

SALLY BEAUMONT, CHAIRPERSON  
RUTH BEIDEMAN  
JAMIE MAGEE  
JAMES MOSELEY  
PENNY ORNDORFF  
SCOTT PHILLIPS



LARRY SAVAGE  
FRANCINE SHOCKLEY  
ANNA SHORT  
FRAN SMITH  
JOHN WILLIAMS

## Advisory Committee on Aging & Adults with Physical Disabilities for Sussex County

### Minutes of Meeting

Monday, January 27, 2014

A meeting of the Advisory Committee on Aging & Adults with Physical Disabilities for Sussex County was held on Monday, January 27, 2014, at 10:00 a.m. at the Sussex County West Administrative Complex, 22215 North DuPont Boulevard, Georgetown, Delaware. The following members were present:

- |                                  |                      |
|----------------------------------|----------------------|
| 1. Sally Beaumont, Chairperson   | 6. Larry Savage      |
| 2. Ruth Beideman                 | 7. Francine Shockley |
| 3. Jamie Magee                   | 8. Anna Short        |
| 4. Jill McCoy (nonvoting member) | 9. Fran Smith        |
| 5. Scott Phillips                |                      |

Also in attendance were Barbie McDaniel, Delaware Hospice; Doris Schonbrunner, Heritage at Milford Senior Living; Amber Woodland, Procino Wells, LLC; Robert Corsa, Delaware Commission of Veterans Affairs; Dr. Alexis McKenzie, House Calls, LLC; Lisa Celik, Lewes Senior Center; Linda Rogers, RSVP; Linda Forte, Easter Seals; Christine Steele, Griswold Home Care; and Gary Cannon and Annette Cannon, Bridgeville Senior Center.

### Call to Order

Ms. Beaumont called the meeting to order and welcomed everyone on behalf of the Advisory Committee.

### Approval of Minutes

A Motion was made by Fran Smith, seconded by Anna Short, to approve the minutes of November 18, 2013, as distributed. Motion Adopted by Voice Vote.

[Action on the minutes of December 10, 2013, was deferred pending discussion later in the meeting.]

### Correspondence

Ms. Beaumont presented the following correspondence:

- Flyer announcing the “Aging in Place” Community Forum being held on January 30, 2014, 5:15 to 9:00 p.m. at the Cape Henlopen High School Theater and Auditorium, Lewes, Delaware – The Advisory Committee on Aging & Adults with Physical Disabilities for Sussex County is a cosponsor of this event and will be manning a kiosk at the forum. Ms. Beaumont also noted that a brochure has been developed, through the efforts of Ruth Beideman and Scott Phillips, containing information about the Committee which will be available for distribution at the forum.
- E-mail from Joanna R. Shea, C.A.R.E. Delaware Administrator, Delaware Division of Services for Aging and Adults with Physical Disabilities (DSAAPD), advising they are still seeking families to screen for a documentary on individual(s) new to the caregiving role – Minds Eye Production, Department of Media Studies, The New School’s New York Director Deirdre Fishel has invited the State of Delaware to assist in finding a family for her next documentary film effort. Criteria for the family they are seeking includes:
  - Individual or individuals brand new to caregiving role and in need of paid caregiving services.
  - Prefers an adult child taking on an adult parent.
  - New to caregiving and seeking assistance, and new to working with caregiving system.
  - Willing to allow a small filming crew to come into their home over a period of one year (not every day) at different times to film and document.
  - Document the journey of becoming a new caregiver and learn how to work with system of resources for caregiving.

Anyone who might know of a possible candidate or family for the documentary is asked to contact Ms. Shea at [Joanna.Shea@state.de.us](mailto:Joanna.Shea@state.de.us) as soon as possible for prescreening.

- Announcement regarding Holistic Health Fair being held March 29, 2014, 9:30 a.m. to 4:30 p.m., at Cape Henlopen High School, hosted by the Delmarva Community Wellnet Foundation in partnership with the Rehoboth Beach/Dewey Beach Chamber of Commerce – The Health Fair will showcase local resources that support and enhance health, vitality, and the environment. The all-day event is free to the public and offers exhibits, educational speakers, and workshops for the community. Additional information may be obtained by contacting Patty Burkentine at the Rehoboth Beach/Dewey Beach Chamber of Commerce at (302) 227-2233, extension 15, or e-mail [HHF@edendelmarva.org](mailto:HHF@edendelmarva.org).

