

AGING ADVISORY COMMITTEE

Wednesday, December 14, 2016

MaryAnn Miller called the Aging Advisory Committee meeting to order at 8:52 a.m.

Roll Call

Ivan Elm, William Hoekstra, MaryAnn Miller, Mark Roesch

Also Present

Amanda Higgins, Catherine Knickelbein, Stephanie Levenhagen, Kris Schefft, Jackie Wendlandt

Excused

Carolyn Flowers, Harvey Grulke

Absent

None

Roll Call

Roll call of all members present were conducted.

Action on the Minutes of the June 8, 2016 meeting

William Hoekstra motioned and Mark Roesch seconded to approve the minutes of the June 8, 2016 Aging Advisory Committee meeting. The motion carried.

Action on the Minutes of the October 12, 2016 meeting

Mark Roesch motioned and William Hoekstra seconded to approve the minutes of the October 12, 2016 Aging Advisory Committee meeting. The motion carried.

Public Forum

None

Election of Secretary

William motioned to be elected as secretary of the Nutrition Program Advisory Council. Motion carried.

Aging Services Report

Kris Schefft reviewed the items as written in the *ADRC/Aging Services Supervisor's Report 2016* and the *ADRC Funding* handouts provided to members of the Aging Advisory Committee. Discussion followed.

Kris introduced Catherine Knickelbein, Caregiver Program Coordinator, to the members of the Aging Advisory Committee. Catherine will be facilitating a Powerful Tools for Caregivers workshop. The ADRC received a Dementia Capable Crisis Grant recently that Catherine will be using to get a Music and Memory program up and going in Dodge County. Catherine also has published her first caregiver newsletter and plans to do so quarterly. Share the Care is another program that serves as an option to help people stay independent and supported in their homes longer. Through the Dementia Grants Catherine's working hours were increased from 20 to 30 hours per week. If you or someone you know would like to volunteer for any caregiver based programs, call the ADRC and ask for Catherine. Discussion followed on the various attachments regarding the current caregiver programs which were provided to members of the Aging Advisory Committee.

Elder Benefit Specialist Report Information & Updates on Regional Issues

Amanda Higgins reviewed the items as written in the *8 Costly Scams That Target Seniors, 2017 Social Security Fact Sheet*, and *Medicare Cost Overview 2017* handouts provided to members of the Aging Advisory Committee. MaryAnn suggested an informational session each meeting where Amanda would showcase one specific benefit and go into detail about it for the committee. Discussion followed.

Next Meeting

The next meeting of the Aging Advisory Committee will be held on **Wednesday, December 14, 2016**, at **8:30 am** at **199 County Road DF** in **room G046** on the **ground floor** of the Henry Dodge Office Building immediately following the Nutrition Program Advisory Council meeting.

Adjournment

MaryAnn Miller, Chairperson, adjourned this meeting of the Aging Advisory Committee at 9:34 am. The motion carried.

Respectfully Submitted,

William Hoekstra, Secretary

Disclaimer: The above minutes may be approved, amended, or corrected at the next committee meeting.

State launches new campaign to promote help for caregivers

The Greater Wisconsin Agency on Aging Resources Inc. (GWAAR) has announced that this is the year they will be providing promotional materials to reach out to caregivers and encourage them to get the help that is available.



This initiative is exciting because there are so many families that are currently taking care of family members without any help. Often they are juggling work and other responsibilities and don't even know there is help available. If you know anyone in this situation, please let them know there is help available. If you are caring for someone, even just helping from a distance, you are more likely to have a high level of stress than the "average guy on the street". There are many kinds of help available, much of it free. Don't let burnout happen to you!

Learn more about this campaign at:
<http://wisconsincaregiver.org>

Wisconsin's **Family Caregiver** Support Programs

Did You Know?

According to a 2015 survey, 43.5 million Americans provided unpaid care in the past year.

Nearly 3 in 5 family caregivers have paid jobs in addition to their caregiving, 60% of which are women.

Known for her dairy production, Wisconsin actually leads the nation in exports of cranberries, whey, ginseng root and sweet corn.

Your ears and your nose never stop growing.



Caring... from far away

Uncertainty. Worry. Frustration. Guilt.
When someone you love needs care but doesn't live near you, finding help can be time-consuming, stressful and overwhelming.

Good news! Help is right at your fingertips.



Caring for your grandchild?

It's one of your greatest joys. But it can also be one of your biggest stressors.

The physical and financial demands of caring for a grandchild can be challenging — especially if you've become the main caregiver.

There's help for you!


If you are a caregiver, call the ADRC to see what help is available!

920-386-3580



The ADRC has a new free program that can bring activities and technology to the home of someone caring for a person with dementia.

To get your free personalized music and activities, call the ADRC and ask for "Music and Memory" or "Support to Stay at Home".

Now available thru the 

My Favorite Caregiver Tips

- * Live in the moment. *
- * Take time to laugh. *



"With the fearful strain that is on me night and day, if I did not laugh I would die." Abe Lincoln

Powerful Tools FOR Caregivers



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life

Take Care of Yourself

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Class meets for 90 minutes once per week on Wednesday for six weeks.

