

**Commonwealth Council on Aging  
First Quarter Meeting  
September 21, 2016**

DARS/Virginia Division for the Aging (VDA)  
1610 Forest Avenue, Suite 100, Henrico, VA 23229

**Meeting Minutes**

**Present**

Beth Barber, Chair  
Kyle Allen  
David Farnum  
Valerie L'Herrou  
Joni Goldwasser  
Richard Lindsay  
Diana Paguaga  
Valerie S. Price  
Kathryn Reid  
Beverley Soble  
Vernon Wildy  
Veronica Williams  
Erica Wood  
James Rothrock, Commissioner, Ex-Officio  
Terry Smith, Ex-Officio

**Absent**

Shewling Moy  
Mitchell Davis  
Carter Harrison  
William Massey  
Roberto Quinones  
Tara Ragland

**Guests**

Gordon Walker  
Jane King  
Ramona Schaeffer, MFP Program Supervisor, DMAS  
Elizabeth Smith, CCC Coordinator, DMAS  
David DeBiasi, AARP

**Staff**

Marcia DuBois, Director, Division for the Aging  
Amy Marschean, JD, Senior Policy Analyst  
Cecily Slasor, Administrative Support

**Welcome and Introductions**

Chair Barber called the meeting to order at 10:10 am and asked that members and guests introduce themselves. She passed around the sign-in sheets for members and guests.

**Approval of Meeting Minutes**

Chair Barber asked if members had reviewed the July 13 meeting minutes and if there were any corrections. On page 1, Mrs. Soble's first name was corrected as Beverley, on

page 4, Ms. Wood corrected the conference speaker's name as Veronica Li, and on page 5, ten lines down "fees" should be "feeds." David Farnum made a motion to accept the minutes as amended. Veronica Williams seconded. The minutes were approved as amended.

## **Commissioner's Report**

### **James Rothrock**

Commissioner Rothrock introduced Marcia DuBois, the new Director of the Division for the Aging. Ms. DuBois was formerly in the rehabilitative services division at DARS and, prior to that, the director of a private nonprofit center on independent living (CIL). She has been working extensively on livable communities issues and has monitored the area agencies on aging (AAAs).

- The Long-Term Care Ombudsman (LTCO) program is going through review and will go through some changes because of new federal regulations that take effect in 2017. Of particular concern, the LTCO programs are currently being evaluated for possible conflicts of interest.
- The Commonwealth is experiencing a budget deficit. DARS is expecting to see a 5% reduction for FY17 or face \$3 million in cuts. Won't know the full extent until mid-October. Instructions for FY18 have not been given. The Governor traditionally releases his budget in mid-December.
- Virginia Governor's Conference on Aging (VGCOA) will be held May 22 & 23, 2017 at the Hotel Roanoke. This year we have increased the capacity to 600. We have developed a track for citizens and caregivers and will offer some scholarships to address the Council recommendation for consumer engagement.
- Policy and budgetary recommendations gathered on the second day of the 2016 VGCOA will be shared next year at the conference with the goal of it also being used by those running for state office, the new administration, and legislators. Ms. Marschean is on this policy work group.

## **Livable Communities Proposal**

### **Gordon Walker**

#### **Jane King**

Mr. Gordon Walker talked about his retirement as CEO of JABA, the Jefferson Area Board for Aging, and subsequent move to NC. He's moving back to Virginia and will be developing elder co-housing in Nelson County. Mrs. Jane King has been leading the Alexandria's strategic plan on aging that will end in 2017, so Alexandria will apply to AARP to join the Age-Friendly Network (the first in VA).

Together Mr. Walker and Mrs. King as Just Partners, Inc. (JPI) have submitted a grant proposal to the Retirement Research Foundation. In order to better prepare our communities for the increase in Virginia's older population and diversity in communities, they believe it would be cost-effective to use volunteers, AAA staff and some others. Organizations such as AARP, Grantmakers in Aging, ICMA (International

Cities/Counties Management Association), N4A, and the Milliken Institute provide excellent examples for building livable communities. JPI proposes inclusive stakeholder training – in collaboration AARP Virginia and ICMA – to build from the ground-up a customized planning effort promoting intergenerational participation. They will train volunteers on their Viable Futures Toolkit to advance age-friendly community plans. They want to engage the Council in calling local meetings and playing a role in staging trainings. Mr. Walker believes this fits in well with the State Four -Year Plan for Aging Services.

Mrs. King reported on the successful use of volunteers in the Alexandria program. City Council was at first resistant, but then gave unanimous consent to the program. It has energized the local commission on aging substantially and they received unanimous approval from the City Council to seek the AARP designation of Age-Friendly Network. AARP requires a letter from the city or county government head stating that the locality approves the submission and is involved in becoming an age-friendly locale. Arlington also is submitting an application for the AARP designation.