### **Guest Speaker**

Anna Short introduced Robert Corsa, Delaware Commission of Veterans Affairs/Brain Injury Association of Delaware, who was invited to speak regarding *Traumatic Brain Injury/Acquired Brain Injury – The Silent Epidemic*.

Mr. Corsa began his presentation by stating, “Veterans are my only business.” Following up on that statement and providing some personal background as to how he came about being involved with veterans and traumatic brain injury (TBI), Mr. Corsa shared that he is a retired New York

City police officer, has been in Delaware for approximately 12 years, and is a traumatic brain injury survivor himself as a result of an injury he sustained while serving as a United States Marine in the Vietnam War. The seizures which developed 17 years after his injury caused him to lose his job with the New York City police department.

By way of information, Mr. Corsa advised that 54,000 people died in Vietnam, and 20 to 30 percent of those were from TBI, considered the signature wound of most wars. Countless Vietnam veterans have also experienced various types or stages of post-traumatic stress disorder (PTSD) including depression, ringing in the ears, denial, mood swings, headaches, forgetfulness, insomnia, suicide thoughts, anger, panic disorders, and a sense of hopelessness. Needless to say, medical support has not been there for Vietnam veterans.

Over 1,000,000 people in America suffer or are exposed to TBI every year, 250,000 of which may be severely affected. Wars have ultimately brought certain issues fast forward and traumatic brain injury is considered one such issue. The federal government has spent close to \$60,000,000 in the last three years for veterans care, and the need continues to grow. Through accelerated research in the last few years, it has been found that Alzheimer's disease and other forms of dementia are greatly increased with TBI patients. A correlation between TBI and Parkinson's disease has also been found through recent research.

As a member of the Delaware Commission of Veterans Affairs, Mr. Corsa stated it is his goal to assist veterans in whatever way possible—the problem lies in locating those veterans in need of help, as it is difficult to get these individuals to participate in any kind of self-help program. At the present time, the only facility in Sussex County providing assisted living and day habilitation care for survivors of traumatic brain injury is Peach Tree Acres in Harbeson, and they presently have a 25-person waiting list.

Concerns were expressed that as senior citizens age into their 70's and 80's, they may experience a larger degree of TBI's due to falls. When seniors are no longer able to drive, the question of transportation and how they will be able to get where they need to go becomes an issue as well.

In closing, Mr. Corsa stated that veterans are very caring people, about community and country. As a TBI survivor and parent of a 19-year-old son dealing with the after-effects of an acquired brain injury when he was just three years old, his focus and goal in life is not only to take care of veterans, but to help everyone live life to the fullest extent possible. Mr. Corsa is actively involved in a number of organizations to assist others, and it is his hope that current veterans will not have to endure the hardships that Vietnam veterans have experienced when it comes to medical care.

Upon conclusion of his presentation, Mr. Corsa entertained the following questions/comments from the audience:

- One of the statistics that most people do not know about the Vietnam War is that although 54,000 lives were lost during the war, 75,000 veterans committed suicide between the end of the war and 1990. More lives were lost to suicide after the war than during the war itself, a trend that continues today.

