

Aging with Connection and Purpose Workgroup

Wednesday, Dec. 13th, 2017
Sununu Room at TCCAP in Tamworth
Meeting Minutes

Attendance: Dawn Barnett, ServiceLink; Janet Bennet, County Style Adult Day Care; Heather Phillips, Community Health Coordinator, Population Health at Memorial Hospital; Sue Ruka, Population Health at Memorial Hospital; Emily Benson, C3PH PHAC; Michelle Ward, C3PH Program Coordinator.

Welcome and Introductions: Members provided Janet a brief history of the Aging Workgroup to help her understand the scope of work across Carroll County.

Special Guests: Janet Bennett, Country Style Adult Day Care in Tamworth:
countrystyleadultdaycare.org Janet shared details about her program:

- Working on website should be up and running by next week
- Licensed for up to 10 clients, average 2-3 a day, must be mobile and able to self-evacuate
- Provide home cooked meals breakfast & lunch, dinner during a 24 hour stay
- Provide temporary housing for seniors if caregivers are going on vacation (only available to current clients)
- Tamworth RN Joanne Rainsville is on site to do assessment and care plan on 1st day
- Potential clients can have one free day of care to determine if program will be appropriate for their needs
- Medication must be taken at home
- Open 7 days a week during the holidays,
- Variety of activities offered to keep clients engaged, Bingo Club is being considered
- Transportation is available to appointments for a small fee, either clients or someone in need. Can take up to 7 pp at a time
- Medicaid Insurance is being processed, Self-Pay \$100 per/day, \$200 for 24 hrs.
- Country Adult Day Care is a step in what could be the eventual transition to 24/hr care if needed. There is another program in Tamworth called [Community Living](#) , an assisted living facility in Tamworth Jacqueline Leavitt-Grace. Emily will reach out to learn more.
- Thank you for providing a greatly needed service Janet!

Work and Evaluation Plan Review:

Emily shared the work and evaluation plan that she has worked on since June 2017 with input from Carroll County organizations. The plan will enable the Aging Workgroup to document the activities associated with each strategy. We will track short and long-term outcomes as we work to achieve the goal to *“Improve the health of older residents of our communities by enhancing connection and purpose through collaboration with community partners to address multiple social determinants of health including nutrition, transportation, housing, home healthcare and community engagement.”*(Carroll County Promise 2020: C3PH Community Health Improvement Plan)

Members reviewed the work and evaluation plan, offering updates and changes throughout (see updated work plan attached). This plan is for State Fiscal Year 2018, which runs from July 1st, 2017 to June 30th, 2018. Please contact Emily for any updates on your programs and activities as appropriate. Emily will incorporate Carroll County organizations' programs, activities and outcomes that are shared at future Aging Workgroup meetings into this plan.

Carroll County Updates:

- Eldercare workforce trainings:
 - Kennett High School Health and Wellness Committee discussed idea of having students volunteer/work after school with the aging populations. Idea is based on program in Milford, NH: <http://www.unionleader.com/silver-linings/Milford-teens-befriend-seniors-in-Young-Kasamas-program-11302017> . Some efforts are already underway.
 - Tuition Assistance for LNA programs available through community colleges
 - LNA Class now underway at Genesis at Mineral Springs
 - Memorial is working with Kennett High School students interested in healthcare careers
 - Organizations offering LNA Programs should coordinate scheduling.
- Trainings related to Aging issues requested through C3PH Survey that was sent to all PHAC and workgroup participants:
 - 44% respondents requested Advance Aging Training Workshops
 - 33% respondents requested Falls and Balance Training
 - 85% respondents requested trainings about available Elder Care Options
 - Emily will work with partners to bring these trainings to Carroll County.
- ServiceLink offers “Powerful Tools for Caregivers” – 6-week course, hard to get enough people available to commit to 6 weeks. May be best to ring to existing groups who area meeting. ServiceLink already coordinating with Huggins Hospital’s Caregiver Support Group to host course. Country Style Adult Care interested in working together to share resources to help promote course as well.
- Visiting Nurse Homecare and Hospice in partnership with other community organizations would like to host a screening of Call to CareNH. For more info about this documentary: <http://www.nhptv.org/calltocare/> . Contact Emily if you are interested in hosting a screening in your Carroll County community, as the NH Alliance for Health Aging would like to track showings across the state to help determine if this film helps to increase the caregiver workforce.

State and Regional program/initiative updates:

- Emily reviewed Statewide Organizational Chart of Aging Groups, see updated chart attached. For more information about the national organization, Coalition to Transform Advanced Care, go to: <http://www.thectac.org/> . Marianne Jackson has been involved in their recent work.
- NH Alliance for Healthy Aging: Emily attending Quarterly Meeting 12/14, see updates from the meeting below*
- State Committee on Aging (SCOA): Emily attended 11/7 meeting of SCOA. Our nomination of Susan Houghton to SCOA as Carroll County representative was not accepted because Susan lives in Belknap County. However, she will be able to share the work happening in Carroll County through her work at Huggins Hospital. Emily will present work underway in Carroll County at February 2018 meeting. **Please send Emily any updates on your programs being offered by Jan. 31st so they can be shared!**
 - EngAging NH and SCOA are soliciting nominations for Joseph D. Vaughan Awards, which recognizes individuals or couples over the age of 60 who demonstrate outstanding leadership or meritorious achievement as volunteers on behalf of NH's older citizens and others. Nominations must be received no later than March 10th, 2018. For more information contact:
Roger Vachon, Vaughan Award Coordinator
603-223-6903 or skeeter4us@aol.com
- NH Coalition for Substance Abuse, Mental Health and Aging: Eve Klotz from NHS will represent Carroll County as she has a lot of experience with REAP. For more info: [REAP](#) – (Referral ,Education, Assistance and Prevention) [Printable Flyer](#)
- With tax time approaching, seniors can call 2-1-1NH for help in accessing FREE tax preparation help (based on income eligibility) or go to: MyFreeTaxes.com and [Volunteer Income Tax Assistance \(VITA\)](#) . AARP will be providing tax assistance at the Gibson Center in North Conway.

2018 Meeting Schedule: Change to 3rd Wednesdays of each quarter

Next Meetings: March 21, June 20, Sept 19, Dec. 20th

Upcoming Events: visit our website under "Save the Date" for all upcoming events:

<http://www.c3ph.org/aging-with-connection-and-purpose>

*Information shared at NH Alliance for Healthy Aging(AHA) Meeting on 12/14:

- All resources from their meetings, as well as links to other services and programs, can be found on their new website: <http://nhaha.info/> .
- There is an excellent funding scan for those looking for grant opportunities for age-friendly initiatives: <http://nhaha.info/strategic-priorities/> .(scroll down a bit on this page to access both .pdf and Excel versions of this information)
- For more information about AHA's advocacy priorities: <http://nhaha.info/advocacy/>
- NH DHHS has created a new Division of Long Term Supports and Services that is working hard to breakdown silos that have existed among various government bureaus

and divisions. The Director is Christine Santaniello. Emily is contacting her to determine a time she can visit Carroll County to share their work and learn about concerns we have in Carroll County