

**Minutes for COUNCIL ON AGING Meeting
March 9, 2016**

Present: COA Members: Agnes Rogers, Yolanda Rodriguez, John Mulhane, Peter Ames, Judith Chasin, Roberta Winitzer, Barbara Kean, Vera Sharma, Rita d'Entremont, Jean Doherty, Phil Fullerton, Nancy Daly, Alberta Lipson and Sherry Lee. Staff: Ruthann Dobek, Julie Washburn, Dotty Bell and Patricia Burns. Public: Adelaide Rosen, C. Slater, Carol Fullerton, Jill Haase, and others.

Call to Order: Mrs. Agnes Rogers called the meeting to order at 1:00 pm.

Acceptance of the Minutes of January 13, 2016: It was so moved and seconded to accept the Minutes of the January 13, 2016 COA meeting.

Introduction of Guest Speaker: Mrs. Rogers introduced the guest speaker for today:
Lance Chapman, Director of Marketing, Goddard House Assisted Living

Topic: A Crash Course on Assisted Living (AL)

Lance began his talk with the 12 aspects of Assisted Living: 1. When is it time; 2. Traditional Assisted Living; 3. Memory Support Assisted Living; 4. Not For Profit vs. For Profit; 5. Finding the Best Fit; 6. Programs and Events; 7. Dining Services; 8. Staff Experience & Stability; 9. The Regulations – Limits of Care; 10. The Residency Agreement; 11. Monthly Costs; 12. Subsidy & VA Programs.

Differences between Independent Living where you own or rent your own home and do not have a health care component vs. Assisted Living where you can have access to some health care and you pay a monthly cost vs. Skilled Nursing Home or Rehab Hospital which has extended clinical and is governed by regulation.

How to Know When It's Time to Start Looking: Trouble with Stairs - Depth Perception; Falling or Unsteady Walking; Fading Social Connections; Obvious Memory Loss; Medication Errors & Trips to the ER; Nutritional Sacrifice Due to Difficulty Preparing Simple Meals; Driving Accidents or Near Misses; Trouble with Money Management, or Concern of Family Members.

Reasons to Move Into a Residential Environment Early: Avoid Social Isolation; Participate in Activities; Make New Social Connections Easily; and Avoid Crisis Decisions.

Differences Between Not-For-Profit (Goddard) and For Profit:

Not-For-Profit AL: Create their revenue to further support the mission; funded by monthly fees, endowments and charitable donations; often stand alone; are overseen by a volunteer Board of Directors; and if after 3 years of living there and paying full monthly fees, you run out of money, you can continue to live there applying for subsidies.

For Profit AL: Create revenue to pay shareholders and support the community; primarily funded by the monthly fees; often part of a chain; overseen by a CEO and corporate managers; and if your money runs out, you will be asked to leave.

Two Types of Assisted Living Settings (Goddard has both – residents' ages are between 60-103):

Traditional Assisted Living – Apartment living (400-600 sq. ft); remedy for social isolation; 3 daily restaurant style meals; housekeeping and linen service; 24 hr. emergency; less space to manage; access to on-site nurse; multiple programs daily; fitness programs; and access to visiting MD (especially important for those residents new to the area).

Memory Support Assisted Living – Specific architectural design; intentionally smaller apts. with no kitchen; secure setting with coded keypads; more structured daily programs in a failure-free environment; weekly off site trips; leadership; higher staffing ratios (4:1); no limit on assistance; hourly safety checks; meal choices; physical fitness programs; family support forum and profile of life leading to success.

Staffing: Who's Really Taking Care of Mom? Ask good questions – level of education and experience of staff; meet senior staff leaders who set the tone of the community; staff turnover rates; accountability and morale including pay scale.

Dining Services: Expect three chef prepared meals/day from an extensive 15 choice menu; self-selected seating and time of meals; vegetarian options; no tipping or gratuities; special holiday meals; catering for events such as barbecues and wine & cheese events.

Programs & Events: Fitness; intellectual stimulation; music; art; dance; holiday celebrations and observances; response to residents' interests; consistent staffing to facilitate programs; trips for events; shopping and medical appointments.

A Good Fit: Spend time in the community-visit more than once; ask demographics of current residents – education, religion, and ethnic diversity; have a meal sitting with residents and/or staff and attend an activity after; meet the Executive Director and Resident Care Manager. At Goddard there is no curfew, guests including overnight guests are welcome, pets are welcome, and an event room is available for larger family or other gatherings.

Regulations: Limitations of Care vs Assistance: The Executive Office of Elder Affairs (EOEA) at the State House oversees all Assisted Living Facilities in MA. Regulations define AL, SNF and Independent Living. EOEA defines institutional versus residential models, limits the role of licensed nurses and PCAs in AL; defines SAMM – self-administered medical management vs LMA – limited medical assistance – crushing pills or helping with eye-drops. If/when residents need more care, they can have VNA or private services the same as if they were at home.

Fees & Costs: Monthly Boston area AL fees range from \$4,000-\$9,500 (Goddard - \$4,000-\$6,600); shared apts. can be less; basic payments are through private funds; long-term insurance like Unum & MetLife usually pays. Subsidy Programs include PACE (State & Federal funds); GAFC, SCO, Veterans' Benefits, Community-specific programs (endowments and subsidies) also help. Terms – 1 year lease or short-term trials in furnished apt. Ninety percent of those who

try, stay. If a resident stays and pays at market rate for three years, they can remain if they no longer have the money, but at this time they would have to apply for subsidy and other programs.

