



**MEETING MINUTES**  
Commission on Aging  
Thursday, April 5, 2018 at ~7pm  
Levy Center, 300 Dodge Avenue

**Members Present:** Alan Factor, Marcia Achenbach, Tom Giller, Dave Sutor, Mike Iverson, Catherine O'Brien, Dorothy Strong, and Louise Love

**Members Absent:** Donna Feldman, Bonnie Lockhart, Rick Gergerian, Jessie Macdonald, and William Green

**Staff Present:** Audrey Thompson, Regional Ombudsman/Program Manager; Callie Sadler, Ombudsman Assistant

**Guest:** Nadine Acacia

**Presiding Member:** Mary Signatur, Chair

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**DECLARATION OF QUORUM**

Chair Signatur called the meeting to order at 7:02pm.

**APPROVAL OF MEETING MINUTES of March 1, 2018**

The COA minutes from March 1, 2018 were approved with minor changes.

**COMMITTEE REPORTS**

*Long-Term Care Committee (LTCC)*

LTCC Chair Love commented that the following had been discussed at the Long-Term Care Committee meeting held on March 14<sup>th</sup>, 2018:

- 1) The LTCC considered potential avenues for addressing concerns raised during facility site visits. It was ultimately decided that while the LTCC will not provide a written response to the facility, attendees will discuss the facility tour while still on-site and provide feedback for the Administrator. Ombudsmen will follow up with concerns, with the LTCC serving as the complainant for the case when appropriate.
- 2) Discussion continued regarding the 2018 fall presentation.
  - a. There will be a general statement at the beginning of the presentation to encourage attendees to view the information presented through their personal religious, spiritual, and cultural lens to avoid the impression of bias.

- b. Attendees will be given a notecard on which they can write down comments or questions, which will be addressed at the end of the presentation.
- c. Panelists will be selected to address three different topics:
  - i. Advance Directives/Five Wishes/POLST
  - ii. Hospice/palliative care/death doulas
  - iii. Final arrangements (cost options)
- d. LTCC members are encouraged to continue considering potential speakers and sources for a bibliography.

## **RELEVANT COMMITTEE REPORTS**

### *Age-Friendly Evanston (AFE) Task Force*

1. Ms. Strong reviewed the Age-Friendly Business (AFB) meeting on March 22<sup>nd</sup>, in which participants continued to revise the invitation and checklist for businesses.
  - a. The next step will entail asking attendees of the January 2018 meeting (including but not limited to the Evanston Chamber of Commerce) to review the documents and make suggestions for changes based on what they think will be most engaging and relevant to their constituents.
  - b. Currently, there are three different checklists that apply to different types of businesses: retail, food/beverage, and services. When businesses receive invitations to participate in the initiative, they will be asked to identify their type of business and will be directed to the appropriate checklist.
  - c. When businesses receive their invitation, they will also be directed to download the Age-Friendly Business Guide and schedule a meeting with an AFB member.
  - d. Businesses will achieve certain tiers based on their self-reported age-friendliness within a designated period of time. They can achieve the top tier when customers' ratings match their own. For each tier they achieve, businesses will receive a display sticker attesting to their efforts. The focus will be on progress, not perfection.
  - e. The goal is to unveil the top-tiered age-friendly businesses at the 2019 Aging Well Conference.
2. December 2018 marks the end of the initial term for Age-Friendly Evanston; a proposal has already been made to extend the term by two years.
3. The Age-Friendly housing group is collaborating with Joining Forces for Affordable Housing.

### *Housing Committee*

1. Mr. Factor reported that the Housing Committee met on Tuesday, February 27<sup>th</sup>.
2. Attendees discussed various zoning regulations that can hinder development of affordable housing options.
3. The Committee is working with City of Evanston Management Analyst Jim Hurley to summarize age-specific housing needs by the end of May 2018 and develop a plan to address these needs over the next two years.
4. Ms. Thompson spoke with Sue Loellback, who mentioned a potential downside of Joining Forces working with the City in that the two might find themselves on

opposite sides of the same issue if the City is identified as not doing enough to bolster development of affordable housing options in the community.

5. Ms. Thompson provided clarification on different communities that are reportedly under development, as some are marketed as “supported” living instead of “supportive,” which have different licensing requirements and offer different services.

