

Allegany County Community Partnership on Aging

February 27, 2018

Members Present: L. Over, M. Freeland, R. Maiden, K. Bower, K., Badeau, L. Loring, A., Mattison, M. Biddle, J. Miller, A. Cline, V. Kearns, E. Wilkinson, Y. Morris, A. Fitch, M. Harrison, K. Toot, D. Gagne, I Dieteman, D. DeLong.

Next meeting(s): March, 27th, 2017 from 9:00am to 10:30 at the Cross Town Alliance Church, Highland Ave. Wellsville, NY

The Allegany Community Partnership on Aging Meeting was held at the Allegany Resource Association. Bolivar Rd. Wellsville, NY

I. Call to Order

The meeting was called to order at 9am by A. Mattison and M. Biddle. Introductions for the group were started and the agenda for the meeting was passed around for the group.

II. Welcome and Introductions

III.

Teleconference- the Dale Association. Aging Mastery Program- Jennifer

Jennifer provided an overview of the Aging Mastery Program for the group. She noted that the program is firstly a person centered approach. It incorporates a group discussion for members to encourage learning and provides a safe area or zone for the people participating to discuss their concerns. The goal of the program is to develop sustainable behavior that enhanced well-being. She noted that the program has ten sessions or classes to assist people in doing advanced planning. One last key program feature is that it's incentive based. The incentives were offered at three times throughout the program. These were incentives in the following weeks: 2nd-3rd week, 5th-6th, and 10th. They were offered in \$10, \$10 and \$20 increments respectively for the corresponding weeks.

Jennifer noted that the Dale Association chose to use the program as they were approached by NYSOFA and the National Council on Aging. It was an opportunity to provide one program that could cover concisely and comprehensively issues that people face in aging and also could be provided on a regular basis. She noted that some factors that the Dale Association chose to utilize the program are because it incorporates peer support, there is no cost for consumers, and it strengthens ties within the community.

She noted that they participated in the pilot of the Aging Mastery Program. Webinars were a large part of the training for the program and also training booklets are provided with information on AMP. There is a drop box that is available: at dropbox.com that is used through the process online. The www.ncoa.org website provides information about the process as well.

Jennifer noted that program outcomes were rated as excellent, 99% of people that completed AMP would recommend the program to others. Participants noted that AMP would help improve their quality of life and found that it was fun. She noted that the final survey was done in the class, but it is available on the atdropbox website as well.

Jennifer noted that the Dale Association is critiquing AMP to see if it is sustainable and could be utilized long term.

She noted that the 10-week commitment has caused some difficulty and drop-outs with participants. They had sporadic turn out or attendance rates for classes that they have facilitated. They had some difficulty in recruitment to gain participation as well. These things will be considered when the Dale Association determines if they intend to keep AMP as a long term program within their Association. She noted that they are going to send a survey or attempt to reach out to the people that had completed the AMP program in the past.

Jennifer described that AMP uses a point based system, they no longer use this portion of it. They found that the point system was a deterrent for some of the people that were participating. She encouraged reviewing the AMP training booklet and also to get feedback from participants if CPA is to utilize AMP to get a better understanding from the participants on what works.

As additional information about the Dale Association that is relevant to current CPA topics she noted that they utilize television once a month for an hourly show on a public station and also a bi-monthly newsletter. They noted that they have gained increased member ship within the Dale Association in general after the use of the AMP program.

Q and A.

- What ages are targeted? “The program initially targets participants 60 and over, but this was adjusted to include 50 and over.”

- Are successful completions gained from 60% of the classes or if they are required for successful completion to complete all 10? “The program allows for people to make up missed classes, but successful completion was for persons that completed 10 classes.”

- How long are the sessions/classes? An hour and a half

- How is the program cost funded if it is offered at no cost? Grants were used to cover the costs of.

What time of the day were the sessions offered? They were offered in the day time, but night or evenings were explored internally.

Was there any difficulty with transportation? They did not have any difficulty with transportation, but this was because it was offered for NDA members and it was not requested of attendees of AMP.

How much time per week is devoted to the AMP program (as an organization to setup and complete the program)? She noted that it would be around 3 hours per week including the classes and administrative and preparation work for classes.

Do you believe that the program has completed met its respective saturation of the people that are available in their community? She noted that they believed the Dale Association had met it saturation for the area.

