

**COMMITTEE ON AGING
MEETING MINUTES - SEPTEMBER 13, 2019**

Committee Members participating in person: Bruce Davidson, LaVonne Cameron, Barbara Danks, Deb Melby, Craig Knudsvig, and Elaine Keepseagle.

Committee Members participating via telephone: Madonna White Bear Azure and Debra Krahn.

Ex-officio participating: Nancy Nikolas-Maier, Aging Services Division and Shelley Haugen.

Presenters: Nikki Wegner, Alzheimer's Association and Michelle Gayette, Aging Services Division.

Others participating in person: Michelle Gayette, Assistant Director, Aging Services Division; Amy Johnson, Administrative Assistant, Aging Services Division; and Judy Hagerott from RSVP.

Others participating by telephone: None.

Call to Order, Welcome and Introductions & Approval of Minutes: The meeting was called to order by Michelle Gayette, Aging Services Division which acts as Secretary to Committee. All past and new committee members were welcomed and a motion to approve the June 14, 2019, meeting minutes was made by Craig Knudsvig and seconded by Bruce Davidson.

Update on Vacant Committee Positions: Michelle Gayette informed the Committee Debra Krahn was appointed to the vacancy in Region III. Debra was participating by phone and an introduction to the Committee was made.

Committee Member Updates: Members did not have any updates, said their regions are doing well. Most have been in contact with their RAPSAs and local senior centers. Craig Knudsvig indicated he did check with the Senior Citizens Center in his region, and there has been nothing new in his area. Craig also did share that the feedback he has received in his region about the Division has been very positive. He stated those in his region feel the Division has employees who clearly care about the work they do and that great strides are being made.

Speakers – Michelle Gayette, Aging Services Division and Nikki Wegner, Alzheimer's Association – Abuse in Later Life.

Michelle and Nikki gave a very engaging presentation on Alzheimer's, Dementia, and Elder Abuse. Nikki informed the Committee that ND is current ranked 5th in the nation for Alzheimer's related deaths, which is an improvement as at one point we were listed as 1st in the nation. NDSU currently has a research group looking into this trend in our state as we have some of the highest numbers, with a lower population of 65+ residents, and yet are ranked high for adults affected by Alzheimer's.

Nikki's presentation educated the Committee on the difference between Alzheimer's and Dementia, indicating that Dementia is an umbrella term used for many illnesses that have memory loss. Alzheimer's is the most common form of Dementia. There is more to dementia than memory loss. Memory loss itself is amnesia, while Dementia has many other elements aside from memory loss, such as issues with abstract thinking, language, organizational thinking, problem solving and more. There are over 60 types of Dementia, some can be medicine related, some can be from infections in the body, and some are treatable.

Nikki discussed that elders with Dementia can often share experiences of abuse and be discounted and their stories go unbelieved. Nikki and Michelle shared stories of elders in our communities who have discussed abuse where their stories were not believed and later were found to be true. It was emphasized that those with memory loss often still remember traumatic events, and their stories should not be discounted.

Michelle indicated that this training came as a result of a grant and partnership with a local domestic violence shelter. This training has been provided statewide to law enforcement and victim services providers.

Michelle discussed Abuse in Later Life in North Dakota and the reasons why this grant focused on ages 50+. Forms of abuse in later life were discussed in detail and included stalking, intimate partner violence as well as physical and sexual abuse and financial exploitation. Discussion focused on how to report and further discussion was held on existing services for adults experiencing abuse in later life.

Michelle shared that reporting is important and people see something they should say something; rely on gut instinct. We need to start taking abuse in later life as seriously as we do child abuse so we can get appropriate services in the home to keep adults safely in their homes longer.

Committee Discussion on Elder Abuse Presentation:

The members were asked to share their impressions of the presentation and if they can think of people, areas or groups that should be targeted to get the information and education out into their communities and regions. Michelle indicated there are some grant funds that remain which will allow them travel and present this training. Training is currently scheduled in Dickinson and Mandan, and Michelle can schedule training any time within their regions. Craig mentioned this topic and presentation would be excellent in Grand Forks. He wondered about scheduling it to include members from the Senior Center, Meals on Wheels or providers that are getting out into the apartments of the elderly, the police department, etc.

