

The Health Council of Marin

Minutes of Regular Meeting: Tuesday, October 24, 2017

Marin General Hospital

250 Bon Air Road, Larkspur Room

Greenbrae, CA 94904

Members Present: Barbara Wientjes (President), Constance Barker, Allan Blau, Rodger Faulkner, Sandra Lew, Sandy Ross,

Members Absent: Walter Kopp (excused), Neka Pasquale (excused), Jennifer Rienks (excused), Derice Seid Tao (excused)

Guests: Camille Borgo (Hospice by the Bay), Bridget Gleason (Guest), Loretta Rogers (Secretary)

Handouts: *Agenda; Hospice by the Bay information packets*

1. **Call to Order:** At 8:09 pm, President Barbara Wientjes called the meeting officially to order.
2. **Introductions:** All attendees introduced themselves and welcomed the presenter, Camille Borgo and the guest, Bridget Gleason.
3. **Public Comment Time:** None.
4. **Approval of Minutes of the September 26, 2017 meeting:** After brief discussion, Sandy Ross moved to approve the minutes with the additions of the Vial of Life request and request for a report from Erin Cochran of HHS. Rodger Faulkner seconded the motion. The motion passed unanimously.
5. **Creation of Ad Hoc Meeting Committee:** Sandy Ross proposed the creation of an ad hoc Meeting Committee to come up with presentations and topics for future meetings. These suggested presentation and topics will be submitted to the Council in regular session for review and approval. Following this recommendation, President Barbara Wientjes created an ad hoc Meeting Committee, consisting of Sandra Lew, Rodger Faulkner, Alan Blau and Walter Kopp.
6. **Topics for future presentations:**
 1. Sandy Ross announced that Kathy Koblick, Public Health Division Director for the County of Marin, will present during the January 23, 2018, meeting. Her topic will be the County's programs for health promotion and disease prevention.
 2. Rodger Faulkner stated that he would like a report, probably from Ms. Koblick, on all the lifestyle health promotion efforts that the County is engaged in, including a description of the programs, the amount of money allocated to these programs, the defined goals, the outcome measurements, and the outcomes achieved with back-up measurements. He would also like to know how the HCM can help with these programs.
 3. Rodger Faulkner suggested a presentation on Vial of Life. He would like to know how to make that program work. Loretta Rogers had advised the Council that at present the program is handled by Marin County Fire Department, but they do not have enough staff to purchase the vials, fill them and then distribute them. Rodger Faulkner suggested using volunteers, perhaps high school student volunteers who need community service hours.
 4. Alan Blau requested a presentation on and action on the issue of autism which is a serious issue and the number of victims of it appears to be increasing. Loretta Rogers stated that Lael Lambert might be a contact regarding autism at the County.
7. **Presentation regarding Hospice by the Bay by Camille Borgo, Provider Relations Manager:** Ms. Borgo stated that she has been working with Hospice for about 12 years. She is the manager of the Provider Relations team, which consists of about nine people. This team provides education

to case managers, social workers, doctors, nurses. They also do presentations to groups such as the Health Council of Marin.

1. **Background:** Hospice by the Bay was founded 42 years ago. It was the first hospice to open on the West Coast and the second to open in the United States. It is a non-profit agency. 100% of the charitable donations it receives go to support and enhance its programs.
2. **Service Areas:** Hospice by the Bay serves Marin, Sonoma, San Francisco, and San Mateo counties. In addition, it serves the city of Napa, American Canyon and Vallejo. They also have some patients in the East Bay. Care is offered in English, Spanish and Chinese.
3. **UCSF:** Hospice by the Bay is associated with UCSF, providing quality, ethical hospice care. They work with UCSF on grant-funded projects and research projects.
4. **Payment and Coverage:** Hospice is a Medicare benefit. All Medicare patients receive this service without payment. It is also covered by Medi-CAL. For non-Medicare patients, all private insurances cover hospice care although the extent of coverage can vary. For those patients without insurance or without adequate coverage, Hospice by the Bay has a fund-raising team to help defray these costs. Hospice covers all medications for the management of a terminal illness and pain management. For children, concurrent curative treatment can also be covered.
5. **Acceptance into the Hospice Program:** Referrals usually come from hospitals. To be eligible for hospice care, a patient has to have a terminal illness with a prognosis of six months or less to live. This must be certified by two physicians, one of which must be Hospice's. The patient is at first certified for 90 days and then can be recertified for 60 days thereafter. Meetings of the Hospice team are held weekly to review each patient.
6. **The Team:** The patient is cared for by a team that includes a physician, a nurse and a social worker. The team can also include a spiritual care person, an aide to provide personal care such as assistance with bathing, grooming and dressing, plus a volunteer who can provide help with errands, relief for caregivers and other support. The team makes periodic scheduled visits to the patient. There is a nurse available 24/7 to answer questions and assist.
7. **Types of care:** Hospice provides pain and symptom management, caregiver education and training, information regarding available resources, emotional and spiritual support and grief counseling. Grief support groups are available for all types of losses, including the loss of a pet. The grief support groups are open to all, not just to people who have used Hospice services. Grief support is available for up to one year following the death of the patient.
8. **Number of patients:** Currently, Hospice by the Bay is serving 548 patients in all its service areas. It has about 220 patients in Marin. The average amount of time a patient is on hospice is 2 weeks. Hospice by the Bay would like to make that average longer, but people tend to put off calling in Hospice until the last minute; it is a symptom of the understandable reluctance of people to accept imminent death. However, it is in the patient's best interests to bring Hospice on board earlier. Hospice by the Bay has about 400 employees, the majority of which are full-time, some are per diem. Then, there are also numerous volunteers.
9. **Additional services:** In addition to standard hospice care, Hospice by the Bay also reaches out to providers to educate them and support them in dealing with terminal patients, providing them with guidance as to when to recommend hospice, etc. They have a quality of life fund that provides "welcome bags" for patients entering facilities which contain such things as toiletries. It also has a "wish" program which can provide one-time special things such as: art work, animal visits, meal from a patient's favorite restaurant, or an airline ticket to bring a loved one to visit. There is a legacy program which allows patients to record the story of their life or whatever they want to communicate to their family and friends. They also arrange for a bed in a facility for an indigent person to die in. They arrange for indigent burial. Finally, they also have a program called "Monitoring of the Client's Home."

10. **How the Health Council of Marin can help:** Camille Borgo said that the HCM can help by getting the word out about hospice care and the advisability of bringing in hospice sooner rather than later. They can also help with donations. Camille will ask the Hospice by the Bay administration for issues that the HCM could recommend to the Board of Supervisors or provide support for.
11. **Packet:** Camille then reviewed the contents of the robust information packet that she gave to each attendee.
8. **President's Report:** None.
9. **Adjournment:** The meeting adjourned at 9:04 pm. The next meeting will be on November 28, 2017, 7:00 to 9:00 pm at Marin General Hospital, the Larkspur Room.