




AGING SERVICES ADVISORY COUNCIL
April 21, 2025 Meeting Minutes
Zoom/DSB 432
10:00 AM – 12:00 PM

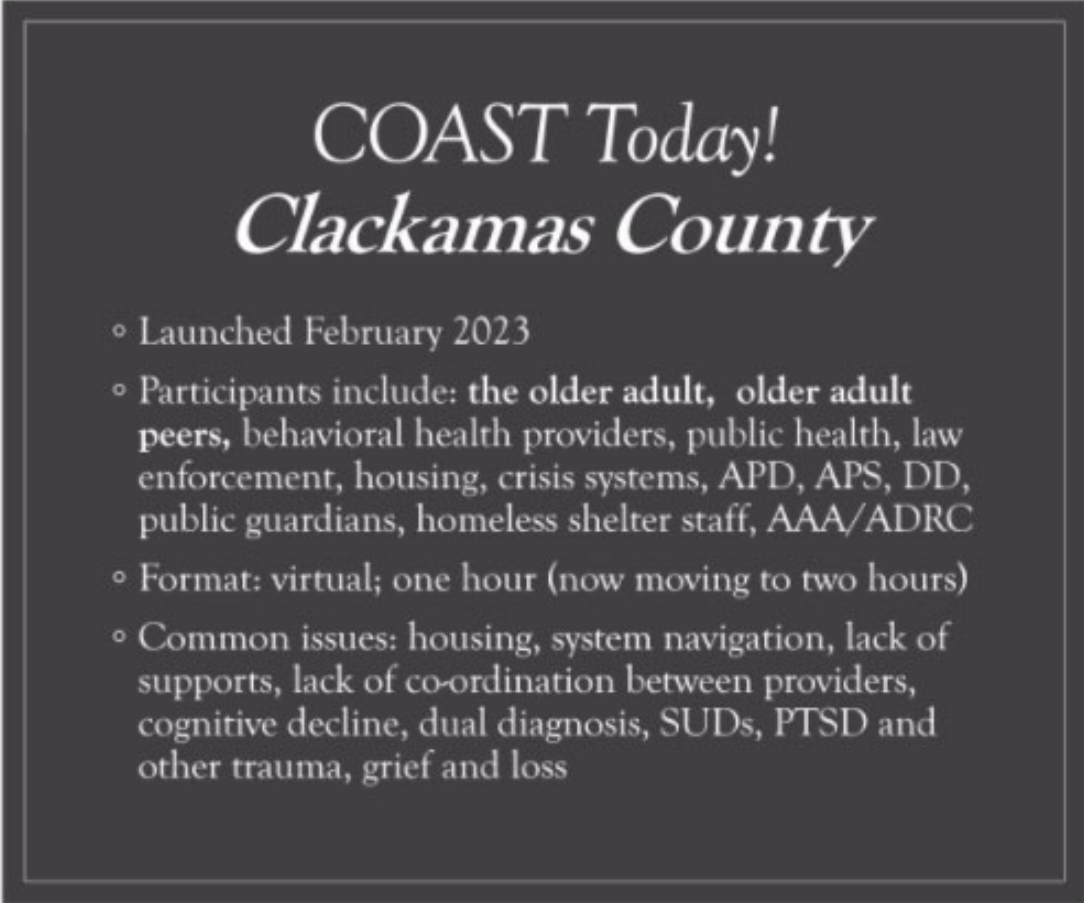
FACILITATOR		Dan Hoeschen			
NOTETAKER		R.E. Szego			
P	Anne Meader	P	Dan Hoeschen	S	R.E. Szego
E	Eric Olson	E	Lynne Byrne	E	Sean Wells
E	Steven Bushman	P	Scott Stahl	S	Jeanie Butler
P	Pat Torsen	P	Sue Leslie	S	Tracy Garell
A	Joyce Caramella	P	Jeannie Shuster	S	Kim Whitely
E	Jim O'Brien			S	Jennifer Much Grund
P	Carol Bernhard				
E	Sonya Norton				
P	Marge Lorton				

