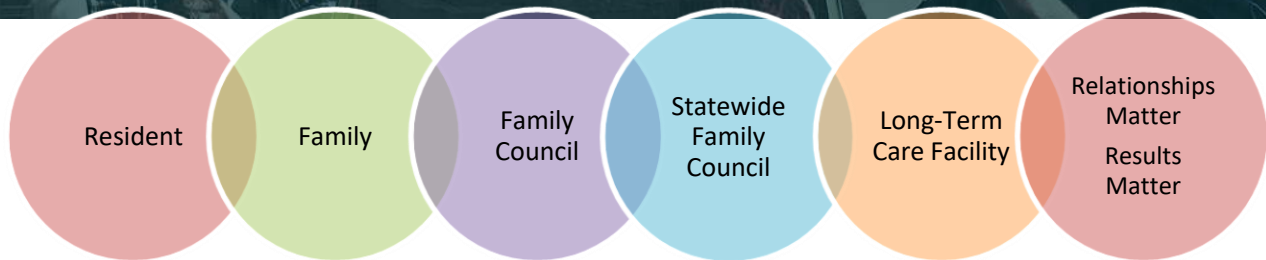


Connecticut Statewide Family Council



MINUTES

TUESDAY, NOVEMBER 28, 2023

A Meeting of the CT State Family Council (CTSWFC) was held on November 28, 2023, via Zoom.

The Meeting was called to order at 7:03 pm by Chair Amy Badini and all in attendance were welcomed

ROLL CALL: Amy Badini Chair, Rick Kaeser Vice-Chair, Robin DeLieto Recording Secretary, Andrea Elliott, Kathleen Gerard, Irma Rappaport, Stacy Grimaldi, Dr. Mara Karpel, and Justine Vaccaro

Motion to approve Minutes for October 24, 2023 – Amy. Second – Rick. Motion passed.

NEW BUSINESS:

Guest Speaker – Justine Vaccaro, Director of Social Work at Nathaniel Witherrell. Justine has held her position at Nathaniel Witherrell for 15 years. Her primary roles are vast. She is involved with monitoring depression, helping with the adjustment of new residents, support individuals with grief, End of Life services, ordering clothes, etc. She partners with nursing for the GDR – Gradual Dose Reduction of medications where appropriate. At her facility they have 3 full time social workers. This was done through a Statewide Grant based on the # of hours/resident/social worker.

Pandemic was the worst time having to tell people they can't come in. The bright point was the coming of the ESP – Essential Support Person where they can never be locked out again.

Nursing Homes do not want residents on high doses of antipsychotic drugs since it impacts their STAR rating. There are regulations in place to monitor.

When there are issues, it is best to reach out to staff such as the nurse or social worker to help resolve. If it can not be resolved at that level, a grievance can be filed. The social worker can

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get a grievance form. Grievances are reported to the State. There is a log that the State asks for when they first come in the facility. The Ombudsman is your last stop. Communication is key.

Care plan meetings are done quarterly but an interim meeting can be requested if needed.

New resident or with moves to new room, social worker will check on resident for 1st month. What are their interests, women's or men's groups, recreation, music, card games, etc.

Dementia residents – their facility has donated iPods to lend so they can download music of their liking to help soothe them.

Resident Council – Run by the residents and recreation. People are invited and meetings are private. Recreation will print up Minutes. By State regulations, Minutes are sent to Ombudsman.

Resident Conflicts – Try to match up roommates.

NOMINATION OF OFFICERS:

Amy nominated Rick for Vice Chair. Rick accepted the nomination. Rick nominated Amy for Chair. Amy accepted the nomination. Robin is stepping down as Recording Secretary after her term expires. No new nominations for Recording Secretary. Position will be vacant and Chair/Vice -Chair will cover in interim.

OLD BUSINESS:

HR 3733 expired and needed to be re-introduced. Revised Essential Caregivers Act reduced from 11-5 pages. Original bill was to prevent isolation. New bill addresses visitation only. Under ADA – disabled individuals (which many residents in nursing home fall under) can have a support person. The Office of Civil Rights may become involved with the bill.

CMS - covers minimum staffing regulations. Industry wants no minimum staffing or ESP.

Dan Beem from Mairead's office has new roles and will be working to grow the RA's. Mairead wanted CTSWFC to grow from top down by gaining new members who will then go back to their facilities and start Family Council's. Chair wants bottom up growth with creating more local FCs who would then have their members join the CTSWFC.

Dec. 5th is Regional Advocate wrap up meeting. All RA's will have iPads to click and easily upload.

Dr. Mara Karpel shared the sad news of her mother passing 5 weeks ago. She had started the FC at the Jewish Home and they now have a better way to resolve issues rather than just the grievance process. The Facility has made some good changes based on recommendations from the FC. Goal was not to be adversarial and preferred not to go to the Ombudsman with issues. They worked out their issues locally together.

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Dr. Mara has a radio program and shared that on Sunday, Dec. 3 at 6pm, she will be interviewing filmmaker and actress Susie Singer Carter, author of “No Country for Old People”. Her homepage can be found at drmarakarpel.com and the direct link to the show is [Sunday, Dec. 3: Filmmaker and Actress, Susie Singer Carter, "No Country For Old People" - Dr Mara Karpel Offers](#) Mairead had interviewed Dr. Mara on the Ombudsman’s FB live.

Nov. 14th – Nursing Home Coalition Meeting. National Minimum Staffing Levels. CTSWFC has our logo on it.

AARP has mentioned CTSWFC in their recent publication. Articles in recent AARP and National Geographic magazines featured stories on working to keep older people home rather than going to nursing homes.

CoreQ Survey – The Dept of Public Health has 4 questions on their current survey. Through input by CTSWFC, a 5th question will be added to survey regarding the quality of care for residents.

Member shared the book “Being Mortal” an End of Life – Quality of Life book by Atul Gawande.

Motion to adjourn by Amy. **Second** – Rick

Adjourned at 8:24 pm.

No meeting in December. Next meeting will be January 23, 2023 at 7pm

Respectfully submitted,

Robin DeLieto, Recording Secretary