



Florida Association of  
Aging Services Providers

Volume 90: September/October 2022

## Florida Association of Aging Services Providers

Guest Editors: Jemith Rosa, Community Aging and  
Retirement Services (CARES) & Paola Delp, Chapters  
Health System

### Message from the President

By Darrell J. Drummond, Council on Aging of St. Lucie, Inc.



Our Board of Directors completed this year's retreat on the 13th of October. The retreat was held in Safety Harbor on the west coast just north of Fort Myers. As we are all aware, the Fort Myers area was significantly impacted by Hurricane Ian and much of the Board's discussions were centered on ways to assist seniors and

aging service providers in the area. I am pleased to suggest that those agencies serving this community were able to provide needed services very quickly after the storm passed. Many of our members have donated time, resources and money to assist in the recovery. We will need to continue to be available to assist as those impacted seniors look to rebuild their lives.

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### This Issue's Sponsors



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October is the birthday month for my father. He celebrated his 92nd birthday on the 27th of this month. He is happy and very independent living comfortably in the Temple Terrace area of Tampa. He reminds me that as we age, the most important thing is our health. Given that we have an opportunity to enjoy reasonably good health, our attention turns to determining how we spend these golden years. This month's issue speaks to our ability to share our time, talent and treasure with our family and communities. Many of the articles suggest ways we can continue to be productive and remain relevant to those who we have an opportunity to interact with on a daily basis.

We are now rounding the corner toward the end of this year. It is open enrollment time for Medicare and I encourage everyone to make sure our seniors are getting good information on what is available and what works best for their individual needs. For many of us, our clients are Medicaid recipients and it is important that we stay involved with the State as it looks to renew and expand the number of providers and ensure that the greatest number of seniors who need services are enrolled and receiving those needed services.

Finally, we are now in the election season for local, state and federal offices. Please make sure that we are encouraging our seniors to be fully informed so that they can participate in our democratic process by voting. Additionally, please remind those who are seeking to represent us that seniors are the most reliable voting group and can be depended on to support those who are committed to supporting issues important to our seniors.



Happy Thanksgiving

*Darrell Drummond*





## 10 Things About Long-Term Services and Supports (LTSS)

[Click here for full article](#)

1. With over one-fifth of all U.S. COVID-19 deaths happening in long-term care facilities, the pandemic highlighted ongoing issues with LTSS.
2. LTSS are extremely expensive and not covered by Medicare.
3. The U.S. spent over \$400 billion on LTSS in 2020, nearly 10% of all National Health Care Expenditures.
4. More than half of LTSS spending pays for home and community-based services, but there is tremendous variation across states.
5. Most Medicaid LTSS spending is for people who are ages 65 and over or who are under age 65 with disabilities.
6. Enrollees ages 65 and older or under age 65 with disabilities have higher overall Medicaid costs.
7. States must provide institutional care and home health, but most home- and community-based services are optional.
8. Within the largest category of Medicaid HCBS spending, people with intellectual and developmental disabilities accounted for over two-thirds of spending.
9. Workforce shortages among LTSS providers have been exacerbated by the COVID-19 pandemic.
10. Looking forward, policymakers will continue to face the challenge of providing LTSS and the need for LTSS will grow as the population ages.

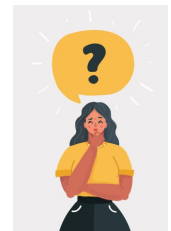


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Ecirts update: [Unknown SSN Workarounds](#)

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## The Three T's - Time, Talents & Treasure!

By: *Jemith Rosa, MPA, CARES President and CEO*



As the holiday season approaches, it is a tradition for my husband and I to ask our three adult children and their families, what can we do for others. Year after year they surprise us with wonderful and meaningful ideas to give our time, talent and treasures to non-profit organizations. In the past we have delivered meals on wheels for vulnerable seniors; we rang the bell for the Salvation Army; we adopted livestock to help families in need; we baked cookies and cakes for homeless; and we have shared our financial resources with multiple organizations.



**Volunteering your TIME** can help a non-profit organization spend less in wages, allowing more of their financial resources to support the goals of their mission and programs. Your time is as valuable as your money. Volunteers often help keep doors open and enable nonprofits to deliver vital programs and services. All communities have opportunities for volunteers. Soup kitchens, hospitals, nursing homes, assisted living facilities, schools, churches, and senior centers, all use volunteers to subsidize their staff and serve the people who are truly in need of charitable goods and services.

**Volunteering your TALENT** provides non-profits with the benefit of your knowledge and experience. Use your expertise to lead a class at a senior center, or offer lectures and learning opportunities. Many professionals volunteer to join the Board of Directors at non-profits. This provides the organization with a broad base of skills, such as governance, planning, operations, finance, human resources, and fundraising. Medical professional volunteers are always in need to support free healthcare services for the uninsured and medically underserved in their communities.



**Donating your TREASURE is the third "T" in this trilogy.** Financial assistance is a vital resource to non-profits for the delivery of their mission. Direct donations are always helpful, but there are many ways to give. Consider working with an estate planning professional to learn how planned giving can offer substantial tax savings to donors. Thanks to the recent changes from the IRS, it is now easier for high-net-worth couples to reduce federal estate taxes. According to the IRS webpage, the IRS has extended the period for portability elections to five years after the date of death of the first spouse. What this means is the portability election allows a surviving spouse to use any estate and gift tax exemption remaining from the deceased person's unused estate tax exemption along with their own. This is an effective way to purposely and financially assist a non-for-profit cause in your community.



