



City of Lake Oswego 50-Plus Advisory Board

Thursday, March 13, 2008
8:30 a.m.

Members 2007-2008:

Janine Dunphy, Chair
MaryLou Webb, Vice Chair
Nanci Cummings
Daniel Baer
Caryl Lindemaier
Ardis Stevenson
Kathy Long Holland
Vacant
Vacant

Santiam Room
West End Building (WEB)
4101 Kruse Way

For Information: 503-675-6407

Councilor McPeak, City Council Liaison
Kim Gilmer, PR Director
Brenda Suteu, ACC Manager
Teresa O'Halloran, ACC Admin

Approved Minutes

I. Roll Call

Present: Janine Dunphy, MaryLou Webb, Nanci Cummings, Daniel Baer, Caryl Lindemaier, Ardis Stevenson, Councilor McPeak, City Council Liaison, Kim Gilmer, PR Director, Teresa O'Halloran, ACC Admin. Excused: Kathy Long Holland, Brenda Suteu, ACC Manager.
Guests: Charles Bagwell, Jim Lawton, and Karla Rathbun and Claude Goodman

II. Approval of Minutes 2/14

Janine Dunphy asked for a motion to approve the minutes
Daniel Baer made a motion, Janine Dunphy seconded the motion
Minutes approved

III. Open Public Communications - None

IV. Old Business

A. Transportation Update

The presentation to the City Council went extremely well. The next steps include further meetings with Ride Connection, perhaps assistance with route mapping and placement of stops. The RFP (request for proposal) needs to be flexible enough to deal with changes during this "pilot" period. After all proposals are submitted and one is chosen, this will then go back to the City Council for additional approval and funds appropriation. This will be handled by staff in May.

B. Update on Medicare Project

Dan shared with the visitors present at this meeting some background of the Medicare patient problem of finding a physician who will accept new Medicare patients. This board is trying to improve the information resource which currently exists. There is no central information system such as the one this group is proposing. Last week Dan and Janine met with the Executive director and Medical Director of Medicine of The Foundation for Medical Excellence, which works to improve medical care in Oregon. They are going to put together a work session in order to bring together some of these medical groups and insurance companies, small clinics, etc... Janine and Dan will be included in this work session, along with Oregon Medical Assoc., Blue Cross Blue Shield, possibly ODS, Providence, Legacy, and

the Portland Clinic. All expenses will be picked up by the Medical Excellence group who is hosting this breakfast meeting. Meeting is on April 18th.

The Foundation for Medical Excellence suggested that perhaps the ACC should be the place to maintain the provider information for Lake Oswego. The involvement of the ACC would include having the phone numbers of these offices who are accepting new Medicare patients. The expectation is that by the end of breakfast, these groups will agree to provide an information source that we can refer people to within their organizations. Not only are there problems for patients finding a Medicare doctor, but doctors are also having problems finding referral doctors to send their patients to.

Kim suggested that perhaps using the connection of the business license renewal with the notation of whether or not they accept Medicare patients that year...on an annual basis.

211 could also be a resource.

C. Volunteer Project Discussion

Day of Service for volunteers to do work for seniors around the house or yard. Our United Villages is a group that tries to encourage nurturing within our neighborhoods and communities. The Rebuilding Center is part of this organization; they recycling building materials. The profits made from The Rebuilding Center is how Our United Villages is funded. The one time event has morphed into a sustainable program that can continue on a regular basis.

A second component is identifying those who are in need in the community. The mind set needs a shift away from a traditional work force. It was suggested that this group start small and grow the projects over the years. Councilor McPeak reminded this group that one of the goals from two years ago is the volunteer day assisting with a day of volunteering...she reminded the board not to deviate focus on what we agreed to do this year with the opportunities available to this group from Life by Design, but to get the “day” of service off the ground. The board clarified that it would be all ages volunteering to help seniors. Using Life by Design to manage the coordination of such an event is a small example of what could be developed. Next steps include gathering together various churches, LONAC, ACC and Fire & Police; coordinate a meeting with Karen Schimada and one of her facilitators.

V. New Business

A. *Life by Design* Northwest, Guest Speaker

MaryLou introduced Karen Schimada, Program Manager for Life by Design program. PCC (Portland Community College) has obtained grants to move this program forward. Karen’s background is in Gerontology and has had many varied experiences. Funded through the PCC Foundation and the grants, the organization is housed near OMSI in Portland. Civic engagement with the 50+ is their primary focus. The concept of volunteerism is changing from strictly unpaid “do-whatever” needs to be done to using the expertise of the volunteers for either paid or unpaid positions where they can share a skill. Retirement is also different for this age group; some people need a “second career” because they are not a “standard” retiree. Life by Design is currently tasked with field testing different ideas and programs to see what works and what the community need is. Currently the series of programs consists of discovery, design, and engagement. Discovery is about discovering the self and your finances; Designing is designing your retirement- what do you do with all this information?, and Engagement is about how do we bring in people for the civic engagement piece....actualize the plan, introduce them into paid or unpaid work that fits into their plan. One of the partners is Hands on Greater Portland. They are developing special volunteer training opportunities for 50+ to try out and see if they like it. They are developing a comprehensive website that should be up and

running by May or June. Multnomah County Task Force on Aging report is just coming out after March 20th....see the Multnomah website. Working with organizations, like the ACC, to promote these programs is also the next steps.

Next steps: What are your dreams and desires? Share with Karen this information and see if Life by Design offers a course or if a course needs to be created based on these dreams and desire. Caryl would like to see a list of modules to gain some parameters of what life by design means. The next step in this project is: Caryl, Nanci, Janine and Karen Schimada are going to hold a strategy meeting on April 15th to plan on when and how to involve the churches, neighborhood associations, etc. to get this Day of Service off the ground.

- B. Set Next Meeting Date & Agenda – Apr. 10 J. Dunphy
- C. Adjourn

References:

50+ Meeting Minutes Draft 2/14/08
Updated 2008 Work Plan