- What is available through groups such as the Wounded Warriors? – Mr. Corsa responded the problem with Wounded Warriors is the exorbitant amounts being expended on salaries within the organization. When a group is soliciting on behalf of veterans, excessive administrative costs do not set well with those wanting to donate to a good cause.
- Which organizations would you recommend to anyone wishing to contribute? – Keep funds local—Home of the Brave, Delaware Veterans Home, Easter Seals, to mention just a few. Support is needed not only for veterans' organizations, but community and family services as well.
- The number of people suffering from traumatic brain injuries is difficult to track due to a lack of information available, as well as right to privacy laws. According to the U.S. Department of Veterans Affairs, there are over 500 veterans in Delaware and part of New Jersey being seen for TBI. As mentioned previously, the difficulty is finding out who those individuals are in an effort to reach out to them.
- The Department of Veterans Affairs is a very complex and constantly changing system, thus yielding to the experts is often the best policy. The Sussex County Vet Center located at 20653 DuPont Boulevard in Georgetown has that expertise in Veterans Service Officer Laurie Corsa. At the Vet Center in Georgetown every Monday and Friday, and the Delaware Veterans Memorial Cemetery at 26669 Patriots Way in Millsboro every Tuesday, Wednesday, and Thursday, she is very helpful and always willing to assist in any way possible.
- Veterans diagnosed with TBI may or may not be service connected, depending on how and when the TBI occurred. If a person was in the military at the time of injury, it would be considered service connected.
- In regard to transportation options for the elderly, it was announced that a meeting of the Senior Transportation Cooperative will take place on Thursday, January 30, in Lewes. The Cooperative is an initiative spearheaded by Nancy Feichtl to provide a transportation system to meet the needs of an aging population in the Lewes/Rehoboth area. Seniors would join the Cooperative for a fee and receive certain services in return, such as transportation to medical appointments, the grocery store, etc. Volunteer drivers maintain an account and receive credited miles to be used when they themselves are no longer able to drive and need the services. Both seniors and drivers would be properly vetted before being allowed to join.

It was noted that the Lewes and Cape Henlopen senior centers also provide transportation to medical appointments only for seniors in the Lewes/Milton/Rehoboth area through a grant-in-aid from the State. The centers are reimbursed from DART to provide this service. Although it is requested that clients become a member of the center and make a contribution for fuel when possible, they are not required to do so. For those needing transportation to Christiana Hospital and destinations farther away, volunteers use their personal vehicles, report the miles traveled, and are then reimbursed 50 cents per mile by the center. The Bridgeville and Georgetown centers have similar services available for members which allows the centers to

have a connection with the seniors, learn what their needs are so they are not so isolated, and make sure they are following up with their care plans.

- Improved transportation services for veterans is an ongoing issue as well. Although government buses are available, the logistics involved with getting the veterans on the buses and to where they need to be makes it next to impossible in an area as rural as Sussex County. Home of the Brave in Milford offers transportation to veteran centers for medical treatment, but again the obstacle for many veterans is getting to Milford. Oak Orchard Riverdale American Legion Post 28 provides transportation too if a driver is available, but appointments are often needed and it is hit or miss to say the least.
- Veterans medical benefits are accepted at all walk-in clinics in Sussex County. The Vet Center in Georgetown is also open to combat veterans dealing with post-traumatic stress disorder and/or other issues involving family members.
- The American Legion Post in Georgetown is holding TBI group meetings the third Wednesday of each month at 1:00 p.m. for anyone interested.

On behalf of the Committee, Ms. Beaumont thanked Mr. Corsa not only for his presentation on *Traumatic Brain Injury/Acquired Brain Injury – The Silent Epidemic*, but for his service to our country in the Vietnam War.

### Announcement

Jamie Magee announced that a spending bill has just been signed into law by President Obama appropriating \$122,000,000 for Alzheimer's research, funding which is greatly needed.

### Old Business

#### 1. Special Conference Planning Meeting of December 10, 2013

Ms. Beaumont reported on the special conference planning meeting held on December 10 at the Sussex County West Administrative Complex. Evaluations received from the October 9 **LIVE Conference** were reviewed. Discussion was held regarding the inadequacy of the venue—both exhibitors and the general public had to be turned away, parking was insufficient, a lot of little issues at the CHEER Community Center. Therefore, it was decided to research other locations for the 2014 conference, which is being handled by Linda Rogers and Amber Woodland. The proposed theme considered for the 2014 conference is *Live Safe and Secure*, to include such topics as avoiding falls; how to keep finances, home, and property secure; i.e. all about security and safety. Dawn Culp has agreed to be in charge of publicity.

Amber Woodland gave a brief update on the venues being looked at to date. They have not been able to make a good contact with any of the schools as far as availability yet because of the snow. Both Delaware Technical & Community College in Georgetown and Heritage Shores in Bridgeville have been contacted with regard to hosting the conference in October.

