



Regional Aging and Disability Advisory Committee Meeting Notice

Monday, November 13, 2023 | 12:00 PM

Central Midlands Council of Governments (in person)

236 Stoneridge Drive, Columbia, SC 29210

Large Conference Room and Zoom Meeting (virtual)

<https://zoom.us/j/97582657945?pwd=MUUwei8rQlV2b3RwSnJyZUZjU0RnQT09>

Meeting ID: 975 8265 7945 | Passcode: 644600 | Dial-In Number: 646 931 3860

Date: November 13, 2023

To: RADAC Board Members

**From: Anna Harmon,
Director, Area Agency on Aging**

Subject: RADAC Meeting November 13, 2023

The next meeting of the Regional Aging and Disability Advisory Committee will be held on Monday, November 13, 2023, at 12:00 noon in the CMCOG Large Conference Room. The meeting materials are enclosed.

Lunch will be served. We look forward to seeing you again on Monday, November 13th.

Enclosures (4)

Serving the Midlands Senior Citizens

236 Stoneridge Dr. Columbia, SC 29210 (803)-376-5390 FAX (803)-376-5394

The Mission Statement of the AAA/ADRC is to promote a positive experience of aging for older individuals, the disabled community and their families

**CENTRAL MIDLANDS COUNCIL OF GOVERNMENTS REGIONAL
AGING AND DISABILITY ADVISORY COMMITTEE**

November 13, 2023, 12:00 PM

Agenda

- I. Call to Order**
- II. Welcome and Invocation**
- III. Approval of the September 11, 2023, RADAC Meeting Minutes
(Enclosure 1)**
- IV. Review of By-Laws and Discussion- Julie-Ann Dixon-Richardson**
 - a. Determine Membership Status for Non-Responsive Members
 - b. Discuss Required Number of Members in RADAC
- V. Family Caregiver Subcommittee Report – Julie Ann Dixon-Richardson**
- VI. The Importance of Respite- Dr. Nicole Cavanaugh**
- VII. Overview of Open Enrollment – JaJuana Davis**
- VIII. What are Homemaker Services? What is Personal Care? – Janyce Davis**
- IX. Special Projects Report – Shelia Bell-Ford**
- X. Adjourn**



The Regional Aging and Disability Advisory Committee (RADAC)
Central Midlands Council of Governments
Monday, September 11, 2023 ♦ 12:00 p.m. ♦ CMCOG Conference Room

COMMITTEE MEMBERS PRESENT:

Darrell Hudson, Chairman
Foster Senn, Vice Chair
Peggy Butler, Lexington County
Ida Thompson, Richland County
Joyce Mize, Lexington County
Joyce Mason, Richland County - Via Zoom
Betty Schumpert, Newberry County
Julie Ann Dixon Richardson, Newberry County
Rebecca Connelly, Lexington County

GUESTS PRESENT:

Alli Graham, MSA Home Health
Lesley Batchelor, MSA Home Health

CONTRACTORS PRESENT

Lynda Christison, Lexington County Recreation and Aging Commission
Angi Conner, Fairfield County Council on Aging
Shannon Longshore, Newberry County Council on Aging
Andrew Boozer, Senior Resources, Richland County
Janet Ballentine, Newberry County Council on Aging
Lynn Stockman, Newberry County Council on Aging

STAFF MEMBERS PRESENT:

Britt Poole, Central Midlands COG Executive Director
Anna Harmon, AAA/ADRC Director
Sheila Bell-Ford, AAA/ADRC Assistant Director
LaToya Buggs-Williams, Ombudsman Program Manager
Lindsey Woolley, Aging Program Coordinator
Aleigha Chee-you, Ombudsman Program Assistant
Artellia Shaw, Family Caregiver Support Program Manager
Ebony Davis, Assessment Program Manager
Janyce Davis, Consumer Choice Program Manager
JaJuana Davis, SHIP/IR&A Coordinating Manager
Jessica Kelly, Associate Ombudsman
Sandra Eskew, Ombudsman Investigator
Kenya Boatwright, Family Caregiver Support Program Advocate
Kori Williams, Family Caregiver Assistant
Amber Summers, Aging Assessor
Mikaela Myers, Aging Assessor
Debbie Hollins, SHIP Assistant
Garry Baxley, Aging Finance Manager
Antoinette Davis, Information & Referral Assistance Specialist
Lauren Muller, Nutrition Intern

I. CALL TO ORDER

Chairman Darrell Hudson called the meeting to order at 11:59 a.m. on September 11, 2019.

