



MINUTES OF THE WASHOE COUNTY SENIOR SERVICES ADVISORY BOARD MEETING

November 2, 2016

Washoe County Senior Center, 1155 E. 9th Street, Reno, Nevada 89512
Game Room

- 1. Call To Order** - Meeting was called to order at 3:00 p.m. by Chairman Dr. Larry Weiss.
- 2. Roll Call** – Dr. Larry Weiss asked for the roll call; Sandra Vasquez took the roll. There was a quorum present.

WASHOE COUNTY SENIOR SERVICES ADVISORY BOARD PRESENT:

PRESENT		ABSENT (EXCUSED)	
Dr. Larry Weiss	Connie McMullen	Donna Clontz, Alternate	
Dennis Chin	Barbara Korosa		
Marsy Kupfersmith	Sandra Dexter		
Garth Elliott (Late)	Ken Romeo		
Wayne Alexander	Stan Dowdy, Alternate		
Gary Whitfield			

WASHOE COUNTY STAFF PRESENT

Ken Retterath
Sandra Vasquez
Dania Reid

ADVISOR (ABSENT)

Victoria Edmondson

3. *Public Comment –

Dennis Chin commented that he had heard from somewhere that the county was in the red by \$4 million and he asked Ken Retterath if he knew about that. Ken stated he couldn't address that question since it is public comment. Dennis Chin also stated that Sacramento NPR reported there are communities that have taken the right of federal money to support an in-house library for seniors over 80 years old. Ken Romeo stated he read over the RN HOPES report and that it is impossible to make any critical judgement in terms of resource allocation as to what topics should be presented at the various locations within senior services. He stated based on the report, it's not known what is being done per location. He said he would like to see what types

of specific services are being given at each location and that way they can better allocate resources for seniors for specific needs and locations. Stan Dowdy agrees with Ken Romeo's statement.

4. *Member Announcements –

Marsy Kupfersmith stated Friends of Washoe County Library book sale starts November 12 and sales are \$0.50 on the \$1.00 at the Reno Town Mall.

5. Approval of the Agenda for the Advisory Board Meeting on November 2, 2016.

Motion to approve the Agenda was made by Dennis Chin and seconded by Ken Romeo. Motion passed unanimously.

6. Approval of the Minutes for the Advisory Board Meeting on September 7, 2016.

Motion to approve the Minutes was made by Dennis Chin and seconded by Connie McMullen. Motion passed with one abstention by Ken Romeo.

7. *Discussion of Housing Session and Follow Up – Larry Weiss

Larry asked if there were comments on the housing session from the joint meeting and Stan Dowdy commented she found a lender that could do the programs that Dwight (from the State) was talking about and that it's really amazing what is being done with the program. She also commented that Dave (lender) would be glad to give the Board a training to get a certificate for the program. Marsy Kupfersmith stated it was really informative and as active people, they didn't know about it, but it would be very beneficial to seniors to know about it. Stan Dowdy also mentioned that many lenders don't know about the program because they're not required to know about it and also there are lenders that don't want to do the program because they would have to stay with the loan and wouldn't be able to sell it. Larry Weiss mentioned they talked about the lack of affordable housing and there are many people on the waitlist and perhaps in a future session they can talk about how to help seniors find affordable housing.

8. *Senior Services / Integration Update- Ken Retterath

Ken stated that the DA is working on formatting the code to be able to present it to county commissioners. Dania Reid stated the DA is getting a code service to get the formatting codes together. She will relay to the DA office that the Board is interested in advancing the integration. Ken also stated that as soon as that's done, it will get on the agenda for county commissioners meeting, then it should go on to the readings and then as an ordinance. Gary Whitfield asked Ken for a timeline as to when it would happen and Ken stated he is hoping for end of January to be the goal and have the integration finalized.

9. *Senior Services Program Updates- Ken Retterath

Ken stated budget season is coming up in February and they will be putting a capital improvement request for the kitchen. The county is growing steadily and there were approximately \$2million available to request from different departments. The county is not in the hole, but there isn't a robust revenue growth either because the property tax value is not going along with the growth of property value.

