



## *Pennsylvania Alliance of Retirement Community Residents*

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### MINUTES - PARCR Quarterly Meeting - Wednesday, January 10, 2018

Bethany Village

325 Wesley Drive, Mechanicsburg, PA 17055

**MISSION STATEMENT:** *“To aid and assist residents of retirement communities in Pennsylvania. To organize and maintain residents’ organizations; to promote the exchange of ideas, education and civic responsibilities of residents; and to encourage members to seek to be a part of informed decision-making in their community.”*

**WELCOME:** In lieu of President, Ida Jeanne Smith’s absence, Vice President, Dan Seeger called meeting to order at 10:00am with Pledge of Allegiance.

**PRAYER:** Rev. Brand Eaton

**HOSTING COMMUNITY:** Dr. George Tjiattas, President Emeritus of PARCR

**ROLL CALL:** There were **75** people in attendance representing **20** of our **26** member communities.

**LEADINGAGE PA:** Anne Henry – Where did we end up in 2017? Sort of a mixed bag with tax reform bill not too bad for us. 2018 is not starting out well. Attended a “Welcome Back to DC” delegation party, where Senator Casey remarked that his phones were “ringing off the hook” regarding tax reform. We will need your help in 2018 to participate in other phone call or letter writing campaigns to legislators and representatives.

Department of Health had some staff changes. DOH went back to assess fines to facilities with deficiencies (some communities endured 6 digit fines). They redid their calculations and looked at all deficiencies causing the 5-star system to be frozen (possibly for the next 2 years). None of PARCR communities are on this list. Looking for another active year, and will be asking for your help in contacting our senators and representatives. The government brought out new system last November focusing on: staffing levels, quality measures, and surveys. CMS is trying to come up with new 5-star system. If you have any questions about changes to the 5-star system, please speak with your Administrators within your communities. They can discuss your concerns with you.

Another budget announcement from Governor Wolf’s address will be forthcoming on Tuesday, Feb. 6<sup>th</sup>. No information has been shared so far, and probably will not be until time of announcement to general assembly, and then to the public. Expect it will be status quo – no major changes – this is an election year.

**NaCCRA:** Dan Seeger – NaCCRA shares information to residents of CCRC’s and advocates for policies and legislation, a regulation benefit to residents of CCRC’s. Recent meeting in New Orleans, LA was in conjunction with LeadingAge PA’s annual meeting. A members “congress” via Skype was established with discussion papers distributed in advance and anyone from all over the country could participate in the deliberations.

A key issue under discussion was the financial security of residents’ investment in their CCRC’s (made through entrance and monthly fees), were discussed in light of some CCRC bankruptcies. Some residents were caught by surprise and upended their life expectations. Resident activists with accounting training believe that many CCRC’s are functioning with impaired balance sheets – their liabilities exceed their known assets. An indirect way this can affect us, is that each time a CCRC gets into financial trouble, it causes bad publicity, at least locally. CCRC’s need to address how prospects assess financial soundness of an organization by comparing with other similar CCRC’s, before making decisions.

NaCCRA is seeking to develop a financial tool kit as a result of these needs discussed in New Orleans. Check out our website: National Continuing Care Residents Association ([NaCCRA.org](http://NaCCRA.org)) for more information. CCRC movement got started in 1960’s and 1970’s. There are now approximately 1,900 CCRC’s in the United States functioning under framework of 50 different states. There is a need for collective learning and mutual support – PARCR and NaCCRA are working together to achieve commonality.

**PROGRAM:** Bill Stelger, Chair, introduced speaker, Ms. Joan Groh, Community Relations Liaison, Hospice & Community Care. Her presentation was “Making Your Wishes Come True”. Hospice has grown through the years

and is Medicare supported. The hospice service provided is not only for days prior to passing; you can be in hospice care (determined by your doctor) for the amount of time decided on by the physician.

Hospice Care is not only medical care, hospice team will make you feel as best as you can with the help of emotional and spiritual support to end of life (care for the patient, and care for the family in your home).

Many forms/documents are available to express your wishes; some of them are:

- + Advance Directive and Living Will (requires physician intervention of your requests, 2 witness signatures required, does not need to be notarized).
- + POLST – Pennsylvania Order of Life Sustaining Treatment (“hot pink” form; completed by you and your physician with physician’s signature) is honored with EMT’s and hospital command center (check your County to see if this form is honored). Form should be visible on your refrigerator when and if an ambulance comes to your home to pick you up – EMT’s are trained to locate this form.
- + Out-of-Hospital DNR requires physician signature, and is honored by EMT’s.
- + “Five Wishes” is also available and can be found on the website: [agingwithdignity.org](http://agingwithdignity.org). There is a cost for this 12-page booklet to make all your “wishes” known to your family.

The complication of having all these forms in place, is to make sure they are available immediately. It is difficult to carry all these directives along with you, even when you are traveling. Make sure the person you identify as your agent (family member or friend) have copies of these forms.

Another available tool is the DNR necklace or bracelet that would be on you at all times. You can obtain these items from your physician at a cost.