P-Present A-Absent E-Excused S-Staff V-Visitor

ITEMS / ISSUES	DISCUSSION	FOLLOW-UP
Meeting Called to Order Quorum is majority.	The meeting to order at 10:01 am. A quorum was present.	
Review and Adoption of Minutes	Corrections were made to the 03/17/25 minutes. Scott motioned and Anne seconded motion to approve corrected minutes. March minutes were approved.	
Older Adult Behavioral Health Initiative	Kim Whitely, kwhitely@clackamas.us , has been with the initiative since it started in 2015, first in Washington County, then in Clackamas County. Clackamas County has one Behavioral Health Specialist. Kim does not	All: If you have connections to assisted living facilities and other places that might have older


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	<p>provide direct service.</p> <div data-bbox="478 313 905 886"> <p><i>Three Primary job functions:</i></p> </div> <div data-bbox="968 277 1631 924"> <ul style="list-style-type: none"> ◦ Increase Collaboration and Coordination ◦ Complex Case Consultations ◦ Workforce Development and Community Education </div> <div data-bbox="457 946 1509 1365"> <p><i>COAST Collaborative Older Adult Solutions Team</i></p> <ul style="list-style-type: none"> ◦ Mobile Crisis Team ◦ Mental Health Response Team (MHRT) ◦ Emergency Behavioral Health Workgroup ◦ Crisis Response to Dementia Workgroup ◦ Wraparound principles  </div> <p>With COAST, staff from across disciplines get together and discuss complex cases. Kim encourages the person they're talking about to be</p>	<p>adults who want to participate in the penpal program, please let Kim know.</p>

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	<p>present, as well. Clackamas County has had COAST running for the last year. Kim will send out more information on COAST.</p> <p>Clackamas County has the Behavioral Health Unit / Mobile Crisis Unit; they don't ride with the police officers, but go separately. 988 is a national 24/7 crisis response line that connects to the local Lines for Life (https://www.linesforlife.org/) which connects to the Clackamas County unit. You can select veterans-specific, youth-specific, and other specialized options.</p> <p>The Clackamas County Mental Health Walk-in Center is on 82nd near Ross. The Crisis Team is there, so folks can talk to someone if they need help.</p>	

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	<div data-bbox="464 212 1541 1110" data-label="Complex-Block">  <p>COAST Today! <i>Clackamas County</i></p> <ul style="list-style-type: none"> ◦ Launched February 2023 ◦ Participants include: the older adult, older adult peers, behavioral health providers, public health, law enforcement, housing, crisis systems, APD, APS, DD, public guardians, homeless shelter staff, AAA/ADRC ◦ Format: virtual; one hour (now moving to two hours) ◦ Common issues: housing, system navigation, lack of supports, lack of co-ordination between providers, cognitive decline, dual diagnosis, SUDs, PTSD and other trauma, grief and loss </div> <p>Currently Clackamas County is holding the COAST meetings virtually. These typically take 30 minutes per case. They are getting more cases recently, so will expand the time they're meeting. A lot of referrals are coming from housing; this the most common challenge across the board: lack of housing, getting evicted.</p> <p>In-patient substance use treatment is not very available – especially for older adults, if they have mobility issues or take medications that are not allowed. There is both a lack of facilities and not enough funding. COAST</p>	