Ken presented a report for senior nutrition (see attached). In Washoe County the senior population was approximately 76,000 for 2015 and will have 100,000 for 2020, and projecting

130,000 in 2030. It is stated that nationwide, about 15.8% of the senior population is at risk for hunger, Ken believes that in Washoe County it may be a bit higher. What this means is that in Washoe County approximately 12,000 seniors have issues with hunger or food insecurity. This projects out that in 2030, about 20,540 will be falling into the same category. Ken stated that according to the report, if 25% of the need would have been met in 2015, then 753,502 meals would have been served. If 100% of the need would have been met in 2015, then over 3 million meals would have been served. In actuality approximately 344,000 meals were served in 2015, which is 11% of the need. With this in mind, the capacity of the kitchen is fast approaching; it is projected that the capacity will be reached the coming fiscal year. If action isn't taken, then the 11% will decrease because the senior population is growing. There are strategies that can be done; they range from being a 'bandaid' to actually trying to fix the issue. Goal #1 would be implementing cost effective and efficient practices such as looking into the number of meals served per week based upon the client's needs, what this means is that Connie may need 3 meals, Garry may need 5 meals, and Sandra may need 7 meals and out of that meals can be saved and moved out and given to someone else. These numbers given by the consultant are based on 5 meals per week, which is a nationwide practice. Ken Romeo asked if meal demand is based on USDA commodity income level, Ken Retterath stated he doesn't know the background as to how the 15.8% of at risk hunger was calculated. Gary Whitfield asked how much money for the kitchen and Ken Retterath stated he is not able to answer that question, but what they are trying to do is put in and keep up the next couple of years and provide meals for the 11%. It would be great if they could provide the meals for more than the 11%, but what they can do is take what is put into the Reno center and then move it to a new facility in the future. The second strategy would be purchasing routing software, and they are in the process of doing that, which would allow for more efficiency when delivering meals. Another short term strategy that can be used is determining per meal cost by meal type and they are talking about providing a small breakfast and a meal that could be split into 2 meals, these are concepts and are not implementations. Dennis Chin asked if there is any education given to the homebound seniors as to how they can make their meals more efficient and Ken Retterath stated that one of the things that can be done is to educate seniors how to safely store the meals. The second goal would be to leverage public, private partnerships and the first strategy to take would be to learn about OAA III C1 & C2 and making sure that funding is maximized by the programs. Second strategy would be to nurture current and future partnerships with community based organizations such as Catholic Charities and other organization in town. Other strategies would be to network with national nutrition associations, receive donations, and doing group purchasing to reduce meal expenses. The last strategy would be to explore an HMO integration, this means that the HMO would pay for the meals, which in turn helps keep a senior out of the hospital, this is something that will be looked at. The third goal would be to increase senior nutrition funding by expanding fundraising with an emphasis on non-governmental funding, developing an annual funding plan, and advocating for higher meal reimbursement rate from the state. Currently the meal reimbursement is \$2.20 for a congregate meal and \$2.65 for a home delivered meal. They are currently working with the state to put forth a bill draft request and then go into the legislative process. The last goal is to improve meal production capacity; there are two options with the kitchen at the moment, which is the kitchen located at Reno and the kitchen at St. Vincent (vendor). Ken stated that realistically there should be 30 days of meals stored in the freezer and currently they have 1.5 days; there is no pre or post capacity to do