Self-initiate vs Family at Goddard: Eighty percent in independent area are self-initiated; Eighty percent in AL are family-initiated. 20-30% of residents at Goddard are really independent.

The Contract & Other Documents: Residency Agreement includes: rental agreement, list of services, limitations of care, payment schedule, community fee, 30 & 60 day notices, terminations. Other Documents include: Disclosure Statement, Nursing Assessment, Preliminary Application, Doctor's Release Form, Power of Attorney, Health Care Proxy and Financial Profile.

Q & A: Background of Goddard House: established in 1841 by Matilda Goddard as a home for aged women and widows; originally in Boston for 95 years; purchased old Brookline Hospital and built Goddard House

Committee Reports:

Springwell – Yolanda Rodriguez: Springwell is now offering private geriatric care - not through the government or subsidies; the going rate is \$140/hour and the new Springwell program rate will be \$85/hour.

Nominating Committee – no report

Library - Large Print Books – Roberta Winitzer: Ruthann asked Roberta to give a report on the focus group held on March 3rd regarding large print books. Some suggestions of the group were to put large print with regular books, put an ad about these books in the bulletin and elsewhere, advertise that they are in both hard and paperback formats and that all the best sellers, classics and popular books are available in both. Some with good vision prefer large print as they do not need their reading glasses and are usually available sooner than the hard copies. Placement of the books was also discussed – at Putterham, they are right in front by the entrance; in Coolidge Corner, they are left off the ramp with books on tape. People were encouraged to use the books and not be embarrassed to do so.

Director's Report:

- *Announcements*: Ruthann asked for other topics pertinent to seniors for future meetings. She also let us know that Nancy Daly will be having knee surgery tomorrow. Nancy said that she delayed the surgery until after Dancing with the Stars.
- *Budget*: The next budget meeting for FY 2017 will be on March 22nd. Ruthann said that all 'legs' of this level-funding budget are stable. There will be a CDGB hearing relating to funds for job training for low income seniors and BETS.
- *Grant Received by the Fire Department*: Ruthann reminded attendees that the Fire Department had received the grant. She also said that seniors could still sign up for free smoke detectors that the Fire Department would install. Meeting attendees reported a very good experience with the program.
- *Alzheimer's Respite Program*: At the May COA meeting, Jamie & Susan will talk about the 30 hours of free respite care.
- *Wingate Nursing Home, Brighton Closing*: Wingate closed the Brighton site, but purchased EPOCH.

- *Parking at Fuller Street:* the Town has agreed to provide the six spaces marked Brookline Senior Center to be used by volunteers for longer than 2 hours. Placards will soon be available for use of the spots without feeding the meters. We are currently in our 30 day waiting period.
- *Social Workers Month:* March is Social Workers' Month. Ruthann asked that we voice our gratitude to them. Patricia read a brief letter of appreciation that had been received.

Program Updates: Ruthann encouraged everyone to check the Newsletter for all of our programs each month.

Upcoming Events Mentioned –

- **Stock-Our-Shelves – March 22nd.** Attendance at the event and/or donations of food or funds would be appreciated. Ruthann reiterated that we cannot do much beyond advocating for more housing and health care, but there is no reason that anyone should go to bed hungry in Brookline.
- **Snow Days –** We certainly survived better this winter. Today last year we had two feet of snow on the ground and today it is 70+ degrees! Again, we were reminded that we should check the main BSC number for notifications of closings or program cancellations.
- **Sunday Opening at BSC:** Ruthann said we are now allowed to be open on Sundays, but we do not have funding for operating on Sundays on a regular basis. We do have a few select events such as the 400 year anniversary of Shakespeare's death with a performance of Julius Caesar by the New Repertoire Theatre in April.
- **New School:** Nancy Daly reported that the Town is still struggling with finding the appropriate place for the new school. The Amory option is officially dead. The old Baldwin School is still a possibility. Larz Anderson has some restrictions due to Federal grants it receives.
- **Board of Selectmen Report:** Nancy reported that the COA had CDBG funds leftover from unused BETS money. This money is to be redirected. Ruthann indicated that the BETS money is different as we collect income from the taxi coupons and must spend this money 1st. Also, the unused funds cannot be carried over to the next year. Ruthann asked everyone to make sure that they and others they might know are encouraged to use these coupons.
- **Jason:** Ruthann was delighted to announce that Jason Kobayashi will be doing his internship at the BSC. In addition to his Friday van driving, he will also be working 16 hours/week in clinical social work starting after Memorial Day.
- **Materials:** All present were encouraged to pick up their orientation packets, various books, copies of the 1st Age Friendly Report, the Volunteer Survey and sign for the volunteer policies per the new request of the Town H.R. Department.

Our next COA meeting will be on April 13th, 2016: However, this is not a formal meeting as it is part of the Volunteer Luncheon. Invitations and requests for nominations for Volunteer of the Year will be mailed soon.

Mrs. Rogers asked for a motion to adjourn at 2:15pm. The motion was so moved and seconded.

Respectfully submitted by Patricia Burns