



COMING TOGETHER TO ADVOCATE FOR OLDER ADULTS

NC Coalition on Aging Mid-Month Update – February 16, 2016

Coalition on Aging Day at the Legislature – Mark your calendar! The Coalition will sponsor a Day at the Legislature on May 10. This will be an opportunity to meet with Senators and Representatives about priority issues as well as to be available to share information about your operations and to answer questions from legislators, legislative staff, and visitors to the General Assembly about issues impacting older adults and resources and services for seniors and their families. More information will be available soon.

Speaking of priorities – just a reminder that the **2016 legislative priorities for the Coalition on Aging** are:

- Increase state funding for the Home and Community Care Block Grant by \$2 million to help address the waiting list for services to help older adults stay in their homes.
- Pass House Bill 816 (Study the Needs of Working Caregivers).
- Appropriate \$2 million in state funding for adult protective services.
- Pass House Bill 817 (An Act Enacting the Uniform Adult Guardianship and Protective Proceeding Jurisdiction Act of 2015).
- Establish a North Carolina Study Commission on Aging as a vehicle for research and action regarding legislation pertaining to older adults.

Webinar on Achieving Collaboration Between Mental Health and Aging Services Through Coalition Building – This webinar is presented by the National Council on Aging’s Center for Healthy Aging will highlight the work of the National Coalition on Mental Health and Aging and efforts of in Georgia and Illinois to address the mental health needs of older adults integrating services and supports. It will be held on Wednesday, February 24, from 2:00 to 3:00 p.m. [Click here to register.](#)

Teepa Snow, a well known occupational therapist who has done extensive work with persons with Alzheimer’s Disease and their families in the state, was featured in an article in the News and Observer last week titled “How to Talk to People with Alzheimer’s”. To read the article which highlights a workshop and the tips she shared with staff at an assisted living facility in Paoli, Pennsylvania go to <http://www.newsobserver.com/living/family/article59517587.html>.

Centenarians, people who reach the age of 100 years or more, are the fastest growing segment of the population. It is estimated that that there are about 450,000 centenarians

worldwide. The United States has the most people 100+ with current estimates as high as 72,000. If the population of centenarians continues to increase at its current rate, there could be close to 1 million people 100 and over by 2050 residing in the United States. According to the NC Office of State Budget and Management, there were 2,055 centenarians in North Carolina in 2014. This number is projected to increase to 3,889 in 2025 and 5,616 in 2034.

Options to Finance Long-Term Services and Supports – As a follow-up to a 2014 report by the Bipartisan Policy Center entitled “America’s Long-Term Care Crisis: Challenges in Financing and Delivery,” the Center has issued initial recommendations to help address the financing of long-term services and supports. [See the report](#) which includes recommendations about increasing the availability and affordability of private long-term care insurance to extend existing resources, expanding options at home and in the community for older Americans and individuals with disabilities under Medicaid, making available new options for working individuals with disabilities, and addressing the needs of persons with significant long-term services and supports needs.

The Aging Network in Transition: Hanging in the Balance is the name of a white paper released by the National Academy of Social Insurance which examines progress throughout the aging network in measuring the quality and value of its programs and services. [Download](#) the paper which also covers developments that are re-shaping the network and highlights case studies of the work of the aging networks in Florida, Massachusetts, and California.

How North Carolina Compares – A Compendium of State Statistics (February 2015) has been released by the Program Evaluation Division of the NC General Assembly. To download a copy of the report, go to **2015 Report**. This publication provides a framework on selected benchmarks for ranking North Carolina relative to other states. One of the benchmarks measured is the percentage of the state’s population living in poverty. North Carolina ranked 40th in the percentage of the population in poverty in 2013 at 17.9%. The number of state residents living in poverty in 2013 was 1,715,397. The state dropped two positions in rank on this benchmark from the last time the compendium was published in 2013.

Voter ID Questions – With elections just around the corner, many voters still have questions about the Voter ID requirements. To learn more about these requirements and resources to assist voters, go to the websites for the NC State Board of Elections (www.ncsbe.gov) and Democracy North Carolina (www.nc-democracy.org).

State Health Plan Workshops – For the next six months, staff of the North Carolina State Health Plan will be doing workshops across the state about state health plan options and how to maximize health plan options in retirement. The workshops titled “Navigating Your State Health Plan Benefits and Retirement: Understanding How the State Health Plan and Medicare Work Together,” are designed primarily for member who are turning 65 in the next year or so and for members who are over 65 and still actively working. To find out more, go to

<https://shp.nctreasurer.com/AboutSHP/connect/Pages/Navigating-your-State-Health-Plan-Benefits-and-Retirement-Meeting-Series.aspx>. (note: If a sign in page comes up, click on cancel).

2016 Senior Games Schedule – NC Senior Games is a year-round health promotion and wellness program for persons 50 and older in North Carolina. The schedule for local games and most state finals events for 2016 have been set. The schedule to date is listed below: To find out more, go to www.ncseniorgames.org.

53 Local Games Across the State

February - June 15

State Finals 2016

Pickleball Tournament - August 30-Sept 1

Basketball Tournament - TBD

All Events Not Noted Elsewhere (Cary/Raleigh) – Sept. 26-October 2

Golf Tournament - October 4-5

Bocce and Cornhole Tournaments - October 5-6

Softball Tournament - October 24-26

Family Caregiver Platform Project (FCPP) is a national collaborative effort between major organizations to encourage nonpartisan grassroots efforts to educate and motivate policymakers to improve state and federal support for family caregivers and older adults. The goal is to get caregiving issues included in as many state party platforms as possible. To find out more, go to <http://caregivercorps.org/>.

Can Dementia Be Prevented? Education May Bolster Brain Against Risk – Go to <http://www.npr.org/sections/aging/> to view the interesting National Public Radio show on this topic.

Legislative Committees Meetings in Full Swing – As the start date for the legislative short session gets closer, the pace of legislative committee meetings is accelerating. To view a listing of scheduled meetings, go to <http://www.ncleg.net/LegislativeCalendar/>. Included on the calendar are meetings on March 8 of the Joint Legislative Oversight Committee on Health and Human Services (8:30 a.m. to about 12:30 p.m.) and the Joint Legislative Oversight Committee on Medicaid and NC Health Choice (1:00 p.m.).

Domecast – The News and Observer’s Under the Dome offers a weekly podcast to recap state government and politics news topics. You can access Domecast by [clicking here](#).

UBI – The recent inclement weather has provided ample opportunity to surf the Internet and to discover scores of useless bits of information. For example did you know:

- Fresh snow absorbs sound lowering ambient noise over a landscape because the trapped air between snowflakes alternates vibrations. That's why it gets so quiet when it snows.
- Beards can slow the aging process by stopping water from leaving the skin keeping it moisturized.

Congratulations to Bill Wilson, Deputy Director at the NC Justice Center, who has announced his retirement effective March 4. Bill has had a long and distinguished career as a lobbyist and public policy expert. Prior to joining the Justice Center, he worked for eight years as Associate State Director for Advocacy for AARP North Carolina. Best wishes to Bill for a wonderful retirement.

Reminder – The next **Coalition on Aging meeting** will be Friday, February 26, at 10:00 a.m. in the main conference room at the NC Division of Aging and Adult Services. Guest speaker will be Theresa Matula, Principal Legislative Analyst with the Legislative Analysis Division of the NC General Assembly. The call in number (thanks to AARP NC) for those who cannot be there in person is 1-866-215-3402, passcode 5080266#.