

# MINUTES OF THE WASHOE COUNTY SENIOR SERVICES ADVISORY BOARD MEETING

February 3, 2016  
Washoe County Senior Center, 1155 E. 9<sup>th</sup> Street, Reno, Nevada 89512  
Game Room

**1. Call To Order** - Meeting was called to order at 3:06 p.m. – by the Chairman of the Board, Dr. Larry Weiss.

**2. Roll Call** – Chairman Dr. Larry Weiss asked for the roll call; Diana Carter took the roll. There was a quorum present.

**WASHOE COUNTY SENIOR SERVICES ADVISORY BOARD PRESENT:**

| <u>PRESENT</u>  |                   | <u>ABSENT</u>      |  |
|-----------------|-------------------|--------------------|--|
| Dr. Larry Weiss | Marsy Kupfersmith | Victoria Edmondson |  |
| Connie McMullen | Donna Clontz      |                    |  |
| Dennis Chin     |                   |                    |  |
| Wayne Alexander |                   |                    |  |
| Gary Whitfield  |                   |                    |  |
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**WASHOE COUNTY STAFF PRESENT**

Leslie Williams                      Ken Retterath  
Kevin Shiller  
Diana E. Carter

- 3. \*Public Comment** – No public comment.
- 4. Approval of the Agenda for the Advisory Board Meeting on February 3, 2016** – Dennis Chinn moved for the approval of the minutes. Wayne Alexander seconded the motion. Motion passed unanimously.
- 5. Approval of the Minutes from the Advisory Board Meeting on December 2, 2015** – The following change was made – under #9 Vicki’s last name, Maltman, was added. Dennis Chin moved for the approval of the minutes as corrected. Gary Whitfield seconded the motion. Motion passed unanimously.
- 6. \*Discussion on the Minutes from the Joint Meeting on January 6, 2016.** Discussion was postponed until the next joint meeting on April 6, 2016.

#7 was delayed until 4:30 as Susie Whitman could not attend until then.

## **7. \*Presentation from Behavior Health Services – Susie Whitman**

Susie Whitman, Community Liaison and Outreach Specialist, spoke about the services available at the Carson Tahoe Health Behavioral Health Services and Senior Pathways. (See handouts). They provide outpatient mental health treatment and inpatient services for adolescents, adults, and seniors. The adult (18+ years of age) inpatient unit has 20 beds for psychiatric treatment, 10 beds for substance abuse treatment with a medical model detox and a 14 day rehab program. The program has been around for 30 years; five years ago it was recognized that there should be a separate unit for seniors, some of whom have additional problems with dementia and should not be in the main adult unit. The Senior Pathways program was created and started with 12 beds. That was increased to 16 beds a few years ago; currently in the process of adding 6 more beds. Even though the programs are usually full, there is usually no waiting period as admits and discharges are constantly happening. Patients come from all over northern Nevada. They can't do anything about a patient's dementia or Alzheimer's, but they can treat other factors that brought the patient to the program. The entire nursing staff is trained in psych nursing. Senior Pathways average stay is 7-10 days, but can go longer; sometimes it can be a placement issue so they can't discharge until they have a safe place for the patient to go. They frequently work with the sheriff and the jails to identify people who should be in treatment, not the jail. Susie gave several examples of the clients who have been assisted by the programs. There are also outpatient services for both prior inpatients and others who don't need the inpatient services. People can be referred or can walk in for assistance. On a weekly basis there's an average of 15-30 people admitted; they are not a long term care facility. There are facilities in the Reno area that all work together and provide the same services – Westhills, Senior Bridges at Northern Nevada Hospital; also the State Hospital/Northern Nevada Adult Mental Health Services. Students from UNR do their rotation at the facility, including nursing students, therapists, and social workers. Currently there seems to be more students interested in the senior population. They do not have staff that is multilingual, but they do have access to interpreters. They have looked into an adult day health program, but currently don't have the space for it, nor do they have an emergency room, but would like to add one.

