

Oakland County Senior Advisory Council Meeting
Monday, May 20, 2024
10:00 am – 12:00 noon

WELCOME, CALL TO ORDER:

Chair Rock Abboud called the meeting to order and asked each member present to introduce themselves. He welcomed all members to the first 2024 in-person SAC meeting and called the meeting to order at 10:03 AM.

Attendance Matrix:

Dist	RC	Name	Dist	RC	Name	Dist	RC	Name
1	E	Royetta Ealba	2	P	Mark Kelly	3	P	Suzanne Patton
4	E	Dianne Bubnar	5		V	6	P	Bridgette Giampa
7	V		8	P	Robert Whitcomb	9	P	Ruth Jordan
10	P	Cameron McClure	11	P	Sylvia Whitmer	12	E	Rusty Rosman
13	P	Norene Yuskowatz	14		V	15	P	Brenda Anderson
16		V	17	P	Barbara Seldon	18	P	Greg Keeler
19	P	Martha Schlesinger	AL	P	Rock Abboud	AL	E	Marcus Jackson
SR	P	Pat Zawadzki	SR	P	Genessa Doolittle			

Key: District# (AL- Member-at-Large, SR – Staff Rep); RC=Attendance P-present; E - Excused; A – Absent; V – Vacant; Name = District Council Member

OTHERS PRESENT:

Dr. Russell Faust, Medical Director, Oakland County
 Jim Ellison, Chief of Older Adult Services, Oakland County
 Stephanie Hall, Director of Planning and Advocacy, AgeWays
 Denisha Weathersby, Communication and Marketing assistant for Older Adult Services

ROLL CALL:

Roll call was accomplished. There was a quorum.

APPROVAL OF MINUTES:

Senior Advisory Council minutes for the meeting held April 15, 2024, were approved with no corrections.

LEGISLATIVE UPDATE: Stephanie Hall, Director, Planning and Advocacy, Age Ways

- May 1, 2024 was the Older Michiganians Day event. Data wasn't complete yet but will be updated for the next meeting.
 - This year the Platform was support for increasing funding for the Silver Key Coalition, the Long-Term Care Ombudsmen Program, Caregivers, and the My Choice Program.
 - Several State Legislators and staff were in attendance.
 - AgeWays gained over 3,000 followers on Facebook and 350 people on Instagram.
- Federal Budget update: The final fiscal year 2024 budget was passed at the end of March, which included the Health and Human Service Appropriation Bill including all funding for AgeWays.
- The House and Senate released the 2025 budget at the end of April. Home Delivered and Congregate Meals received a slight increase in the budget, with Home Delivered Meals receiving \$15 million dollar increase and Congregate Meals receiving a \$25 million-dollar increase.
 - AgeWays is advocating for Home and Congregate Meals to be placed in one pot to allow for flexibility to meet the needs of all in the communities.
 - There is permanent funding of \$1 million for Home and Congregate Delivery.
- The Structured Family Caregiving Program provides funding for family members providing care for loved ones. The House has proposed a \$5-million-dollar increase, the Senate has proposed a \$4 million-dollar increase. The Medicaid Senate has included funds to expand the My Choice in Home Program anticipates a 4% rate increase. The Caregiving Program will get a slight increase.
- In the State, both the House and the Senate released their proposed budgets at the end of April. The House suggested a \$3 million dollar expansion of local Long-term Care Ombudsman Services, the Senate proposed a \$1.5 million-dollar increase.
 - Home Delivered Meals: Senate included \$1 million in permanent funding for home delivered and congregate meals and a \$5 million dollar increase, the Senate suggested a \$4 million dollar increase.
 - The My Choice Program must go through the actuarial process at the State. It could get the 4% increase, or it could get nothing.
 - There is no increase for the Direct Care Workers Wage Increase. There was no budget increase. The House and Senate have \$35 million dollars in general funds to maintain the current direct care workers increases.
 - The PACE Expansion Program is expected to get \$3.2 million dollars.
- AgeWays advocates for the Care Transition Program where older adults can transition from hospitals back into their homes. AgeWays has a goal of rolling out this program in early summer with two facilities in East Oakland and West

Macomb to start the Long-Term Care Transition Program. Stephanie was asked to keep the SAC updated on the Long-term Care Transition Program.

- Three additional Long-term Care Ombudsmen have been hired for the Long-term Care Ombudsmen Transition Program. The program continues to be studied.
- The Caregivers Respite Care program continues to provide \$575 for eligible caregivers.