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	<p>was started to help give voice to these huge gaps A lot of providers will not take Medicare because there is a lot of paperwork with a low reimbursement rate. They've now opened it up for Master's level clinicians. In Clackamas County, people are looking at a 6-month wait.</p> <ul style="list-style-type: none"> • Dan remembered that a few years ago we heard a lot about folks advocating for providing mental health coverage at same rate as physical health issues. • Tracy stated that this was called "parity". • Kim noted that people who are on Medicare or Medicaid tend to be a lot better off. Private insurance companies tend to not have coverage for mental health and substance use treatment. • Tracy shared that Clackamas County Behavioral Health services does see individuals with Medicare only. They provide outpatient treatment. Tracy will find out more about what the County is offering. • Veterans has separate assistance for this. It's really complicated. The Veterans Service Office helps people who served and their families access their benefits. • Anne asked: Is there anyone on the COAST team who can talk about recovery (e.g., peer advocate)? Kim says the older adult peer could do this. Anne thought it would help more if someone could invite the person to a meeting vs just giving them information. Clackamas County currently funds one full-time peer. Anne believes that most people who are seeking services have a substance use challenge. 	

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	<div data-bbox="676 293 1142 370" data-label="Section-Header"> <h2>Circle of Friends</h2> </div> <ul data-bbox="510 456 1297 821" style="list-style-type: none"> ◦ Circle of Friends is the only evidence-based intervention for older adults experiencing loneliness and social isolation. ◦ Originally created in Finland in the early 2000's, the intervention is a group rehabilitation model for older adults who experience loneliness from time to time, or every day. ◦ Participants not only connect on certain topic areas such as arts and culture, exercise and wellness, or creative expression, but also share personal stories of how they are working to reduce their feelings of loneliness. <p data-bbox="457 933 1640 1062">Kim is trying to get this program up and running again through some of the senior centers. The group decides what they are going to do within the broad topic areas.</p> <p data-bbox="457 1078 1640 1118">There are Quarterly specialist meetings. They started a penpal program:</p>	

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	<div data-bbox="462 259 1113 747"> <p>What are the benefits of Intergenerational Activity?</p> <ul style="list-style-type: none"> Reduces loneliness and social isolation Builds friendships & social connections Increases understanding & sharing of experience between generations Reduces ageism Creates opportunities for all generations to feel valued and part of their community Boosts mental wellbeing & self confidence Enhances learning & skill sharing across all age groups  </div> <div data-bbox="1197 259 1617 600"> <p>Goal: Combat loneliness through intergenerational activity</p> <p>How do we connect older adults and youth within our community?</p> <ul style="list-style-type: none"> • 3 Elementary schools • 2 Facilities </div> <p>If folks have good connections to assisted living facilities and other places that might have older adults who want to participate, please let Kim know. They write once per month to each other.</p>	

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	<h2 style="text-align: center;">Guidelines & Prompts</h2> <p style="text-align: center;"><u>Positive Intergenerational Pen Pal (PIPP)</u> <u>Guidelines</u></p> <ul style="list-style-type: none"> • All participants will use the Positive Intergenerational Pen Pal (PIPP) program for its intended purposes. The program is intended for handwritten communication via snail mail only. • Be respectful of other cultures, beliefs, ways of thinking, opinions, ages, and background. • Do not seal your envelope. All letters will be screened to ensure that they are appropriate. • Do not share your address, your last name, or other identifying information. • Letters should be positive in nature <p>Kim picks up and drops off the letters.</p> <ul style="list-style-type: none"> • Pat suggests working with Meals on Wheels to do this program. Kim has talked with the Milwaukie program and they're looking at doing this next year. <p>Kim is hoping to partner with the Senior Centers to run this program:</p>	