Ms. Barber reminded members that she had brought this up at the last Council meeting and it was suggested that Mr. Walker be invited to present to the Council. She asked for thoughts and discussion about the role the council can have in helping with the development of this program. She believes if it moves forward, it could be handled through the Planning & Development Committee of the Council.

Mr. Walker stated that the plan is to start the initiative in January 2017 with 4 pilots that are to be identified. AARP has a volunteer cadre that could be involved, as well.

- Ms. Williams mentioned that in the localities where she works and lives there are local level aging commissions.
- Ms. Wood asked can you talk about the role you see for Council members? Mrs. King responded AARP, ICMA's, city and county officials, Council members can help identify volunteers for the training.
- Ms. Marschean asked if the end product was going to be created by the volunteers or would this be Council's role? Council would be involved only to initially convene these livable communities sessions. The Council's budget does not include dollars for this, yet Mr. Walker said funds for meetings would be in the grant. There would be no expense for the Council. Council could be involved in ongoing meetings or commit to the first training only.
- Ms. DuBoi in her livable communities experience said Age Wave Planning identifies benchmarks and keep plans on track in the communities that have crafted the plans.
- Dr. Lindsay noted that what is critical is to get the word out to all of the aging groups. Mrs. King noted that local aging commissions have direct relationship with AAAs and others, such as housing and transportation groups.
- Dr. Allen noted there are studies showing that negative quality of life issues can lead to negative economic impacts on the community, such as the impact of

migrating retirees on a local economy, especially when you don't have long-term services and supports. Dr. Allen discussed "WIFM" or "What's in it for me?" in terms of savings or economic impact and noted we must get people out of silos. Societal costs are high if local governments don't do this planning, so we must be proactive, improve quality of life, and measure success.

- Erica Wood asked what happens if you don't receive the grant? Mr. Walker stated he was optimistic, but the grant money is major – about 2/3 of the funding will be coming from the grant.
- Chair Barber again asked how will the Council be involved? The Council wants to support the initiative, but would like to see the support from others also.
- Planning and Development Committee members are Beth Barber, *ex-officio*, David Farnum, Shewling Moy, Valerie L'Herrou and Kathryn Reid. Mr. Farnum noted he would like to first speak with the members of the municipal government to ask about their interest and involvement. Mr. Walker indicated he only wants them to attend a training and reiterated he makes no request for money.
- The Council discussed *endorsing* the initiative moving forward without committing to a role. Chair Barber recommended a meeting of the Planning and Development Committee to discuss this further. Also, Council members near the areas being proposed – Arlington and Roanoke-- who could provide direct representation should be involved in such a committee meeting.

### **Managed Long-Term Services and Supports**

**Elizabeth Smith, CCC Coordinator, DMAS**

**Ramona Schaeffer, MFP Program Supervisor, DMAS**  
**(Handouts)**

Elizabeth Smith reported that Commonwealth Coordinated Care (CCC) was basically a 3-year DMAS pilot initiative and will sunset in 2017. A new plan is being developed with CMS that will be called CCC Plus.

- Ms. Marschean questioned that originally DMAS predicted there would be 76,000 persons enrolled in the CCC, so how many enrollees ended up being involved in the pilot? 31,069 was the total.
- Dr. Lindsay asked if they had information on the illnesses of the individuals enrolled? Ms. Smith stated at present they do not have that information
- The population in Virginia is 8.3 million according to the last census. One in 8 persons in Virginia is on Medicaid or CHIP benefits and this part of the national trend. Medicaid is 58% of the Commonwealth's expenditures.
- Beginning in 2011, the Virginia General Assembly provided directives for transitioning individuals from the fee for service delivery model into managed care.
- Facets of managed care provide timely access to appropriate, high-quality care, comprehensive care coordination, and budget predictability.

- Ms. Williams asked if a member has concerns about the denial of a service or item, what do they do? There are specified due process rights. They can call to initiate an appeal; they do not have to write in.
- CCC Plus will begin in July 2017 and will serve 212,750 individuals with complex care needs. It is a person-centered delivery model, but does not include Medicare.
- CCC Plus will cover the entire state whereas CCC was regional. Regions will be phased in until entire state is covered.
- Ms. Williams asked if the EDCD Waiver was included in the CCC Plus. Ms. Smith said that yes it is included. Ms. Williams asked about provider selections with the EDCD Waiver
- Dr. Lindsay asked are the client and the caregiver part of the decision-making and Ms. Smith said yes.
- Ms. Wood asked about the role of the care coordinator – how many individuals might a care coordinator be responsible for?
- There are 114,121 dual-eligible members for CCC Plus
- Enrollment begins 45 days prior to the effective date
- Ms. Williams noted that if a denial was inappropriate, does the MCO have a time limit to review an appeal? She noted that a delay can be tantamount to a denial.
- Dr. Allen noted that some states are already doing this and, rather than working with insurance, they are working with community-based organizations. Ms. Smith said this was an area that was addressed in the RFP.
- Ms. Williams asked is there anything incentivizing them to help people age in place vs. being institutionalized? Ms. Smith said yes, but she can't speak to specifics because of the RFP.
- Ms. Marschean asked if George Mason would be releasing their review of the pilot CCC program.
- With CCC and Medicare Advantage plans, Ms. Williams saw some problematic transitional issues for families.
- Ms. Smith reiterated that DMAS hopes to work more closely with community-based organizations under the new program.

