

Health Planning Council Long Term Care Committee
Long Term Care Council for NY Connects
Friday, February 5, 2021 12:00 - 1:15 pm (Virtual)
Minutes (DRAFT)

Attending: Sarah Askew (Outreach Counselor Statewide Senior Action Council), Ariana Blade (Project Manager, Alzheimers Association), Diane Bradac (Cornell), Edna Brown (Hospicare), Karen Brown (Ithaca College Gerontology), Donna Bugliari (Cornell Benefits), Caryn Bullis (COFA), Stefania Buta (Statewide Senior Action Council), Trish Chevallard (Ombudsman, COFA), Beverly Chin (HSC Staff), Teresa Craugh (Cayuga Health Partners), Bill Gilligan (Health Planning Council Board), Beth Harrington (SPCS Board), Alrick Headley (Chaplain CCRC Sun Health, Arizona), Amy Jackson (COFA); Brittany Jefferies (Staff Attorney, LAW NY), Cheryl Jewell (Love Living at Home), Lisa Krueger-Gavin (Case Manager, Foodnet), Wil Lawrence (Caroline Seniors, COFA Advisory Board, Statewide Senior Action), Amy Layton (Cornell University Work/Life), Janet Loebach, PhD (Cornell University), Rodney Maine (Aging Services Specialist, COFA), Emily Mallar Cayuga Health Partners), Sarah Martin (Cayuga Medical Center Clinical Resource Management), Anisa Mendizabal (City of Ithaca), Jeremy Midgley (Regional Outreach Coordinator, Nascentia Health), Jo Miller (Director of Regional Outreach, Nascentia Medicaid Long Term Care), Lisa Monroe (COFA), Becky Preve, Presenter (Executive Director, Association of Aging for NYS), Teri Reinemann (FLIC), Lisa Richards (Ithaca College Gerontology), Anna Rosenblatt (Cayuga Health Partners), Lenore Schwager (community), Ted Schiele (TC Health Department), Dawn Sprague (COFA), Serena Stern (Communications and Best Practice Specialist, TC Age Friendly CFE), Vanessa Wagner (COFA), Ronnise Way (Women’s Opportunity Center/ Mary Durham Boutique), Cora Yao (Community Retired RN), Nicole Zulu (Director-Health Planning Council).

Topic/ Discussion	Follow Up/ Action
<p>Welcome, Introductions, and Announcements Lisa Richards, Committee Chair, called the meeting to order at 12:05 pm, reviewed the agenda, and asked participants for introductions and announcements.</p> <ul style="list-style-type: none"> • Sarah Martin, Clinical Resource Management, Cayuga Medical Center is the interim Team Lead. She replaces Brenda LaPierre who retired. • Nicole Zulu is the new Director of Health Planning of the Human Services Coalition, • Cheryl Jewell, Executive Director for Love Living at Home. • Ariana Blade, is the Grant Program Manager for the Central New York Alzheimer’s Association. They work with COFA to provide respite services. On March 3 they will be hosting a program about Women and Alzheimers from 10-12. Register here. • Stefania Buta, NY Statewide Senior Action Council invited everyone to the CNY Health Hub meeting, <i>Advance Care Planning</i>, 12:00-1:00 pm, February 24 with Nancy Aurelli, Community Living Advocate. Register here. • Sarah Askew, NY Statewide Senior Action Council announced that Assembly Member Ron Kim, Chair of the Committee on Aging will be available for questions, February 8 at 1:00 pm. Register here. • Lisa Richards, Ithaca Gerontology Institute, announced that Dr. Patricia Watson, will speak on stress first aid, Stress Resilience in the Pandemic, February 10, 12:00-1:00 pm. Register here. • Anisa Mendizabal – HUD Funding to improve the lives of residents in the City of Ithaca. Application is due February 26. Contact her at 	<p>Bev to provide CHAT information</p> <p>Note: (summary of CHAT Notes is attached)</p>

