

Senior Citizens Advisory Commission

Meeting Minutes: January 20, 2015 **DRAFT**

Jordan Conference Room, 11:00 am

Attendees: Brett Seekins, William Marshall, Bruce Nelson, June O'Neill, Elizabeth Baillie

Excused: Patricia Bredenberg, Barbara Page

Visitor: Paula Banks, Living Innovations

Staff: Matthew Sturgis

1. The meeting was called to order at 11:00 am.
2. Chair Seekins welcomed Ms. Banks. As Ms. Banks is an associate of Mrs. Baillie, he understands that she is very much aware of the work of the Commission. Chair Seekins expressed the Commission's interest in hearing her thoughts on senior issues in Cape Elizabeth.
 - a. Ms. Banks is very involved in the realities of seniors and their living challenges. She is also involved with the Maine Gerontological Society, and the National Association of Social Workers. Ms. Banks has also worked on the study regarding senior challenges. Ms. Banks has 30 years experience as a social worker and 28 working specifically with seniors.
 - b. Every June the Maine Geriatrics conference is held in Bar Harbor. It is a great conference, lots of policy discussed, multiple study tracts, and services for the elderly is the primary focus.
 - c. Ms. Banks spoke of Living Innovations, and the misperception of seniors needs in Cape Elizabeth. Ms. Banks started Paula Banks consulting in 2005.
 - d. Ms. Banks believes there is a need for minimum standards and credentialing for care managers. Her thought is "if you are taking care of my mother you need to know what you are doing".
 - e. Ms. Banks experience started as a discharge planner for Maine Medical Center. In that role she could get a great plan together but the challenges at home or in the community would result in the patient being readmitted in less than 30 days after discharge.
 - f. After that experience and other experience in the health industry, Ms. Banks went into private practice. At the time there was no local home care. Clients needed home care, help with life skills. She found she was always looking for quality people to help, but found a lot of challenges due to poor employees. Her solution was to closely vett employees as good representatives. As a result, Two Lights Home Care was created to fill that void.
 - g. Now they also do a lot of referrals to local health providers like Coastal Rehab for nursing, occupational therapy, physical therapy. They can

perform an evaluation and treatment. She will ask for the assessment as part of the treatment plan in conjunction with a physician's order.

- h. Ms. Banks stated that Cape Elizabeth is misperceived as wealthy and not needing assistance, which is incorrect. Many people need help and have financial challenges. Based in part on this need, she assisted in creating the Senior to Senior program. Ms. Banks wrote a grant application through the Southern Maine Area Agency on Aging as well as pledging to support the program financially herself.
 - i. The geriatric population is increasing while the number of health care workers is declining. Much of that decline is related to the low level of Medicare reimbursement.
 - j. Ms. Banks identified four areas she has noticed: 1.) There is a need for volunteerism in Town and coordination of it. 2.) Transportation is a huge challenge. RTP and ITN help, but the need exceeds the supply. 3.) There is a need of improved level of care at home, specifically as to who will provide it. 4.) Communication, education, and coordination of care is needed.
 - k. Elizabeth Baillie asked if there are any programs state wide focusing on recruiting young people into health care field for seniors. She did identify that the pay for home care workers is a huge barrier to entry.
 - l. Bruce Nelson stated that UNE is at the front of getting people into health care. Ms. Banks stated that we do have some great resources in Maine, but we need to promote them as an asset.
 - m. Primary care physicians are over loaded and need more time available. They need to be able to provide the right amount of time with patients, but find for a variety of reasons that they cannot.
 - n. Ms. Banks thinks a speaking series would be great to hold in the community. A place to provide this information would also be good. Community education is critical. TRIAD does do a great job as a resource.
 - o. Mr. Marshall recently lost a 90 year old neighbor. Seniors need socialization to help them deal with the challenge of aging. Stop staying at home, get out and learn more. People do not understand and need a physician to guide them.
 - p. June O'Neill stated that people need to know how to advocate for themselves. Also trying to figure out the question of quality of life vs. longevity. It is a challenge.
 - q. Ms. Banks stated that as critical as disease issues are, isolation is as big of a killer of seniors; isolation and desolation. She also believes in the right amount of care at the right time. Her experience has shown the Town of Cape Elizabeth services like the police and rescue are dedicated to seniors, their care, and their issues.
3. The next meeting shall focus on beginning to collect and organize the information the Commission has received over the past months and begin the process of crafting the report of the Commission.
 4. The meeting adjourned at 12:45 pm.