



GOVERNOR'S ADVISORY COUNCIL ON AGING

October 13, 2021, 10:00 AM

Hybrid Meeting

1700 West Washington Street, PHOENIX, ARIZONA 85007

A general meeting of the Governor's Advisory Council on Aging was convened on October 13, 2021, in a hybrid format, 1700 West Washington Street, Phoenix, Arizona 85007, notice having been duly given.

Members Present (14)	Members Absent (2)
Terri Spitz, Vice Chair	Lisa O'Neill, Chair
Belinda Akes	Barbara Marshall
Bert Ijams	
Bonita Imus	
Brenda Holt	
Carol Brown	
Jaime Aguilar	
Lela Alston	
Nicole Baker (proxy for Arizona Department of Veterans Services)	
Shelli Silver	
Steve Wagner	
Tim Dunn	
Teresa Manygoats	
Virginia Rountree	
Staff and Guests Present (5)	
Kim Brooks	Laura Morehouse
David Coon	Mary Beals Luedtka
Sarah Boerner	

Call to Order

- **Terri Spitz, Vice-Chair**, called the Governor's Advisory Council on Aging meeting to order at 10:00 a.m. with 14 members and 5 staff and guests present. **Terri** welcomed **Senator Lela Aston** and **Representative Tim Dunn** as the newest members of the Council. **Terri** reviewed the procedures of how the hybrid meeting would be facilitated and welcomed all those present.

Roll Call

- **Terri Spitz, Vice-Chair**, conducted a roll call of the Council and took note of Councilmember proxies.

Approval of Minutes

- **Terri Spitz, Vice-Chair**, requested a review of the **August 11, 2021** meeting minutes. **Carol Brown** noted that under the Workgroup Updates section the reference to the Arizona State Plan on Aging should be changed to reference the Alzheimer's State Plan.
 - **Carol Brown** moved to accept the **August 11, 2021** minutes with the amendment.
 - **Brenda Holt** seconded the motion.
 - The motion passed with no dissenting votes at 10:07 a.m.

Arizona Alzheimer's Consortium

- **Terri Spitz, Vice-Chair**, introduced **Dr. David Coon**, Associate Dean of Research Initiatives, Support, & Engagement and Professor at Edson College of Nursing & Health Innovation at Arizona State University, for a presentation on the Arizona Alzheimer's Consortium (AAC). **Dr. Coon** began his presentation by highlighting the contents of the 2021 AAC Annual Report and providing background on the AAC. The AAC was established in 1998 and is widely recognized as one of the nation's most prominent multi-institutional research collaborations in biomedical research. The research is funded primarily in two ways: from the National Institutes of Health (NIH) National Institute on Aging (NIA) and from funding that is provided by the state from year to year. AAC's institutional partners also match their state funding. Its seven-member institutions include Arizona State University, Barrow Neurological Institute, Mayo Clinic Arizona, Banner Sun Health Research Institute, Translational Genomics Research Institute (TGen), The University of Arizona, and Banner Alzheimer's Institute. There are more than 250 researchers that are part of the Consortium. Additionally, there are also five associate member institutions: Midwestern University, the Critical Path Institute, Northern Arizona University, Banner Alzheimer's Institute-Tucson, and The University of Arizona College of Medicine-Phoenix. The AAC is also interested in attracting senior scientists, who are well established in their fields, to see how their models and the work they have done can impact and influence Alzheimer's disease. Regarding outreach and education, the AAC has extensive programs for healthy living for adult patients and family caregivers. The Consortium also has an emphasis on serving underserved populations in Arizona, particularly with the Hispanic/Latino communities and Native American communities. The AAC is currently working with scientists to look at blood-based biomarkers and the role they play in informing preclinical Alzheimer's disease and to help find treatments/cures. Last year alone, over 500 new publications were generated by AAC researchers and the AAC had more than 200 active grants and contracts. During the COVID-19 Pandemic, AAC and its partners have begun to characterize the cognitive biomarker, neuropathy, and other long-term effects of COVID-19 on persons. One of the AAC's partners was recently awarded a \$60 million grant as part of the Precision Aging Network to expand cognitive health to match with longevity. The AAC has also been instrumental in advancing the Alzheimer's Prevention Registry and Mindcrowd. **Dr. Coon** extended an invitation for Councilmembers who would like to participate in a workshop or evidence-based training from the AAC to let him know.
- **Rep. Tim Dunn** inquired whether the \$60 million grant was from the federal government. **Dr. Coon** responded by stating that that grant was awarded by the NIA.