II. Welcome & Invocation

Chairman Darrell Hudson gave the invocation.

III. Approval of Agenda

- a. Approval to amend Agenda under Introductions to Introduce Mr. Britt Poole, CMCOG's new Executive Director. Under section VII to include the Regional Aging Advisory Committee discussion. Family Caregiver Support Program Subcommittee discussion.

Julie-Ann Dixon Richardson moved, seconded by Joyce Mize to approve the Agenda

IV. Introductions:

- a. Britt Poole - Executive Director of CMCOG
- b. Vice Chairman - Mayor Foster Senn
- c. Chairman – Darrell Hudson

V. Introduction of Providers

- a. Janet Ballentine, Newberry Council On Aging
- b. Shannon Longshore, Newberry Council on Aging
- c. Lynn Stockman, Director of Newberry Council on Aging
- d. Angi Connor, Director of Fairfield Council on Aging
- e. Linda Christison, Director of Lexington Council on Aging
- f. Andrew Boozer, Senior Resources Richland County

VI. Introduction of Staff

- a. Shelia Bell- Ford, Assistant AAA Director
- b. Aleigha Chee-you, Ombudsman Program Assistant
- c. Kori Williams, Family Caregiver Assistant
- d. Kenya Boatwright, Family Caregiver Support Program Advocate
- e. Jessica Kelly, Associate Ombudsman
- f. Antoinette Davis, Information & Referral Assistance Specialist
- g. Lindsey Woolley, Aging Program Coordinator
- h. Garry Baxley, Aging Finance Manager
- i. LaToya Buggs-Williams, Ombudsman Program Manager
- j. Sandra Eskew, Ombudsman Investigator
- k. Amber Summers, Aging Assessor
- l. JaJuana Davis, SHIP/IR&A Coordinating Manager
- m. Debbie Hollins, SHIP Assistant
- n. Lauren Mueller, Nutrition Intern
- o. Artellia Shaw, Family Caregiver Support Program Manager
- p. Ebony Davis, Assessment Program Manager
- q. Janyce Davis, Consumer Choice Program Manager
- r. Mikaela Myers, Aging Assessor

VII. Area Agency on Aging Overview

- a. **Assessments:** Ebony Davis gave a brief on what services are provided to consumers after they are assessed and approved. Services include Homemaker, Personal Care, Home Delivered Meals, Transportation Services, Wellness Center, and Durable Medical Equipment. Depending on the county, Lunch Bunch (restaurant dining) could be available.
- b. **Information, Referral and Assistance:** IR&A provides information to senior, our disabled population and their families. We are trained to assist in locating and

accessing the most appropriate community resources available for the physical and mental health needs of our seniors and disabled population. We can provide referrals, explain eligibility for the services and empower seniors when making choices. We also go out into the community to provide seniors with information on all programs provided by the Central Midlands Area Agency on Aging.

- c. **Family Caregiver Support Program:** Artellia Shaw provided a brief description of the services our seniors are able to receive once accepted by the Family Caregiver Support Program which include Information and Assistance to caregivers, individual or group counseling, caregiver training, respite care, and supplemental services or Seniors Raising Children Program which also includes Information and Assistance to caregivers, individual or group counseling, caregiver training, respite care, and limited supplemental services.
- d. **Long-Term Care Ombudsman Program:** LaToya Buggs-Williams gave a brief description on the assistance provided by the Long-Term Care Ombudsman Program to our seniors within licensed facilities such as nursing homes, assisted living facilities and community residential care facilities. LTC Ombudsman advocate, mediate, and investigate complaints affecting resident in long-term care facilities. They assist with improper discharges; concerns related to Resident Rights and care related concerns. The LTC Ombudsman Program also investigates or initiates investigations into reports of abuse, neglect, and exploitation. The LTC Ombudsman Program also has a Volunteer Program where the volunteers are trained to go into facilities to talk with residents and their families, provide them with information about Residents Rights, the ombudsman program, make observations and advocate for the residents. Central Midlands LTC Ombudsman Program.

Mr. Hudson stated that we should look into getting more Ombudsman investigators.

- e. **Advanced Directives:** Shelia Bell-Ford gave a brief overview of the Advanced Directives Education program. Central Midlands Council of Governments aging staff provides education and copies of the SC Health Care Power of Attorney, the Declaration of a Natural Death (also known as the Living Will), and the Five Wishes.

Mr. Hudson stated that in the future we should discuss how we can get the public to know about Advanced Directives.

