

IDAHO COMMISSION ON AGING
Teleconference
BOARD OF COMMISSIONERS MEETING MINUTES
Thursday, May 16, 2024 BOISE, IDAHO

Commissioner Members: Chair Magera, Vice-Chair Ohrtman, Commissioner Morley, Commissioner Marquette, Commissioner Nielson, Commissioner Milliken

ICOA Staff: Judy Taylor, Bettina Briscoe, Vicki Yanzuk, Birgit Luebeck, Brandi Waselewski, Deedra Hunt, Erin Olsen, Fanny Rodriguez-Melnikosky, Janet Miller, Jenny Hill, Lynn Fyanes, Rachel Kessinger, Scott Carpenter, Susan Bradley

I4A Members: Director Stoddard, Director Holcomb, Director Enriquez, Director Thompson, Director Hirschi, Director Arnold

Guests: Laura Roghaar, Idaho Commission on the Arts

Excused: Joe Zaher

Open and Welcome Quorum – Chair Magera

- Chair Magera called Board of Commissioners meeting to order **at 8:30AM**.
- * Motion was made and carried to approve May 16th and 17th, 2024 agenda.
- * Motion was made and carried to approve February 15, 2024 minutes.

Director’s Report – Judy Taylor

- Reminder of rules and procedure of meeting
- Review of Unifying graphic
- Introduction of Brandi Waselewski new ICOA employee
- Legislative Review
 - Budget
 - Protective Hold Legislation
 - Probate Code Update
 - Advocacy Activities
 - Nutrition
 - Caregiver
 - Dementia
- Federal Updates

- OAA Reauthorization
- OAA New Regulations
- APS New Regulations
- New Rehabilitation Act 504 Regulations
- New HCBS Access Rule
 - Overlap with APS on Critical Incidents
- State Plan Update
 - Submitted May 6, 2024
 - OAA rules updated with pages of new requirements – including 19 new policies and procedures
 - All state unites must comply October 2025
- Strategic Plan Structure
 - Mission, Vision, Values, Strategic Pillars, Goals, Critical Success Factors, Objectives, Outcome Measures, Targets
- Review of ICOA Mission, Vision and Values
- Strategic Pillars
 - Way to organize our goals, objectives, activities, and outcomes
- Review of Goals
 - Administrative
 - Stay Home
 - Stay Safe
 - Stay Healthy
 - Stay Connected
 - Keep Learning
- Four Critical Success Factors
- Overview of Program Specialists presentations
- Open for Questions
 - Commissioner Morley asks for clarification on financial legislation
 - Department of Finance to potentially come to May meeting for further insights
- ADD other comments/questions from recording? Raul, Mike, Chair Magera

Project Manager Report – Vicki Yanzuk

- Updates
 - New Fiscal FTE Position
 - LUMA Improvements
 - Working towards automation of reports
- Procurement Planning
 - Currently at the State Level

- June 2024 Request for Information developed and approved by Idaho Division of purchasing
- AAA Yearly Spending Process
 - ICOA Review Contract
 - Federal Awards still pending using projections
 - Potential Increase in funding in C1/C2 funding in expense of NSIP
- AAA Spending Plan Development Timeline
 - Currently in Internal Review and AAA Meetings: ICOA fiscal and program staff review
- State Fiscal Year 2025 Changes
 - New Spending Plan Assurances
 1. We assure the projected spending plan provided in the SFY 25 Workbook represents accurate and transparent cost estimates and data units developed using the best available data.
 2. We assure the spending plan aligns with our Area Plan goals and objectives to facilitate outcome achievement.
 3. We assure the spending plan aligns with the State Plan goals and objectives to support Idaho’s Aging Network in meeting statewide outcomes.
 4. We assure we developed the spending plan to address required funding parameters as outlined within the workbook and the ICOA Operations Manual.
 5. We understand the funding estimates provided with the workbook are iterative. More funding may be provided through the Older Americans Act or the State of Idaho. We also understand funding may be reduced by either source.
 6. We assure that the advisory board will be a source of accountability and guidance through the spending plan year.
 - How “Overmatch” is structured
 - Possible scenario: Run through IFF and distributed in Admin and Title B Services. May change with Title C1/C2 funding changes
- Review of State Fiscal Year 2025 Title III IFF Projections
 - 60+ Census Population and At Risk Factor Weighted Population both projected to increase.
 - Information comes from Department of Labor
 - 2025 data is now more similar to each other than during COVID years
 - Population Percent Increases Statewide
 - 60+ Population + 15K or 3.2%
 - General Population up 1.8%
 - Weighted Population + 29K
 - + Age 75 up 6.6%
 - + Poverty up 7.5%
 - + Hispanic up 7.9%