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	<p><i>Do More, Feel Better (DMFB)</i></p> <ul style="list-style-type: none"> • Is delivered via senior centers and other community-based aging service organizations (CBOs) to improve access to mental health care. • Involves nine 30-45 minute weekly visits that can be done in person or remotely. During each visit, the coach follows a structured protocol, provides psychoeducation, and teaches activity planning skills to boost older adults' mood and energy and address patterns of avoidance, withdrawal and inactivity that can come with depression. • Has licensed mental health or social work professionals train volunteer coaches (selected for their interest as well as strong interpersonal and organizational skills). Training consists of four 2-hour training workshops over 2-4 weeks that involve didactics, demonstrations, and role plays. Trainers then provide weekly group supervision for a small number of coaches. <p>Kim is looking for ideas.</p> <ul style="list-style-type: none"> • Pat has been connecting High School Seniors with those accessing the Senior Center in Molalla. For their senior project, two girls ran a BINGO fundraiser that raised over \$1000 for the Senior Center. • Kim shared that things are trending with doing more of these intergenerational programs. 	
Other work that's happening in Clackamas County	<p>Jeanie Butler reported on a couple of other programs for older adults in Clackamas County.</p> <p>Telephone Reassurance was approved under OAA (the Older Americans Act), especially for older adults who receive home-delivered meals. In 2024, in partnership with the 10 Senior Centers, Clackamas County provided over 2000 reassurance calls to about 630 individuals. Sometimes it's older adults who used to access the Senior Center, but for some reason cannot anymore or maybe a neighbor calls and says they're</p>	

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	<p>worried about them. Those who deliver meals cannot leave a meal on a doorstep. They have to see the person. So sometimes participants are identified through the meal deliverers.</p> <p>The Senior Companion Program administered through the County's Transportation Program connects older adults to other older adults. This program provided over 12,000 hours of contact last year, a lot of times through running errands.</p> <p>Tonia Hunt and Jeanie meet with Senior Centers quarterly.</p>	
Behavioral Health Subcommittee Progress Report	<p>Tracy reported that the Behavioral Health Subcommittee has started meeting. They wanted ASAC to look at the Area Plan to get some ideas from this group about where to focus, such as:</p> <ul style="list-style-type: none"> • What trainings might be helpful? (E.g., QPR – Question, Persuade, Respond – or Loneliness trainings.) • Loneliness Taskforce and increasing volunteerism to decrease social isolation. <p>Dan asked Jennifer: Do you have data on older adults in the County and what percentage of them are living alone and how that is connected to depression, loneliness, and isolation?</p> <ul style="list-style-type: none"> • Jennifer shared that according to 2022 census data, over 18,000 County residents age 65+ who were living alone. This is about 25% of the population of those 65+. Jennifer can get more recent data for this. The number will definitely increase because the older adult population is growing so fast. <p>Jeanie will be helping to set up subcommittees for the other focus areas in the Area Plan.</p>	<p>All: Reach out to Anne if you are interested in joining the Behavioral Health Subcommittee.</p>

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	<p>Tracy noted that there is a high prevalence of death by suicide among older adults, who are more likely to plan a suicide and die by suicide if the attempt. This may be linked to feelings of not wanting to be a burden on family members or of not wanting to live with a health condition any longer. Men are more likely to use a gun or firearm, which are more lethal means, than women. Jennifer will get the latest data on this. Galli Murray usually collects this information. Jennifer shared that according to the Cleveland Clinic one in four older adults die by suicide vs. 1/200 for youth and reminded us that suicide tends to be underreported.</p> <p>Jennifer shared data she received from Galli: In 2022, there were 54 deaths by suicide in the County. This represented a 24% decrease overall from prior year. 50-69yo continue to be the population that dies by suicide more than other groups. 80% (across all ages) who died by suicide identified as male. Some of the data is becoming more difficult to access or the people preparing the data nationally are no longer there. We may not have as much data available.</p> <p>Galli and Kim are both part of tri-county group focused on older adult suicide.</p> <ul style="list-style-type: none"> • R.E. asked how ASAC might target middle age people who are likely caring for older parents for sharing info. • Jeanie noted that the Family Caregiver Support Group focuses on the mental health of the caregiver. • Tracy suggested even offering QPR, so caregivers can know the signs and ask the question, then refer <p>Dan shared that at the first Behavioral Health Subcommittee meeting last week Anne agreed to Chair this group. Anne asked for more participation</p>	