- f. **SHIP:** JaJuana Davis gave an overview of the State Health Insurance Program. It empowers, educates, and assists Medicare-eligible individuals, their families and

caregivers through objective outreach, counseling, and training to make informed health insurance decisions that optimize access to care and benefits. Open enrollment is normally from October 15th to December 7th each year.

- g. Consumer Choice Program:** Janyce Davis gave a brief on the Consumer Choice program. Home care services address a progressive level of need that a program beneficiary usually experiences when dealing with a condition that requires assistance with incidental or routine activities of daily living. Home care services assist older individuals, families, and/or caregivers to overcome specific barriers to maintain, strengthen, and safeguard independent functioning in the home. These services are designed to prevent or delay institutionalization and improve the individual's or caregiver's quality of life and include personal care, homemaker and chore assistance.
- h. Legal Services:** Shelia Bell-Ford explained that South Carolina Legal Services contracts with the Central Midlands Area Agency on Aging to provide free legal assistance to seniors 60 years or older in Fairfield, Lexington, Newberry, and Richland Counties on a wide variety of civil (non-criminal) legal matters.

VIII. Short Break

IX. COVID Presentation by Alli Graham, BSN, RN, and Lesley Batchelor from MSA Home Health

- a.** Alli explained what Coronavirus is, how it is transmitted, symptoms, and treatment.
- b.** She shared the latest information about prevention, like vaccines, hand-washing, ventilation, masks, isolation, limiting exposure, and taking vitamins.
- c.** What makes someone high risk? What is Long COVID?
- d.** Latest Statistics from Central Midlands' counties (Fairfield, Lexington, Newberry, and Richland).

X. RADAC By-Laws Discussion and Assignments

- a.** RADAC needs passionate and active members for its board.
- b.** Mr. Hudson explained that current by-laws for the RADAC call for over 40 members, and that that doesn't seem necessary.
- c.** A Family Caregiver Subcommittee needs to be established. One person from the RADAC needs to lead efforts to revitalize this committee.

XI. Mr. Hudson adjourned at 1:00 PM.

ENCLOSURE 3



CORONAVIRUS COVID19

The virus that shook the world

Presented by:
Alli Graham, BSN, RN
and
Lesley Batchelor, account executive



What is coronavirus?

- A disease caused by a virus named SARS-CoV-2.
- It can be very contagious and spreads quickly.
- Over one million people have died from COVID-19 in the United States.
- Some people including those with minor or no symptoms will develop Post-COVID Conditions – also called “Long COVID.”
- A variant of coronavirus has been around in the animal world for years
- Public health emergency ended May 11, 2023



Transmit



Droplets ➡ Mucous Membranes = INFECTION

Symptoms



Cough or
Sore throat



Fever



Difficulty Breathing



Loss of taste, smell, or
both



Fatigue

Treatment



Prevention



Prevention

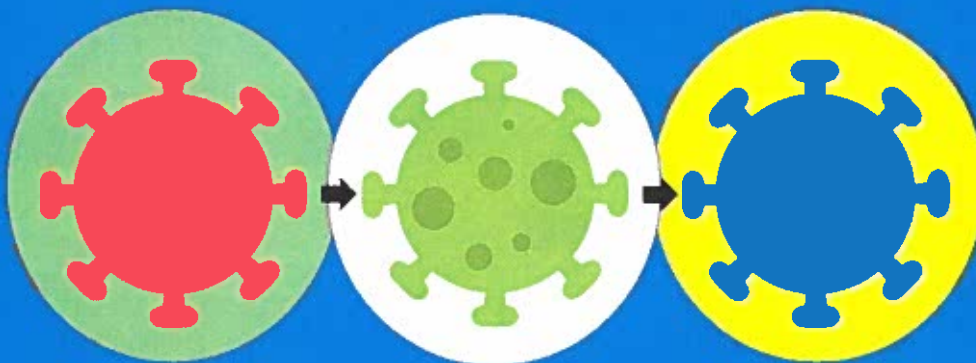
DO

- ✓ Practice good handwashing
- ✓ Stay home if you are sick
- ✓ Eat a balanced diet and drink water
- ✓ Exercise
- ✓ Wear face masks in public if immunocompromised
- ✓ Take vitamins to boost immunity

DON'T

- ✗ Stay around people when sick
- ✗ Eat junk food and become sedentary
- ✗ Go outside when conditions not favorable for breathing
- ✗ Go in large crowds

Mutation = Re-Infection



What makes me high risk?