- + Racial Minority up 6.1%
 - 85+ and Rural up less than 3%
 - AAA Weighted Population changes from Area 2024 to 2025
 - Area 1 and 3 increase
 - Area 2, 4, 5, 6 decrease
- State Nutrition Program Funding
 - Year 1 Pilot – Projections based on meals served in SFY 2024
 - Rates increase 0.25
 - Mitigate waitlists
 - Increase in clients served (7%)
 - Admin funding (3% of received)
 - After funds distributed to AAAs \$91,167 remaining to be held by ICOA
- AAA 9 month Expenditure Data – Target is 75% of OAA and ARPA
 - AAA 1 69%
 - AAA 2 56%
 - Area 3 74%
 - Area 4 64%
 - Area 5 65%
 - Area 6 57%
- Managing Federal Grants
 - The AAAs and their umbrella organization should review all federal guidance requirements as part of their management obligation when accepting Federal funding.

Congregate Meals Report – Birgit Luebeck

- Review of first Objective
 - Objective: Increased participation of Idahoans who are at risk or underserved
 - Outcome Measure: RTZ client demographic report
 - Target: 3% annual increase in high-risk clients as a percentage of all clients
 - Review of American Indians/Native Alaskan Count
- Review of second Objective
 - Objective: Multi-purpose Senior Centers are supported through ongoing engagement and education to promote physical and mental wellness opportunities and healthy aging information utilizing [recognized best practices](#)
 - Outcome Measure: Annual survey of Senior Center Directors
 - Target: 75% of Senior Centers surveyed report support from ICOA is helpful or very helpful
- Review of third Objective
 - Objective: Maintain or increase client satisfaction with meals by adjusting for cultural preferences and medical needs using recognized best practices ([The](#)

[National Resource Center on Nutrition and Aging](#) and [CDC's Cultural Food Preferences in Food Service](#)

- Outcome Measure: Bi-annual client satisfaction survey
- Target: 75% of all respondents are satisfied or very satisfied with meals
 - SFY 2023 Data on Meal Satisfaction being “Always” ranges from 68-86%
- Review of fourth Objective
 - **Objective:** Increase public awareness and understanding of the importance of prevention of malnutrition in older Idahoans
 - **Outcome Measure:** Calendar documentation of presentations and outcome reports to Commissioners
 - **Target:** By September 30, 2028, will provide 12 educational presentations on prevention of malnutrition
 - Reduce food insecurity among participants.
 - Increase the percentage of participants who meet the recommended daily allowances for energy intake.
 - Improve intake of protein, fiber, vitamins, and minerals.
 - Improve Health Related Quality of Life and well-being.
 - CM Participants were 9% less likely to be malnourished.
 - HDM participants were 15.5% less likely to be malnourished.

Disease Prevention/Health Promotion and Fall Prevention Coalition: Erin Olsen

- What we will discuss
 - Relevant needs assessment data
 - New ACL state plan requirements
 - Relevance of falls prevention efforts
 - State plan objectives to meet identified Needs and requirements
 - Questions
- 21% of Needs Assessment Survey Respondents said health was Fair/Poor/Very Poor
 - Not able to Participate as They Want
 - Exercise/Physical Activity (13%/63%)
 - Education Programs (9%/41%)
 - Community events including social and support groups (1%/5%)
 - Not Able/Don't have necessary supports to
 - Use technology for healthcare support (6%/29%)
 - Take care of chronic health needs (2%/9%)
 - Frequent or Very Frequently Think About
 - Pain 15%/72%
 - Falling 12%/57%
 - Incontinence 9%/42%
 - Mind over Matter will go statewide to support incontinence worries