Alzheimer's Association

- **Terri Spitz, Vice-Chair**, introduced **Sarah Boerner**, Director of Development at the Alzheimer's Association - Desert Southwest Chapter, for a presentation on the Walks to End Alzheimer's. **Sarah** began her presentation by providing background information on the Walk to End Alzheimer's. The Walk to End Alzheimer's is the Alzheimer's Association's signature community event to help raise awareness and hope for breakthroughs in Alzheimer's and other dementias. There are over 600 community events that occur around the nation, six of which occur in Arizona. These Walks will be in-person this year with the option to also walk from home. Throughout 2021, the Association has seen that 50% of participants have attended the in-person walks. The Association is closely following guidance from the Centers for Disease Control and Prevention to ensure the safety of in-person participants. To register for a walk in Arizona, visit <https://www.alz.org/dsw> for details.

Arizona Poison and Drug Information Center

- **Terri Spitz, Vice-Chair**, introduced **Laura Morehouse**, Community Outreach Coordinator for the Arizona Poison and Drug Information Center (AzPDIC). **Laura** began her presentation by providing an overview of poison control. The first poison control center was established in Chicago in 1953 and in 1955 the Tucson, Arizona center was established, which later became the AzPDIC. The original intent of these centers was to serve as front-line responders to poison emergencies. The National Poison Data System (NPDS) is a near real-time snapshot of poison call conditions nationwide. The NPDS database is a flexible and adaptable system that can be used to: identify early indicators for chemical exposures occurring at multiple sites throughout the U.S.; identify emerging problems that may be associated with newly introduced household products, pharmaceuticals, or pesticides; identify illnesses resulting from intentional or unintentional chemical exposures; and monitor the frequency of reports involving potentially abused substances. The Poison Help Line, 1-800-222-1222, was created by the Poison Control Enhancement and Awareness Act of 2000. Calls that come to the helpline are routed by area code. All poison control centers around the nation are available 24 hours a day, seven days a week for 365 days a year. Calls are free, confidential and they have medical experts available to help and can provide services in over 150 languages. Poisoning can happen to anyone, not just young children. **Laura** noted that there has been a large shift in the people who call in for services for the older adult population. AzPDIC receives about 30,000 calls per year. This is a significant decrease in call volume since 2012 when they would get 70,000 calls per year. 60% of calls received are poisoning cases and 40% are informational requests. During the COVID-19 Pandemic, AzPDIC was also running the COVID-19 Helpline. AzPDIC serves 14 Arizona counties while Maricopa County is served by a separate poison center. AzPDIC provides a variety of services that include research, education, and emergency preparedness. Approximately 70% of Poison Control Center (PCC) cases are managed at home. Of those, 70% would have gone to the emergency room if a poison center was unavailable. This saves approximately \$26 million a year in unnecessary medical expenditures due to the efforts of the PCCs. The national poison center network is recognized to be the second most effective public health program in America, bested only by vaccination programs in terms of results achieved per public dollar invested. Regarding older adult populations, of the over 2,200 calls annually by those age 65 and older, calls predominantly involve drug safety counseling, exposure management, and cannabis safety. Drug safety counseling involves providing information on drug-drug interactions, unsafe medications in older adults using Beers Criteria, home and hospital management, and adverse drug events. AzPDIC is one of the few sources offering drug-drug interaction information for cannabis and prescription and over-the-counter medication. Adverse drug reactions are responsible for 3-10% of all hospitalizations annually among older patients. The full presentation can be found at <https://goyff.az.gov/meeting/gaca/2021/10/13>.
- **Belinda Akes** inquired about whether AzPDIC takes note of the location where people buy their cannabis to support Arizonans not receiving tainted cannabis. **Laura** responded by stating that AzPDIC does ask about that when they receive a call but will follow up with her team on the specific details.
- **Rep. Tim Dunn** inquired about whether you can ask your questions via text when you text POISON to 797979. **Laura** clarified that when you text POISON to 797979, your mobile phone device will prompt you to create and save a contact in your phone for the Poison Help Line. Some PCCs offer texting services, however, at this time, AzPDIC currently does not.

