



Pennsylvania Alliance of Retirement Community Residents

Dr. George Tjiattas, PARCR President

Janet Polak, PARCR Secretary

Email: polakjc63@centurvlink.net Telephone: (717) 776-2363

**MINUTES - PARCR Quarterly Meeting - Wednesday, July 13, 2016
Menno Haven, Chambersburg, PA 17201**

WELCOME: President, Dr. George Tjiattas called the meeting to order at 10:10 a.m. Dr. Tjiattas stated the objectives of PARCR, started 20 years ago by Elma Kreps, are: 1) Education - being informed on senior issues; 2) Share ideas that can be brought back to your communities; 3) Advocates that deal with seniors through legislature (Harrisburg, PA and Washington, DC), and 4) Meeting and making new friends.

PRAYER: Brenda Doyle, Chaplain, Menno Haven

HOST: Mr. Hugh Davis, CEO of Menno Haven (a Life Plan Community), welcomed membership to this community, and he looked forward to his presentation in the afternoon program "Sharing an Idea".

ROLL CALL: There were 68 people in attendance representing 19 of our 25 member communities.

LEADINGAGE PA: In lieu of Anne Henry's absence, Ron Barth, President/CEO of LeadingAge PA presented some important points of interest: Budget was passed June 30th; still waiting revenue portion to be passed. The representatives we elect are responsible for working for us. Good News – Sales tax issue is "dead" until next year. Bad News – Medicaid program has been increased through flat funding; LeadingAge was appealing for a 3% increase, however, at least program was not cut. Carbon Monoxide Detection Bill – all leading agencies came together and compromised to get bill passed; only applies to fossil fuel systems. Managed Care (dual eligibility) – Has been delayed 6 months; will start July 1, 2017 with future progress in January 2018. Services are used if absolutely needed, if done correctly. Healthcare insurance companies need to negotiate further with providers. LeadingAge has formed a Political Action Committee (PAC) as part of association's efforts to increase its legislative advocacy and presence in Harrisburg – not bipartisan. They need \$150,000/year to accomplish any action. Contributions can only be on an individual basis (personal funds: cash, check or credit card).

NaCCRA: Dan Seeger - NaCCRA supports all people in providing advocacy and education to CCRC's nationwide. 1) Presently working on revision of By-Laws: restate mission of NaCCRA, making it broader with regard to contributions of CCRC's, and change the board of governance which will bring in new energy to issues faced by seniors. Nationwide elections for board have been difficult, so in the future will be a self-propetuating body (members will elect and select their own successors). 2) Pattern of organization with state associations like PARCR to have individuals join once and pay one dues per year. For more information, visit the website, and make sure to type in the "complete" name: National Continuing Care Residents Association; you will find the model for By-Laws and Bill of Rights for CCRC residents.

PROGRAM: In lieu of Henry Mathers's absence, President, Dr. George Tjiattas introduced our speaker, Dr. Brand Eaton, Chaplain, Director of Pastoral Services, Bethany Village. Dr. Brand's presentation on "Approaching and Dealing with End-of-Life Issues" prompted members of the need to talk with their families/loved ones to come to decisions as to what "you want entering your end of life". Topics were: Personal Values – economic issues, beliefs and personal desires. Cultural Assumptions – Immigration and ethic movements (American and European), values of our civilization, and religious traditions. Responsible Choices – Individual's specific decisions, spiritual base, and documentation of shared values.

Healthcare documentation and conversations of your desires should be your goal for understanding among everyone involved who will assist with carrying out your end-of-life requests. Additional websites to visit are: POLST.org, Deathcafe.com and nhpc.org (hospice and palliative care).

SLATE OF OFFICERS for 2016-2017: Dr. Tjiattas presented the Nominating Committee recommendations for the new slate of officers; they are: Ida Jeanne Smith, President; Daniel Seeger, Vice President; Gerald Kemmerer, Treasurer; Janet Polak, Secretary and Committee Chairs: Susan Martin, Membership; Henry Mathers, Programs, Gail Stelger, Legislation and Bill Buehler, PARCR Post newsletter editor.

TRIBUTE TO DR. GEORGE TJIATTAS: Motion made for President Emeritus status for Dr. George Tjiattas – motion approved with standing ovation. Dr. Tjiattas was presented with a plaque from Executive Committee of PARCR, a Presidential Citation from LeadingAge PA for his commitment and leadership as President over the past 8 years, plus a letter of appreciation from 88th District House of Representatives.