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	<p>in the subcommittee. The next meeting is June 5 at 10am, hybrid, in PSB. They have finalized the Charter and know the purpose of the group. Now they need to get trained. Most of the members don't really know about behavioral health in Clackamas County. Anne will make an agenda for the June 5 meeting to start the training. They will be calling in some people from the community. Their goal is to meet quarterly eventually, but will probably meet more often while getting trained.</p> <p>Anne is hoping that one of the members of the subcommittee will join and be the ASAC liaison to the Suicide Prevention Coalition run by Galli. Tracy reminded us that Kim is also a member of the BH committee.</p> <p>Tracy asked: What can we build upon that we already have? What would be helpful for the subcomm to focus in on? What might be a small thing that would have a big impact? How could we partner with the Senior Centers?</p>	
Adult Center Liaison Report - Marge	<p>Marge reported that Dan covered everything for the first two Center visits. We have five or six Centers left to visit. Sandy might be included in June; they haven't done congregate meals for years, but may be about to start. So far, committee members have been very conscientious. Brenda Durbin will join for one more visit. Jeanie will attend a bunch. Tracy will join some, too. Everyone should visit at least one. A lot of people have committed to more of that.</p> <p>Canby has a pretty smooth operation. There were about 65 people for lunch. People were impressed with the food. Molalla has had mixed results.</p> <p>At the end of the year, Marge will compile the notes and send them to</p>	<p>R.E. send out the list of the dates from chat. Include Marge's number and email.</p>

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	<p>Jeanie.</p> <p>They're trying to encourage the kitchen staff to attend the post-lunch meeting.</p> <p>Marge will try to bring some copies of the questions to the next ASAC meeting.</p>	
Member Updates	<ul style="list-style-type: none"> • Jeannie – Yuka app. There are two versions; one is free. You can scan the UPC code of a food items or personal care products and it gives a rating (bad, poor, good, excellent). It gives you an alternative. It helps me add more healthy things to my life. You can also search if you have the paid version. It opens your eyes to a lot of stuff. • Scott – Transportation Update. The State just came out today with the wishlist for 2025-2029. Highlights: \$0.20 gas increase; increased registration and title fees; weight and mileage tax; 1% tax per vehicle for new cars; electric vehicles – new road usage charge. Any vehicle after 2029 that gets 20 mi/gallon or more. Goals – looking of invest more in rural transportation development; expand Veterans bus passes; mostly coming out of an increase in payroll tax. Gas tax will be 60 cents on the gallon by the State of Oregon by 2032. Youth Passes. Scott is on the County Transportation Advisory Group. <p>Canby is going to have to start cutting services. They didn't get the money they had anticipated.</p> <ul style="list-style-type: none"> ○ Dan is interested in walkways, bicycle paths, Last Mile. Will look into getting an update on transportation issues. <ul style="list-style-type: none"> • Pat – Adult Community Center Buses – Pat has been trying to 	

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	<p>ask people if they came on the bus or drove. There are a lot of people riding the buses.</p> <ul style="list-style-type: none"> • Tracy – We are at the final signature stage for the Board of County Commissioners’ authorization of the Area Plan. Tracy will meet with Dan to get his signature once she receives it. • Jeanie will send invitations to the committees that will start in July. <p>Current ASAC Subcommittees</p> <ul style="list-style-type: none"> • Behavioral Health • Adult Center <p>External to ASAC Subcommittees that have ASAC Representation</p> <ul style="list-style-type: none"> • Villages • Transportation Subcommittee • Disaster Preparedness • Suicide Prevention Coalition – Anne hopes to add someone from the Behavioral Health Subcommittee. 	
Adjourn	The meeting was adjourned at 11:57am.	Sean – send out updated list of ASAC members
Next Meeting	Monday, May 19, 10am-12pm Hybrid at DSB 432	Sean - Make sure Joyce and Sue are on the contact lists (email group).