Update on State Plan on Aging

- **Terri Spitz, Vice-Chair**, provided an update on the State Plan on Aging. In spring, the Council received a presentation from the Arizona Department of Economic Security (DES) regarding the State Plan on Aging. The Council leadership had originally planned to bring this to the full council to discuss the Council's recommendations; however, the due date to provide recommendations was moved up considerably. This prompted the Council leadership, in partnership with the Aging In Community Workgroup, to create recommendations on behalf of the Council. These recommendations have been forwarded to DES for consideration to be included in the next plan on aging for 2022-2026. The recommendations are as follows:
 - Dementia Education Training for Adult Protective Services or First Responders - The Aging in Community Workgroup will support a 1-hour training once a year (with a total of four) in different areas of the state utilizing the Alzheimer's Association's curriculum.

- Alzheimer's State Day at the Capitol - Ensure three Council members attend the event and provide a report back to the Council.
- Caregiver's State Day at the Capitol - Ensure three GACA members attend the event and provide a report back to the Council.
- Attorney General's Task Force Against Senior Abuse - Ensure that one to two Council members attend scheduled meetings and provide reports back to the Council.
- Alzheimer's State Plan - When this task force is reactivated, ensure that one to two Council members indicate interest in joining the task force and/or attend scheduled meetings and report back to the Council.
- **Terri** noted that the Alzheimer's Task Force has designated roles and that Council members would be encouraged to apply if appropriate to serve in those roles. She then invited **Carol Brown** and **Brenda Holt**, Co-Chairs of the Aging in Community Workgroup, for additional comments. **Brenda** remarked that she was pleased with the recommendations as they reflect the work that the Council is engaged in. **Carol** added the discussion was robust and the efforts of the Council's leadership and members of the Workgroup were greatly appreciated in moving deliberately to get the recommendations over to DES. DES has accepted these recommendations without revision.

Councilmember & Liaison Roundtable

- **Terri Spitz, Vice-Chair**, noted that **Dr. O'Neill, Chair**, was not present and that no report was submitted.
- **Terri Spitz, Vice-Chair**, noted that **Barbara Marshall** was not present and that no report was submitted.
- **Terri Spitz, Vice-Chair**, introduced **Belinda Akes** for an update from the Pinal-Gila Council for Senior Citizen Council. **Belinda** informed Councilmembers that she will be transitioning from the Advisory Board for Pinal-Gila Council for Senior Citizen Council to its Board of Directors. In response to the direct care worker shortage, the Arizona Department of Economic Security (DES) made funding available to her agency to offer incentive pay to home care workers employed by contracted providers. They intend to offer incentive pay before the end of the year and have raised in-home service provider rates by 11%. They are hopeful that the combined incentives will aid in recruitment and retention. The Santa Cruz Valley Food Bank continues to distribute food to those in need.
- **Terri Spitz, Vice-Chair**, introduced **Bert Ijams** for an update from the Prescott Meals on Wheels. **Bert** thanked **Carol Brown** and the members of the Aging in Community Workgroup for their work on the recommendations for the State Plan on Aging. She informed Councilmembers that there might be an upcoming opportunity to work with Meals on Wheels America to provide meals to individuals recently discharged from hospital care in her service area. Prescott Meals on Wheels recently provided U.S. Representative Paul Gosar a ride-along to showcase the services that Meals on Wheels provide. Due to the high rates of COVID-19, the senior center had to close their dining hall, but they are still providing meals through alternate methods.
- **Terri Spitz, Vice Chair**, introduced **Bonita Imus** for an update from the Arizona Indian Council on Aging. **Bonita** informed Councilmembers that the Inter Tribal Council of Arizona, Inc., (ITCA) Area Agency on Aging (AAA), Region 8 will be providing winter weatherization education throughout their communities. They are also working with the American Association of Retired Persons (AARP) on their annual blanket project to provide over 1,000 blankets to homebound elders. They have also initiated training at senior centers to assist homebound elders in mitigating social isolation. ITCA is also working on completing its food box project by the end of October, providing over 3,700 elders with food during the winter months.
- **Terri Spitz, Vice-Chair**, introduced **Brenda Holt** for an update from the Arizona State Office of AARP. **Brenda** informed Councilmembers that the state office was happy to help ITCA with their blanket project. The state office is also looking into providing 500 first aid kits to those homebound elders as well. The state office is currently working with the Division on Aging's 13 senior centers in Tuba City to help them keep their kitchens operational to feed their more than 5,800 aging residents. AARP recently conducted a survey with OH Predictive Insights. The survey shows that Arizona voters across the aisle agree on the need for affordable medication and action by their members of Congress. AARP is advocating to get hearing, vision, and dental coverage provided under Medicare. They are also looking to evaluate their long-term care programs. AARP

