

<b>ATTENDED</b>	<b>INVITED ATTENDEES</b>	<b>REPRESENTING</b>
<b>Y/N</b>	<b>Members</b>	
Excused	Karla Aguirre (proxy for Jon Pierpont)	Utah Department of Workforce Services
N	Representative Stewart Barlow	Utah House of Representatives
N	Mayor Ron Bigelow – West Valley City	Utah League of Cities and Towns
N	Barry Burton	UT Association of Counties
N	Patty Conner (proxy for Val Hale)	Governor’s Office of Economic Development
N	Michael S. Cupello	Public Safety Sector
Excused	David C. Gessel	Health Care Provider Industry
N	Val Hale	Governor’s Office of Economic Development
N	Danny Harris (proxy for Alan Ormsby)	Aging Advocacy Organizations
Y	Andrew Jackson	Public Transportation
Y	Becky Kapp – Chair	UT Area Agencies on Aging
Y	Gary Kelso	Long-Term Care
Y	Tracey Larson	Financial Institutions
Y	Alan K. Ormsby, JD	AARP, Aging Advocacy Organizations
Y	Anne Palmer (Executive Director)	Utah Commission on Aging
Y	O. Fahina Tavake Pasi	Ethnic Minorities
N	Robert Rolfs, MD	Utah Department of Health
N	Senator Brian Shiozawa, M.D.	Utah Senate
N	Angie Stefaniak (proxy for D.Patton)	Utah Department of Health
N	Lana Stohl (proxy for Ann Williamson)	Department of Human Services
Y	Mary Street	Business Community
Y	Mark Supiano, M.D.	Higher Education
N	Nate Talley	Governor’s Office of Management and Budget
N	Bette Vierra	General Public
Excused	Deepthi Rajeev	Charitable Organizations
N	Ann Silverberg Williamson	Department of Human Services
Y	Troy Wilson, JD	Legal Profession
	<b>Invited Guests</b>	
N	Troy Andersen	Neighbors Helping Neighbors
Y	Jason Bowcut	Utah Division of Arts and Museums
Y	Cathy Chambless	Center for Public Policy and Administration
Y	Lindsay Crosby	Dept. of Workforce Services
Y	Ken Crossley	EngAGE Utah
N	Ronnie Daniel	Alzheimer’s Association, Utah Chapter
Y	Duncan Evans	Governor’s Office of Management and Budget
N	Hailey Hadean	Director, Adult Day Services Neighborhood House
N	Cole Hansen	Gov.’s Office of Management and Budget
Y	Representative Rebecca Chavez-Houck	Utah State House of Representatives
Y	Stephen Jardine	Office of the Legislative Fiscal Analyst
Y	Margene Luke	Utah Coalition of Caregiver Support
Y	Shawn McDonough	SLC Mayor’s Office
N	Nancy McGee	Intern, Salt Lake County Active Aging
Y	Lynn Meinor	UDOH Alzheimer’s Coordinator
N	Daniel Musto	Utah Department of Health
Y	Melissa Proctor	Utah Foundation
N	Ellen Silver	Jewish Family Service
N	Richard Starley	Utah Senior Village
N	Cindy Turnquist	Sage Hill Cohousing
Y	Gina Uhlstein	Commission on Aging
Y	Ralph Vaughn	Davis Co. Senior Services Advisory Board
Y	STAFF – Holly Abel	UCOA Program Coordinator

## Utah Commission on Aging April 2015 Meeting MINUTES

**Date:** Wednesday, August 12, 2015 ~ **Time:** 12:00-1:30 PM

**Location:** Tenth East Senior Center -237 South 1000 East, Salt Lake City, UT 84102

**Luncheon Served** **12:00- 12:05 PM**

**1. Welcome, Minutes Approval – Becky Kapp** **12:05 -12:10 PM**

No additions or changes were suggested. The minutes from June 2015 were approved unanimously.

**2. Introductions - All** **12:10 - 12:20 PM**

26 people were present.

It was noted that Holly Abel, Program Coordinator for the Commission has accepted a new position as Executive Assistant to the UU Geriatrics Division. She will no longer be coordinating these meetings. Graduate Assistant Gina Uhlstein will work part-time with the Commission beginning Aug. 24.

**3. Mountainland Gov't Study on Aging Needs & Services - Melissa Proctor** **12:20 -12:35 PM**

Melissa Proctor was introduced by Andrew Jackson. They are looking for things that are complimentary to the legislature's aging initiatives. Melissa Proctor's presentation summarized directions for the ongoing study of aging services need.