more food. It is possible to do two shifts in the kitchen, but aside from being expensive there isn't capacity to store the food. It has been looked into the meals being stored at an outside location, but that also has its issues because it can become costly. Ken also stated that they have talked about developing a strategy to build a community kitchen. They have looked into the school district kitchen, but it's at capacity. They have also looked at the jail kitchen, but because of security purposes, it's not a great option. What is being looked at is creating partnerships and actually trying to do fundraising and also using county dollars for the program; this way, it would be more of a community kitchen with other services in there. The last thing would be looking into doing therapeutic meals such for people that are diabetic since this is something that is not currently being done. Garth Elliot asked if collaborative places have been explored since Washoe County is a community of big kitchens and freezer spaces; and if little strings of money have been looked into like the \$0.19 increase in the garbage franchise. Ken stated he would like people to think about how usually businesses don't build kitchens that are three times their capacity, therefore not making it easy to use community big kitchens. Dennis Chin asked why the County has not promoted the senior nutrition problem and Ken stated they have talked about it in public, but it just seems people aren't paying attention to it. Dennis Chin stated one day a senior is going to die because of hunger because they weren't able to receive meals. Larry Weiss commented that one day the seniors will get more money than the animals. Dennis Chin commented that when he comes across friends that are going hungry, he tells them to call Meals on Wheels. Connie McMullen stated she has only seen one governor push seniors ahead with Senior RX and it was Governor Guinn and his wife, it starts at the top. The Food Bank also told her that senior hunger is huge, just as big as kid hunger. Agustin from the public stated he was at a meeting where they were talking about expanding the school's food programs and the service is being provided by Catholic Charities and that it's interesting because it seems that Catholic Charities is taking on programs to feed the people. He also suggested looking into other avenues for taxation, like luxury taxes, that are not based on sales tax. Ken stated the plan is to take the Nutrition report and do fundraising with it and only taxing revenue would be government services tax. Marsy Kupfersmith suggested to look into reaching out into developers that have empty warehouses and Ken stated they are looking into business and community leaders and presenting the report to them. Dennis Chin asked if the issue has been approached in the legislator, Connie McMullen stated there was a BDR addressing the 'home delivered meals' to increase the reimbursement rates.

10. *Senior Issues and Advocacy Forum Update-Marsy Kupfersmith

Marsy stated the Senior Forums went well. There was an average of attendees of about 25 people per forum. Candidates stayed after the forums and spoke with the seniors, whom really appreciated the interaction. The forum hosted by Senior Coalition for the NV senate and assembly also went really good and there were about 40 people in attendance. The affordable housing issue and the rise in cost of prescription medicine were things that came up. Larry Weiss thanked Marsy, Stan, Donna, and Connie and others for developing the forums. There is also a special date going on, Senior Day at the Legislator on February 23 and people are being informed to save the date. Dennis Chin asked if the Meal on Wheels was brought up in the forums and Marsy and Stan said that it wasn't an issue that was brought up by the people that were in attendance. Dennis stated that they dropped the ball on that issue since people that would have that issue would be homebound and wouldn't be able to attend the forums. Larry

Weiss suggested to Dennis that he could speak in public comment at meetings and talk about the senior nutrition issue. Dennis also stated there is a waitlist to get on Home Delivered Meals; Ken Retterath replied that there isn't really a waiting list; it's more of having the staff to do the eligibility.

11. *Commission on Aging Update-Connie McMullen

Connie McMullen stated they have a new administrator, Eddie Abelser, who is replacing Jane Gruner. He comes from Arizona with a background in legislation. Connie had a private meeting with him and he doesn't like managed care and is in favor of expanding the elder rights attorney position, Ombudsman position, and in favor of doing a quality assurance for each department to see how the programs are working. He is not responsible for the budget that was currently submitted. Connie report Aging and Disability Services requested more staff to move the waitlist for the waiver program. They have a dual relationship with Medicaid, which has approval of slots under intellectual disabilities. Connie reports on the aging side the medicaid budget is requesting a new level of care at assisted living. Last session the Commission on Aging approved a 3 tier complex behavioral health rate to keep people that are a threat to to themselves and others in the nursing homes. There is also a proposal for Adult Day Care. There are rumors that Washoe County Adult Day Care will partner with Jeff Kline in northern Nevada. Ken Retterath asked if the director of ADSD is talking to Medicaid about the MCO issue and Connie replied that Medicaid is really pushing it. Next meeting will be November and agenda will be forwarded to everyone.

12. Agenda Items for the next Board meeting

Ken Retterath - Discussion on how HOPES report needs to be formatted with more detail per site
Connie McMullen - Update on Commission on Aging meeting
Ken Retterath - Training on Open Meeting Law (takes about 30 minutes)
Connie asked if there they could find out about the Adult Day Health and what the manager's office intends to do with it; this would be under Ken's reporting.

15. *Public comment.

Garth Elliot commented that at 4:30pm Washoe County will have a forum on public land usage and it will affect everyone since it is liquidating BLM land for economic development. Dennis Chin asked if there can be a social gathering with new elected officials of the senate and assembly to informally talk about issues in senior services. Connie suggested going to the December Coalition meeting and talking to them there.

16. Adjournment

Motion to adjourn was made by Garth Elliot and seconded by Dennis Chin. Vote was unanimous. Meeting adjourned at 4:15 pm.