is engaged in utilities work on numerous fronts, namely Arizona Public Service (APS) rate cases and disconnection of services. AARP is also working on increasing broadband connectivity for underserved populations. Alzheimer's disease has been an important initiative of AARP. To commemorate AARP's 60th Anniversary in 2018, AARP invested \$60 million to the Dementia Discovery Fund. Dana Kennedy, the Arizona state director for AARP, has been named Woman of the Year by the Arizona Capitol Times.

- **Terri Spitz, Vice Chair**, introduced **Carol Brown** for an update from the Western Arizona Council of Governments (WACOG) Area Agency on Aging. **Carol** informed Councilmembers that their western chapter held an event for Elder Abuse Awareness Day. The Western Chapter of the Arizona Falls Prevention Coalition was moved to <https://www.azstopfalls.org/>. WACOG is also going to work with the Share the Love Foundation to partner on WACOG's companion pets project to place the pets in memory care units, assisted living homes, and skilled nursing facilities. Alzheimer's State Day at the Capitol is scheduled for in-person on February 23, 2022. The Yuma Walk to End Alzheimer's will occur on November 13, 2021. WACOG is working on providing mandated reporter training for elder abuse and public education around elder abuse.
- **Terri Spitz, Vice-Chair**, noted that **Jaime Aguilar** stepped away from the meeting.
- **Terri Spitz, Vice-Chair**, noted that **Senator Lela Alston** stepped away from the meeting.
- **Terri Spitz, Vice-Chair**, introduced **Nicole Baker** for an update from the Arizona Department of Veterans Services (ADVS). **Nicole** informed Councilmembers that the ADVS has been able to expand one of their financial assistance programs, the Military Family Relief Fund, due to recent legislation from the Arizona Legislature. This allowed the program to expand its eligibility requirements to allow more older veterans access to the fund. ADVS has also been working with the Arizona Health Care Cost Containment System (AHCCCS) to connect older veterans to mental health services. ADVS is in the process of publishing the results to its transportation study. Of the veterans surveyed, 51.2% have experienced some sort of transportation barrier. The report will not only include the study's results but also provide some possible solutions. The state veteran homes are also nearing completion.
- **Terri Spitz, Vice-Chair**, introduced **Shelli Silver** for an update from the Arizona Health Care Cost Containment System (AHCCCS). **Shelli** reminded Councilmembers that the American Rescue Plan Act of 2021 (ARPA) provides states funding to enhance, expand, and strengthen home and community-based services (HCBS). In order to access these funds, states must submit a spending plan request to the Centers for Medicare and Medicaid Services (CMS) for approval. AHCCCS submitted its spending plan request on July 12, 2021 for \$1.5 billion in funding. The funds will need to be expended by March 2024. On September 28, 2021, AHCCCS received partial approval from CMS for their spending plan. AHCCCS also submitted a response to CMS to assure their plan. AHCCCS will still need to seek expenditure authority from the state legislature before any of the funds could be spent.
- **Terri Spitz, Vice-Chair**, introduced **Steve Wagner** for an update from The RightCare Foundation. **Steve** lauded the efforts of the Council to recommend Council representation at the Attorney General's Task Force Against Senior Abuse. He is also appreciative that **Senator Lela Aston** and **Representative Tim Dunn** have joined the Council and thanked them for their support. Regarding A.R.S. 36-420 and A.R.S. 36-421. The RightCare Foundation continues to work with stakeholders to ensure the proper implementation of these statutes.
- **Terri Spitz, Vice-Chair**, provided an update from the Desert Southwest Chapter of the Alzheimer's Association. **Terri** reminded Councilmembers of the Walks to End Alzheimer's in Arizona. She also informed the Council that the Desert Southwest Chapter has partnered with the New Mexico Chapter to do community forums on the Navajo Nation. Through a partnership, they were able to provide critical information on Alzheimer's.
- **Terri Spitz, Vice-Chair**, introduced **Representative Tim Dunn** for an update. **Representative Dunn** informed Councilmembers that he has been engaging with stakeholders and other members on issues for the upcoming session. He noted that he was appreciative of the opportunity to serve on the Council and will work hard to inform other legislators of the important work of the Council.
- **Terri Spitz, Vice-Chair**, introduced **Teresa Manygoats** for an update from the Arizona Department of Health Services (DHS). **Teresa** informed Councilmembers that DHS had recently created the Arizona Health Improvement Plan. The fifth health priority for the department will be pandemic resilience and recovery. ADHS