- In 1965 the Older American's Act was passed (home and community based services)
- Melissa shared statistics showing the vast savings the state would make if more funding were appropriated to aging services such as Meals on Wheels and other programs that specifically help older people stay living in their homes, preventative programs, and caregiver support programs all of which lower state costs.
- "Older people are not analogous to an epidemic or a tsunami. They don't represent a natural disaster like a hurricane where you can allocate one time funds... [the] aging population requires ongoing funding and services." – Becky Kapp, Salt Lake County Division of Aging and Adult Services
- Nutrition needs are being met by meals on wheels throughout the state. But the funding mainly comes from counties and not state, which places a heavy burden on smaller counties.
- 83% seniors receiving meals on wheels say it helps them stay in their home and there has been a direct correlation to saving Medicaid expenditures to the state.
- Caregiver Support Services: 382,000+ Utahns act as caregivers. Their service is valued at \$4.2 billion annually. The majority of caregivers of elderly are considered the "sandwich generation" who are not only caring for the many needs of the elderly, but also caring for their own children living at home. Providing caregiver support and respite is greatly needed.
- **Alternatives** Program offers a savings to the state of over \$2.5 million.
- In conclusion, investing in Aging Services reflects Utah Values, will save the state millions of dollars, and will help increase quality of life in not only the older person population but also caregivers and their families.

#### 4. Death with Dignity Legislation - Rebecca Chavez-Houck

12:35 -12:55 PM

- Representative Chavez-Houck shared a presentation outlining and explaining her new proposed legislation, [HB391](#) – the Utah Death with Dignity Act.
- Rep. Chavez-Houck shared a an article written by Bryan Schott Posted in Today At Utah Policy entitled “[More Than 6 in 10 Utahns Favor ‘Right-to-Die’ Legislation](#)” which reported that a UtahPolicy.com survey found 63% of Utahns favor allowing patients the ability to elect to die if they were diagnosed as terminal by two doctors. 30% of Utahns were opposed.
- Proponents of “right to die” legislation say it provides a dignified way to end the life of someone who is facing a drawn out and painful death. Opponents say it amounts to the State condoning suicide.
- Rep Chavez-Houck is committed to dispelling common myths about Death with Dignity. She shared a 5 page handout entitled “*H.B. 391 – Utah Death with Dignity Act: In your time, on your terms.*”
- HB391 is modelled after the [Oregon Death with Dignity Act](#), which has been implemented for 17 years, and Washington State implemented a similar law in 2008. HB391 also draws heavily on articles published by [Dr. Linda Ganzini, MD, MPH](#), Professor of Geriatrics Psychiatry and Cancer Prevention and Control with the VA Portland Health Care System (VAPORHCS). Dr. Ganzini will be giving Internal Medicine grand rounds at the U of U this fall.
- Washington State found that since 2008 1,328 people have been prescribed the Death with Dignity fatal dose, but only 859 have used it.
- Rep. Chavez-Houck discussed many specific requirements for a person to be eligible for Death with Dignity, including having established residency in Utah, being deemed fully capable of making the decision themselves including not being suicidal, and no diagnoses of Alzheimer’s or dementia. Participants must administer the dose to themselves with no coercion.
- If coercion or assistance of any kind is given at a participant’s death it will be considered a First Degree Felony.
- The story of Brittany Maynard was shared; a young woman diagnosed with terminal brain tumor shortly after her wedding who chose to establish residency in Oregon State so that she could end her life through the Oregon Death with Dignity option. A video about her experience can be viewed [online here](#). More information about the Brittany Maynard Fund and ongoing activism spearheaded by her mother and husband can be found at [www.thebrittanyfund.org](http://www.thebrittanyfund.org).
- Alan Ormsby asked if the Utah Physicians association has been polled. Rep. Chavez-Houck responded they have not yet.
- Margene Luke asked if the Utah Caregiver’s association, and other care providers across the state have been polled. Rep. Chavez-Houck responded they have not yet.
- Troy Wilson, JD raised the point there are many complex legalities connected to “right-to-die” legislation. He asked what would happen if the person who was deemed competent at the time of receiving their end of life prescription was no longer competent when the moment arrived.

- In conclusion, Rep. Chavez-Houck shared a list of other resources and links that people could visit.

## **5. Preview of October Strategic Planning - Becky Kapp and Anne Palmer 12:55 - 1:10 PM**

The October 14<sup>th</sup> Commission will be a strategic planning meeting. We are encouraging only appointed Commission members to attend this meeting.