Craig indicated he would be speaking with the senior center about possibly hosting this presentation and those within the community that should be included to participate. Bruce mentioned getting into Kiwanis groups and Lion Clubs, whose groups have other civic minded adults who can take the information from a presentation such as this and

carry that information out to their communities. Michelle mentioned they go out twice a year to the diversity classes at University of Mary to educate at the college level. She said if they can get her into the classroom settings of any college, she would be happy to present there to.

Craig asked if credits (social work, PD, etc.) could be available for the presentation and Michelle indicated that they can get approve to provide continuing education hours or POST credit for their presentations. Craig also mentioned it would be an excellent presentation for the med schools or nursing schools to make medical professionals more aware of filing reports. The Committee found this to be an excellent presentation and they will now be looking for avenues to get this presentation out in their communities. Michelle indicated that this presentation can be given as a two-hour, four-hour or eight-hour presentation.

Aging Services Division Update – Nancy Nicholas Maier, Director.

Busy implementing changes - investments in HCBS and redrafting of administrative rules to comply with all the changes. In January we will be able to add the new services (residential habilitation, community support services and companionship) to the HCBS Waiver, and some of the new services are up to 24 hours a day and can be provided in a home. It is all inclusive so they can get personal care, meals, socialization, medication administration, travel to medical appointments, etc.

We are currently working on implemented a new EVVS. This is a new requirement if personal care services are being provided in a home and federal money pays for the services you're providing, they you have to utilize the EVVS (Electronic visit verification system) in order for the provider to check in when they get to the home and check out when they leave so that there is less ability to defraud the system. We will soon be implementing a new case manager system and new EVV.

Companionship will offer up to 10 hours a month of recreation/community integration so that those living at home can combat isolation and take full advantage of community living.

Officer Elections:

Nancy stated that both Gene Hysjulian and Delores Rath had indicated they were interested in relinquishing their positions as Chair and Vice Chair, and therefore members were asked to make nominations for these positions. A Nomination Committee was put into place consisting of Jolene Keplin and Craig Knudsvig. Craig indicated he received two nominations by email. Nominations were for Bruce Davidson as Chair and Barbara Danks as Vice Chair. Bruce Davidson indicated he had spoken with Craig Knudsvig about possibly electing him, and Craig holds current active positions in other Committees and is unable to do that at this time. There being no other nominations, nominations were ceased by LaVonne Carlson and she made a

motion for unanimous nominations for Bruce Davidson as Chair and Barbara Danks as Vice Chair. Their positions will go into effect immediately. Gene Hysjulian and Delores Rath will remain on the Committee and have expressed their desires to assist the transitions of these roles.

Bruce Davidson did ask Michelle Gayette if the Statewide Aging Coalition in Fargo could potentially find someone else to take his position to help balance his Load. Michelle indicated she will work to help find him a replacement. Nancy asked the members to let her or Michelle know if there is anyone they believe would be interested in that position.

Other Business - Call to Public:

No public business was addressed. Committee discussed speaker topics for the December meeting which Nancy and Michelle will be working on making happen. Nancy also discussed that we will discuss the initiatives for 2020 year at the December meeting and requested Committee Members reflecting on what our meeting topics and initiatives should be for the next year. We will bring those ideas to the table in December and vote on our meeting topics at that time.

Bruce Davidson discussed a presentation on Trauma informed care and offered that he would know some very capable speakers and could see if they were able to provide a presentation next year to the Committee.

Michelle discussed bringing a speaker in on the opioid epidemic and substance abuse among aging adults. The Committee immediately agreed this would be an excellent topic.

Craig brought up veteran's issues across the state and how that may be a good topic if there is a gap, we need to fill on how those services are being met today. Nancy brought up that the VA is creating their own HCBS for veterans and that Trisha at the VA may be a good person to present on that topic to update us on the VA's initiatives.

Next Meeting Date: Friday, December 13, 2019

Adjournment: Bruce Davidson made a motion to adjourn and Craig Knudsvig seconded that motion. The meeting adjourned at 2:15 pm.

Respectfully submitted,

Amy L. Johnson
Aging Services Division