#### *Dementia-Friendly Committee*

1. Mr. Factor reported that the committee’s first focus group at The Mather has been completed; another group is scheduled to take place at Fleetwood Jourdain on May 2<sup>nd</sup>, with a third taking place at the Levy Center on June 1<sup>st</sup> at the monthly Memory Café. The Committee hopes to offer a Hispanic-specific focus group as well, potentially at St. Nicholas or the Erie Health Center.
2. Ms. Canter was present at the last Dementia-Friendly Committee to discuss the Age-Friendly Business initiative’s efforts.
3. Dementia-Friendly has generated a mission statement, which reads as follows: “The mission of Dementia Friendly Evanston is community-wide education, outreach, collaboration, and advocacy to maximize the quality of life, community participation, and independence for Evanstonians living with dementia and their care partners.”
4. Dementia-Friendly Evanston is in the process of developing a page to be integrated into SASI’s website.
5. The Evanston Public Library has expressed an interest in hosting activities such as a Memory Café on-site to bolster services for those affected by dementia.

#### **CHAIR REPORT**

1. Chair Signatur reminded attendees that Ms. Macdonald’s last COA meeting will be on May 3<sup>rd</sup>.

#### **VICE CHAIR REPORT**

No Vice Chair Report this month.

#### **STAFF REPORT**

LTC Ombudsman Mrs. Audrey Thompson discussed the following:

- 1) The Aging Well Conference is scheduled for Friday, May 4<sup>th</sup>. Commission members were reminded to register online if they wished to attend any of the workshops. Workshop descriptions are available on the City’s website, as well as in paper brochures in various locations throughout the city (including the Levy Center). Spaces are filling up quickly!
  - a. A sign-up sheet was circulated for those who wished to volunteer at the Conference. Volunteers will need to arrive at the event at 7:45am to be in place by the time the Conference starts.
  - b. Members were reminded that this year marks the 20<sup>th</sup> anniversary of the Conference, so there will be a celebration with cake and music after the second workshop.
- 2) The updated transportation program has not yet received final approval, though Ms. Thompson will be presenting at the Administration and Public Works meeting on Monday, April 9<sup>th</sup> and hopes to secure approval at that time. The primary

objection to the proposal when it was last discussed at the meeting was the change in coupon price from \$4 to \$5 per coupon.

- 3) Rebuilding Together and Northwestern University will complete 17 of their approved projects on April 28<sup>th</sup>; additional sites and tasks will be completed on subsequent dates.
- 4) Boost Your Brain and Memory programming has been placed on hold until after the Aging Well Conference, but will resume at Jacob Blake Manor in June.
- 5) Ms. Thompson is working hard to increase Long-Term Care Ombudsman presence in faith-based communities starting with a presentation at Beth Emet. Ms. Thompson plans to present at additional congregations, particularly those that have a contingent of volunteers who visit parishioners in nursing facilities, so that all parties are aware of resident rights, Ombudsman services in facilities and the community, and channels to resolve concerns or complaints in long-term care facilities.
- 6) Residents of Evanston's four subsidized housing buildings are being offered opportunities to learn more about Power of Attorney documents and living wills through a series of "Who's Got Your Back?" presentations and workshops.
  - a. Primm Towers hosted the first presentation and workshop; 17 residents were able to complete their documents on-site with the guidance of nine attorneys.
  - b. Additional "Who's Got Your Back?" events will be held at the other three buildings and two will be hosted at the Levy Center, with all events occurring between now and the end of October 2018.
  - c. The Aging Well Conference will include an informational session on POAs and living wills, with an optional follow-up workshop on May 17<sup>th</sup>. Conference participants will be given the first opportunity to sign up for the May 17<sup>th</sup> event before it is opened to the public.
- 7) Ms. Thompson described the Rebuilding Warehouse (RW), a facility for items and materials removed from deconstructed homes that can be re-sold. The RW also provides workforce development opportunities for individuals who have a hard time securing gainful employment.
  - a. RW plans to partner with the Levy Center and Mather LifeWays in June or July 2018 to bolster outreach efforts to younger, older adults in Evanston by offering a sip 'n paint event which will be hosted at the Warehouse. Participants will learn more about the services offered by RW, Mather, and the Levy Center while creating art they can take home after the event.
  - b. More details on the event will be provided as plans progress.

