

JAMIE MAGEE, CHAIRPERSON  
LINDA FORTE  
ANTIONETTE JOHNSON  
CATHY PARKER  
HELEN PASE  
SCOTT PHILLIPS



LINDA ROGERS  
LARRY SAVAGE  
FRANCINE SHOCKLEY  
FRAN SMITH  
HELEN SMITH

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

### Minutes of Meeting

July 15, 2019

A regularly scheduled meeting of the Advisory Committee on Aging & Adults with Physical Disabilities for Sussex County was held on Monday, July 15, 2019, at the Sussex County Administrative Offices West Complex, 22215 North DuPont Boulevard, Georgetown, Delaware. The following members were present:

Chantel Collie (non-voting member)  
Antionette Johnson  
Jamie Magee  
Helen Pase  
Scott Phillips

Linda Rogers  
Larry Savage  
Francine Shockley  
Helen Smith

### Call to Order

Jamie Magee, Chairperson, called the meeting to order at 10:00 a.m.

### Approval of Agenda

A Motion was made by Linda Rogers, seconded by Scott Phillips, to approve the Agenda as posted. Motion Adopted by Voice Vote.

### Approval of Minutes

A Motion was made by Linda Rogers, seconded by Antionette Johnson, to approve the minutes of May 20, 2019, as distributed. Motion Adopted by Voice Vote.

### Election of Officers

Jamie Magee affirmed that at the May 20<sup>th</sup> meeting the nominations for officers of the Advisory Committee were as follows: Jamie Magee for Chairperson, Antionette Johnson for Vice Chairperson, and Helen Smith for Secretary. She asked if there were any other nominations from the floor, and there were none. A Motion was made by Linda Rogers, seconded by Scott Phillips, to approve the officers as nominated for a term of two years. Motion Adopted by Voice Vote.



### Correspondence

There was no correspondence to report.

### Guest Speakers

Scott Phillips introduced Joanne M. Saltzberg, Managing Director for Sussex County, Jewish Family Services (JFS) of Delaware, and along with her was Ellen Rabinowitz, a new part-time counselor with JFS. Ms. Saltzberg stated that JFS is 120 years old and has been in Delaware a little over three and a half years, emphasizing that a person does not have to be Jewish to receive their services.

Jewish Family Services concentrates on three main areas: (1) psychotherapy, (2) services to older adults, and (3) services to families, with a focus on children with disabilities and families of addiction.

JFS came to Sussex County due to studies that showed mental health services are the number one unmet need in Sussex County. Although Sussex County is a large retirement area, there is not enough infrastructure to support mental health issues. There are currently 610 patients for each mental health therapist, with older adults having the highest ratio of untreated mental illnesses. Sussex County also has many older LGBTQ folks, and there is a need for culturally-sensitive therapists.

Sussex County has a large population of what Ms. Saltzberg referred to as "adult orphans." While many have likely lost their parents and are truly orphans, they have also moved here from another state after retirement and left their support system behind. The LGBTQ community often loses much or all of their support when they come out as well.

Since there continues to be a stigma surrounding mental illness, many people do not ask for or seek help. In addition, people moving to Sussex County often do not know how to utilize the resources that are in place to assist them.

Ellen Rabinowitz spoke about how things that affect people when they are younger may reappear as they age. These issues may not be as much in the forefront while raising children and in the workforce, but once someone retires, an elderly person's ability to go to the doctor, take medications, clean their home, cook for themselves, etc., can be affected. Without a support system, these "adult orphans" struggle with mental health issues and the ability to carry out day-to-day tasks.

Ms. Saltzberg discussed the Care Navigator Program at Jewish Family Services. Older adults started going to JFS with more and more complex mental health issues. People retiring in Sussex County that came down with a serious illness or were faced with their spouse passing away had difficulty coping with their issues, so the Care Navigator Program was formed. The program consisted of a nurse and social worker at first to

assist with coordination of care, but a doctor and gerontologist have now joined the team too. The Care Navigator Program is a fee-based program.

### **Introductions**

At the conclusion of the presentation by the guest speakers, Jamie Magee asked that Advisory Committee members introduce themselves. It was noted that Helen Pase is the newest member of the Advisory Committee, representing Councilman Michael Vincent's district, District No. 1. Audience members introduced themselves as well.

### **Old Business**

Scott Phillips distributed a preliminary report on the results of the evaluations from the 2019 Sussex C.A.R.E.S. Conference. The report not only included compiled responses from this year's conference, but also compared those responses to past conferences, wherever possible. In most cases, attendees were as much or more satisfied with the registration process, conference theme, conference layout, conference length, question and answer format, lunch, and speakers as in past years. In response to the statement "Overall, the Conference was worthwhile," 100 percent of the respondents agreed. This is the first time there has been 100 percent agreement to that statement.

Mr. Phillips stated that many positive comments were received from the public, for example:

- Great location
- Excellent conference - kudos
- Loved this venue - panels were wonderful - planning was wonderful - conference ran beautifully
- Excellent conference
- A great opportunity to reach out to community members - a lovely event
- Very informative and well-planned - thank you - appreciated how well everything moved along and stayed on schedule

There were also comments as to what could be improved upon next year, such as:

- Vendor tables were too close together - talk among some of the vendors and carrying on with their business, along with large display posters, prohibited other vendors from hearing and seeing the speakers
- Lunch - more vegan options - salads without dressing - more healthy foods - less sugar - more beverage choices

- **Make sure speakers know how to use a microphone**
- **Make it shorter - make it longer**
- **Control the air conditioning**
- **Disorganized - not sure what to do upon arrival**

### **New Business**

**There was no New Business to discuss.**

### **Public Comment**

- **Nancy Crass, Geriatric Liaison at SUN Behavioral Health in Georgetown, provided an update on their geriatric unit – Integrity. Four people have been admitted with beginning dementia to their 12-bed unit. Additional CNA's have been hired and they are now able to accept more patients. While they cannot treat people in later stages of Alzheimer's at the facility, they can accept those with behavioral problems in the early stages. If anyone knows of someone in need of their help, Ms. Crass can be reached directly at (301) 228-0366, and she will notify SUN that a patient is on the way.**
- **Joanne Saltzberg inquired if anything is being done at the State level to address mental health needs for the aging. Jamie Magee advised that the Delaware Division of Services for Aging and Adults with Physical Disabilities is pushing for Dementia Friendly Delaware. The State has received a grant for Alzheimer's and dementia and is working on this issue.**

### **Next Meeting**

**The next regularly scheduled meeting of the Advisory Committee will be held on Monday, September 16, 2019, at the Sussex County Administrative Offices West Complex, 22215 North DuPont Boulevard, in Georgetown.**

### **Adjourn**

**A Motion was made by Helen Smith, seconded by Scott Phillips, to adjourn at 11:32 a.m. Motion Adopted by Voice Vote.**

**Respectfully submitted,**

**Helen Smith, Secretary  
Advisory Committee on Aging & Adults with  
Physical Disabilities for Sussex County**