

ORANGE COUNTY
ADVISORY BOARD ON AGING

Minutes
January 12, 2016

PRESENT: Mary Altpeter, Peggy Cohn, Keith Cook, Dan Daniel, Teri Driscoll, Ed Flowers, Katherine Leith, Winston Liao, Lorenzo Mejia, Yvonne Mendenhall, Dick White

EXCUSED: Alex Castro, Donna Prather

STAFF: Myra Austin, Lisa Berley, Mary Fraser, Anshu Gupta, Kathie Kearns, Kim Lamon-Loperfido, Stephanie Schuft, Janice Tyler

The meeting was called to order at the Seymour Center by Vice Chair Peggy Cohn. Introductions included the new employees hired for the dementia caregivers grant project. The December meeting minutes were approved as distributed following a motion made by Ed Flowers and a second by Mary Altpeter.

In her Director's Report Janice Tyler announced that the graduation ceremony for Project Engage's third class was held the previous week and included Advisory Board members Dan Daniel and Teri Driscoll, Department on Aging and Orange Congregations in Mission staff have met to identify issues impacting the expansion of the Meals On Wheels service in rural Orange County. The Senior Hunger Senior Resource Team (SRT) will continue to work with other northern Orange resources to address unmet needs. Yvette Missri reported that the Faith-Based SRT held a symposium in November with 13 organizations represented. Author and speaker Dr. Bill Thomas will bring his Age of Disruption tour to the Friday Center on April 21. Ms. Tyler outlined his activities while in the area and his plans to return for a more comprehensive event later in the year.

Mary Fraser summarized the implementation of the dementia caregivers project to date, including hiring the staff and working with the federal project consultant. Lorenzo Mejia reported that there are currently 20 businesses on the waiting list for Dementia Friendly Business training. New grant initiatives will include community events designed for dementia caregiver families. Ms. Tyler added that negotiations are being finalized for an office suite at the Southern Human Services Center for the new staff.

Lisa Berley gave a presentation on her work as the Department on Aging's Mobility Manager since her promotion in September from her prior position as the Central Orange Senior Center Front Desk Manager. She is now developing publicity for the expanded Senior Center rural routes and recruiting for the volunteer driver service. Mr. Mejia asked about insurance coverage for the volunteer drivers and Ms. Berley responded that Orange County is the secondary insurer for all of its volunteers. She also provides safe driver and passenger-assistance training for the volunteers. Her other activities include an info table at each Senior Center and group trips on public transit to other towns and points of interest. Discussion followed about additional types of transportation needs and what role public transit can play.

A review of the proposed budget request for FY16-17 began with the distribution of the current fiscal year revenue/expenditure budget and the new items that will be included in the Department's FY16-17 budget requests. Janice Tyler reviewed the additional evening hours at the Seymour Center, Senior Times printing cost increase, and Senior Centers lobby monitors upgrade requests. Katherine Leith noted that many Senior Center improvements are provided by the Friends' organizations. Janice Tyler added that UNC Healthcare recently provided two new elliptical machines for the Seymour Fitness Center. The FY17 budget proposal does not include the facility improvements requested in the Capital Improvement Plan. Sidewalks adjacent to the Seymour Center and security camera installation outside of the Central Orange Senior Center are being pursued in the current fiscal year.

Mary Fraser distributed the Master Aging Plan (MAP) quarterly report and reviewed the recent achievements. Her highlights included planning a Complete Streets information session, organizing resources for senior hunger in conjunction with Orange County Rural Alliance (OCRA), and providing home repairs through the Seniors And Law Enforcement Together (SALT).

Ms. Fraser announced that the initial MAP Update planning process discussion identified sources such as Triangle J Area Agency on Aging and AARP who have developed 'bucket lists' of senior issues that can be adapted for Orange County's use in its next five year plan process. The next session will discuss community buy-in, timing issues, and the role of the next summer's UNC interns. The Capstone Team proposal for academic year 2016-17 is due February 1. Peggy Cohn, Keith Cook, Dan Daniel and Winston Liao volunteer to assist with its preparation. Mary Fraser and Yvette Missri will make the March 7 presentation to the potential Team members.

After Ms. Missri distributed a summary of recent SRT activities the meeting was adjourned.