## **8. \*Strategic Plan Update**

The Board of County Commissioners has identified seniors and services to assist them as the top goal in the strategic plan for the upcoming year. As part of the integration funding mechanisms have already crossed over, but there's a need to look at the next level. The department is working on how to make the services provided sustainable and work on state reimbursements, federal reimbursements, changing the state plan, looking at those processes. Part of the strategic planning process has moved to the department and division heads. The Board has given specific direction as to what they would like to see incorporated into FY17 planning – maintain focus on senior nutrition, with current production capacity limitations and increased demand for services. Staff is working on a Food Security Program to address the service delivery and the Board's goal. There is strong interest in developing a mental health support for seniors and that has been incorporated into the FY17 budget request as staffing or staffing and contracted services to provide mental health support to seniors. Also looking at how to reassign staff to support these

ongoing initiatives that have been identified by the Board. There is a meeting scheduled February 10 with department heads to identify specific senior focused, all initiatives tied to the goals across various departments, including Animal Services, the District Attorney, Libraries, and Sheriff, among others. Current FY16 initiatives will be reviewed and moved to FY17 if viable, if not new ones will be incorporated. There should be somewhat of a final version by early March. Public Guardians difficulties were brought up by Connie McMullen, but Kevin Schiller stated that they were managing better now. Due to the events in Clark County, there is a focus on guardianships now, with the state legislature looking at quality control, with possible impacts on staffing issues; a PD may be required for guardianship cases, which would have a financial impact on the county. Nothing has been decided yet, including where the cost will be, local or state.

Kevin stated that the budget should be finalized for the next agenda. Donna asked if the goals were in writing; Kevin stated that it would be more appropriate at the next meeting, along with the discussion of having a board member become involved after the department head meeting. Dennis asked about mental health. Kevin explained that how the program will work is still in discussion, whether it would be a county position or a combination of county and contract personnel. There was a discussion on mental health services available in the area for seniors, possible collaboration with the state. Discussion on depression and effect on seniors, isolation, loss of friends and family, lack of funding, studies, and qualified personnel. Mention of Sanford Center and lack of interest in geriatric programs in the past. Dennis mentioned the personalized gourmet meal program available from a private supplier in San Francisco, and a new private meal program in the newspaper.

## **9. \*Budget Update**

### **a. Fiscal Year 2015/2016**

Kevin stated that not much has changed, we are right on task. Current indigent funds being accessed is \$705,000. Questions about the numbers on the budget report. Budget report shows FY16 year to date actuals; those numbers will change as the year progresses. Budget Update handout was explained as to Revenue/Income and Expenditures, what was planned versus what were actuals, and the changes from fiscal year to fiscal year. Looking to access \$500,000 to \$750,000 addition to current budget for FY17. Question about splitting grants by state and federal. County is eligible for private grants, which we have received some small ones, including funds to buy a nutrition vehicle. Trying to tap into other resources for funding, for example participating in the Barracuda Championship.

3:40 – Jeanne Herman, BCC, arrived

### **b. Fiscal Year 2016/2017**

The issue is budgeting. The budget opened on January 25<sup>th</sup> and the department's budget has to be submitted by February 22<sup>nd</sup>. The task is trying to build out in terms of integration, what do we need for positions and what do we need for programming, what do we go to the board for, above base budget requests, what to fund from Social Services' Indigent Funds. Components of the budget – the mental health piece, with additional positions to support the programming – case management, professional support,

programming issues, grants issues, reclassifying some positions. What has been submitted should be shown at the next meeting. Because it's a board identified goal, there may be funding outside integration funds to do above base requests. Dennis asked about meals and is there a waiting list. Kevin stated that we are almost at capacity for the number of meals that can be provided. There is a CIP request to look at how to expand the capacity of preparing and storing increased number of meals, whether it's increase the existing space or contract with a commercial kitchen. Discussion on funding and sustainability of expanding the meal programs, along with questions regarding the current equipment – life expectancy and replacement.

#### **10. Older Americans Month Update**

Planning Committee has not met. We have been assigned two Gerontology 496 students/service interns, Emily Chambers and Paolo Cordero to work the Older Americans Month event. They will be facilitating meetings, planning, and the organization. They will be reaching out to board members who are interested in being on the Planning Committee. They should be contacting those members and scheduling a meeting in the next week. They will be attending the March meeting and providing an update.

