



SENIOR CITIZENS ADVISORY COMMISSION
SUMMARY MEETING MINUTES
October 28, 2020 ~ Microsoft Teams

Members Present	Members Absent	Guests
Theresa Brisky, Chair AnnaBell Stevens, Vice Chair Pam Kelley Dawnia Clements Jim Bailey Gayle Schuh Hattie Gardner Emily McMahan		Teresa Holt, AARP Gordon Glaser, ACOA Maureen Haggblom, ADRC Kay Papakristo, Caregiver Connection Alzheimer's Resource of Alaska <u>Staff:</u> Judy Atkins

Call to Order

Chair Brisky called the meeting to order at 10:05 a.m. with a quorum.

Approval of the Agenda

Chair Brisky called for approval of the Agenda. Commissioner Schuh moved to accept the Agenda as presented; seconded by Commissioner Bailey. **Hearing no objections, the Agenda was approved.**

Approval of Minutes

Chair Brisky called for approval of the minutes for the September 23, 2020 meeting. Commissioner Gardner moved to approve as presented; seconded by Commissioner McMahan. **Hearing no objections, motion passed.**

Introductions – Commissioners welcomed each other to another Teams meeting

Presentations

Alzheimer's Resource of Alaska, Caregiver Connection – Kay Papakristo. Overview: It is a pilot project with Senior & Disability Services to reduce caregiver burden of those caring for someone with Alzheimer's or related dementias. They use a tailored care assessment and referral tool to conduct screenings, assessments and develop service plans. Case managers are Caregiver Connection Specialists. The process starts with screening, then goes to assessment. A care plan is created and finalized. They implement the Caregiver-driven service plan with a 6-month check in. Service supports offered include counseling, wellness programs, respite, chore service, companion services to mention a few. Service providers that participate in this program have received training. Support includes up to \$6,000 in a year. Examples of creative ways to use the money are shown to the clients who will know what they will receive for the funds. Annually the money can go further than anticipated. It can provide a great deal of support and relief. Successes: 39 caregivers enrolled / 22 have active service plans. Trained in Anchorage, 29

providers will be considered dementia trained providers. People are with Alzheimer's Resource for coaching; caregivers provide positive feedback on the program. Benefits for Seniors ageing in place? Yes, results show that those in the Care Coordination Program were able to have their loved ones remain in their home 1½ years longer than those not in the program. There are health and financial benefits to staying at home. We are urged to recommend this program to friends and family who may need it. Want to spread this statewide throughout Alaska to support caregivers. Commissioner Gardner asked if they should call Senior and Disability Services if they are not in the Alzheimer's or dementia category. Also – is there an age limitation? SDS is funding the pilot program. If someone needs resources, they can contact local ADRC where Maureen Haggblom works. They are making the referrals. Age limit: none.

Comments from the Chair

Legislative | AARP Report | Teresa Holt

Legislative: no report at this time.

AARP- Voter education is the hot topic. There will be many absentee ballots to be counted which will take a while. Election results should be finalized the week of Nov. 20. AARP is working with the Dept. of Labor on providing comments to the Fair Labor Standards Act about new rule making regarding determining who is a covered employee and who is an independent contract. They are also keeping eye on the Social Security Administration and what's happening there. Ms. Holt spoke about the state released plan for vaccine distribution – a complicated process. Levels include 1a – critical care workers; 1b – those who might come into contact with COVID in nursing homes and assisted livings; 2 are vulnerable folks; 3 is everyone else. Right now, there are so many unanswered questions: Can you make staff take the vaccine? will residents have to take the vaccine? How will everyone get the right one? How to ensure people receive two doses if need be? Some assisted livings have been forced to close due to active COVID cases. Several large facilities are having trouble with staffing to care for residents. AARP is doing annual planning for 2021; health is a top of the priority list to include Medicare and Medicaid; financial security ; new area is addressing social isolation – in Alaska looking at virtual communication to include broadband access to rural Alaska. Alaska will be virtual at least through March and AARP wants to help people connect and learn technology. Chair Brisky commented that many are leery of taking a vaccine that is unproven. An education plan will be needed to alleviate peoples' fears. Commissioner McMahan commented that others in the community are concerned also.

Alaska Commission on Aging Report – Gordon Glaser

Reminder – the ACOA December 1-2 meeting is coming up – you are welcome to attend or listen in to this statewide zoom conference. Dr. Zink will discuss lessons learned and how we can use the information. Pam Sesmish, from Nenana, is the new commissioner on ACOA. They will look at things from a long-term process for the future – working on state plans for upcoming issues. Gordon will head to Juneau in February if can be done safely.

Gordon reported that the Anchorage Senior Activity Center (ASAC) will continue to operate on a modified schedule - most everything is virtual or phone. Bible Study, brain games continue;

chats are held with nutritionists, regular bi-weekly sessions you can have a technology hour with a teenager to assist with your iPad. The restaurant is opened for takeaway only. There is also a fitness program through zoom which will continue. They may open up the fitness center on limited basis.

Old Business

Update on Vacancy and Term Expirations. Ms. Atkins reported no information as to whether Mary Shields has completed her application. The reappointments for three term expired commissioners are being processed and expected to go to the Assembly in late November.

2020 Commission Topic of Interest – Dementia / Alzheimer's. No updates currently.

Commissioner Kelley posted in chat a flyer announcing a webinar held on Nov. 3 pertaining to drafting of Alaska's plan to address Alzheimer's and related dementias. The plan not in final form and this is an opportunity for interested parties to learn what the committee has developed and provide feedback.

New Business

Monthly Presentations. Commissioner Gardner volunteered to obtain a presenter for the November meeting; fire safety was suggested.

Commissioner/Guest Comments/Announcements

Teresa Holt – Teresa noted that there are many Holiday Scams going on and to be aware.

AnnaBell Stevens – The Thanksgiving Blessing is Monday, November 23, 2-7pm. For more information contact the Food Bank of Alaska or contact 2-1-1. Due to the pandemic, more need is expected than ever before.

Gayle Schuh – commented that the Food Bank has an extensive list of what is needed, places to donate and help assemble boxes.

Dawnia Clements – asked about the status of the resolution recognizing David Washburn. Ms. Atkins will ensure it is signed and sent to the Assembly.

Hattie Gardner – mentioned a program for children gathering toys and other items to benefit children in the Mt. View and Fairview areas – in the Denali school district area. Flyers will be in the neighborhoods with collections possibly at Fairview Elementary.

Pam Kelley – noted that Alzheimer's Resource of Alaska has been fortunate to hire Ken Helander to work on special projects. Soon targeted services could be expanded for specific clients now that he is there to help.

Adjournment

The meeting was adjourned at 11:25 a.m. The next meeting will be held on Wed., November 18, 2020.