At this point in time, it appears that Heritage Shores in Bridgeville is the better option. They are very willing to work with the Committee, have provided sample menus and pricing, would serve a plated meal to the table versus the buffet last year which left people standing in line and frustrated, there is a separate vendor entrance, a portico for vendors to be protected from the weather, and ample parking is available. The only question so far is in regard to capacity, which will depend on whether the Committee would like the exhibitor spaces in the main room or located in card rooms next to the main room.

Other sites suggested were Independence Living in Millsboro and the CHEER Community Center, Sussex Academy of Arts and Sciences, Delmarva Christian High School, and Crossroads Community Church in Georgetown. Once all information and options are available, Amber Woodland will compile a spreadsheet for the Committee to review and make their decision.

It was the consensus of the Advisory Committee to move forward with planning the second annual **LIVE Conference...Live Safe and Secure** on a date to be determined in October, and that exhibitors be located in the same room as conference participants.

A Motion was made by Jamie Magee, seconded by Anna Short, to approve the minutes of December 10, 2013, as distributed. Motion Adopted by Voice Vote.

## 2. Strategic Plan for 2013-2014

Ms. Beaumont turned the meeting over to Anna Short for discussion regarding the Advisory Committee's Strategic Plan for 2013-2014. Ms. Short stated that several months ago three goals were established by the Committee to be accomplished during 2013-2014, and what is needed at this point are objectives to go along with each of those goals. Following are the goals/objectives agreed upon by the Committee:

### **Expand the advocacy role of the Committee**

- Develop and present an annual conference.
- Develop a bimonthly information article on aging related issues and/or based on the guest speaker to be released to the press.  
[Ruth Beideman volunteered to do the first article on Mr. Corsa's presentation regarding traumatic brain injury.]

### **Increase and improve communications between the Committee and the Sussex County Council**

- Each Advisory Committee member will initiate at least two contacts per year with their Council person to invite them to attend meetings and the annual conference.  
[Committee members expressed their disappointment that no one from the Sussex County Council attended the October 9 **LIVE Conference**. It was suggested that representatives of agencies/organizations who regularly attend Advisory Committee meetings may want to appear at a future County Council meeting to introduce themselves, thank Council for their support, emphasize the value of the Advisory

Committee, and personally invite Council members to attend their meetings and annual conference.]

**Increase public awareness of the Committee and thereby improve public attendance at meetings**

- Ask the Sussex County Communications Director if/how the Committee can participate more on social media.  
[Chip Guy (Communications Director) was complimented on his attempts over the past year to publicize the Committee through TV, radio, and newspaper.]
- Target senior living and senior centers and request they put the Committee information in their newsletters.
- Try to begin to attend various radio station live remotes.

**New Business**

1. Jamie Magee advised that in follow-up to the Committee's discussion at the November meeting relative to the State Plan on Alzheimer's, she and Christine Steele visited the new facility at Stockley Center. Construction apparently took place in 2009, but many people were not aware of it until just recently. The cottage that formerly housed Alzheimer's patients is still there, but is now down to seven residents and they are not taking any new admissions. The 59-bed sprawling facility is state-of-the-art offering dental services, large activity rooms, as well as physical therapy and other medical services which are contracted out. As a budget item through disability services, there are funding restrictions that apply and they are only seeing patients who are a resident or in a group home or foster care that have been under their services for some time. Also on campus is Telamon, DAPI, the Christiana Care Wellness Clinic, and Sussex County Medical Examiner. According to Rita Landgraf, Delaware Secretary of Health and Social Services, the intent is for the facility to serve as a clinic for seniors in Sussex County, but there is nothing definite at this point.

Robert Corsa stated that the Delaware Veterans Commission/Delaware Veterans Home have been looking at constructing a post-traumatic stress disorder/traumatic brain injury type of facility, to be funded by the U.S. Department of Veterans Affairs, and inquired if the Stockley Center would be a possibility. It was recommended that Mr. Corsa contact Adele Wemlinger, Executive Director at the Stockley Center, for additional information.

2. Jamie Magee advised that the Delaware Telehealth Coalition will be meeting on February 13 at the Julie H.C. Bailey Training Center in Smyrna.
3. Venues for Advisory Committee meetings were discussed. Christine Steele volunteered to contact Cadbury at Lewes as to the possibility of meeting at their facility in May.