Becky Kapp shared a story of 94 yr. old man with Alzheimer's who became homeless and was passed from place to place with no one knowing how to help him. She raised awareness that the homeless population has a large percentage of elderly. She noted that many homeless seniors, low-income seniors and immigrants go to the Liberty Senior Center on 7<sup>th</sup> South and 2<sup>nd</sup> East each day, so that they can "be safe". The Liberty Senior Center also provides two meals per day and the average donation is only \$.80 cents with many not able to donate, which is a reflection of the poverty level of the seniors being served.

## **6. Alzheimer's State Plan Specialist Introduction - Lynn Meinor 1:10 - 1:15 PM**

Lynn Meinor, the new Utah Department of Health Alzheimer's Coordinator, is organizing a council to help prioritize implementing the state plan. Their first meeting will be the end of September. Please contact her if you would like to be a part of that council. Email: [lmeinor@utah.gov](mailto:lmeinor@utah.gov)

Rep. Chavez-Houck asked if diverse populations will be discussed and included? Lynn confirmed that they would.

The **Utah Alzheimer's Walk** will be held Saturday, September 12, 2015 at Salt Lake Library Square  
Registration at 9am | Ceremony at 10am | Walk at 10:30am [http://act.alz.org/site/TR?fr\\_id=7855&pg=entry](http://act.alz.org/site/TR?fr_id=7855&pg=entry)

## **7. EngAGE Utah – Ken Crossley 1:15 - 1:20 PM**

Ken Crossley is the founder and director of [EngAGE Utah](#). Ken shared that studies have proved older adults who are engaged in creativity have reduced long-term care, fewer falls, and less memory loss. The "Creative Aging" initiative is a network of teachers, artists and healthcare professionals who want to advance the arts and life-long learning, wellness, and intergenerational programs.

Ken is passionate about this subject and it was one of the reasons why he travelled to Honolulu recently to present the Alive Inside film with Anne Palmer to the international Generations United Conference.

The [National Center for Creative Aging](#) (NCCA) has recently contracted with Florida University. They will be releasing free arts-oriented training videos to caregivers of Alzheimer's patients and family members.

On September 11-12, 2015 in Fillmore the 19<sup>th</sup> Annual [Old Capitol Arts and Living History Festival](#) - all are invited to attend. Ken shared a handout with more info about this storytelling festival.

EngAGE Utah has partnered with the National Foundation of the Arts and is receiving training in "Creative Aging." Jason Bowcutt attended today's meeting as a representative of that foundation and is looking at State policies and procedures to be sure to cater their partnership to our state needs.

Anne Palmer shared that Ken Crossley has been very dedicated to showing the film Alive Inside in Utah County, and he is working on getting it shown during “Careers in Aging” week at BYU.

**8. Other items of business / announcements**

**1:20 -1:30 PM**

- **Mark Supiano** asked members if anyone has been using “Reminiscence Therapy” – a visual arts program to encourage making memories. Gary Kelso answered that he has had some knowledge and use of that. Gary Kelso and Mark Supiano will connect and talk further on this. Gary will also partner and connect with Ken Crossley.
- Note: A Good4Utah news story focused on “Reminiscence Therapy. It can be [seen here](#).
- **Becky Kapp** shared that there has been a moratorium for people living in nursing homes to be reinstated to their own homes. That moratorium has now been lifted through the “New Choices Waiver”. It is required that candidates have lived 1 year in Care Center / assisted living to be eligible. There will be windows 3 times a year when people may apply to the New Choices Waiver under new rules of operation.
- **Mark Supiano** shared that the HRSA Grant has been awarded for the creation of the **Utah Geriatrics Center** housed at the **UU College of Nursing**. There will be many partners collaborating in the new Geriatrics Center – including UU departments and faculty, Health Insight, Utah Caregivers Association, the Commission Executive Director Anne Palmer, Social Workers, Home health care workers, nursing home caregivers, nurses and physicians who care for aging adults, Mission Health, Avalon, and over 2 dozen care centers across the state. The Utah State Alzheimer’s plan will be incorporated and promoted through this new center.

**Meeting Adjourned**

**1:30 PM**

**2015 Bi-Monthly Commission Meeting Schedule**

- Wed. Oct. 14, 2015 12-1:30 PM ~ Location: Utah Capitol East Senate Building – Aspen Room
- Wed. Dec. 9, 2015 12-1:30 PM ~ Location: University of Utah Union Building – Parlor A.

Minutes prepared by Holly Abel, Administrative Program Coordinator <a href="mailto:holly.abel@utah.edu">holly.abel@utah.edu</a> / 801-213-4156
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