the liaison role to have extra eyes on the facility.
- Remarks from Ms. Garvey, County Board Member:
 - Silos occur with community groups; overlapping interests, such as aging, parks and recreation, police and fire, affordable housing, and social services. Affordable housing is a huge connection with this Commission. Culpepper Garden, for example, needs to renovate their buildings but issue of how to afford it.
 - There are over 50 Commissions or citizen advisory groups in Arlington; there’s a need to work across the silos and indentify synergies. A lot of standalone groups work on similar topics. Maybe there can be more joint meetings. Government in general is moving in this direction.
 - Budget is a priority and budget process is currently done in silos. Believe that there needs to be more holistic thinking about the County budget.
 - In terms of linking local resources with facilities, absolutely should do this.
 - Ms. Garvey requested that the Commission funnel budget issues/concerns to her.

VIII. Announcements and Public Comment

- Ms. Glenda Blake, ADSD Division Chief: County owns land that Cherrydale leases and is currently working on lease revision. Purpose of RAFT is to bring people out of state psychiatric hospitals and serve them in the community and divert re-admissions.

Adjourn. The meeting adjourned at 8:30 p.m.

Next Meeting – November 13, 2013 at DHS Sequoia