



Pennsylvania Alliance of Retirement Community Residents

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**MINUTES - PARCR Quarterly Meeting - Wednesday, October 12, 2016
Mennonite Home Communities – Woodcrest Villa, Lancaster, PA 17601**

WELCOME: President, Ida Jeanne Smith called the meeting to order at 10:00 a.m. We are delighted to have Dr. George Tjiattas and Evert Fuller, both PARCR Emeritus recipients, with us today.

PRAYER: Rev. Mim Cruz, Chaplain, Woodcrest Villa

HOST: Mr. Nelson Kling, CEO of Woodcrest Villa, welcomed membership, and will have a formal presentation, “Sharing an Idea” in the afternoon.

ROLL CALL: There were 104 people in attendance representing 23 of our 25 member communities.

LEADINGAGE PA: Anne Henry – LeadingAge needs assistance in coordinating a relationship between you and your elected officials. There are forms on table for you to fill out to assist in reaching elected officials, and we may be contacting you for your help. Any bills that do not make it past “sign and die” process will have to be resubmitted under a new bill number next year, such as sales tax expansion.

Nursing facilities are under siege in the press lately. Department of Health complaints have tripled; more audits are being conducted. This does not mean your care has changed. If you have concerns, go to your administrators and ask questions. The Federal government has a 5-star rating system that looks at staffing, quality measures, and quality of care which is under scrutiny to make sure even the “tiny” complaints are sited. There is no consistency of grading because every state has their own rules.

LeadingAge has put together a brochure on the MCO’s (Managed Care Organizations) Heather will be talking about. These brochures will be sent to residents; we will gladly help answer any questions.

Observation vs Admission status in hospitals is still an issue. LeadingAge is going to DC to General Advocacy Day next March 2017 to ask for more clarity to this question from our legislators. The hospitals have to let you know, when you go in whether you’re under observation or admitted – ask that question.

NaCCRA: Dan Seeger - NaCCRA (National Continuing Care Residents Association) supports all people in providing advocacy and education to CCRC’s nationwide. The Annual Meeting of NaCCRA will take place on October 29th and 30th in Indianapolis, IN. All PARCR members are welcome to attend (hotel and air reservations on your own). You can access the scheduled events on our website. We will be talking about the “Vision of NaCCRA’s Future”. We have developed model of Bill of Rights for CCRC Residents, Revised By-Laws, and now developing a buyer’s guide to finding CCRC’s.

Our Board of Directors are open to all ideas from CCRC residents; you can communicate by email (check website) or attend a meeting; they would love to hear from you. For more information, make sure to type in the “complete” name: National Continuing Care Residents Association; you will find the model Bill of Rights for CCRC residents.

PROGRAM: Henry Mathers introduced our speaker, Ms. Heather Hallman, Special Assistant to Secretary of the Department of Human Services. Heather spoke on two topics: Community Health Choices program and Food Security Partnership program.

Community Health Choices: A Medicaid managed care program who will contract with insurance companies to manage the health care for dual eligibles of PA (Medicare/Medicaid) and those receiving home based services or are in a long term facility. Waivers allow DHS to serve people in their communities to maintain them in their homes. The program will enhance the opportunity for community based living, strengthen coordination of long term services support, provide quality and accountability of services, advance our services, employment opportunities, and increase coordination of care.

Program is targeted to start July 1, 2017 in Section 1 (Southwestern PA); January 1, 2018 in Section 2 (Southeastern PA), and January 1, 2019 in Section 3 (central PA). If a Managed Care Organization (MCO) is not chosen by you, one will be selected by DHS. LeadingAge PA will be conducting a lot of education on this subject at your communities to fully explain this new program, and they will be a resource for questions. From January to March 2017 we will be working with the people at Aging Well who will interview individuals during the “stay” period.

Food Security Partnership Program: There is so much available in PA we just don’t seem to be getting the message out. Need to improve awareness. Departments, along with DHS (Agriculture, Economic Development, Education, Health and Human Services) are sitting together to help stop hunger in PA. Governor Wolf released a blueprint for hunger free PA, and wants plan to be coordinated by 2020. We are aiming to have a local food alliance in every community, access to healthy food, access to benefits, SNAP program application process defined (24 pages down to 2 pages), seniors can use SNAP dollars at farm markets rather than supermarkets, free breakfasts, lunches, and dinners free at schools for those who qualify.

Powerpack program provides food for families over weekends; meals packed and cooking instructions included. Assistance for proper nutrition reduces hospital stays and other health concerns. Check website for more information (www.dhs.pa.gov).

SPECIAL REQUEST FROM EXECUTIVE COMMITTEE: A letter was sent to delegates of each community requesting room requirements of 125+ persons. Some communities have responded; if you have not notified us, please talk to any of our officers with PARCR badges. We are growing, and do not want to limit the number of attendees for our Quarterly meetings.