WASHOE COUNTY SENIOR SERVICES STRATEGIC PLAN 2017-2021



WASHOE COUNTY'S STRATEGIC VISION

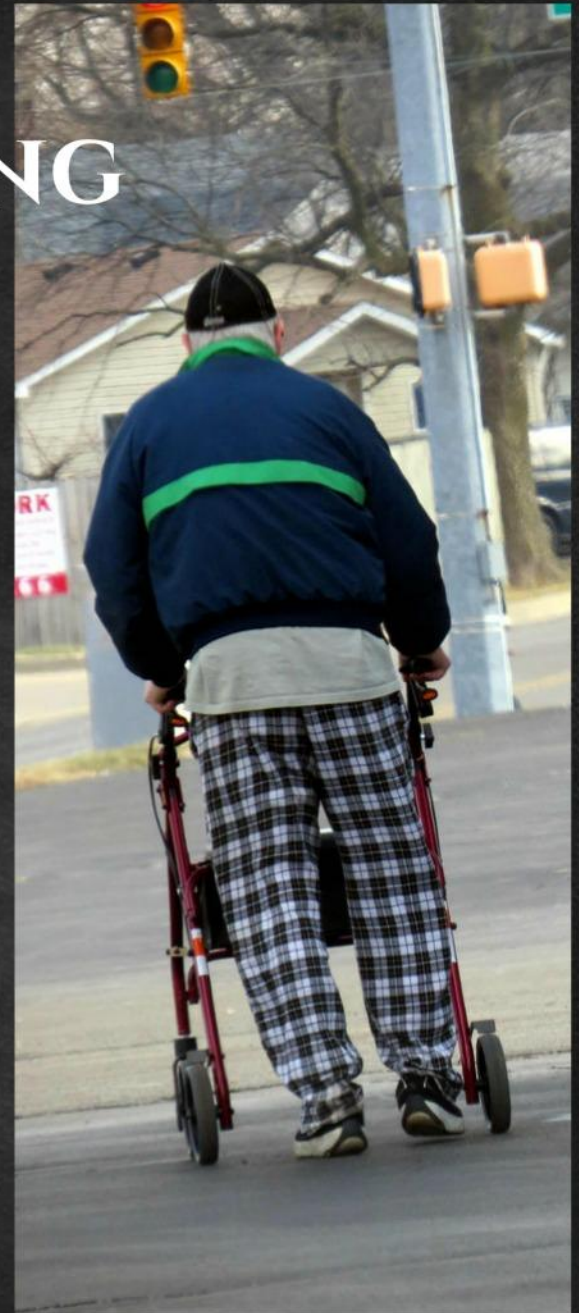
PROVIDE SENIORS NUTRITIONAL SUPPORT
AND ACCESS TO OTHER NEEDED SERVICES SO
THAT THEY REMAIN IN COMMUNITY-BASED VS.
INSTITUTIONAL SETTINGS.



OLDER AMERICAN'S ACT FUNDING TITLE III - C1 & C2



"FLAT" OR "DECREASING."