#### **11. Senior Issues Forum Discussion – Donna Clontz**

Senior Issues forum was previously referred to as the Candidates' Forum. There has been no meeting scheduled yet. Donna asked for assistance to schedule event(s) and whether to wait until after the primary in June. The Senior Coalition is waiting for the City of Reno to go forward on the forum activity. It would be an educational forum. Donna suggested waiting until after the primary and after SeniorFest. Discussion on when to schedule the forum(s); the OAM Planning Committee will look into holding informational forums with candidates on senior issues and senior needs during Older Americans Month. Then hold a follow up after the primary.

#### **12. Commission on Aging Update – Connie McMullen**

A meeting was held in Las Vegas on January 27<sup>th</sup>, they will be checking to see if the state is meeting the ADA needs for people with disabilities, which has not been done since 2007. The next meeting was schedule for February 18, but Clark County representative needs to have it rescheduled. Previous provider of update left out seniors and people with mental illness. Contractor needs to be chosen; it's important to choose the correct contractor to make sure seniors are represented appropriately. There is a limited amount of money and time to get it done. There was a discussion on managed care at the meeting; research will be done for the next two years and then goes to the state. Usually by this time the Human Services consortium has been able to meet with the Governor or his Chief of Staff, but that hasn't happened yet this year. Connie suggested that maybe the Board should try and perhaps also ask about veterans; there was a discussion about seniors and senior veterans. There are a lot of veterans moving here from California due to the hospital being here in Reno. The VA Administrator, Lisa Howard, will be asked to attend the next board meeting.

### **13. Senior Games Update – Donna Clontz**

The games started with about 100 people attending the opening ceremonies at the Sands. The games will be going on for the next two weeks. There are about 250 participants, with pickle ball being the most popular event (about 150 people). Some of the events include Yahtzee, archery, card games, bowling, cross country skiing. On February 14 the Games will end with a Valentine's Day Dance. The average age of the participants is about 70, and there's one person nearly 100 years old playing bean bag baseball.

### **14. \*Advisory Board Appointments Update**

In January the County switched over to an automated system for the Board of County Commission Agendas. The item was submitted, but got lost in the new system, as did a number of items. The appointment request has been moved to the February 23 meeting.

### **15. \*Member Items**

Marsy – Senior Outreach Services of Sanford Center on Aging is starting their education talks again - first one is Tuesday, February 9 at 9 am; 9-10 is a social hour and 10-11 is the talk. Dr. Schwenk, head of the medical school will be speaking. It's in the Laxalt Building on 2<sup>nd</sup> Street.

4:15 – Donna Clontz left the meeting

### **16. \*Agenda items for the next Board meeting**

Include budget submitted to budget office in packet for March meeting

Can we have Lisa Howard from the VA at the next meeting?

It was requested that the Board have a concise request for what the VA is being asked – have veterans attend Senior Day at the state legislature, attend the Senior Coalition meetings, schedule joint programming with the Board and the VA, is there a media publication to educate veterans? Perhaps participate in Older Americans Month?

Connie will give an update on the Commission on Aging

Donna requested items 8 through 14 on the current agenda are added to the March Agenda

### **17. \*Public comment –**

Connie – on February 15th there will be a legislative committee on post-acute care; the focus of the meeting will be on post-acute care, hospice, personal care, home care, assisted living, and skilled care other than nursing homes and the cost savings. They will be meeting at the legislature at 8:30.

Dennis – Is the public aware of the Meals on Wheels Program? There seems to be a lack of knowledge about the program, or even that it exists. One problem is that people seem to think of the way things were in the past and not realize how much things have changed for the better. Take pictures of the meals? Testimonials from seniors? Discussion about how to get the information out to seniors about programs.

**18. Adjournment** - Motion to adjourn by Dennis Chin, seconded by Gary Whitfield; motion passed unanimously. Meeting adjourned at 5:02 pm.