held a public forum on October 5, 2021 to solicit feedback. The department also recently launched a new media campaign in August 2021 called Be Connected.

- **Terri Spitz, Vice-Chair**, introduced **Virginia Rountree** for an update from the Arizona Department of Economic Security (DES). **Virginia** informed Councilmembers that a first round of surveying had been conducted on care providers to get a baseline on what they know about abuse, neglect, and reporting. Another survey will go out that is more client-focused. DES will be working with AHCCCS on a marketing campaign that will focus on abuse and neglect after AHCCCS receives expenditure authority from the state legislature. The Adult Protective Services (APS) created a new system that they use to manage all of their referrals and cases. On the DES website, there is computer-based training for mandated reporting on elder abuse. Medicare open enrollment begins on October 15, 2021 and ends on December 7, 2021.
- **Terri Spitz, Vice Chair**, introduced **Mary Beals-Luedtka** for an update from the Arizona Area Agencies on Aging (AZ4A). **Mary** informed Councilmembers that all regions are focused on vaccinations and access to them. Pima Council on Aging (PCOA). PCOA is working with the Arizona Center for Empowerment to conduct a robust canvassing and phone banking campaign. To date, PCOA funded canvassers have knocked on more than 43,000 doors and made more than 20,000 phone calls. Over 7,000 people have made a commitment to get themselves, and their friends and family vaccinated. In October, PCOA plans to onboard a Senior Field Organizer to increase these efforts. A PCOA top priority continues to be recruitment and retention of the direct care workforce to serve older adults. In Pima County, PCOA has assessed and authorized more than 250 people for in-home services, but their providers cannot find direct care workers to serve the individuals due to the workforce shortage. The Northern Arizona Council of Governments Area Agency on Aging (NACOG-AAA) held a meeting with all of their home care providers to solicit input on how best to help them recruit, train, and retain Direct Care Workers. In addition, a rate increase will be added to contracts on November 1, 2021. Part of the increase will go directly to the Direct Care Workers.
 - Region 1: Domestic Violence Awareness Month is October. Region 1 team members participated in a press event with the Maricopa County Association of Governments, AZ Coalition to End Sexual and Domestic Violence, Arizona Department of Economic Security, and Maricopa County Attorney's Office. The event was held at the domestic violence memorial on the grounds of the Arizona State Capitol. The theme was "Dignity Denied" and focused specifically on older adults. The Agency's DOVES program was recognized. The City of Phoenix has approved an additional two million dollars for the Agency to continue the Goods2Home program. The funding, which will be distributed over three years, will allow the Agency to serve nearly 3000 clients, living in senior housing, by providing them a kit of household cleaning supplies.