- Falls Prevention Coalition also supporting needs
- Health Promotion Rated as Important
 - Classes to prevent or manage disease 19% (88%)
 - In-person support/groups 19% (89%)
 - Virtual support/groups 17% (79%)
- Idaho's Chronic Public health needs (CDC)
 - Limited funding for preventative care
 - Shortfalls in necessary funding for state and local health departments to provide comprehensive public health services in their communities
 - programs designed to support vaccine infrastructure
 - Address health disparities and the root causes of disease by addressing the social determinants of health and investing in chronic disease prevention.
 - Idaho
 - Total State Funding: \$97,569,600
 - Public Health Funding Percent Change, FY 21-22: 0.03%
- Relevance of falls prevention efforts
 - 1 in 3 older Idahoans falls at least once per year
 - #1 cause accidental injury and death for those age 65+
 - #1 cause traumatic brain injury (TBI)
 - Average direct medical cost in Idaho \$38,373 per fall
 - More than 6,000 calls requesting EMS for falls (2020)
 - Falls occur 67% At Home, 9% in Institutions, 4.5% Public Spaces
- Outcomes After Hospitalization As Result of Falls
 - Post Hospital Outcomes
 - Half required placement
 - Only 1 in 3 home without assistance
 - Only 6% go home even with assistance
 - 5% needed rehab facility
 - Half were eventually re-admitted
 - 1 Year After Injury
 - Only 1 in 4 discharged
 - 1 in 3 died
 - 3 times greater risk of death for those who required admission to a facility
- Numerous New State Plan Requirements
 - Coordinating Title III programs with Title VI Native American programs
 - Screening for fall related TBI
 - Strengthening and/or expanding Title III & VII services
 - Dissemination of information about state assistive technology entity and access to assistive technology options for serving older individuals

- Inclusion of screening of immunization status and infectious disease and vaccine-preventable disease as part of evidence-based health promotion programs
- Incorporating innovative practices that increase access to services particularly for those with mobility and transportation issues, and those in rural areas
- Preparing, publishing, and disseminating educational materials dealing with the health and economic welfare of older individuals
- Serving older adults living with HIV/AIDS
- How we addressed New Requirements
 - Coordinating Title III programs with Title VI Native American programs
 - Promote prevention/early identification of fall related traumatic brain injury (TBI) by providing two TBI screenings annually
 - Strengthening and/or expanding Title III & VII services
 - Increase confidence in use of technology as a tool to live well in their community of choice by having each AAA collaborate on at least two meaningful assistive technology projects by the end of 09-30-28
 - Preparing, publishing, and disseminating educational materials dealing with the health and economic welfare of older individuals (see above)
 - Serving older adults living with HIV/AIDS
 - Consumers will have increased knowledge about the importance of immunizations through at least 75 occurrences annually of presentations or dissemination of information
 - AAAs will identify the appropriate partners to provide virtual/accessible workshops to accommodate people with disabilities or accessibility needs by identifying and securing three new partners, one representing people with disabilities and one with an expertise in assistive technology who collaborate on virtual/accessible delivery of Title IIID materials
- Strengthening and/or expanding Title III & VII services
 - Increase access to evidence-based programs to promote health, well-being, and aging in place by having each AAA actively participate in at least one evidence-based falls or incontinence program
 - Improve health outcomes through fall prevention of community dwelling older Idahoans by having Community Care Advocates complete and document home trip hazard audits with 50% of their clients by 09-30-26 and 75% of their clients by 09-30-28
 - Identify the most effective model for service delivery and test across the state by having ICOA contract using the most effective model to deliver ACL-approved evidence-based programs

Working Lunch: Idaho Commission on the Arts – Laura Roghaar

- The Arts Commission’s Work in Aging
 - Partnering with Senior Service Organizations