- Age (65+)
- Immunocompromised (such as cancer, HIV, or autoimmune disorder)
- Underlying or preexisting health conditions (such as heart disease, diabetes, chronic kidney disease, chronic liver disease, chronic lung disease, or dementia)
- Obesity
- Physical inactivity
- Smoking
- Stroke

Long COVID

- Long term effects developed after a COVID-19 infection
- Can include a wide range of ongoing health problems
- Can last weeks, months or years
- Occurs more often in people who had severe COVID-19, but anyone who had COVID is at risk
- Non vaccinated people are at higher risk
- Each time a person develops COVID, they are at higher risk of long COVID
- There is still a lot being learned about this condition



Statics – Where are we now?

10,320

Hospital admissions

(July 30-August 5, 2023)

1.3%

Deaths due to COVID

(August 6-August 12, 2023)

+14.3% ↑

since early July 2023

+8.3% ↑

since end of July 2023

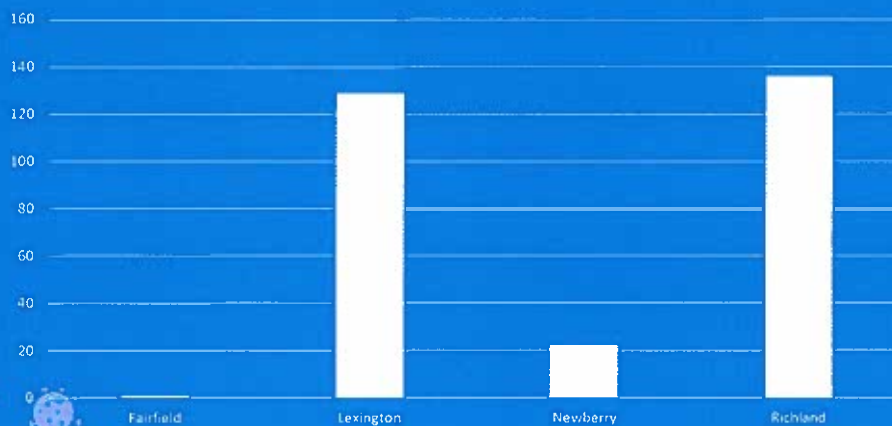
6,244,216

Total hospitalizations

1,137,742

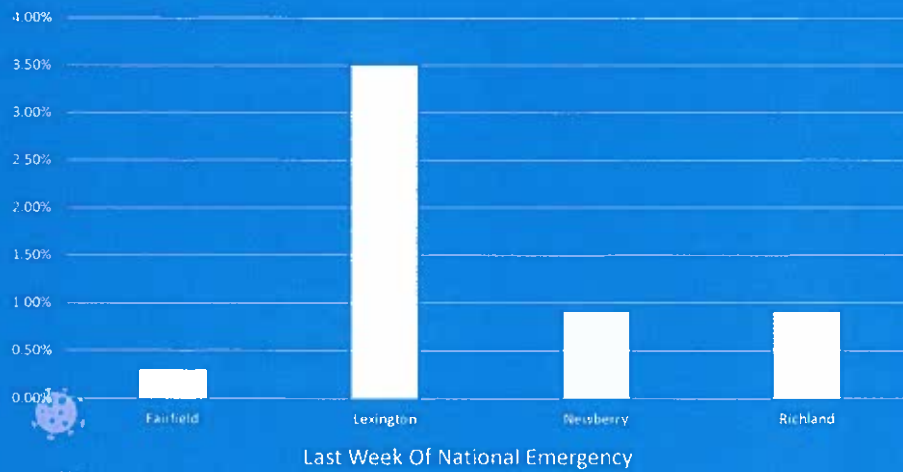
Total Deaths

Number of cases reported

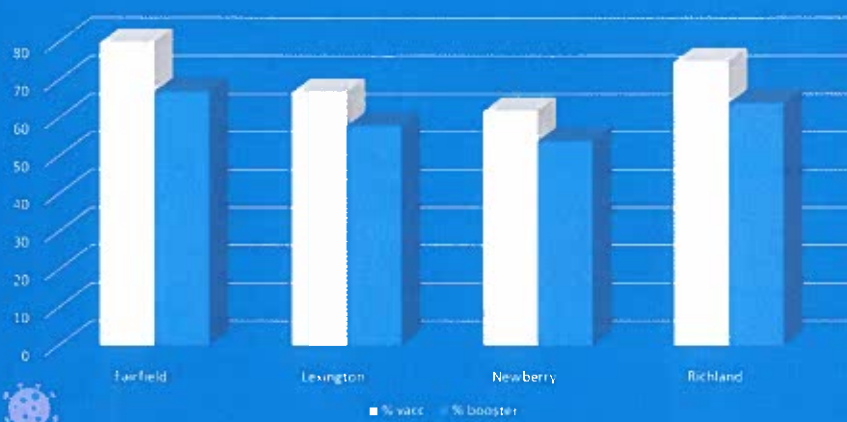


Last Week Of National Emergency

% Hospitalized with COVID



Vaccinated



Vulnerability Level

Fairfield County



Lexington County



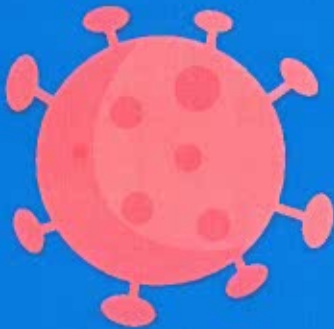
Newberry County



Richland County



COVID19 Questions?



Program Overviews

ENCLOSURE 4

Assessments – Ebony Davis

The assessment department assesses clients for Home and Community Based Services. The following community based and in-person services offered are: Home delivered Meals, Transportation, Homecare (Homemaker/Personal Care), and Group Dining. The assessment department assess clients in the following areas: Fairfield, Newberry, Richland and Lexington Counties.

Information, Referral, and Assistance – Antoinette Davis

The Information, Referral and Assistance Program is staffed with certified personnel who are trained to assist the public in finding and accessing the most appropriate community resources available for the needs of the elderly and/or adult population with disabilities. Our Information and Referral Specialist can:

- Assist you in locating needed services
- Explain program eligibility for services
- Refer you to appropriate providers
- Locate resources for specific needs
- Advocate for clients when necessary
- Help obtain services you may qualify for and are not receiving

Family Caregiver Support Program – Artellia Shaw

We have the following programs; Seniors Raising children and Family Caregiver support program.

Seniors Raising Children Program: This program is part of the National Family Caregiver Support Program and provides services for older relatives (not parents) age 55 and older providing care to children age 18 and younger.

Family Caregiver Support Program: This program is part of the National Family Caregiver Support Program and provides services for unpaid family caregivers who meet one of the following criteria.

- We CAN NOT pay the family caregiver to provide care to their loved one.