Are you interested in branching out to other communities or in training others to provide it in other communities? “There have been talks about both going to other communities and training/showing others what the program entails.”

Melissa Biddle noted also that that Jennifer could be an ongoing resource for implementing the AMP program. Anita Mattison noted that they are newly aware that funding through grants are made available to all 8 counties in western New York. This means that AMP may be feasible and funded within Allegany county.

Dr. Maiden and Dr. Gagne- Alfred University.

Dr. Maiden and Dr. Gagne provided a brief overview and update on the survey that was discussed at the last meeting:

They described that the survey seeks to gain an understanding of barriers that occur in seeking mental health assistance/service for older adults. The survey is looking at participants that are 50 years and older. The sample size they are seeking for the survey is approximately 300 participants. The survey will be available for Cattaraugus, Steuben, and Allegany residents. The information gathered could apply to rural areas, but potentially could be applicable on a national scale.

Dr. Gagne has assisted in getting a survey monkey (online version of the survey) available for participants. The paper versions and online versions of the survey are mirror copies at this point. There are some minor alterations that need to be made in the survey versions that have been found, as an example: the survey asks if participants are interested in completing the survey. This needed for the online format, but will be removed from paper versions of the survey for those that want to fill it out on paper.

As an incentive for filling out the survey there is a raffle/drawing from the participant of 500 dollars. This may be split into 2 winners of \$250. They are seeking ideas and options of gaining these participants that may be interested in completing the survey though.

The group discussed the survey and potential means of gaining participation:

Firstly, the group discussed different means of gaining participants. This included seeking known organizations and programs that provide mental health services; this included services that are specifically older adult programs like senior outreach and those that provide mental health for the general population. The group discussed that organizations that provide programs like: STRAWW and HHNY could be utilized as mental health is an aspect that people may have of accessing these programs and may be a means of gaining participants. Additional non-mental health specific options were discussed as well: doctors' offices, public human service organizations, social senior events, senior publications etc....

The group discussed it if was possible to include open ended questions to discussed individualized barriers as the survey uses mostly yes/no questions and those with scales. The group discussed that an open ended question may allow some participants to provide additional information, but were not sure if this could be added to the survey at this point.

The group discussed how and where participants are sought may impact the ability to gaining participants. The inclusion of geographic areas was considered as within Allegany county for instance Wellsville, Friendship and Cuba seemed to be the largest central locations. It was discussed that some people in other areas may be under represented if one location alone is utilized or if only where mental health programs are located were utilized.

The generational difference of older adults was discussed with the group and if this is to be considered or part of the information gathered in the survey. Dr. Gagne noted that because they are seeking participants 50 years and older generational information may be gained about barriers. She noted that because they are utilizing both paper and online formats for the survey this may allow for the gathering of information across the generations of participants. In addition to generational date, the survey may also gain some information about gender differences. Lastly, a paper option may assist with disparity in more rural areas that was mentioned prior. The group discussed that utilizing post cards to request the survey in a paper format instead of mailing the entire survey to organizations

or potential participants may be a means of increasing the likely hood that a survey will be completed and returned (it may also reduce expenses).

Lastly, the group discussed the potential timeline of the survey to gain the needed participants. They noted that if it takes an extended amount of times this may impact of the how to gain participants. It may also cause some concern for people that are interested in finding out if they have one the raffle prize. Dr. Maiden and Dr. Gagne noted that they need to continue until they have been able to gain the needed sample size. They noted that they may consider utilizing the prize amount of \$500 as means of keeping interest; this could be done by doing a drawing at the midway point of needed participants and after they receive 300.

Kim Toot- Senior foundation.

Kim introduced herself to the group and noted that a member of the Senior Foundation will be in attendance in CPA/LTCC going forward. She noted briefly that the Senior Foundations was formed to assist in providing funding for programs that cannot receive funding or receive limited funding through government organizations: including senior trips, MOW, etc...

Kim noted that the foundation has had an increased focus or goal in utilizing online resources that can help seniors get connected and be made aware various events in the county. They have considered various mediums including the idea of creating or utilizing an app. to make seniors more aware of up-coming events and activities.

- Dr. Gagne noted that Mark Lewis at the college of business at AU may be able to provide or facilitate getting the APP started or potentially have the assistance of students to help create one.

Lynnae Loring, provided an update on the sub-committee.