- To offer artist-led workshops to Idahoans 55 and better
- Because the arts are good for you, all life long
- Mission
 - Our Mission is to enable access to the arts, arts education, and the cultural and artistic heritage of all Idahoans
- Learning Vocabulary
 - Teaching Artist: Professional artist who is paid to teach
 - Workshop: A hands-on class that prioritizes participant voice and choice
- Creative Aging for Idaho
 - Support lifelong learning
 - Combat Social isolation
 - Improve outcomes for older adult learners
 - Grow opportunities for artists
- What is Creative Aging?
 - Arts education for Older Adults.
- How does creative aging differ from other kinds of arts programming?
 - Is an art class (visual, performing, literary, music, etc.)
 - Is taught by a professional teaching artist
 - Has at least 8 sessions that are at least 90 minutes in length
 - Includes skill-building, sequential learning, and social engagement
 - Requires registration and is free or fee-based
 - Has a planned culminating event
- The Creativity And Aging Study
 - Dr. Gene Cohen at George Washington University in 2006 - Took place over 3 years. Conducted in NYC (Brooklyn), San Francisco & Washington, DC
 - Age range: 65-103 years old Control group—participated in usual activities. Intervention group—participated in professionally conducted arts programs
 - Results: Less medication, fewer doctor visits, elevated mood, more independent functioning, reduce need for long term care, less depression, loneliness
- Creative Aging in Idaho Veterans Homes
 - Operation Draw + Jaw: Learn to paint and draw
 - Allowing for creative Process, combining levels of Mastery, Flexibility with Plans, Preparing for Adaptive Needs
 - Operation Leathercraft: Leather Workshop
- Music Conservatory of Sandpoint: Music Matters! Mature
- McCall Arts & Humanities Council: Join the Band
- Lewiston City Library: Beginning Painting
- Ada County Community Library: Exploring Mosaics

- Idaho Falls Public Library: Never too Late with the Art Museum
- Free Online Courses
- How can Creative Aging Align with goals Idaho Commission on Aging?

Idaho Connects Loneliness Reduction: Janet Miller

- SWOT Identified Areas of Focus
 - Not reporting friendly caller units in Get Care
 - Building Awareness
 - Lack of Internet Connectivity
 - Need to Educate medical community
- Needs Assessment data
 - 63% High Risk felt friendly calls and visits are very important
 - 37% High Risk group felt virtual support or social groups are very important
- Objective 1: Increase Use of technology to promote social interaction and connection
 - Outcome Measure: RTZ Get Care Unit Reports
 - Target: By September 30, 2028, all AAA's will report units of virtual loneliness reduction/friendly caller
- Objective 2: Capitalize on Senior Centers as a hub for loneliness reduction
 - Outcome Measure: Agendas and Minutes or other supporting documentation submitted in quarterly commissioner meetings
 - Target: 80% of Senior Centers will report loneliness reduction activities, campaigns, or education annually
- Objective 3: Research, create and implement awareness and educational campaigns on the negative health effects associated with social isolation and loneliness
 - Outcome Measure: Agendas and Minutes or other supporting documentation submitted in quarterly commissioner meetings
 - Target: Two completed campaigns annually
- Objective 4: Increase opportunity for socialization in a nature-based venue
 - Outcome Measure: Agendas and Minutes or other supporting documentation submitted in quarterly commissioner meetings
 - Target: Each AAA will plan and implement a minimum of one nature-based multi-generational event annually

Information & Assistance and ADRC: Rachel Kessinger

- How to meet state objectives in the new State Plan
 - New Connections
 - Continuity and Structure
 - Effective & Efficient
- Outreach & Education Objective

- Increase Confidence with targeted educational seminars
- Information & Assistance Objective
 - Decrease Variability
 - Improvement Process
 - Educate New Partners
 - Case Management
- ADRC Objective
 - Awareness and Integration
 - Spread the word
 - Leadership
 - Relationships
- Focus on connections

AAA Dialogue – AAA Directors/I4A Chair/

- Roundtable discussion of highlights from reports, events, and challenges in their areas.
- Questions and discussion followed.

Closing Business/Meeting Adjourns – Chair Magera

- Meeting adjourned 2:34 pm