

**Minutes for COUNCIL ON AGING Meeting
June 8, 2016**

Present: COA Members: Agnes Rogers, Barbara Scotto, Yolanda Rodriguez, John Mulhane, Peter Ames, Roberta Winitzer, Barbara Kean, Vera Sharma, Jean Doherty, Phil Fullerton, Phyllis Bram, Nancy Daly, Irving Finn, Muriel Stark, Doris Toby Axelrod, Jackie Wright, Judith Chasin and William Wong. Staff: Ruthann Dobek, Julie Washburn, and Patricia Burns. Public: Monique Richardson, Clara Chin, Carol Fullerton, Jason Kobayashi, Shanthy Nianar, and others.

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

Acceptance of the Minutes of May11, 2016: It was so moved and seconded to accept the Minutes of the May 11, 2016 COA meeting.

Introduction of Guest Speaker: Mrs. Rogers introduced the guest speaker for today:
Lynda Giovaniello, RN, BS, Clinical Liaison, Hebrew Senior Life
Topic: Home and Community-Based Services

Lynda indicated that Hebrew SeniorLife (HSL) provides services beyond the Hebrew SeniorLife facilities. She then explained the differences between the various types of health home services – HSL Home Care, HSL Private Care powered by HouseWorks, HSL Personal Assistance, HSL Hospice Care and HSL Adult Day Health/ Great Days for Seniors. See attached grid outlining definitions, services, timeframe on when to begin using, payment and contact information for getting started.

Lynda did indicate that some services are free for some residents of public housing. While a person may have coordinated care with Hebrew SeniorLife and Springwell, many services except HouseWorks cannot be at the same time.

Questions from the audience:

- Q: Does HSL provide services at Cheryl House? A: Lynda said that they do not provide services at Cheryl House, but can provide services after discharge from Cheryl House.
- Q: When should someone go to hospice care? A: Lynda said that to qualify, a person should meet the following two criteria: 1. has a life limiting diagnosis and 2. it would be no surprise if the person passed within the next 6 months. She also indicated that people are urged to go into hospice care earlier for better quality of life. She added that some people do graduate out of hospice and that no, Medicare and other insurance do not expect repayment for the hospice services if this happens.
- Q: Do you have to sign a DNR to go into hospice? A: Yes, Medicare requires a DNR in order to pay. A patient can still go into the hospital from hospice, but with the DNR still in effect.
- Q: What is the fee schedule for HSL Private Care? A: See fee schedule attached.
- Q: Given the fees listed including live-in service 7 days a week – days, nights and weekends at \$349/day, the question was raised about what is available for low income seniors. A: Lynda said that low income seniors would best be served by Springwell.

- Q: Are all patients at Hebrew Senior Life in Roslindale screened for qualifying for Palliative Care? A: Lynda said that those in the long term care facility are screened for Palliative Care, but not all in the Rehab building.
- Roberta Winitzer said that she is having a knee replacement and is going for pre-op physical therapy with Jewish Family and Children. A: Lynda clarified that only the VNA division was sold to Hebrew SeniorLife. Roberta feels comfortable to know that she can keep her same physical therapist that she has pre-op after surgery as well.

All agreed that choosing home services is very confusing, especially when you are sick. Bottom line: Ask more questions, ask the person explaining to slow down, ask for a social worker to help you understand and do not assume that you have to take the provider that is recommended. You can make another choice. Check your options and payment plans for each.

Committee Reports:

Springwell – Yolanda Rodriguez: Yolanda reported that the next Springwell Area Agency on Aging Plan will be due by September 2017. The Administration for the Commission on Living (ACL) in D.C. will determine the plan focus areas. ACL then sends this information to the Executive Office of Elder Affairs. They in turn pass along the information to each state. This information then informs the needs assessment activities such as surveys, focus groups etc. We should start the assessments between September and December 2016 to gather input for the plan. Information from the assessments helps to inform requests for grant proposals and RFPs to the government between April and May 2017. The final plan is due September 2017.