## **Working Lunch: 2017 Governor's Conference Update**

### **Martina James Nalley**

Building on the success of the 2016 Governor's conference, the three tracks will be repeated along with a fourth track for citizens and consumers of services. The cost will be \$200 for the two days. This basically covers the cost of meals. There will be 25 scholarships offered to citizens. The AAAs will be instrumental in recommending persons for the scholarships. Last year's major sponsors Genworth, AARP, and Dominion will have first option to sponsor again. Ms. Nalley showed the conference website to council members. There will be a Willard Scott award. Mr. Scott was unable to attend this year for health reasons. UVA and VA Tech may be able to provide CEUs for professional attendees. Erica Wood asked if there is a role for the Council? Ms.

Nalley reported that several Council members are involved with the conference work groups. Members may follow up with Chair Barber and Amy Marschean on any recommendations. Design-Engage-Implement is the conference theme. Requests for session proposals will go out in the next several weeks. Registration will open in February 2017.

### **Recommendation to Governor and General Assembly**

#### ***Action: Adopt 2016 Council Report (Handouts)***

The Legislative Committee met this morning before the full council meeting. The first order of business was to elect a new committee Chair. Erica Wood is the new Legislative Committee Chair who asked Council members if they had reviewed the Council report as there needs to be a vote to adopt the report.

Dr. Allen noted that he attended in August an Institute for Health Care Improvement (IHI) meeting led by Dr. Don Burwick to achieve age-friendly healthcare systems. Hartford Foundation worked with them on initiative. Hartford has donated around \$3 billion for system improvements. The following are the 2017 Recommendations:

Promote an appropriately trained health care workforce for aging population

- Increase funding for the LTC Ombudsman Program
- Monitor safety of frail elderly in LTC facilities and ensure safe residential settings of all individuals receiving services in the community
- Provide funding for services and supports that enable older Virginians and those with long-term disabilities to remain in or return home
- Increase funding for elder abuse prevention
- Increase funding for the auxiliary grant program
- Improve nutritional health, alleviate hunger, and prevent malnutrition for older adults
- Promote senior friendly hospitals, geriatric emergency departments and elder safe home care
- Monitor MLTSS and CCC
- Eliminate barriers to aging in place
- Promote innovative models to “de-institutionalize” the nursing home environment
- Provide access to health care insurance of the 400,000 low income uninsured persons (62,000 of whom are older adults) in VA
- Ensure voting access for older adults

Chair Barber asked for a motion to accept and approve the report. David Farnum made a motion to accept the 2016 Annual Report and Vernon Wildy seconded the motion. The council voted unanimously to accept the report. Ms. Marschean told members that she will make the report available to members electronically so they can distribute, for instance, to their legislators. Ms. Price asked if there was a definitive plan for the report

in communicating it to legislators. Is there specific legislation being supported? Ms. Marschean noted not at this time; these are general issues.

### **Committee Assignments**

#### **Beth Barber**

Ms. Marschean sent around a sign-up sheet for the various committees of the Council.

### **Healthy Aging Pledge**

#### **Kathy Miller, DARS**

##### **(Handout)**

Healthy People 2020 Initiative will use science-based national objectives to improve the health of all Americans. The Pledge derives from a 3 ½ year collaborative effort between ODPHP, CDC, CDC Foundation, and the Robert Wood Johnson Foundation. This collaborative effort encourages cooperation among communities and sectors, empowers individuals and helps them to make informed health decisions, measures the impact of prevention activities. The push will be to integrate Healthy People 2020 objectives on older adults and dementias topic areas into state-based plans. Virginia's focus will be on:

1. Tobacco use cessation
2. Dementia Friendly communities
3. Evidence-based chronic disease management
4. Oral health

Dr. Allen said that he would share his contact in MN with Ms. Miller for Dementia Friendly communities. Council members also volunteered oral health initiatives of which they were aware.

### **VDA Advisory Boards Website**

#### **Amy Marschean, Senior Policy Analyst**

Ms. Marschean provided a brief overview of the new website for VDA's boards. The DARS Webmaster will attend the January meeting to provide a more in-depth look at the website.

### **Future Meeting Dates**

#### **Beth Barber**

2017 Meetings Calendar: January 25, April 12, July 12, September 20

#### **New Business**

There was no new business for the council.

#### **Public Comment Period**

There were no public comments.

**Meeting Adjournment**

Chair Barber adjourned the meeting at 2:00 p.m.