### **UNFINISHED BUSINESS**

1. Ms. Thompson mentioned her recent visit to Alderman Braithwaite's Ward meeting in March, at which she provided attendees with information regarding the Long-Term Care Ombudsman program, Commission on Aging, Evanston Benefit Card, and pending changes to the transportation program.
2. Chair Signatur requested feedback regarding a proposal to change the COA meeting to an earlier time, as the conversation was tabled at the last meeting. Discussion ensued in which various alternate times were proposed and attendees provided feedback for each. Some members would prefer a meeting time as early as 4pm, while others offered options as late as 6:30pm. It was

determined that the topic would be tabled for future discussion due to the relatively low turnout for today's meeting.

3. Along a similar vein, it was mentioned that May's COA meeting falls on the evening prior to the Aging Well Conference and might impact timely completion of event preparations; however, participants agreed to hold the meeting as scheduled.
4. Ms. Thompson presented information pertaining to the Neighbors Helping Neighbors project, which will be roughly modeled after the current snow shoveling program which pairs Evanston residents in need of assistance with snow removal with willing volunteers in their Ward.
  - a. Ms. Thompson hopes to add different projects that residents (particularly older adults) need assistance with and expand the volunteer base. The goal is for the City to facilitate the initial process of matching available volunteers with individuals who are in need of services until the involved parties are able to arrange for services without the assistance of City personnel.
    - i. For example, if a resident needs help getting his mail and taking his trash out, the City will match that individual with a neighbor who volunteers online. Once the tasks are completed to the satisfaction of both parties, the two can continue making arrangements for these services without having to contact the City each time to request or provide services.
  - b. Ms. Thompson described similar programs currently in place in the community, noting that some individuals do not wish to develop a close personal relationship with their volunteers and just need a task performed; similarly, volunteers might not want to build a relationship with someone but *are* willing to do a chore.
    - i. Most programs currently in place, particularly those involving high school/Northwestern students, focus on the relationship-building aspect of the interaction rather than simply addressing the need. (Of course, the City would not dissuade individuals from building that close relationship but it would not be the primary function of the program).
  - c. Ms. Thompson encouraged Commission members to contact her with suggestions on how to proceed, particularly if members have knowledge of other communities with similar programs.
5. In response to a request from City Manager Wally Bobkiewicz, Ms. Thompson and her staff will be working to develop a Senior Resource Guide to be available online and in hard copy.

## **NEW BUSINESS**

1. Attendees were reminded of the following upcoming events:
  - a. Aging Well Film Night: Thursday, April 26<sup>th</sup> at 7pm at the Evanston Public Library.
  - b. Aging Well Conference: Friday, May 4<sup>th</sup> at 8:30am at the Levy Center.
  - c. LTCC Meeting: Wednesday, May 9<sup>th</sup>.
  - d. Dementia-Friendly meeting: Friday, April 20<sup>th</sup>.

2. Mr. Giller mentioned that Leslie Wilson will be retiring on Friday, May 4<sup>th</sup> after 27 years of service. A celebratory reception will be held on Thursday, May 3<sup>rd</sup> from 1 to 3pm at the Levy Center in the Linden Room.

### **COMMUNICATIONS**

1. There will be a volunteer appreciation event at the Levy Center on Friday, April 20<sup>th</sup> from 1:30 to 3:30pm. Individuals who are interested in attending are asked to RSVP.
2. Ms. Thompson proposed a tour of the Elder Justice Center in Chicago. She explained that participants would learn more about what assistance is available to help older adults navigate the legal system. The event typically begins at 10am with a break for lunch before returning to Evanston. Commission members agreed that this would be an informative outing; Ms. Thompson will secure a date for the tour and provide an update to Commission members.
3. The COA will sponsor a screening of a film entitled "Monster in the Mind" with a follow-up discussion moderated by Mr. Dan Kuhn on Wednesday, June 6<sup>th</sup> at 4pm at the Evanston Public Library. An abbreviated Commission meeting will follow the film.

### **ADJOURNMENT**

The meeting was moved and seconded to adjourn. A voice vote was taken and the motion was approved at 8:05pm.

Respectfully submitted,

Callie Sadler, Ombudsman Assistant