Nominating Committee – no report

Budget Committee – no report

Director’s Report:

- Ruthann expressed condolences to Nancy Daly whose mother passed away recently. Nancy said that she was 93 and had been in poor health for quite some time.
- **Handouts:**
 - **Schedule of COA meetings for 2016-2017:** Ruthann noted that there is no meeting in July and only a Nominating Committee meeting in August. She also noted that while COA meetings are usually the 2nd Wednesday of each month, in October, the meeting will be on October 5th due to Yom Kippur and in April, the Volunteer Luncheon COA meeting will be on April 5th due to Passover. She also pointed out that the Autumn Benefit will be on October 26th.
 - **Annual Report:** Copies of the Town of Brookline COA pages of the Annual Report were available today. She said that the entire report is available on the Town website and is an interesting read.
- **Resignation:** Ruthann indicated that Claire Lurie had submitted her letter of resignation from the COA Board due to extensive family care responsibilities. Ruthann thanked Claire for her service to COA.
- **CDBG Grants for 2017:** Ruthann said that we are hoping to get an increase in the amount of BETS tax coupons that low income seniors can purchase each month. We are hoping to get more than the current \$50 amount which has been the same for decades and

certainly does not help as much as it did when the program was started. We are hoping to get the increase from the Brookline Multi-Service Board.

- **Senator Cynthia Creem:** Ruthann reported that Senator Creem was so impressed with our Respite Care program that she included a line item for us to receive \$10,000. While it has to go to the Conference for approval 1st, it is very positive to have it included even if it gets cut. Ruthann congratulated Nancy Daly again for her efforts and funds raised with Dancing With The Stars. We are also seeking funds for private donations with a letter of appeal.

Program Updates:

- **Maria Lavin Concert, June 9th @ 2 pm:** This concert is underwritten annually by Maria's daughters. Maria was a volunteer who advocated for the BSC building and later volunteered on the gift cart.
- **ELKs Barbecue, June 18th:** please register if you wish to attend.
- **Driving Retirement:** The 2nd Driving Retirement meeting will be held on June 16th. The 1st one focused on When to Give up Driving and this 2nd one will be a panel discussion of actual users of various transportation options.
- **Dukakis, June 22nd:** Food followed by a program will begin at 6 and end at 9.
- **Ping Pong:** The Ping Pong Program has greatly expanded. The players requested a 2nd table and raised half of the cost of the table. Ruthann ordered it and hopes to get the rest of the funds from donations.
- **June 21st:** Elder Law for Basic Estate Planning
- **June 30th:** Annual BSC Sidewalk Sale
- **Summer schedule for the Theater Club:** Check the newsletter to find the complete listing of the events.

Nancy Daly Report on the Brookline Green Electricity Plan: Nancy reported that the selectmen voted on the plan to make Brookline's electricity use greener. There will be several options for residents to choose from:

- Brookline Basic which would be 25% greener and similar to what we have now with Eversource
- Brookline Green 50% that would use 50% wind or solar and is estimated to increase electricity bills by an average of \$7/month (lower for smaller condos and higher for larger one family houses).
- Brookline Green 100% using all wind or solar power that would increase electricity bills even higher.
- Opt out of Brookline Green and keep current Eversource for electricity

Nancy indicated that by the end of 2016, all Brookline residents would receive a letter explaining the options and asking for a response as to which plan they would like. She said that if a resident does not respond to opt out, they would automatically be changed to Brookline Basic. It was suggested that someone from the Town Climate Action Committee come to the BSC and COA to explain the program and answer the many questions seniors will have in order to make an informed decision. Nancy stressed that this would not go into effect until December 2016 or January 2017.

Jason Kobayashi: Ruthann was pleased to announce that Jason is performing his social work internship here at BSC. He will be here on Wednesdays and Thursdays as an intern and still be at BSC as the van driver on Fridays.

Van Painting: Ruthann has been working with the College of Art at Lesley College for their artists to create some designs of murals for our vans. It is a way of getting some free advertising for the BSC as well as easily distinguishing our vans from others in Brookline.

The Ride: Notification letters have gone out for a modest increase in The Ride rates. Seniors who use The Ride should be looking for the letter. The new rates posted are \$3.15 for ADA and \$5.25 for Premium.

BCAN: Vera Sharma reported that the Sidewalk Repair Committee that had identified sidewalk issues needing repair in the Coolidge Corner and Longwood area earlier this year. All repairs identified have been corrected.

4th of July Celebration at BSC: Julie responded to a question about when this would be happening. Due to an overwhelming number of events in July, our BSC celebration will be held on July 18th this year. The Senior Chorus will perform at the event.

Father' Day: Ruthann spoke about her father who was a kind, generous, warm, engaging and welcoming person. She urged all of us to practice these same characteristics as we welcome ALL seniors in our Town or those new to the BSC or who might benefit from a friendly greeting or conversation.

Our next regular COA meeting will be on September 14th, 2016

Mrs. Rogers asked for a motion to adjourn at 1:55 pm. The motion was so moved and seconded.