<p>amendizabal@cityofithaca.org (more information provided by members in the chat)</p>	
<p>Review of November 6, 2020 Minutes. Approved as written. (Teri Reinemann/Diane Bradac)</p>	
<p>Committee and Regional Updates:</p> <ul style="list-style-type: none"> • <u>Falls Prevention Task Force</u> (Bev Chin) – A flyer, created by Serena Stern, with input from the members, delivers the simple message to stay active and provides ideas and resources for staying physically active. The flyer is being distributed to agencies and partners that serve older adults. • <u>Advance Care Planning Subcommittee</u> (Anna Rosenblatt) – The group met in January and welcomed Dr. Naila Mirza, the palliative care physician from Cayuga Medical Center who attended for the first time. They discussed the importance of using understandable language when talking about advance care planning. The next meeting is on March 4 and will host Dr. Bomba or Katie Oreck. • <u>Tompkins County Age Friendly Center for Excellence</u> – (Lisa Monroe) – COFA is working closely with Esther Greenhouse to host a series of 4 training workshops about the age-friendly concept and its importance to everyone in a community, The series will begin in February and end in May. The first, from February 17 from 10 am to 12 noon, “<i>What is Age Friendly Anyway? How it Benefits Agencies, Residents and Visitors</i>”. Find more information here and to find out how to register. The remaining three workshops on the built environment, zoning and planning, and community health and wellness will be scheduled later. 	<p>Post flyer on website</p>
<p>New Initiatives:</p> <ul style="list-style-type: none"> • <u>Home Health Aide Summit</u> (Bev Chin) – the home health aide worker shortage will be explored further through a format still to be determined. The Health Planning Council will begin by pulling together stakeholders across different sectors. Whether the outcome is an open summit, advocacy, or collaboration around new initiatives is unknown. (see presentation by Becky Preve below to learn more about statewide initiatives relating to home health aides) • <u>Cornell Student Project</u> (Janet Loebach, PhD) – Janet Loebach, PhD is a professor with the Department of Design and Environmental Analysis in Cornell’s College of Human Ecology. She is planning a project for her students in her <i>Designing an Age Friendly Environments</i> course. Age friendly refers to accommodating the needs of young children and older adults. This project will focus on seniors and the built or natural environments. Two ideas being considered are 1) updating the “Creating Healthy Places” Walking map (link) and specifically addressing needs of the senior population or 2) focusing on seniors where they live, specifically walking loops, trails, or paths near adult living facilities. She is inviting feedback from the group; which project is preferred, and if it is the second option, which residences should be considered. Input from a few members indicate a preference for low-income housing in the City of Ithaca (i.e Titus) and rural areas. Wil noted that their community is working on age friendly concepts. Senior residences are dispersed throughout the county. Cora Yao added that many seniors walk in the mall during the wintry months. Anisa suggested there could be funding to support work in the City. Bev will ask members to comment and reach out to Janet with their thoughts. 	<p>Send information to LTC Committee requesting input for the Cornell project.</p>
<p>Presentation: “Combating Social Isolation in the Aging Population” – Becky Preve</p>	<p>Post recording of</p>

introduced herself as the Executive Director of the NY State Association on Aging which supports the area agencies on aging throughout NYS. She is originally from the North Country and also led the Area Agency on Aging in Franklin County. She praised Lisa Monroe and their work in Tompkins. Becky focused her presentation on the many initiatives currently in place to address social isolation and loneliness which have been major public health concerns well before COVID. This is important because older adults experiencing social isolation and loneliness are at risk for many physical and mental health conditions.

In 2018, they worked with Greg Olson to pilot the distribution of robotic companion pets to older adults and examine their impact using the six question Dejong scale to measure social isolation and loneliness. Pilot participants were assessed at three months, six months, and then one year post pet “adoption.” After one year, there was a 70 percent reduction in isolation and loneliness. This was especially significant because the adults did not have cognitive difficulties; many of the studies on robotic pets have been on people with dementia or Alzheimer’s.

