

GOVERNOR'S COMMISSION ON SENIOR SERVICES

Wednesday • February 25, 2009 • 3:00 P.M. – 4:50 P.M.
Comfort Suites (Oregon Conf Room) • 630 Hawthorne Street SE Salem, Oregon 97301

HEALTH AND WELLNESS COMMITTEE

MEMBERS PRESENT:

Peggie Beck	Chuck Frazier
Patty Brost	Lucy Morgan
Chris Flammang	Millie Salt

MEMBERS EXCUSED:

John Helm	Kathleen Schonau
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GUESTS:

Carol Robinson
Joyce DeMonnin

STAFF PRESENT:

Dawn Rustrum, Coordinator
Kelsi Eisele, Administrative Staff

AGENDA ITEMS:

Call to Order

- Introductions
- Review and Approval of Agenda
- Review and Approval of Minutes
- Announcements

Public Comment

Oregon Health Fund Board Legislation

AARP Presentation

Finalize Workplan

Member Reports on Wellness Programs

Agenda Items for March Meeting

Adjourn

CALL TO ORDER

Peggie Beck called the meeting to order at 3:00 p.m.

Introductions

Commission members, staff, and guests introduced themselves.

Review and Approval of Agenda

Members reviewed and approved the agenda.

Motion: Lucy Morgan moved to approve the agenda. Chris Flammang seconded the motion.

Vote: 6-0-0-2

Yeas: Beck, Brost, Flammang, Frazier, Morgan, Salt

Nays: 0

Abstentions: 0

Excused: Helm, Schonau

Motion carried.

Review and Approval of Minutes

Members reviewed and approved the minutes.

Motion: Lucy Morgan moved to approve the minutes as written. Patty Brost seconded the motion.

Vote: 6-0-0-2

Yeas: Beck, Brost, Flammang, Frazier, Morgan, Salt

Nays: 0

Abstentions: 0

Excused: Helm, Schonau

Motion carried.

Announcements

- Chris Flammang shared with the committee two articles from the Inside Illinois newspaper on Senior Health and Wellness. One article reported that the University of Illinois found a link between Taiji and counseling that benefits those with dementia. The other article Chris reported on was about a particular video game that improves cognitive skills in older adults.

Action Item: Lucy Morgan asked Dawn Rustrum to email copies of the two articles that Chris Flammang reported on to the Health and Wellness committee.

PUBLIC COMMENT

None.

OREGON HEALTH FUND BOARD LEGISLATION

Carol Robinson, Interim Executive Director of the Oregon Health Fund Board, distributed handouts and discussed an Overview of Oregon Health Fund Board Recommendations, Policy Brief Cost Containment, and 2009 Legislation Related to Board Recommendations. Carol reported the following:

- Health Authority
 - HB 2009 Health Authority Law
- Coverage
 - HB 2116 Provider Tax
 - HB 2117 Healthy Kids
- Public Health and Healthy Communities
 - HB 2122 Tobacco Tax
- End of Life Care
 - SB 451/HB 2132 POLST Registry
- Cost Containment and Delivery System Reform
 - SB 453/ HB 2128 Board continuation and policy analysis
 - SB 455/HB 2129 Clinical Improvement Assessment Project
 - SB 454/HB 2130 Improved Transparency in Healthcare Reporting
 - SB 456/ HB 2131 Integrated Health homes and health Communities

Carol reported on the commission called SAFE and its importance in the community.

AARP PRESENTATION

Joyce DeMonnin, with AARP, discussed an overview of AARP, SB 14 and HB 2009. Joyce distributed and discussed a handout on the Oregon Patient Safety Commission. The commission was created in order to reduce the number of adverse events in the state and to encourage a culture of safety. Joyce reported that the Governor's office was asked to designate March 8-14th as Oregon Patient Safety week and asked GCSS to endorse it. Joyce distributed and discussed a handout on Medicines Made Easy. Joyce reported that AARP is working at the National level and discussed and distributed a handout on the Cost of Doing Nothing. Joyce also discussed and distributed a handout on Mending Medicare.

Action Item: Peggie Beck will suggest to the full commission that GCSS write a letter of support to the Governor regarding the Oregon Patient Safety week in March.

This document can be obtained in an alternate format for individuals with disabilities upon request by contacting staff at: 503-945-6482, Fax: 503-373-7823, or TTY: 1-800-358-3117. Available formats are: large print, Braille, audio tape recording, electronic format and oral presentation.

FINALIZE WORKPLAN

Members discussed the draft workplan.

Topics/Issues	Goals	Strategies
Health Care Reform	<ul style="list-style-type: none">▪ Promote access to affordable health care for seniors.	<ul style="list-style-type: none">▪ Meet with Insurance Board (DCBS) to talk about mandated health insurance.▪ Provide input regarding issue—advocate for senior issues.▪ Follow statewide and federal activities and efforts around health care reform.
Holistic Wellness	<ul style="list-style-type: none">▪ Support expansion of evidence based wellness programs.	<ul style="list-style-type: none">▪ Learn about wellness programs---support expansion of programs.▪ Research our resources in our communities for healthy aging programs.▪ Invite speakers to give presentations on healthy aging education that is on-going through the state.
Community-Based Mental Health	<ul style="list-style-type: none">▪ Support expansion of community-based mental health system.	<ul style="list-style-type: none">▪ Assess Legislation and advocate for position on community based mental health.▪ Promote geriatric psychiatric technicians training.

Motion: Lucy Morgan moved to finalize the workplan with grammatical changes. Patty Brost seconded the motion.

Vote: 6-0-0-2

Yeas: Beck, Brost, Flammang, Frazier, Morgan, Salt

Nays: 0

Abstentions: 0

Excused: Helm, Schonau

Motion carried.

MEMBER REPORTS ON WELLNESS PROGRAMS

Lucy Morgan reported on activities in her community:

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- Caregiving Publications from AARP
- Budgeting for Seniors in tough times meeting March 5th from 12-1
- 50+ community
- Alturas International
- Day Respite program
- Schedule of fitness classes
- Classes on Currently Caring for a Loved One or in the next 10 years
- Monthly news letter from NW Senior & Disabilities
- Healthy meals on a budget
- Alzheimers Network of Oregon holding a spring conference
- Marquee Heights program

Chris Flammang reported on activities in his community:

- Weight control
- Nutrition
- Exercise tips
- BI-Mart has an adult immunization brochure
 - Why immunization is important
- Twice a month list
 - wellness classes
 - moms program
 - diabetes classes
- Coos County Striders
 - wellness hikes

Millie Salt reported on activities in her community:

- Diabetes classes and conferences
- Quilting class for women
- Taiji class.

Patty Brost reported on activities in her community:

- OASIS which is a national program just for Seniors
- Class list in Senior center newsletter
- Taiji classes
- Line dance classes
- Willamette Falls Hospital has a 50 plus health news and has a coordinator
- Portland Parks and recreation has classes.

Chuck Frazier reported that Bend is very active. A lot of activities are centered out of the hospital. Chuck announced there has been a mass layoff from the hospital in Bend.

Peggie Beck reported that Pendleton doesn't have much. There are a few classes through the hospital.

Action Item: Lucy Morgan asked the committee to watch for outreach and education materials that are sent to their homes and to report back next month.

AGENDA ITEMS FOR MARCH MEETING

Peggie Beck touched on the following agenda items for the March committee meeting:

- Evidence Based Wellness Programs
- Mental Health Advisory Committee Update

MEETING ADJOURNED: 5:00 p.m.