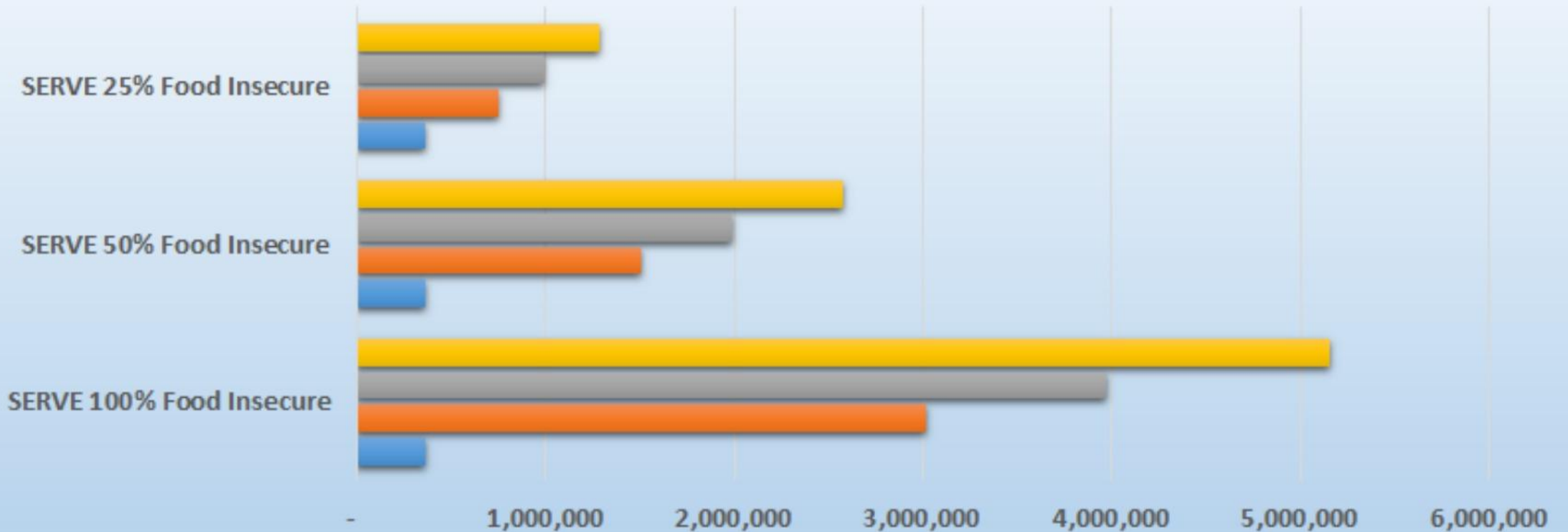
Washoe County 60+ Population 2015-2030



WASHOE COUNTY 2015-2030 FOOD INSECURITY PROJECTIONS



WASHOE COUNTY PROJECTED ANNUAL MEAL DEMAND FOOD INSECURE 2015-2030



	SERVE 100% Food Insecure	SERVE 50% Food Insecure	SERVE 25% Food Insecure
2030	5,155,540	2,577,770	1,288,885
2020	3,965,800	1,982,900	991,450
2015	3,014,008	1,507,004	753,502
Served July '15-June '16	358,664	358,664	358,664

KEY STRATEGIES 2017-2021

- ① # of meals served per week is based upon clients' needs
- ② Purchase routing software
- ③ Appropriate staff engaged
- ④ Determine per meal cost by meal type
- ⑤ Engage volunteers/interns

GOAL 1

**IMPLEMENT
COST
EFFECTIVE &
EFFICIENT
PRACTICES**

KEY STRATEGIES 2017-2021

GOAL 2

**LEVERAGE
PUBLIC
PRIVATE
PARTNERSHIPS**

- ① Learn OAA Title III C1 & C2
- ② Nurture current & future partnerships with Community Based Organizations
- ③ Network with National Nutrition Associations
- ④ Reduce meal expenses via donations & group purchasing
- ⑤ Explore HMO integration

KEY STRATEGIES 2017-2021

- ① Expand fundraising with an emphasis on non-governmental funding
- ② Develop an annual funding plan
- ③ Advocate for higher meal reimbursement rates from the State of Nevada

GOAL 3

INCREASE SENIOR NUTRITION FUNDING

KEY STRATEGIES 2017-2021

- ① Maximize kitchen use by preparing meal by type in most appropriate location
- ② Develop strategy to build a community kitchen
- ③ Incorporate options for therapeutic meals

GOAL 4

**IMPROVE
MEAL
PRODUCTION
CAPACITY**

**>1 MILLION MEALS SERVED
ANNUALLY WITHIN 5 YEARS**

MEASURING SUCCESS

% decreased expenses (excl. RIF)	increased knowledge of Title III C1 & C2	# additional meals served annually	Increased # meals prepared with current kitchen capacity
time per meal delivered	# new partnerships resulting in ↑\$ and/or ↓ costs	increase in net funds raised by 10%-15% per year	new kitchen
# remaining in community based care vs. institutional care		90%+ satisfaction rating from clients	

CONTRIBUTORS

STRATEGIC PLANNING COMMITTEE

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**A FULL LIST OF CONTRIBUTORS IS INCLUDED IN THE PLAN DOCUMENT. AGENCY
CONTRIBUTORS INCLUDE WASHOE COUNTY , CATHOLIC CHARITIES OF NORTHERN NEVADA
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