As the President and CEO of Community Aging and Retirement Services, Inc. (CARES), a non-profit organization in Pasco County, Florida, I have made the commitment to develop a funding base that will sustain our mission to serve seniors, caregivers and families, well into the future. As an advocate for those less fortunate elders, it is my tremendous responsibility to meet the increasing needs of our seniors while facing ever-decreasing changes in state and federal funding. I can assure you, we need and appreciate all forms of time, talent and treasure in our non-profit organization and encourage you to volunteer for non-profits across our beautiful State of Florida. Your support can result in wonderful, life-changing experiences for those who most need the help.



ACL UPDATES



FOR THE NETWORK

## Webinar: Power Up Your Congregate Meal Program – Tips to Keep Those We Serve at the Table

Thursday, November 17, 2022 | 3-4 PM ET

[Register for the webinar](#)

Join ACL's Office of Nutrition and Health Promotion Programs (ONHPP) and the National Council on Aging (NCOA) for a webinar on how to retain congregate meal program participants. In the last webinar on this topic — which can be viewed on the [NCOA website](#) — speakers addressed attracting new participants to congregate meal sites. In this upcoming session the speakers will help attendees to:

- Understand the behaviors and preferences of older adults attending congregate nutrition sites.
- Understand ways to keep congregate participants coming back.
- Apply learned techniques to increase congregate and other program participation.

### Speakers:

- Stacy Dye, Senior Vice President, RDI Sightline
- Jennifer Steele, CEO, Meals on Wheels Southwest Ohio & Northern Kentucky
- Jeff Klein, President, Nevada Senior Services
- Mary Jo McKay, MBA, Nutrition and Wellness Manager, Hillsborough County Aging Services Department
- Dianne Stone, Associate Director of Network Development and Engagement, Modernizing Senior Centers Resource Center and NISC, NCOA
- Kathy Wilson-Gold, MS, RDN, LD, Contractor, ONHPP, ACL

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## ABCs of the Future of Medicare

By: Paola Bianchi Delp, Chapters Health System

ACOs, GPDCs, LTC, MA, MSO, --These days are you feeling like you have stepped back in time to the elementary school version of yourself ... relearning the alphabet soup of healthcare acronyms? Feel relief because you are not alone.

As you take out that black and white composition notebook, let us begin as to the why we are being inundated with these acronyms. We are facing an aging population with an increased life expectancy, coupled with advancement in medical technology and AI in a system that has historically rendered healthcare in silos.

For years Medicare's solvency has been in serious jeopardy; thus, administrations have been considering different healthcare delivery models trying to transform the health care delivery system from a fee-for-service basis to one of value-based medicine. Not coincidentally numerous states have shifted to a managed care statewide Medicaid model. Medicare Advantage (MA) enrollment is growing at an astonishing rate just as that teacher's pet in grade school would raise their arm at a lightning pace. It is anticipated that most Medicare beneficiaries will be in some form of value-based model by 2028. This change in thinking shouldn't surprise us, in the traditional Medicare fee for service model the system promotes the more often the patient goes to the ER or the hospital, the more money the providers make. It is not uncommon to result in transactional services and aggregation of disjointed resources which lack coordination. These financial incentives do not encourage doctors to keep patients healthy, manage advanced chronic illness and provide high touch well-coordinated care. In value-based models alternative payment models (APMs), the exact opposite occurs. Value based care models are incentivized to keep patients out of the hospital and increase days at home.

In April of 2021, CMMI (Center for Medicare & Medicaid Innovation) launched the Global and Professional Direct Contracting (GPDC) Model. The GPDC was designed as a voluntary ACO Model that builds upon the lessons learned from the Medicare Shared Savings (MSSP) and Next Generation ACO Model. It incentivizes and allows greater individualized attention to beneficiaries' healthcare needs while rewarding high quality outcomes.

As a result of the successes of the GPDC Model coupled with the Administrations' priorities, in January of 2023, the model has rebranded to be Accountable Care Organization (ACO) Realizing Equity, Access, and Community Health (REACH) making it the first Medicare payment model with tangible measurable health equity requirements. It is the first model of its kind launched by CMS that puts a strong focus on health equity and disparities. ACO REACH entities must develop a plan identifying health disparity in their respective communities and take specific actions that have measurable impact on addressing those disparities. The ACOs will also be required to collect patient's demographic and social determinants of health data (SDOH) another requirement that does not exist in Medicare to date. This is meaningful because ACOs will receive health equity incentives to serve the most socially and economically vulnerable underserved populations.

FASP, now is the time to find the alphabet soup organizations in your communities and partner!

## While inflation takes a toll on seniors, billions of dollars used



By Judith Graham

© Kaiser Health News

With prices rising dramatically, many older Americans have trouble making ends meet. They often don't know help is available from a variety of programs, and some sources of financial assistance are underused. Some find applications too difficult to complete or feel conflicted about asking for help. [Read more.](#)





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