**A conversation with your physician first is recommended, then, although difficult, but necessary, you should have a talk with your family, and let them know your wishes. It is a difficult conversation, however, it will save any questions as to what you want as you are in the end of life stage.**

***A “thank you” to Bethany Village for hosting PARCR and for a wonderfully prepared “sticky bun” breakfast, and a delicious buffet lunch from Dining Services that was enjoyed by everyone.***

**“SHARING AN IDEA”:** Tom Fabian, Pres., Resident Council, introduced Brian Grundusky, Executive Director. Mr. Grundusky welcomed us to Bethany Village, expressed his interaction with PARCR and LeadingAge PA organizations over the years, and expansion plans for Bethany. Justin Margut, Director of Wellness, presented the new PlaneTree and Care Merge programs.

PlaneTree is an organization based in Connecticut (also internationally known) to provide information, education and collaborative efforts to anyone regarding person centered care. Resident committees give feedback to help have their voices heard (options to get up in their time of the morning, plan to eat whenever they wish, and their other preferences, even before they move to Bethany). Allows more time for staff to spend with residents. Also developed an ambassador program, available to all levels of living, who can help in transitioning to new environment.

Care Merge is Chicago based organization to help with community engagement. A website was created with “public view” access (anyone can view: schedules, menus, etc.), and it provides calendars, campus map, and other programs offered on campus. There is also a “secure view” access which requires a login and password for residents, and this provides social media, club info of things happening on campus, and resident to resident connections. There is also a “family view” of resident activity of their family member. This program has successfully decreased paper use.

**PARCR BUSINESS MEETING:** The Minutes of the October 11, 2017 meeting at SpiriTrust Lutheran, The Village at Sprenkle Drive, were approved as written.

**Treasurer:** Henry Mathers – Treasurer’s financial handout shows our checkbook balance is \$6,472.09 on quarterly “Income & Expense by Category” report. Reports actual income and expenses that have been by quarter – finished second quarter for the year. Not looking at year to date budget, but actual month to month.

**Membership:** Susan Martin – Budget year begins July 1<sup>st</sup> and goes to June 30<sup>th</sup> – I will be talking at the April 2018 meeting to take renewals for memberships, not only individuals but for organizations to be paid by June 30<sup>th</sup>. The 2018-2019 applications will be available on the website for organizations and individuals after the April 2018 Quarterly meeting. When possible, please notify me of any officer changes as soon as you can. Our hosting communities are able to accommodate anywhere from 100 to 125 attendees, so let your residents know, and consider attending our meetings. You can attend even if you are not a member and just pay for lunch, however, we would like you to join us and become a PARCR member (\$20 for individual, \$60 for organizations annually).

***REMINDER:*** All responses for attendance, and whether you are having lunch at Quarterly meetings is to be sent to Susan Martin, Membership Chair, at [smart@chuckandsusan.com](mailto:smart@chuckandsusan.com) by the “deadline”. Community hosts require headcount of attendance at least 5 days before the Quarterly meeting date. Respond as soon as you receive the Welcome Letter and Agenda notifications.

**Legislation:** Gail Stelger – In lieu of Gail’s absence, Bill Stelger reported that this has been an unusual year for legislative developments. A lot of time has been spent sending out “Alerts” and “Updates” through Susan Martin, and I want to thank everyone who contacted your senators and representatives on the State and Federal level. Our involvement in advocacy makes it possible for us to make a difference. Looking for another active year, and will be asking for your help in contacting our senators and representatives. I also want to thank Susan Martin for her assistance in sending out these notifications in the manner that gets your attention.

**Programs:** Bill Stelger – Our next program at Brethren Village in Lititz will be: “Managed Care, Who Qualifies, What it Means, and How it Works”. In July we meet at Messiah Lifeways in Mechanicsburg for: “The Future of CCRC’s”. In October we meet at Pleasant View Retirement Community in Manheim for: “Hospital Status – Observation vs Admission”.

**"PARCR POST":** Linda Heck – PARCR Post newsletter is available on our website ([parcr.org](http://parcr.org)), and printed copies are available at our Quarterly meetings or you can view them on our website ([parcr.org](http://parcr.org)). The next deadline is March 28<sup>th</sup>, 2018; please send me your information to be included anytime up to that deadline date (earlier is preferred). Thank you Cross Keys for the wonderful article that was included in this edition. How you submit articles is listed in the back of the newsletter. Distribution in your communities can be through your President of Council or Association, and then posted on bulletin boards. Another source would be within your communities through electronic distribution. Residents who travel can also access this newsletter through either PARCR website or your internal electronic notification. Networking can be helpful by sharing the PARCR newsletter with friends.

**Business:** We were able to hold our January 2018 meeting without any weather complications, so make sure to check the top of each Agenda you receive for the upcoming Quarterly meeting; especially statement written in “red”: **CHECK YOUR EMAIL FOR CANCELLATION OF MEETINGS**; notices will also be sent to Presidents of your Councils or Associations to share with you.

Meeting was adjourned at 1:45pm.

*Next Quarterly Meeting will be held April 11, 2018 – Brethren Village in Lititz*

Respectfully submitted,  
Janet Polak, Secretary