

AGING SERVICES COUNCIL

Minutes: April 2, 2009

Time:

8:30 – 10:00 a.m.

Location: St. David's Foundation

Attendees:

Jill Findlay	AAA CAP	Joyce Hefner	Family Eldercare
Patricia Longoria	Physicians Health Choice	Kenneth Witherspoon	HAND
Joyce Lauck	AGE	Amy Russell	PARD
Eva Church	AGE/CRC	Bruce Kravitz	AGE
Evelyn Cooke	HAND	Jesse Colunga	PARD
Della Sprager	TC-HHSD RSVP	Namke Choi	UT SSW
Willie Williams	ATC HHSD	Korey Darling	TCHHS/VS
Christian Wells	Alz Assoc	Glenda Rogers	Area Agency on Aging
Michael Wilson	SDCHF	Krystal Wilson	Family Eldercare
Mary Dodd	CAN	Katy Kappel	TX Silver Haired Legislators
Annette Juba	Greater Austin CARES	Rana Noueilaty	

Items covered:

1. Welcome and Introductions: Joyce Lauck was thanked for serving as a co-Chair of the Council from 2007-2008. Sign in sheet was passed around.
2. Review of Minutes: - Minutes from February meeting were reviewed and approved
3. Update on Administrative Projects: -
 - Joyce Hefner introduced Krystal Wilson, ASC coordinator. Joyce informed the group of website updates and encouraged partners with information on the ASC website to review it and inform Krystal if any updates need to be made.
 - Krystal passed around a membership roster for attendees to indicate whether they are Primary or Secondary contacts for their organization and whether they are voting or non-voting members of ASC. Joyce clarified that to be a voting member, one must attend 3 out of 4 of the last meetings.
 - Joyce presented the ASC handout to the group. We are currently working to update the membership roster to add to this form before uploading to the website.
4. Presentation: Dr. Namkee Choi, UT Austin School of Social Work; Project to address depression in older adults.
 - Dr. Choi reported that the Dean of the UT School of Social Work is interested in increasing focus on working with older adults due to the growing number of students interested in aging. She offered the support of the ASC. They are interested in research which will impact the community and will meet with the school in early May.
 - Dr. Choi's Depression Intervention Project (in older adults) is scheduled to begin June 1st. The project involves problem solving therapy/talking therapy, through Tele-PST versus in-person PST which can be applied to case management if it works. The project will last for three years and she needs council members to help generate referrals. Goal: 100 elders who

are moderately to severely depressed. The study includes telephone calls to monitor status of all participants, 30 of which will be the control group. This Intervention Research is tested and is evidence based; it will serve in the best interest of the participants. Contact Dr. Choi for more information.

- **Wisdom study:** Dr. Choi's wisdom study is currently being implemented and focuses on low-income individuals; those who have gone through a traumatic or difficult event and come out stronger for it. The study seeks to address the issue of resilience in older adults. . She is seeking nominations for 15 older adults and will pay \$40 for each interview.

5. Subcommittee and Steering Committee Updates:

- **Transportation:** Jesse Colunga would like to be involved in the transportation committee. He has worked with TxDot and had money for taxi vouchers in the past. It may be possible to apply for these funds again.
- **Home Repair:** (Part of a collaborative group meeting about home rehabilitation) The group met about better communication and will look into funding for case management and a single point of contact for weatherization as the current resources are complex and difficult to navigate. Joyce H. will start a matrix of services related to home repair and send a copy around so that everyone can add their related services. Once the matrix has been completed, it will be added to the ASC website. A collaborative summit is being sponsored by St. David's Foundation on 4/14/09. Our work will channel through this collaboration.
- **Senior Ambassador/Community Outreach committee** met on March 5th. They are exploring the concept of morphing into a good neighbor ambassador program because people need neighbors in this economy. The committee will meet again directly after the General meeting to discuss who they want to reach and who the volunteers are to be included.
- **Depression and Isolation committee:** Meals on Wheels hosted the first meeting. Dr. Choi has supported them in collecting data with the PHQ9 (Depression Screening tool) and results were presented. The group concluded that agencies willing to use this tool will help us to collect standardized data for the community. It was suggested that Linda Perez at MOW do training on PHQ9, possibly offering CEU's for the training. This will help screen for symptoms of depression. The group will also use a Depression Resource Guide developed by Dr. Choi to distribute to those who have a need for referrals. The tools is being revised and we will post it to the ASC website when it is ready.
- **Caregiver University:** This committee will have their first meeting on April 7th.
- **Steering Committee:** A presentation to the CAN Resource Council was made by Michael Wilson and Joyce Hefner on 2/13. Michael presented the Aging in Central Texas survey and Joyce presented on priorities of the ASC for 2009. Letters on behalf of the ASC were sent to local legislators offering the ASC as a resource on matters important to older adults in Texas. It was suggested that we send additional letters to representatives specifically involved in aging issues, Katie will send a list of these representatives. E-newsletters are disseminated twice per month through Constant Contact. An up-to-date list of active member contacts was passed at the beginning of the meeting.

6. Announcements: -

- Glenda announced that the HB703 Fall prevention bill was debated today, is moving forward and she is hoping it will be passed.

- Glenda Rogers reported that the AAA, ATCMHMR, Bluebonnett Trails MHMR, and HHSC hosted a meeting to discuss the Aging and Disability Resource Center model and review our community readiness for such a model. Joyce Hefner attended a meeting as ASC representative. It was reported that there did not appear to be energy around the idea to establish this, most likely due to the lack of funding and technology. However, they will move forward to expand the round table discussion about the issues and keep people involved if they want to join. They have many of the same discussions as ASC and there is potential duplication, it was decided it would work better as a multi-county effort. There are other pilot projects using this model.
- ASA Conference in Las Vegas – Joyce Hefner reported that there was some good information about evidence based caregiver support at the conference and suggested members look at the website for the Rosalyn Carter Institute on Caregiving.
- Financial Literacy/Financial Fitness seminar hosted by AGE- April 25th. Free seminar about understanding long term care.
- Joyce L. announced that the Annual Age Awards dinner will be held April 24th
- Joyce H. announced that the Gray Panthers guide is now available.
- May 13-15 HBO will be showing an Alzheimers and Caregiving special. It will be airing at Alzheimer's Association for those who do not have HBO.
- Steering Committee meetings are held the 2nd Monday of each month at 3pm at Family Eldercare
- The next council meeting is on June 4th.
- The Ambassadors meeting will immediately follow this General Meeting.

7. Adjourn 9:49am: Next Steering Committee is April 13 at 3 p.m. Next ASC meeting is June 4th.