**Public Comment**

Ms. Beaumont provided an opportunity for everyone in the audience to introduce themselves, with the following individuals sharing additional information:

- ❖ Barbie McDaniel, Delaware Hospice, advised she works part-time visiting all of the physicians in Sussex County and promoting Delaware Hospice. They continue to be the only nonprofit hospice in Delaware and have never turned anyone away. Delaware Hospice offers a Transitions Program to provide guidance and resources to individuals and families coping with a serious illness, as well as many other services. They have individuals especially dedicated to community awareness presentations who would be happy to speak to any group or organization in the County about Delaware Hospice and the programs they offer. Noting that April 16 is National Advanced Healthcare Directive Day, Ms. McDaniel stated that Delaware Hospice also works frequently with individuals in preparing advanced healthcare directives.
- ❖ Dr. Alexis McKenzie, House Calls, LLC, gave a brief update on a great assessment tool used in diagnosing patients with cognitive issues called the BCAT (Brief Cognitive Assessment Tool). Dr. McKenzie advised she is now a trained, master clinician able to administer the BCAT test, consisting of five components. Nursing home facilities, doctors, and residents in the community would all benefit from this testing which uses various screening tools to accurately assess the cognitive and mood functioning of an individual. The full screening takes approximately 15 minutes and can be very useful in diagnosing depression, one of the most underdiagnosed illnesses in nursing homes. Dr. McKenzie subcontracts for House Calls going into private homes and providing the mental health component to send in social workers, psychologists, under-care consultants, recreation therapists, and life coaches as needed so people do not have to leave their homes. The BCAT has been endorsed by the Alzheimer's Association in Maryland, and they are in the process of designing a brochure specifically for Delaware.
- ❖ Christine Steele, Griswold Home Care Services, explained they are a non-medical home care agency, helping people age in place no matter where they are, whether that be in a nursing facility, assisted living facility, or in the home.
- ❖ Robert Corsa, on behalf of the Delaware Commission of Veterans Affairs and Vietnam Veterans of America, thanked the Advisory Committee for having him speak and welcomed everyone to feel free to contact him with any issue regarding veterans. Mr. Corsa stated that the Delaware Veterans Home is now full, so options for new veterans are definitely a concern.

### **Additional Business**

Jamie Magee announced the following upcoming events being sponsored by the Alzheimer's Association:

- Fundamental Alzheimer's Care Training for Healthcare Professionals (Fact II) will take place on February 4 at Brandywine Senior Living, 36101 Seaside Boulevard, Rehoboth Beach, from 9:00 a.m. to 12:00 noon. The cost of the course is \$35.00 per person; however, due to the generosity of Griswold Special Care, several scholarships are available to help defray the cost.
- "The Basics...Memory Loss, Dementia, and Alzheimer's Disease" will be presented on February 6 beginning at 7:15 p.m. at the Methodist Manor House, 1101 Middleford Road, Seaford.



- There will be a Caregiver Support Group meeting on February 20 at Laurel Adult Care, 113 North Central Avenue, Laurel, at 1:00 p.m. These group meetings are held the third Thursday of each month and are designed to provide emotional, educational, and social support for caregivers through regularly scheduled meetings.
- A new Caregiver Support Group will be holding their first meeting at the Ocean View Police Department on March 6 at 6:00 p.m. discussing Alzheimer's and other dementias.

### **Special Meeting**

A special meeting of the Advisory Committee will be held on Tuesday, February 11, 2014, at 9:30 a.m. at the Sussex County West Administrative Complex, 22215 North DuPont Boulevard, Georgetown, Delaware, for the purpose of preliminary planning for the **2014 LIVE Conference**.

### **Next Regular Meeting**

The next regular meeting of the Advisory Committee will be held on **MARCH 17, 2014, at 10:00 A.M. at the LEWES SENIOR CENTER, 32083 JANICE ROAD, LEWES, DELAWARE.**

### **Adjournment**

A Motion was made by Ruth Beideman, seconded by Scott Phillips, to adjourn at 12:01 p.m. Motion Adopted by Voice Vote.

Respectfully submitted,

Anna Short, Secretary  
Advisory Committee on Aging & Adults  
with Physical Disabilities for Sussex County