The Executive Committee is looking for members-at-large to serve on the committee. We would like more input from our communities, and if you are willing to become a member-at-large, please talk to any of our officers. The Executive Committee meets 4 times per year (the month before Quarterly meeting) along with 4 Quarterly meetings per year = total 8 meetings per year.

A very big “thank you” to Woodcrest Villa for a wonderful lunch they provided.

“SHARING AN IDEA”: Mr. Nelson Kling, CEO of Mennonite Home Communities-Woodcrest Villa spoke on “Vision of VIVA Centre”. The VIVA Centre building opened January 2016. The Mennonite Home Communities were started in 1903 by the Mennonite Church. The VIVA Centre project decisions were made from feedback using 10 focus groups. Goals were: Expand community, update Fitness Center, add Welcome Center, and more large multipurpose spaces, Beauty Shop, Bistro, Movie Theater, Reading Room and Terrace.

Levels of Wellness are:

Fitness: Quality programs, walking, yoga, and healthy food options

Social: Interactions – volunteer activities, clubs, movie night

Intellectual: Lifestyle design, classes, travelogues

Spiritual: Place for services, team to provide services, meditation, nature, religion

Emotional: Spa, intergenerational, meditation, pet therapy

Occupational: Business centers, WiFi, volunteer opportunities

Focus is on wellness because of obvious reasons: reduce risk of all kinds of diseases, blood pressure issues, being mobile reduces risk of falls, improves stamina. Provide intergenerational opportunities: communication between staff and residents, friends, family and outside community. Improve emotional wellness: reduces anxiety, mood, eliminate insomnia, lowers risk of mental decline, and increase social connections. Overall observation is to enrich the lives of residents using facility. Meet marketing need and vision for wellness amenities.

PARCR BUSINESS MEETING: The Minutes of the July 13, 2016 meeting at Menno Haven were approved.

Treasurer, Jerry Kemmerer reported on proposed budget for fiscal year 2016-2017 - \$7,060 income; \$7,060 expenses - is a balanced budget. Motion to receive budget as presented to membership – motion passed. We have a present balance of \$7,816.08.

Membership: Susan Martin, Chair, reported that the fiscal year for PARCR is July 1 to June 30. Delegates and members (dues \$20 per year) receive notices of meetings, legislative tidbits, newsletter and minutes of Quarterly meetings to share with your community residents. With the growth of our organization, we need communities able to handle 125+ persons at Quarterly meeting so that we do not have to limit attendance. The response deadline for attendance is very important. Responses for attendance at this meeting were mostly before deadline – please adhere to the deadline date in your Welcome Letter.

Legislation: Gail Stelger, Chair, reminded us to check the PARCR website for "Legislative Tidbits for Fall" (will be available on our website). Gail is in regular contact with Anne Henry, LeadingAgePA for updates. Fall Tidbits are: DOH Releases Nursing Home Quality Improvement Task Force Report, Senate and House adjourned for two weeks, and Four MCO's protest DHS's selection of Community Health Choices vendors. Heather Hallman's powerpoint presentation on "Healthcare in the State of PA" will also be available on our website soon.

Program Chair: Henry Mathers, Chair, reported following presentations for 2017: **January 2017** - "Understanding Medicare"; **April 2017** – Panel Discussion "Improving Communication between Residents and Administration"; **July 2017** – "Futurist" received highest score on Program Survey. Speakers are available for 15K-20K (we are unable to do this). If you know of anyone on this subject, I would be happy to talk to you. Third highest score subject was to have a tax person come and talk about tax issues for seniors. If anyone has any suggestions, I am open to conversation. Long term information is another subject, but not scheduled so far for 2017. Contact Henry through Susan Martin, our Membership Chair.

"**PARCR POST**" is a great way to share your Village life with other Villages. Any suggestions for improving the newsletter, I am welcome to hearing from you. Send your community news (via email) to Bill Buehler, Editor, at rbuehler@gardenspotvillage.net.

Old Business: Discussion earlier on "Future Location of Meetings". Have received several locations today that can accommodate more than 125 persons. Thank you. If you have not responded, please contact me at: ijsm@comcast.net.

New Business: PARCR badges for Executive Committee officers are for your benefit to talk with or make suggestions – we are open for any discussions. Cancellation of meetings (especially through winter) will be directed to contact delegates at each community. LeadingAge PA conference will be June 21-23, 2017 at Hershey Lodge.

The meeting was adjourned at 2:30 p.m.

Next Quarterly Meeting will be held January 11, 2017 – Cross Keys Village, New Oxford. There will be a tour of their Memory Care Unit – response will be included in your Welcome Letter.

Respectfully submitted,
Janet Polak, Secretary