She noted that ideas were discussed within the sub-committee in identifying communication barriers of the professionals/professional organizations. She invited the members of CPA/LTCC to attend the sub-committee if they are interested. She provided meeting minutes for the sub-committee and noted the name of Bridges was chosen by the group. Attached will be more information on the sub-committee and it's progress.

Round Robin:

Ardent Solutions: M. Biddle

- They have a diabetes prevention program. This will take place at Literacy West NY, Belmont, Ny. Pre-registration is required by 3/5. It is free to participate and participants will receive 50 dollar gift card. Additional information will be with attached documents.
- Suicide prevention training: Safe Talk. Free training, March 12. This training will take place at Literacy West/Core2Learning Center location in Olean, NY. This will be a free training as well.
- CPR/AED/and basic First Aid training. This will be offered to the public at a variety of locations. Organizations can also contact the group to have a trainer come on-site and provide training to the staff.
- M. Biddle introduced Savanah who is interning at ardent.

OFA: A. Mattison- Had no additional updates or information.

ARA: A. Cline- She provided program information to the group and noted that Senior Outreach has availability for referrals.

ACDSS/APS: L. Loring – Had no additional updates or information.

Home Care and Hospice: E. Wilkinson and V. Kearns – Had no additional updates or information.

Alzheimer's Association: K. Badeau – She provide and update and information on an upcoming all day dementia care symposium: Millennium Hotel, Cheektowaga, NY.

ACOFA, ADCSI- Lynn Oyer:

- She provided an update and noted that Alz. Association of Western NY received a grant over the next 3 years for the continued ADCSI effort through OFA in western ny.
- The Basics: Memory Loss, Dementia, and Alzheimer's Disease: Friendship United Methodist Church. 3/29, at 2pm.
- Legal and Financial Planning: Wide Awake Club, Fillmore. 5/15, at 5:30pm.
- Effective Communication Strategies: Box of Books Library, Alfred. 4/24, 2pm.

JMH Medical Practices: Y, Morris. – Had no additional information or updates. She introduced herself to the group.

ICIRCLE- A. Fitch and J. Miller. – J. Miller introduced Audrey to the group. She also noted that Prime care, is a service that they will be representing. She noted that they are transitioning from service coordination to care coordination. It is another division in addition to ICIRCLE that they will be representing. They can partner with for additional care for clients that are seeking assistance with various concerns.

Venture Forthe: - M. Harrison: She noted that they have ample staff to assist client that are seeking assistance in the Wellsville, Cuba, and Friendship areas and encouraged a call or referral for assistance.

Directions in Independent Living – NY Connects: M. Freeland- He noted that DIL has opened a new office in Wellsville NY located at 55 East Fassett St. Wellsville, NY. 585-296-3408. It is offering office hours Tues, Weds, and Thurs for now, but they intend on expanding office hours in the future once the office becomes more operational.

Alfred University: R. Maiden and D. Gagne- Had no additional information or updates. D. Gagne introduced herself to the group.

Senior foundation Kim Toot – Had no additional updates or information. She introduced herself to the group and noted her former position at ACOFA.

Total Senior Care – no additional information or updates at this time. – M. Biddle provide a kudos of their OT/PT that was offered during 'a matter of balance' class.

Eden Heights of Olean- D. Delong- She provided a brief in regards to the organization and availability to assist Allegany residents if needed. She noted this was her first CPA since her change in position from TSC.

Absolute of Houghton - K. Bower - She provided a reminder of the senior ball on 3/16: 10am. This will include a dance, drawing, and formal photo shoots, It is for residents of SNF, Assisted living facilities, etc.... Deadline for facilities to sign up to participate is 3/9. It will be held at Good Times in Olean. 585-567-2207, cell 585-689-0425.

OFA- NY Connects - I. Dieteman. She noted that another HEAP/ emergency heap is available if needed. This means that there are two emergency heap benefits in addition to the regular heap aware that clients may be able to take advantage of if needed.

OFA – A. Mattison – Anita noted that in the imminent future that Irene will be out on medical leave and Mike will be the only available NY Connects worker available within Allegany county.

V: Next meeting(s): March 27th, 2017. from 9:00am to 11:00am at the ARA Counseling Center, Bolivar Road, Wellsville, NY, 14895

VI: Adjournment:
Meetings adjourned at 10:45 am