HEALTH DIVISION UPDATE: Dr. Russell Faust, Medical Director, Oakland County Health Division

Presentation on Probiotics

- Human cells are the minority in your body, The bugs that are in you outnumber your cells; they outnumber you 10:1. Molecular determinants have identified more than forty thousand species of these bacteria living in our GI tract.
- Scientists use petri dishes culture to cultivate bacteria, but the bugs cannot be cultivated
- The normal development of the microbiome causes the forty million bugs living in the GI tract to have a symbiotic relationship and produce the nutrients that are essential for life. These genes keep the bad bugs under control. They prevent the bad bugs from taking up shop. Ninety percent of your body's serotonin is made in your GI tract by these bugs. Scientists can take a sample of your GI tract and determine your risk with impressive accuracy for Type I and II diabetes based on your microbiome
- Biosis keeps us in balance. Dis-Biosis can be accredited to many chronic diseases. Any time you take an antibiotic you upset this balance. Social determinants of health impact that balance. Stress work and society, and prejudice in our social interactions changes our microbiome.
- Probiotics are all about re-Biosis or re-balancing the microbiome.
- Currently probiotics are being used therapeutically clinically for antibiotic associated diarrhea, for type I and type II diabetes, for h pyloric gastritis, allergies, inflammatory bowel syndrome, vaginitis and much more.
- Probiotics are not presently accepted by mainstream medicine, but they will be significant in the future of mainstream medicine.
- When you eat yogurt or powdered probiotic it never gets past the stomach, what you need is an enteric coated tablet, or capsule for it to be effective. The enteric coating is bile resistant and acid resistant. The enteric coating allows the probiotic to get past the stomach to the inner portion of the small intestines.
- Dr. Faust recommends everyone to take probiotics. Anyone on antibiotics, with inflammatory bowel disease, bacterial vaginitis, hip, and knee surgery, MERSA, and C diff must take a probiotic.
- Probiotics can be expensive. Probiotics are classified as a dietary supplement which is not covered by insurance. Enteric coated Probiotics capsules can be found at drug stores, health stores and online sources.

PRESENTATION: Bridgette Giampa, Nurse Practitioner, Trinity Health. Bridgette is also the SAC District #6 Representative

Stroke: What You Need to Know:

Objectives: Stroke facts, defining stroke and stroke subtypes, symptoms and their relationship to anatomy, treatment options, BE FAST, and how to prevent a stroke.

- One out of nineteen deaths in U.S. are attributable to strokes.
- With stroke you either die, are disabled, or end up surprisingly good. The hard part is the disabled part.
- **If you have a stroke do not drive yourself to the hospital. Call 911. There are medicines that can reverse a stroke, there are intervention meds that can slow the stroke processes.**
- There are various medical procedures developed to address strokes.
- Black People are more likely to die from strokes and Black Women are more likely than Black Men.
- A stroke is a brain injury. There are two types of strokes **hemorrhagic** where the blood vessel bursts and the cell around the injured area dies off. and **ischemic** stroke where there is some type of blockage that keeps blood and oxygen from getting to the cells.
- The cells die and depending on the location of the stroke the body will be affected. Damage on the left side of the brain will affect the right side of the body.
- Trinity Oakland uses BE FAST: an acronym for the signs and symptoms **BALANCE, EYES, FACE ARM SPEECH AND TIME.**
- Stroke risk factors that are modifiable include high blood pressure, narrowing of arteries that supply blood to the brain due to atherosclerosis, high cholesterol, smoking, obesity, lack of exercise, excessive alcohol drinking,
- Diabetes Mellitus, and Atrial Fibrillation.
- Stroke risk factors that are not modifiable include age, race, a prior stroke or pre-existing cardiovascular disease, a prior TIA, family members who have had strokes, age 60 and older, and African Americans.
- If anyone is interested in scheduling a Stroke Awareness Presentation, Bridgette's telephone number is 248-243-4490.

COUNTY UPDATE: Jim Ellison, Chief of Adult Services

- Denisha Weathersby is the new Communication and Marketing Assistant. She will oversee the ENCORE Senior Resource Guide which will be published 3 times during the year.
- There are three more Senior Expos coming up:
 - August 29th at the "J" in West Bloomfield
 - September 11th at the Southfield Pavilion
 - October 22nd at the Royal Oak Farmers Market.
 - All three start at 10:00 AM.

- June 5, 2024 is Senior Day at the Detroit Zoo. Admission is free for seniors.
- Jim Ellison attended Older Michiganiaan Day.
- There is a new Older Adult Services Hotline - **248 858-0593**.
- Older Adults Events: [Older Adult Events | Oakland County, MI \(oakgov.com\)](https://oakgov.com/older-adults-events)
- Jim and Denisha will be working on setting up more Coffee and Conversations Sessions with Presentations of Interest identified by the respective senior center.

GOALS AND OBJECTIVES: Martha Schlesinger, SAC 2nd Vice-chair

Since Pat did not get a lot of information in writing from the SAC members, Martha collected the information as a class session.

Please continue to meet with your respective Senior Centers regarding Education and Outreach to Individuals, Training/Meetings with Organizations and Groups, and Public Awareness of SAC. Submit information to Pat who will compile the input into one document that will be discussed at the June Meeting and be helpful especially to AgeWays.

SAC Updates: Patricia Zawadzki, SAC Coordinator

The next meeting in June will be in-person at Lookout Lodge in Waterford Oaks.

ADJOURNMENT: Rock Abboud

The meeting was adjourned at 12:07 AM for pictures.

Anyone, especially new members, who would like to stay for the arranged additional hour for more discussion may do so after pictures.

**NEXT MEETING
MONDAY June 17, 2024
Lookout Lodge in Waterford Oaks.**