

**Joint SSAC-DSAC Meeting**  
**MEETING MINUTES**  
Tuesday, December 6, 2016

**SSAC Members Present:** Mark McNabb, Suzanne Lazaro, Doris Lamb, Lee Strandberg, Curtis Miller, Carolyn Mendez-Luck, Saleem Noorani, Anne Brett and Dani Marlow.

**DSAC Members Present:** Mike Volpe, Vice Chair; Lee Lazaro, Jann Glenn, Pete Rickey, Suzanne Brean and Edythe James.

**ADRC Members Present:** Sandy Potter

**Guests:** Mitzi Naucler, Sandy Potter, Carolyn Fry, Jessie Grow Hodges, Cathy Savage, Pat Shirley and Clark Brean.

**Members Absent:** Bob Daley, Chair; Jan Molnar-Fitzgerald, Chair; Bill Hall, Commissioner; Catherine Skiens, Vice Chair; Suzette Boydston, Janet Shinner, Bill Turner and Rusty Burton.

**Staff:** Dave Toler, Lisa Bennett, Mary Kay Fitzmorris, Helen Beaman and Terri Sharpe.

**1. Welcome, Introductions, Additions to the Agenda (Lee Strandberg, SSAC Member):**

Lee Strandberg called the meeting to order at 12:03 pm.  
Introductions were made including guests.

**2. Approval of Minutes:**

**ACTION:** Motion to approve the November 1, 2016 SSAC/DSAC Joint meeting minutes as amended: on page 3 eliminate sentence “She also feels there needs to be less structure and more places for people to go to” and replace with “She also thinks there is a need for more places for people to go”, made by Suzanne Lazaro, seconded by Lee Lazaro. Motion passed unanimously.

**3. Due to technical difficulties, Toledo announced they were going to disconnect from the teleconference call.**

**ACTION:** Motion to resolve any technical issues with the videoconferencing equipment before the next Advisory Council meeting was made by Lee Lazaro, seconded by Mike Volpe. Motion passed unanimously.

Dave said they will take the motion and do what they can, but a key component of the videoconference system is broken and they are researching revamping the entire

system. Lee L suggested COG's IT staff look into the system ODOT uses in the interim while a new system is put in place.

#### **4. AARP Executive Committee Report (Saleem Noorani, SSAC Member):**

Saleem Noorani gave an overview of the AARP Executive Committee's November meeting where they laid out their 2017 annual plan. The five areas AARP would like to concentrate on are: 1) Implementation of Oregon's Retirement Savings Plan; 2) Preserve and Expand Oregon's Respite Care Support; 3) Congressional Advocacy (Taking a Stand for Social Security); 4) Building Communities for all Ages and Abilities; and 5) Age 50 Plus Work Jobs.

Saleem provided a handout of 12 proposals for updating social security for the 21<sup>st</sup> century, along with the pros and cons. In January AARP plans on pressuring the Legislators to come up with a viable solution to fix Social Security once and for all.

Saleem believes in the importance in educating people about Social Security. He would like to see one hour presentations being given in high schools to teach the students the value of savings and the compounding power of money.

Oregon is the first state in the nation to come up with retirement savings plan for those that don't have 401k sponsored programs from their work. The pilot project starts in July of 2017. The State will manage the program at no cost to the small businesses and it would be an automatic opt in. The hope is that with this program, in conjunction with Social Security, people can look forward to the real golden years of retirement.

Lee L asked about the local and state levels of AARP. Saleem said Oregon has one of the first state AARP offices in the nation located in Portland. There are six paid staff members and 700 plus volunteers. Volunteers make up a large part of the driver's education programs and tax aides. There are also 10 Executive Council members of which Saleem is a part of.

According to the National Institute of Retirement Security, the average amount saved for retirement is \$3000 and the average amount saved for households nearing retirement is \$12,000 disposable cash. Dave pointed out how this is a critical issue for SDS. Only about 5% of the people have long term care insurance. If those who don't carry it and don't have enough in their retirement savings, yet find themselves with a disability, then we will see a growing number of people on Medicaid.

Lee S would like to see an update on this at a future meeting.

**5. Advising the Director: Health Promotions Programs (Dave Toler, SDS Director):**

Dave Toler gave a brief overview on the Health Promotion Programs which are an important part of the services that SDS provides across the three county region. Funding for these programs consist of about \$20,000 from the Older Americans Act, and about \$55,000 - \$60,000 through investments by the State Legislature annually. SDS has looked at finding other partners, such as Samaritan, to help with these programs and now Samaritan is taking over the evidenced based Living Well programs. This allows more opportunity for SDS to get into new evidenced based programs such as Dementia Caregiving and Fall Prevention.

