

Capital Area Network of Elder and Disability Services

Tuesday, March 9, 2010

8:30 am to 10:00 am

St. Mark's Home for Women

57 Winthrop Street, Augusta

Next Meeting: May 11th, 2010

At 41 Anthony Avenue

March 9, 2010 AGENDA

Present: Marie Bronn, Chateau Cushnoc; Ann Clark, Healthy Choices/MEI Maine Health's Partnership for Healthy Aging; Dennis Culley, Legal Services for the Elderly; Vicky Foster, Spectrum Generations; Joanne Joy, HCCA; Patrick Korte, CECEP: National Able Network; Carol Smith, St Marks Home for Women; Karen Tucker, HCCA; Ellen Willingham, CECEP: National Able Network; Meredith Wurpel, Legal Services for the Elderly; Dianna Wyman, CECEP: National Able Network;

8:30 Introductions: Getting to Know Each Other

This is a facilitated networking time, where participants are invited to share news and information about their services and request information of the group.

8:50 Joanne Joy, Healthy Communities of the Capital Area

Staying healthy in the winter months and beyond: nutrition, portion size, and introduction to the new free Keep ME Well resource.

- Materials given today must be shared with low income individuals
 - Keep Me Well program is a free online personal health assessment, found at www.keepmewell.org
- Nutrition – we promote buying and eating local foods as much as possible. To aid in this HCCA has compiled a resource of Farmer's Markets (both winter and summer) in the area. We are also working to strengthen the relationship between Farmer's markets and food banks. For example, at a recently convened meeting with these two groups, a food pantry is now stopping by the Gardiner Farmer's Market and picking up any produce the vendors have that they do not want to take back to the farm with them.

- We promote portion size of the food as well as content, and encourage the consumption of minimally processed foods. Nutritional value of frozen and canned vegetables may be more nutritional than those in the fresh produce aisle at the super market, as the frozen is preserved when the produce is more vitamin rich – right after picking.
- Free lessons on learning how to cook healthy foods are given by the Cooperative extension service. They are interested in finding a place to offer healthy food classes.
- Least processed foods are found at markets farmers markets
- A tip for shopping in the grocery store is to check the ingredients and avoid those that have sugar high on the ingredient list. Remember, foods placed in the supermarkets at eye level are most often the most expensive and least healthy.
- Materials Distributed:
 - o Portion booklet: “Are your portions in proportion?”
 - o Portion magnet for fridge
 - o Portion poster
 - o Portion measurements
 - o Now you’re cooking – facts on fats
 - o Healthy Maine Walks placard
 - o Information sheet on packaged drinks containing more servings than one- be aware of this type of calorie intake
 - o Tear off sheets
 - Calorie equivalents
 - Whole grains
 - Hand portions
 - Portion Puzzle
 - o Keep me well – free on line service connects to 2-1-1
 - Magnet/brochure
 - 2-1-1 magnet /brochure
 - Tear off poster with post-its
 - On-line link to How to use Keep Me Well
- Invite requests for any of the above materials
- Changing eating and other habits are made only when people are ready; most often made when the person is in a state of change in some area of their life.
- 3/24 in March Patrick has a meeting in Hallowell he would like us to come present at 11 at Cohen center. (Joanne did this)

9:10

Denis Culley, Legal Services for the Elderly

Legal Services for the Elderly represents Maine residents sixty and older before courts and state agencies, and provides free legal advice regarding health care, health insurance, Medicare (including Part D), MaineCare, Social Security, other public benefits, consumer problems, physical and financial abuse, guardianship defense and other issues.

- Zero fee services to Mainers 60 and over- we do not screen for income
- 5 state wide locations
- 1800- help line, intake etc
- If issue can't be resolved on the phone it is referred to private bar; if no one found, public bar; then low fee panel. Failing all that goes to a staff attorney.
- Typical example – daughter says to elderly mom “move to Maine, we'll set you up in a nice trailer and be nearby to care for you.” Mom sells house, mom is brought to Maine on the promise of ongoing care, which is not followed through on, and instead she is stuck in some hell hole. At this point she reaches out for help and tries to get some recovery of her assets.
- LSE also does appeals of MaineCare denial, food stamp denial, other appeals.
- Also: administrative hearing, eviction defenses, discharges from nursing facilities,
- Exploitation cases – protection from abuse, financial abuse,
- LSE now has a social worker on staff to advise clients:
 - o looking at family dynamic, past decisions, work with those facing eviction, needing alternative housing, need subsidized housing, assist landlords facing foreclosure,
 - o their work compliments the attorneys, works alongside them.
 - o is a state mandated reporter to report any abuse and neglect- attorneys are not – they are bound by attorney- confidentiality.
 - o Also works on front line phones.
- Advise on surrogate decision making- powers of attorney and advanced directives
 - o Public tools are conservatorship and guardianship.
 - o Powers of attorney – Powers really, in this case means “letter” or document. No one has power of attorney over someone else. Person who is having the power of attorney

signed on their behalf is still the “captain”, the person that signed on as POW is the “cabin boy”

- An “agent” expresses wishes when you cannot express your own,
- Public side – conservatorship - can be obtained in a situation when there is a potentially incapacitated person. The conservator can spend money, invest it, and is answerable to the court. This type of arrangement goes way back to a time in England when there lunatics were those who might get their senses back (governed by the moon) Idiots where born without the capacity.
- Guardianship- advanced directive – keeping someone medically sound- does not involve spending decisions- can spend money to keep person fed and sheltered
- There are two systems to keep care private
 - Public system to care for individual when no private situation has been put in place
- Probate code makes presumption that those closest to you know how you think best. The order of presumption of surrogacy is:
 - Spouse (if person has one living)
 - Adult sharing set up housekeeping
 - Adult child
 - Parent
 - Adult brother or sister
 - Adult grandchild
 - Another adult relatively familiar with person
 - Adult who exhibited special concern
- Denis offered to return to go more in-depth, give a workshop if desired, etc. There are some issues to consider in assuming guardian or conservatorship, Powers of Attorney that would take too long to explore at this session

Question:

- What happens when close friend is named and they move away?
Answer: get an alternate initially – if both are gone, then it falls into state system

9:30

Sharing of upcoming activities and issues of interest

- 4/22nd St Marks fundraiser- silver tree
- Training coaches at matter of balance
 - Master trainers training in Belfast – do not have to be a coach first

- Living well for better health leader training in Rockland coming up
 - o Joanne- promote these things a lot because being physically active is key for people staying in their homes
- MaineGeneral is giving a Living Well class, also in Waterville in April.
- Living well class and DHHS in Augusta at 442 Civic Center Drive – register at Maine.gov website or call Vicky
- Could be more stimulus funding coming for matter of balance
- St Marks is having a matter of balance class with about 10 participants. Call for more information

9: 50 Wrap up and evaluations

Next Meeting: May 11th, 2010