

## Minutes for Senior Citizen's Services Coordinating Council- April 15th

The meeting was called to order at 11:35 AM.

Rich talked about meeting on Zoom going forward and there were 20-25 attendees every month. He introduced the board and Nick Preys.

The treasures' report was accepted as well as the secretary's report. The speakers' committee was introduced.

Amy Sherman spoke about Compassionate Choices. She mentioned that National Healthcare Decision Day for the following day. Her business improves care, expands choice and empowers end of Life. Most people want to die at home. Too many people die alone. There is room for improvement for end of life. She discusses Palliative Care vs. Hospice. We don't have Medical Aid in Dying in Illinois. In order for prescription for medication to die you must be able to take the meds yourself and only if you have 6 months to live or less. You must have 2 healthcare workers testify about this. 1 in 5 have it. New Mexico recently passed it as the 10<sup>th</sup> state. She mentioned 65 years and older those with cancer, ALS die in hospice and nearly all at home. She is working with collaboration to institute this in Illinois.

She discusses: Advance Direction –end of life priorities over age 18, COVID-19 Directives and Dementia Directives. Plan your care end of life decision. She discussed the Planning Checklist which consists of POLST (Physician Order of Life Sustaining Treatment), Dementia Provision, My Particular Wish, and Residential Agreement-where they honor your wishes.

She concluded with talking about Illinois Action Teams and educator's Finish Strong book by Barbara Coombs Lee.

It was announced Kastlekeepers, National Aging in Place, will be speaking on May 20<sup>th</sup>

The members introduced themselves. The following guests introduced themselves:

Erica Warmack, CPA, Nancy Roach Wilder, Financial Advisor, Kendall Alexander, Estate Planning Attorney and Dennis Mellen, Leadership Trainer.

Rich Ruggiero concluded the meeting at 12:55.