

**Carroll County Coalition for Public Health/  
Community Health Collaborative Aging Workgroup**

**Meeting Notes**

Wednesday, June 15th, 2016: 9:00-11:00am  
Visiting Nurse Home Care and Hospice, North Conway

**Attendance:**

Fay Reilly , Gibson Senior Services, Board Member  
Sandy Ruka, Visiting Nurse Homecare and Hospice, Director  
Lauren White, Memorial Hospital/Population Health Intern  
Sue Ruka, Population Health Director, Memorial Hospital  
Jayne Maher, ServiceLink/Caregiver Coordinator, retired psychiatric nurse practitioner  
Emily Benson: Carroll County Coalition for Public Health, Public Health Advisory Council Coordinator

**Update on Aging work in Carroll County to date**

Members reviewed evolution of the C3PH/CHC Aging Workgroup and it was decided that in the interest of better collaboration that this group should expand membership to the entire county, especially since aging issues were identified as a priority in not only C3PH's Community Health Improvement Plan (CHIP), but in the Community Health Needs Assessments of both Memorial and Huggins Hospitals. Though the hospitals may be required to have their own Aging Workgroups, they could send a representative to the county-wide group to relay their work progress. There are currently smaller focus groups working on specific issues of Falls Prevention and Advanced Care Directives.

- **Falls Prevention:** Danielle shared she is working to increase referral rate to Matter of Balance Falls Program by primary care providers and emergency personnel who respond to falls, track data on falls and determine "reason" for falls (we have an active older population!). Need to look at overall control group, and compare to Falls Program control group to determine effectiveness of the program. Cannot see statistically significance in local numbers, but can see clinical significance. Continue to increase awareness about the programs in community. Huggins has a Walk Tall Program and there are numerous Tai Chi and Tai Ji classes in the region through libraries, Gibson Center.
- **Advanced Care Directives:** Sue and Sandy shared that this is a solid group, currently training healthcare staff as well as families about the importance of talking about end of life planning. They are planning community conversations about the book Being Mortal, by Atul Gawande, with POLST conversations to come in the future: <http://www.polst.org/>
- *(Additional Note: Howard Chandler, Director of Mountain View Nursing Home, shared via e-mail that one of his biggest "concerns about advanced aging in rural areas is how easy it is for social isolation to not only go unnoticed --- but how*

*with the best of intentions we often times encourage it by placing so much emphasis on home-care. We have an interesting Catch-22 where elders rightfully want to stay in their own homes for as long as possible because there are no good alternatives and we do not develop good alternatives because we perceive there is no market for them because elders choose to age in place in their own homes..... Sometimes we are a little too quick to assume that a person's desire for independence and autonomy is necessarily tied to him/her residing in their historical residence....." )*

Jayne from ServiceLink mentioned that she could arrange meeting space at TCCAP in Tamworth to be more centrally located in the county. It was agreed that we would meet on a quarterly basis at TCCAP in Tamworth on the second Wednesdays of March, June, September and December from 9-11am. This meeting will be open to anyone interested in Aging issues in Carroll County.

### **Review of CHIP Aging Goal and Objectives:**

- **Goal:** Improve the preparation, connection and purpose experienced by older residents by teaching skills to prevent injuries and improve life-planning decisions with their families and caregivers.
- **Objectives:**
  - Reduce the number of preventable hospitalizations among residents over the age of 65 from 17,000 per 100,000 in 2009 to 15,000 per 100,000 by 2020
  - Reduce fall-related visits and deaths among residents over the age of 65 from # to # (NH SHIP)
  - Increase the number of residents over age 65 who have discussed their life goals and needs with family
- Members discussed the need to identify the benchmarks for each objective. Emily has access to data through NH WISDOM, but will also examine data in CHNA's and present at September meeting for review as she works at updating the CHIP over the summer.

### **Additional Aging Initiatives/Programs/Resources:**

- Emily shared **Neighbor Care** Program that is underway in Jackson and may extend to Bartlett:  
[http://www.jacksonnh.org/Pages/JacksonNH\\_WebDocs/Jackson%20Neighbor%20Care%20Program](http://www.jacksonnh.org/Pages/JacksonNH_WebDocs/Jackson%20Neighbor%20Care%20Program) Important for law enforcement and rescue personnel to be aware residents who may need additional support in case of an emergency.
- Lyme, NH has "**Those Guys**", a Lyme's men's service organization, which is available to assist local residents who need a hand with things like transportation to medical appointments, minor household repairs, yard work, etc. For more info:

<http://www.lymecongregationalchurch.org/info.php?pnum=30>

- Danielle at Memorial Hospital is looking at feasibility for cross-generational groups focused on healthy cooking. Entitled Cooking Matters, this 50+ initiative is connecting with early childhood programs and Food Banks. Danielle is already in contact with Joy Gagnon at UNH Coop Ext to identify gaps in program already being offered to school kids. Another connection is RSVP: <http://www.carrollcountyrsvp.org/> Contact Mary Seavey for more info.
- Conway Pines Senior Apartments in Conway scheduled to open August 2016: <http://www.conwaypines.com/>

**1115 Medicaid Waiver Program Update:** North Country Health Consortium filed application to be Administrative Lead for IDN Region 7 serving Coos, Northern Grafton and Carroll Counties: <http://nchcnh.org/> . Partners to date as part of the application include:

Ammonoosuc Community Health Services
Northern Human Services
Grafton County Nursing Home
Carroll County Nursing Home
Grafton County Jail
Carroll County Jail
Coos County Family Health Services
Indian Stream Health Center
North Country Home Health and Hospice
Androscoggin Valley Hospital
Morrison Nursing Home
Littleton Regional Healthcare
Tri-County Community Action Program
Androscoggin Valley Home Care
Upper Connecticut Valley Hospital
Carroll County Coalition for Public Health

Central VNA
Visiting Nurse Homecare & Hospice
ServiceLink: Carroll County
ServiceLink: Grafton County
Children Unlimited
Huggins Hospital
Weeks Medical Center
Cottage Hospital/Rowe Health Center
AHEAD
Family Resource Center
Granite State Independent Living
Sinfonia Family Services of New Hampshire
Memorial Hospital
White Mountain Community Health Center
Saco River Medical Group
T. Murray Wellness Center

**Timeline:** July 1<sup>st</sup>: DHHS issues decision on approved IDN's  
 July 14<sup>th</sup>: IDN7 Partner Meeting from 10-noon, Town & Country Resort, Gorham,  
 Sept 1<sup>st</sup>: IDN's submit Project Plan Applications to DHHS  
 For complete Info: <http://www.dhhs.nh.gov/section-1115-waiver/index.htm>

**Upcoming Dates:**

July 12<sup>th</sup>: Eldercare Wraparound at TCCAP 1:00-3:00pm  
**Next Meetings: Sept 14th and Dec. 14<sup>th</sup> from 9-11am at TCCAP**