 - Region 5: Pinal-Gila Council for Senior Citizens was awarded a \$127,000 grant from the Department of Economic Services/Department of Aging to support the expansion of the Meals on Wheels Central Arizona kitchen. The facility was built in 2020 and currently serves 175 individuals living in three central Pinal communities, as well as those residing in unincorporated areas of the county. The project, which includes the addition of a new walk-in freezer unit and enlargement of refrigeration space, will allow Pinal-Gila to expand nutrition services to unserved areas including Maricopa and San Tan Valley. The project is expected to begin in November and be complete by January 2022. Pinal-Gila's SHIP & SMP programs are also preparing for Annual Medicare enrollment (October 15 to December 7), hosting eight community enrollment events in Gila and Pinal counties. The program originally had 17 events scheduled; however, with the increasing COVID-19 percentage rate in Gila county, several events have been canceled. The program staff supports enrollments over the phone and by appointment in the office.
 - Region 6: The Southeastern Arizona Governments Organization Area Agency on Aging (SEAGO-AAA) announced the transition of the Santa Cruz County Case Management program to in-house. A case manager has been employed, overseeing the county's most vulnerable adults, disabled, and its caregiver's needs. Santa Cruz County supports the Area Agency on Aging with an in-kind donation to house their case manager within the county complex. The transition is a step in the right direction to planning Cochise County's transition soon. SEAGO-AAA has purchased a license and is progressing to resuming the Chronic Disease Self-Management (CDSMP) program in Region VI.

Two staff members partnered and received their Lay Leader training through PCOA and the Pima County Health Department. The CDSMP program opens up the possibility for cooperation with County Health Departments and will strengthen outreach in Graham and Greenlee Counties.

- Region 8: ITCA-AAA and the Indian Health Service (IHS) created the Falls Prevention Project to promote Falls Prevention Awareness Week in September. ITCA-AAA and Tribal communities met with Iowa State University Extension & Outreach program to discuss the success of the Powerful Tools for Caregivers teleconference pilot project. The ITCA-AAA Director attended U.S. Senator Mark Kelly's Senior Citizen Advisory Group Meeting to provide regional updates on rural and Tribal concerns.

Workgroup Update

- **Terri Spitz, Vice Chair**, introduced **Carol Brown** and **Brenda Holt** for an update on the Aging in Community Workgroup. **Carol** informed Councilmembers that the Workgroup's last meeting covered recommendations on the State Plan on Aging. The subsequent meetings will focus on the Workgroup's goals. The Workgroup will also work with **Kim Brooks** to capture information regarding how each Council member supports the Walks to End Alzheimer's.

Upcoming Meeting

- **Terri Spitz, Vice-Chair**, reminded Councilmembers to mark their calendars for their next meeting on December 15, 2021 in a hybrid format, with in-person and virtual (as needed) options. **Terri** noted that the Arizona Caregiver Coalition has extended an invitation to Council members to attend a town hall meeting on November 16, 2021, and to please inform Kim if you are interested in attending.

Adjournment

- **Terri Spitz, Vice-Chair**, thanked everyone for being part of the meeting and asked for a motion to adjourn the meeting.
 - **Teresa Manygoats** moved to adjourn.
 - **Virginia Rountree** seconded the motion.
 - The motion passed with no dissenting votes and the meeting adjourned at 12:00 p.m.

Dated 13 of October 2021
Governor's Advisory Council on Aging
Respectfully Submitted By:
Vianney M. Careaga
GOYFF