“SHARING AN IDEA”: Mr. Hugh Davis, CEO, Menno Haven spoke on “Working Towards a House Hold Model of Care”. This is a new journey for Menno Haven with a Mission driven organization – one person at a time. Care giving will be individualized and centered around the “person”. Time to move away from the institutional model. Menno Haven’s concepts will be: Sanctuary – being a home; your space. Self Direction – make decisions by yourself; create your own schedules/routines. Boundaries – who may step inside your space. Grace – congregate living not easy. Self Led Teams – managers flexible with schedules or activities. Leadership – develop staff into different roles. Life Pursuit – activities of interest to you and preserve the community.

Mr. Davis suggested reading “Being Mortal: Medicine and What Matters in the End” by Atul Gawande. A review of the book from Amazon: “We have come to medicalize aging, frailty, and death, treating them as if they were just one more clinical problem to overcome. However it is not only medicine that is needed in one's declining years but life--a life with meaning, a life as rich and full as possible under the circumstances. *Being Mortal* is not only wise and deeply moving, it is an essential and insightful book for our times, as one would expect from Atul Gawande, one of our finest physician writers.” —*Oliver Sacks*

PARCR BUSINESS MEETING: The Minutes of the April 13, 2016 meeting at Normandie Ridge, were approved.

Janet Polak, **Secretary**, thanked the administration and staff at Menno Haven for all their assistance in our Quarterly Meeting agenda. Delegates for each community please share the information you receive from minutes of our Quarterly Meetings with your Resident or Association Councils.

Jerry Kemmerer, **Treasurer**, gave the treasurer's report. He reported that we have a balance of \$7,182.08 as of 6/30/16. We started the year with an imbalance; we are now sufficient. We had a deficit budget which will change for the new year 2016-2017. We are in discussions for making adjustments. Lunches are \$12pp (\$10pp plus \$2pp from PARCR = which includes any taxes). The report was accepted by membership.

Membership: In lieu of Susan Martin’s absence, Janet Polak read Susan’s report to membership. “As of July 1, 19 of 25 member communities have renewed for 2016-2017. Reminders were sent to community delegates noting June 30th renewal date deadline. Please present your renewals to President of Association or Council for submission to executive boards for approval and payment in timely manner. Indicate on form the term of his/her presidency with dates as month, day and year. Meeting, legislative and special notices are sent to communities through President and delegates to be shared with their community; individual members also receive this information. With approval of By-Laws, we are encouraging delegates and members to be active participants on committees and in the business of the organization. We have communities who have volunteered to host PARCR through July 2017, and will gladly accept more dates for future meetings.”

Gail Stelger, **Legislation**, reminded us to check the PARCR website for "Legislative Tidbits". Gail is in regular contact with Anne Henry, LeadingAgePA for updates. Governor Wolf allowed budget to become law on July 12, 2016; revenue pending. President Obama signed “Older American Act” after passing both chambers of Congress; this was 5 years overdue for approval. This Act allows for funding for Meals on Wheels.

Program Chair: In lieu of Henry Mathers’s absence, Janet Polak read Henry’s report to membership. “Please fill out a survey on your table for future programs, and we will pick them up after the meeting. Our October 2016 meeting program will be: The State of Healthcare in Pennsylvania from Brendan Harris, Executive Deputy Secretary for the PA State Dept. of Human Services. The January 2016 program which was cancelled due to inclement weather, has been rescheduled for April 2017 (the program is a Panel Discussion – Improving Communication between Residents and Administration.”

"**PARCR POST**" is a great way to share your Village life with other Villages. Send your community news to Bill Buehler, Editor, at rbuehler@gardenspotvillage.net.

Old Business: Executive Committee have made changes to the By-Laws. A copy was sent to each community. Please review for updated version changes.

New Business: The PARCR website is now up and running again. Visit the website to keep up with the things that may interest you. Website address: PARCR.org

The meeting was adjourned at 1:35 p.m.

Next Quarterly Meeting will be held October 12, 2016 – Woodcrest Villa, Lancaster, PA.

Respectfully submitted,
Janet Polak, Secretary