Dave provided a list of evidence based programs, for both Fall Prevention and Alzheimer's and Caregiving, to the Councils and asked if they had any interest in forming a subcommittee to research, for analysis and recommendation, any of the programs that might be of interest to SDS to work on. To help fund these programs they will look at getting partners to help such as IHN-CCO or any other health care providers. Volunteers included Suzanne Lazaro, Carolyn Mendez-Luck, Pete Rickey and Mike Volpe. Lisa will reach out to Lincoln County for any volunteers. Dave will write up a criteria for guidance in what to look for when researching the programs.

ACTION: Motion to develop an ad hoc committee to research the list of programs under Fall Preventions and Alzheimers and Caregiving (provided by Dave) and come up with two recommendations from each area made by Lee Strandberg, seconded by Suzanne Lazaro. Motion passed unanimously.

**6. Member Report (Carolyn Mendez-Luck, SSAC Member):**

Carolyn Mendez-Luck gave the Councils an overview of her background and research interests. Carolyn received her advanced degrees in public health from UCLA and has been a part of the faculty at OSU for the past five years as an Assistant Professor in the College of Public Health and Human Sciences. She is hoping for tenure this year.

One of Carolyn's main areas of research interest is with aging related health disparity. Her research included:

- Access to preventive services among African American and Latino older adults in the LA area
- Effects of caregiving on caregivers' health behaviors
- Post-treatment care among Latino breast cancer survivors

- Internet use among women with chronic conditions
- Facilitators and barriers to healthy living in local Oregon

Carolyn's other main area of research is in both formal and informal long term care. Her formal long term care study is producing a Nursing Facilities report for the State of Oregon which is contracted through the Department of Human Services. Her other area of research is in informal caregiving in Latino families where she looked at the meaning of caregiver, the caregiver role and the cultural beliefs around caregiving, motivations that underlie becoming caregivers, the idea of caregiving intensity and emotional drain.

Dave would like to find a way to utilize Carolyn's research on family caregiving to inform SDS's family support program and make it more accessible to our Spanish speaking community.

Due to time restrictions Carolyn will continue her presentation on Healthy Aging in a Cultural Context at a future Council meeting.

## **7. Issues and Advocacy Committee Report (Mike Volpe and Suzanne Lazaro, Issues and Advocacy Committee Co-Chairs):**

Suzanne Lazaro and Mike Volpe gave a brief overview of the November Issues and Advocacy Committee meeting. Through teleconferencing, Nicole Palmateer Hazelbaker, Lobbyist/Director of Oregon Association of Area Agencies on Aging and Disabilities (O4AD), updated the Committee on Legislative strategies, priorities, and suggestions on what the Issues and Advocacy Committee could do over the next couple of months in advocating in the Legislature. Lisa, Mike and Suzanne have met to discuss the different topics they will cover over the next few months, which will go to a vote in order to prioritize them.

There is ad hoc work going on that includes drafting a letter to congratulate each of the Linn-Benton-Lincoln elected Legislators and encouraging them to support adequate funding levels for services for seniors and people with disabilities. Other ad hoc work involves working on portfolios which profile individuals that are receiving services. This would provide something visible to give to the Legislators. Mike will be their first profile.

Mike stressed how important it is to advocate for SDS as individuals and not in behalf of Oregon Cascades West Council of Governments.

## **8. Announcement**

Jann Glenn announced the Veteran Stand Down is being held in Newport, Friday, December 9th. There will be a bus transporting Veterans from Corvallis transit station at 5<sup>th</sup> and Monroe at 9:15 am. The return bus will leave Newport's City Hall at 2:45 pm. Proof of being a Veteran is required.

Mark asked the Councils if they would like to reconsider having the January 3<sup>rd</sup> Council meeting, which is the day after a holiday. There could be a problem with a quorum as well as the videoconferencing equipment still not working.

ACTION: Motion to cancel the January 3, 2017 SSAC DSAC Council meetings and reconvene on February 7, 2017 was made by Mark McNabb, seconded by Lee Lazaro. Motion passed unanimously.

Lisa announced that anyone interested in attending either Advocacy Trainings need to fill out the forms and return them to her ASAP to confirm a spot. The fee is paid by SDS, there is mileage reimbursement and lunch is provided.

Lisa announced the Issues and Advocacy January 17th meeting is cancelled.

**9. Adjournment:**

Meeting was adjourned at 1:33 pm.

The Meeting Minutes were recorded by Terri Sharpe.

The next meeting will be on Tuesday, February 7, 2017.