- Caregiver's age 18 and older providing care to individuals 60 years of age and older.
- Caregivers of individuals of any age with Alzheimer's disease, dementia, and related disorders.
- Or older relatives, including parents, age 55 and older providing care to adults ages 18-59 with disabilities.

Long-Term Care Ombudsman Program – LaToya Buggs-Williams

The Long Term Care Ombudsman Program advocates for residents in licensed long term care facilities. We work to resolve problems related to abuse, neglect exploitation, quality of care, improper discharges, respect and dignity issues on behalf of residents. The staff advocates, mediates and or investigates to bring changes that will improve the resident's quality of care and quality of life. We conduct Routine Visits to check on residents.

Volunteer Ombudsman Program – LaToya Buggs-Williams

A Volunteer Ombudsman makes regular visits to long-term care facilities to talk with residents and their families. They provide information about Resident Rights, the Ombudsman Program, make observation and advocate as trained. Interested applicants must be at least 18 years of age and have an interest in improving the quality of life in long-term care facilities. Applicants must also have empathy, be dependable and exercise good judgement, have available transportation and pass a criminal background check.

Advanced Directives – Shelia Bell-Ford

Advance Directives are legally binding documents that specify the type of medical treatment the person does or does not want to be given in the event they are unable to express their wishes at the time of treatment. South Carolina has (3) advance directives: The Living Will, Health Care Power Of Attorney, and Five Wishes.

SHIP – JaJuana Davis

SHIP (State Health Insurance Assistance Program) provides free unbiased help to Medicare beneficiaries, their families and caregivers. SHIP also helps eligible beneficiaries apply for assistance programs to help with Medicare costs. SHIP counselors also educate beneficiaries, their families and caregivers how to prevent, detect and report health care fraud, error and abuse through the SMP (Senior Medicare Patrol) program. Lastly, SHIP has a partnership with SC Thrive to assist beneficiaries with submitting CLTC (Community Long Term Care) applications to Medicaid.

Consumer Choice Program – Janyce Davis

Home care services address a progressive level of need that a program beneficiary usually experiences when dealing with a condition that requires assistance with incidental or routine activities of daily living. Home care services assist older individuals, families, and/or caregivers to overcome specific barriers to maintain, strengthen, and safeguard independent functioning in the home. These services are designed to prevent or delay institutionalization and improve the individual's or caregiver's quality of life and include personal care, homemaker and chore assistance.

Legal Services – Shelia Bell-Ford

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