Respectfully submitted,

Janice Tyler, Secretary

Report of: Orange County Nursing Home Community Advisory Committee
Date: Jan. 5, 2016

The OCNHCAC had a meeting on Jan. 5, 2016. One new member (Glenda Floyd) was introduced.

We approved site visit reports from Carolina Pointe, Carol Woods, Signature of Chapel Hill and Brookshire.

We had a surprise visit by the Vice-Chair of the County Commissioners, Mark Dorian. He thanked everyone for serving on the Board and promised to come back and visit again; maybe even go on a site visit with us.

We accepted the resignation of one of our members so that leaves an immediate opening on our committee.

All 1st Quarter Site Visits are to be completed by March 31, 2016.

I will be attending the Board of County Commissioners meeting on Feb. 9, 2016 along with other Board Chairs to review the Annual Reports of the Committees.

We said good-bye to our longtime Ombudsman, Charlotte Terwilliger who is retiring on January 31st. She said that hopefully they have found a good candidate and more information would be forthcoming.

We do not have a meeting in February. Our next meeting will be on March 1, 2016 at 5:30 pm at the Seymour Center.

Respectfully submitted,

Teri Driscoll

Outboard Update:

No board meeting since November. However changes in OPT service are of interest. Several Project Engage Transportation Senior Resource Team members are riding the new OPT routes to assess what changes or service improvements might be needed. They rode the Cedar Grove to UNC Hospital route recently.

MOWS Update: A total of 3408 meals (1848 in 2010) delivered in December 2015. Volunteer Handbook completed and distribution to all volunteers to start this month. While other meal providers in the area have waiting lists, CHC MOWs does not and this is being publicized as the number of referrals being received is down.

Alex Castro Jr. Jan. 10, 2016

**Project EngAGE Senior Resource Teams Update
Accurate through January 2016**

SRT & Current Meeting Time	Mission	Current Activities
<p>Community Visiting Team</p> <p><i>Generally, the team meets on Tuesdays or Thursdays, 3:45 – 5:15pm, at COSC</i></p> <p><i>Next Meeting: TBA, COSC</i></p>	<p>Mission: To improve the quality of life of isolated Orange County seniors by nurturing the development of resources adequate to mitigate the extreme risks of isolation</p>	<p>The team, in partnership with SALT (Seniors and Law Enforcement Together, Orange County Sheriff’s Office), provides weekly visits and resource sharing to home-bound and isolated older adults</p> <p><i>Current Activities:</i> members are actively maintaining visiting routes throughout OC, assisting with recruitment, and have built infrastructure for outside volunteers to join their team; recruiting actively for more volunteers!</p>
<p>Senior Falls Prevention & Health Promotion Team</p> <p><i>Second Fridays, 12:00 – 1:30 pm, COSC</i></p> <p><i>Next Meeting: 2/12, 12 pm, COSC</i></p>	<p>Mission: To keep seniors standing and mobile</p>	<p>The Team is committed to planning and implementing primary falls prevention interventions to older adults:</p> <p><i>Current Activities:</i> Held September 2015 Falls outreach event at Hillsborough Walmart, together with EMS and Vicki Tilley, PT, screening 25 people, and connecting several with Department on Aging resources. Next Steps include planning outreach and screening event at Eno Haven.</p> <p>Planning falls prevention outreach event/exercise class at Eno Haven in April 2016.</p>
<p>End of Life Options Team</p> <p><i>Third Tuesdays, 10:00 – 11:30 am, COSC</i></p> <p><i>Next Meeting: 1/12, 10 am, Seymour</i></p>	<p>Mission: To enable Orange County seniors to make choices that maximize their quality of life in their final years, and how their lives end</p>	<p>The team works to increase end-of-life planning behavior for seniors and advocating to maximize end-of-life choices:</p> <ol style="list-style-type: none"> 1. End of Life Choices speaking series 2. Death with Dignity Legislative action & outreach <p><i>Current Activities:</i> Completed three-part summer 2015 series (book discussion, fireside chat, and Legal Aid advance directives seminar), and October Five Wishes Booklet Seminar.</p> <p>Planning Death With Dignity Panel Discussion around what it means to die with dignity, and the possibility of legalizing Physician Assisted Suicide in NC, March 17, Seymour, 4-7 pm</p> <p>Hosting “Spiritual Conversations at the End of Life” seminar with The Rev. Stuart Harrell, BCC, Associate Director, Clinical Pastoral Education, The Department of Pastoral Care, UNC Hospitals Hillsborough Campus, COSC: April 7, 4-6 pm; Seymour: April 28, 4-6 pm</p>