With the onset of COVID, the NYS Office for the Aging and Association have worked hard to distribute 4000 pets throughout the state. Several states have reached out to them to find out more about this work. Other activities included using virtual platforms to bring experiences to older adults (museum tours, parks, senior centers) in order to increase connection. Using the data collected from their pilot and projects, Becky recently presented to the Senate, Assembly, and Governor’s office requesting that \$5billion be included in the State budget for technological resources for older adults.

Becky and Lisa demonstrated the interactive robotic cat and dogs which respond to touch and motion by mimicking cat and dog behaviors (meowing, purring, barking, kneading, etc.) They can be cleaned and have long battery lives. The company, Joyforall.com provided a discount code for the purchase of pets under their project. The normal price of purchase ranges from \$100-\$120. Becky shared several stories about the change in adults who have received these pets. She also suggested that publicizing the use of these pets could lead to donations by businesses or individuals

In Tompkins County, Lisa stated that they bought a few animals and distributed them through their case managers for EISEP (Expanded in home services for the elderly) clients. They have not publicized the pets because of their limited supply. She shared a voice mail message from a client who expressed his gratitude for his pet.

Discussion ensued and many questions were posed for Becky and Lisa. Interestingly the pilot demonstrated similar positive impacts for diverse demographic populations. One initiative is to address the potential of reimbursement of companion pets by Medicare Advantage plans. They reached out to different organizations downstate that connected them to non-White groups. Ariana Blade (Alzheimer’s Association) shared that their work with clients and companion pets and Dawn Sprague (COFA) shared their experiences.

Becky commented on the upcoming focus of the Long Term Care Committee to study the home health aide workforce shortage, noting that the situation was similar throughout NYS. Studies have demonstrated that the impact of raising wages of home health care workers (capstone study completed in 2016? by Cornell University Health Equity) and more recently a report due to be released by the

meeting, obtain link to Dejong Scale.

Reach out to Becky to find out about studies on improving wages for home health aides.

<p>NYCaringMajority.org. Becky had read the executive summary that addresses the impact of providing a salary to home health aides.</p> <p>Following the discussion, Anisa Mendizabal shared information about the HUD entitlement funding available for collaborations that improve the lives of older adults in the City of Ithaca. Karen is interested in a collaborative project involving health literacy and asked about partners to apply for funding. Interested parties should contact Anisa (amendizabal@cityofithaca.org).</p>	
<p>Adjournment Lisa Richards adjourned the meeting at 1:19 pm. The next meeting will be in May.</p>	

CHAT Summary Long Term Care Committee Meeting – February 5

Announcements:

Diane Bradac: We recently had a COVID-19 Educational Session with Dr. Wayne Teris, Care Compass Network, Really good, practical advice, facts and recent data. Here is the recording;

https://vod.video.cornell.edu/media/1_kf70ce1c

This recently published 65+ PDF on COVID and the vaccine might be valuable for this group:

<https://tompkinscountynyny.gov/files2/health/chs/covid19/VaccineFAQ-65plus-2pgs.pdf>

Stefania Buta: Registration [link](#) for Health Care Proxies Webinar

Ariana Blade: Information for the Women and Alzheimer’s Program on March 3, 2021, 10am - noon

To register call 800.272.3900, or visit [this link](#)

For the flyer, email arblade@alz.org

Lisa Monroe: [Center for Excellence Training Series](#)

Anisa Mendizabal: HUD Entitlement Grant Program for 2021. Applications are due February 26th at noon – preferably February 25th. Contact Anisa (amendizabal@cityofithaca.org) to discuss potential projects.

Karen Brown (kbrown@ithaca.edu) is interested in applying under the HUD grant to fund a collaborative project on health literacy for older adults.

Contact Information: (includes attendees who provided their contact information)

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