Respectfully submitted by Patricia Burns

Hebrew SeniorLife Community Health Services

Hebrew SeniorLife

I'm looking for care at home or during the day as an outpatient — who do I call?

	HSL Home Care	HSL Private Care powered by Homefronts	HSL Personal Assistance	HSL Hospice Care	HSL Adult Day Health Great Days for Seniors
Definition	Medically certified ("skilled") home care (e.g. VNA)	Non-medical in-home care (e.g. CNA)	Non-medical in-home care	Medically certified end-of-life care and pain management	Daytime coordinated services for adults in a group setting
Services	<ul style="list-style-type: none"> • Nursing • Physical therapy • Occupational therapy • Speech therapy • Medication management • Home health aide • Social Work • Palliative consults available • Wound Care Specialists • Russian Speaking Clinicians 	<ul style="list-style-type: none"> • Personal care • Laundry & meal preparation • Companionship • Medication assistance • Incidental transportation • Home modification 	<ul style="list-style-type: none"> • Personal care • Laundry & meal preparation • Companionship • Medication assistance • Incidental transportation • Home modification 	<ul style="list-style-type: none"> • Nursing • Social work • Chaplaincy • Home health aide • Expressive therapy • Visiting volunteer • Complementary therapies <p>Include: Reiki, Massage Therapy, Pet Therapy, Music Therapy</p>	<ul style="list-style-type: none"> • Nursing • Social Work • Life Enhancement Programs • Personal Care • Nutrition • Rehabilitation • Respite, Support and Education to Families • Door-to-door transportation
When to Use	<ul style="list-style-type: none"> • Whenever a physician prescribes skilled care at home, for example: • Upon discharge from hospital or rehab • When there is a change in health status 	<ul style="list-style-type: none"> • Anytime extra help is needed, 365 days a year, 24 hours a day • A doctor referral is not a requirement 	<ul style="list-style-type: none"> • Anytime extra help is needed, 365 days a year, 24 hours a day • A doctor referral is not a requirement 	<ul style="list-style-type: none"> • Whenever a physician prescribes non-curative treatment, for example • End-of-life support • Pain management 	<ul style="list-style-type: none"> • Anytime health care and social support is needed during the day and the individual is not home-bound. • Anyone can make a referral.
Payment	<ul style="list-style-type: none"> • Medicare or other insurance • Out-of-pocket 	<ul style="list-style-type: none"> • Out-of-pocket • Long-term care insurance 	<ul style="list-style-type: none"> • Services offered through state – funded Aging Senior Access Points (ASAPs) and available to elderly and/or disabled clients who meet income eligibility guidelines. 	<ul style="list-style-type: none"> • Medicare • Other insurance 	<ul style="list-style-type: none"> • Out-of-pocket • Long-term care insurance • Veterans Administration Health Care • ASAP
Getting Started	Tell your discharge planner or doctor's office you want to use HSL Home Care and they will make the referral, or call HSL Home Care directly: 781-234-9900	Call HSL Private Care directly, or ask someone on your care team to call on your behalf: 617-928-0701	Contracted with: <ul style="list-style-type: none"> • Boston Senior Home Care • Central Boston Elder Services • Ethos • Springwell HSL Personal Assistance Main # 617-224-4141	Tell your doctor's office if you want to use HSL Hospice Care and they will make a referral, or call directly: 781-234-9950	Call us at either of our two locations. <ul style="list-style-type: none"> • Roslindale: 617-363-8515 • Brighton: 617-912-8452



Hebrew SeniorLife Private Care

powered by HouseWorks

Our Fees Hebrew SeniorLife Private Care

HOURLY RATES*

WEEKDAY

Days and nights	\$28.50/hour
Fewer than three hours	\$36.00/hour

WEEKENDS

Days and nights	\$30.50/hour
Fewer than three hours	\$38.00/hour

*Rates effective as of April 2, 2016

24/7 HOURLY AWAKE SERVICE (Round-the-Clock-Care)

Days, nights and weekends	\$27.50/hour
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LIVE-IN SERVICE (Seven days a week)

Days, nights and weekends	\$349.00/day
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Please note: Live-in service assumes the caregiver is entitled to eight hours of sleep per night and three thirty minute breaks daily. Service beyond this is billed at the hourly rate.

Personal Care | Companionship | Transition2Home | Medication Assistance | Dementia Care | 24-hour Care | End-of-Life
Telephone: (617) 928-0701 | www.hebrewseniorlife.org/private-care-services