<p>Senior Rural Hunger Team</p> <p><i>Fourth Mondays, 12:30 – 2:00 pm, COSC</i></p> <p><i>Next Meeting: 12/28, 12:30 pm, COSC</i></p>	<p>Mission: To safeguard the health and well-being of Orange County seniors through ensuring their access to quality and adequate nutrition</p>	<p>The team has identified a meal delivery service gap in rural Northern Orange, and is considering solutions that include branching off from Project EngAGE to start new meal delivery organization.</p> <p><i>Current Activities:</i></p> <ul style="list-style-type: none"> • Completed Needs Assessment: identified target populations through conducting needs analysis of at-risk populations (and working with the faith-based community/SRT), including qualitative & quantitative data collection and analysis. • Planning formation of OCRA (Orange County Rural Alliance), 501(c)(3) meals delivery organization to supplement the work of OCIM, north of Hillsborough.
<p>Senior Transportation & Mobility Team</p> <p><i>Third Thursdays, 10:00 – 11:30 am, COSC</i></p> <p><i>Next Meeting: 1/21, 9 am, OPT</i></p>	<p>Mission: To enhance the overall well-being of Orange County seniors through meaningful education and advocacy around driving alternatives</p>	<p>The team works closely with Transportation Specialist, Lisa Berley, to advocate for community members and efforts.</p> <p><i>Current Activities:</i></p> <ul style="list-style-type: none"> • Transportation Toolkit, including “one-stop-shop” type transportation “cheat sheet,” as well as targeted brochures, maps and pocket companions on schedules, behaviors and techniques addressing the specific needs and interests of Orange County seniors • New ideas being developed
<p>Neighborhood Connections Team</p> <p><i>Monthly at the CH Library</i></p> <p><i>Next Meetings: 1/20, 10:30 – 12:30 am, CH Library</i></p>	<p>Mission: To foster, within a neighborhood and within Orange County, a vibrant and engaging quality of life for seniors living in community by building trusted and reciprocal relationships through social engagement, education, practical support and assistance</p>	<p><i>Current Activities:</i></p> <ol style="list-style-type: none"> 1. Support community members who want to start an “Aging in Community” group in their neighborhood 2. Engaging Issues Series: development of focus series on issues relating to aging well in community, and open to the public (limited only by the capacity of the venue) <p>The NCT recently held a December 2015 presentation by Bolton Anthony on “Reimagining your Neighborhood to Create Community” at the Chapel Hill Public Library.</p> <p>Holding “Person Environment Fit: Making Your Home Environment Support Your Successful Aging” seminar at CH Pubic Library, Jan 20, 10:30 – 12:30 pm.</p>
<p>Faith-Based Outreach Team</p>	<p>Mission: To serve as an outreach channel and resource for</p>	<p>Open distribution channel: the SRT works with congregations, recognizing their means to deliver information within their organizations, and that they are uniquely poised to encourage participation in aging-related events and resources.</p>

<p><i>First Mondays, 10:00 – 11:30 am, COSC</i></p> <p><i>Next Meeting: 2/1, 10 am, COSC</i></p>	<p>Project EngAGE SRTs, as well as the Department on Aging, to distribute information, education, and opportunities to the faith-based community</p>	<p>Open venue supply: the SRT will work with building and grounds committees of congregations to host educational programs developed by other SRTs, such as wellness, falls prevention, end of life planning, nutrition/hunger, neighborhood building and the community visitation project.</p> <p><i>Current Activities:</i> Held two November 2015 Faith & Senior Hunger symposiums & accompanying Senior Hunger how-to-resource-guide around supporting nutritional needs of aging at two local congregations</p> <p>Planning to work with five area faith-based organizations to help them develop older adult nutrition-based programs.</p> <p>Preparing widely distributed “Newsletter” offering to hold number of evidence-based and Project EngAGE based programs on-site.</p>
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