Dates: March 15th - April 19th, 2017

Time: 12:30 - 2:00 pm

Location: Juneau Public Library

250 N Fairfield Ave, Juneau, WI 53039

Cost: FREE (\$10 suggested donation for book)

**To register, call the ADRC of Dodge County
920-386-3580**

****Space is limited - register early!****

For the Health of It! Nutrition Resources

by: Pam VanKampen, RDN, CD
pam.vankampen@qwaar.org



Tips for Healthy Eating:

- Don't Get Over-Hungry. Eat small meals every four hours.
- Eat Protein at Every Meal. Protein & Fiber help control blood sugar and feeling fuller longer.
- Eat a Variety of Fruits and Vegetables. Try for 5-9 servings a day. They are packed with antioxidants that help protect your body from the daily stressors.
- Eat Sweet Things Slowly. Take small bites, chew, put your fork down between bites and savor the flavor.
- Chew your food at least 20-30 times per bite! Chewing helps release nutrients and aids in digestion. If you don't chew well it takes a lot of energy to digest the food = tired after meals.
- Split Dessert or Drink Something hot. A cup of coffee, diet hot chocolate or tea instead of dessert.



<https://www.dhs.wisconsin.gov/seniorcare/information.htm>

What is SeniorCare?

- State Pharmaceutical Assistance Program (SPAP) available only to Wisconsin residents age 65+.
- Utilizes rebates with drug manufacturers
- 1,200 participating pharmacies within the state
- Renewed through December 31, 2018



Eligibility Requirements:

- WI resident and 65 years or older
- \$30 annual fee
- Benefit level based on gross income, no asset test
- Coverage lasts 12 months, starts month after application, enroll anytime

Level 1

- Income at or below 160% FPL
 - \$19,008 per individual (<\$1,584/month) OR \$25,632 per couple (under \$2,136/month)
- No spend-down, No deductible
- Pay \$5 copay for generic medications; \$15 copay for brand name medications

Level 2a

- Income between 160%-200% FPL
 - \$23,760 per individual (\$1,980/month) OR \$32,040 per couple (\$2,670/month)
- \$500 deductible
- During the deductible, the participant pays discounted SeniorCare rate on most covered drugs
- After deductible: \$5 copay for generic medications; \$15 copay for brand name medications

Level 2b

- Income between 200%-240% FPL
 - \$28,512 per individual (\$2,376/month) OR \$38,448 per couple (\$3,204/month)
- \$850 deductible
- During the deductible, the participant pays discounted SeniorCare rate on most covered drugs
- After deductible: \$5 copay for generic medications; \$15 copay for brand name medications

Level 3

- Income above 240% FPL
 - > \$28,513 per individual (\$2,376/month) OR > \$38,449 for couples (\$3,204/month)
- Both have a spend-down and a \$850 deductible
- Pay retail price during spend-down & pay SeniorCare rate during deductible

Formulary available at <https://www.forwardhealth.wi.gov/WIPortal/Subsystem/Provider/DrugSearch.aspx>

What is a Spend-Down?

- The amount of the spend-down is equal to the difference between a participant's gross annual income and 240% of the FPL (\$28,513/year individual; \$38,449/year couples)

Why have SeniorCare or Part D?

- Save \$\$
- Creditable coverage (avoids Part D penalty)
- Alternative or secondary coverage to Medicare Part D plan
- Help with the doughnut hole or to cover otherwise uncovered drugs; reduce the copay
- Part D can provide prescription coverage while someone is in the deductible or spend-down

Coordination of Benefits:

- Part D is primary and SeniorCare secondary:
 - If a medication is covered by both (Part D and SeniorCare) Part D will pay first
 - If the Part D co-pay greater than \$5/\$15; SeniorCare will pay the difference (Assuming not in a spend-down or deductible period)
- If the medication is covered by SeniorCare and not Part D:
 - SeniorCare will cover the cost (assuming no spend-down or deductible period)
- This scenario occurs most often due to the beneficiary having a Part D deductible or they are in the doughnut hole

Medical Assistance (aka Medicaid, Title 19):

- A person is not eligible for SeniorCare if on Medicaid (card services or LTC Medicaid)
- Medicaid is often approved retroactively
- Person is retroactively dis-enrolled retroactively from SeniorCare
- Must utilize Limited Income Newly Eligible Transition Program (LINET) for drug coverage
- Should be auto-enrolled into a low-cost Part D plan

LINET will *not* work in certain situations. Contact your Elder Benefit Specialist for more information.

! CAUTION:

- Certain people on a Medicare Savings Program (QMB, SLMB, SLMB+) must enroll in a Part D plan as primary coverage; SeniorCare will *not* work
- No coverage for self-administered medication if in emergency room or hospital observation
- Most hospital pharmacies are not in-network

PROS

Easy to use
(insulin-yes)
Works alone or with Part D
Creditable coverage
Low copays & annual fee coverage
No coverage gap, out of doughnut hole faster

CONS

Does not cover syringes or diabetic supplies
Vaccines not covered
Medicare Savings Program must have Part D
No out of network coverage (out of state)
No hospital observational stay/ER Rx
Does not work if on Medicaid

Summary

- Creditable coverage
- Can either be used by itself or in conjunction with Part D
- Coordinates well with Medicare Part D plan
- Does *not* coordinate with Medicaid
 - Works in nursing homes IF pharmacy accepts SeniorCare, and
 - If person is *not* on Medicaid

