

ATTENDEES

Heidi Eisenhour, County Commissioner, Kees Kolff, Hospital Commissioner, Sheriff Joe Nole, Dunia Faulx, JHC, Anna McEnergy, JCPH, Alyssa Rodriques, JHC, Lori Fleming/John Nowak, CHIP

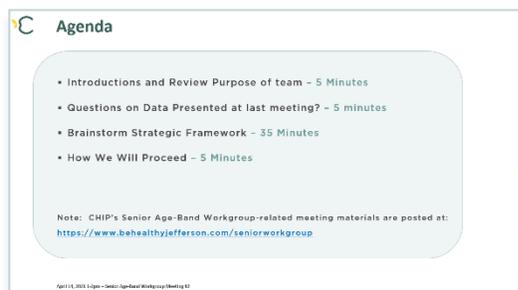
Not Present: Jim Novelli, DBH, M. Winters, Avamere, Pete Brummel, EJFR, Heather Freund, Dove House, Miranda Nash, Jefferson Transit, Laura Cepoi, DSHS/O3A, , Jim Novelli, DBH, Chief Troy Surber, PTPD, Nancy McGonagle, SHIBA.



Links: Meeting [Video](#), [Slides](#), Notes. Please note that meeting materials for all the 2021 CHIP age-band groups can be accessed from the [Behealthyjefferson.com](https://www.behealthyjefferson.com) >> [CHIP 2021 Update page](#), and the Senior-related materials can be directly connected to at the [Senior Workgroup](#) page. Check there if you unexpectedly encounter a broken link to any of these resources. This area of the website is still under construction, but there is content there now.

NOTES, PRIORITIES, AND NEXT STEPS

Overview notes/actions, including links to the meeting video where the related discussions occur are below.



Strategic Framework Review

John Nowak reviewed the [current draft of the Strategic Framework](#) that includes placeholders for topics that came up during the last meeting's discussion. He noted the goal of today's meeting is to finalize the goals, objectives and fill out strategies. Then at the June 9th meeting we'll focus

on finalizing strategy and completing activity level content generation.

- [Kees asked](#) about process to completion of the CHIP update. John outlined there are two parts to the CHIP Plan – the narrative discussion that outlines community, history of CHIP and other background information, along with the strategic frameworks. John/Lori are writing the narrative now and the three age-band groups are scheduled to complete the Strategic Frameworks by August. Those two components will make up the updated draft CHIP, which will be presented to the Joint Board for approval. Once the CHIP is approved, the three age bands groups will be asked to carry the work forward, decide who else might be added to the group, etc. to ensure implementation of the CHIP Plan, develop resource funding, etc.

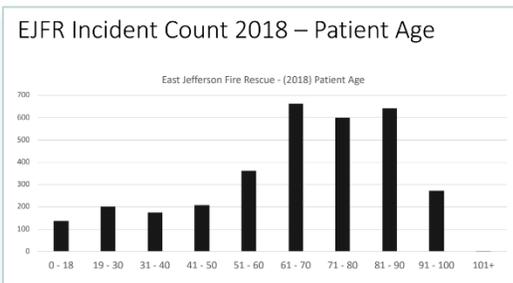
- [Heidi outlined](#) that Monday guidance will be released around Federal Rescue Funding. BOCC will work on project fund allocation of ~\$6.2M from the American Rescue Plan and potentially up to \$2M toward Public Lands – which comes to county with large public lands. There are 4 focuses for this funding: >>Support urgent covid-19 response; >>replace lost sector revenue to strengthen support for vital services; >>support economic stabilization for households and business, and >>address systemic public health and economic challenges. The timing is perfect to potentially direct some of that funding to things this group could identify that are gaps for the Elder age-band.

Action: Need to identify what we will have in the Senior Age-Band Strategic Framework that is a good candidate for ARP Funding and pursue next steps to secure those dollars.

Review of JHC’s Regional Convening

[Dunia Faulx presented](#) an overview of JHC’s Fall 2019 Regional Convening [Overview](#) and [Related Documents](#). Highlights noted from the information presented in 2019:

- [East Jefferson Fire and Rescue \(EJFR\), a key contributor to the Convening](#), presented 2017-18



data showing incident counts by patient age, covered case studies that highlighted the mind/body/soul aspect of these incidents – elderly folks who feel isolated, recently lost their life partner, afraid of noises, hungry, etc. Chief Walkowski focused on future opportunities around improving access to services; Improving access to social services without calling 911; Implementation

of community risk reductions programs and a Community Paramedicine program that partners up JHC/EJFR that would allow people to be redirected from 911 call to another avenue of access.

- [Joey Rodriques presented](#) from Olympic Ambulance’s perspective – that showed their 2019

Underlying patterns we’re seeing

- ▶ Gait, strength, balance, and general mobility issues
- ▶ Household Risk Factors and emotional attachments to habitual ADLs
- ▶ Lack of education about available resources in community
- ▶ Loss of family and loved ones impacting social lives & leading toward depression
- ▶ Empathy exhaustion from spouses & family/support systems, 1st responder & healthcare workforce
- ▶ Memory loss impacting independence including early stage or potentially undiagnosed Dementia & Alzheimer’s
- ▶ Stress & Anxiety over finances

(Olympic Peninsula-wide) call volume by age, which also highlighted the predominance of EMS services for patients in the over 65 demographic. At that time Olympic Ambulance estimated ~ 40% of their call volume is for clients who have needs outside of traditional emergency medical services.

- Dunia highlighted this group can focus the Senior Age-Band efforts around: Social Isolation; Community Para-medicine; and Relief for community caregivers.

- Improving access to social services by coalition building.
 - Accessing services without calling 9-1-1.
 - Implementation of community risk reduction programs.
 - Jefferson Healthcare/East Jefferson Fire Rescue partnership
- **Action:** Review the impressive [graphic recordings documenting experiences of elders' barriers to health in rural Communities](#) and [experiences of first responders and models for change](#) that were created in real-time by [Rio Holladay](#).
- **Action:** Add content to the framework to assess/address social isolation. Pull in EJFR and hospital to address the content of this strategy.
- **Action:** Add a strategy to address empathy exhaustion/lack of a respite system for caregivers. Pull in Laura/O3A for better understanding of resources available, where gaps are, how to better raise the profile, etc. Add content to framework that addresses outcome of that conversation.
- **Action:** Metrics for Strategic Framework around:
 - Senior use of 911 service - Potential Community Paramedicine effort and connecting elders with appropriate services rather than EMS, use metric of # of calls to EMS/ambulance at the beginning vs. end of effort. Recruit someone from EJFR for this meeting to collaborate on this effort.
 - Social Isolation, use metric of % of elderly who experience isolation; (find out if this question on BRFSS data, UofW or O3A?)
 - Empathy/lack of respite system for caregivers, use metric of % of caregivers who get respite;
- **Action:** Evolve Objective 2 to something more general: like, "Support existing plans that strengthen senior services." This object will cover strategic frameworks that could include:
 - Mental Health/Depression/Dementia (Get O3A Input!)
 - Palliative Care
 - Finances, including financial exploitation and stressors
 - Maintaining elder engagement by retaining gait, strength, balance, general mobility. (Maybe include this under the Social Isolation framework.)

Timeline

John Nowak outlined we need to complete the strategic frameworks by August. The Age-Bands will pause for the Joint Board approval process. Then the Age Bands will reconvene, members will be added as for the right expertise, insight and financial support, and work will commence to execute the CHIP's Joint Board-approved Strategic Plans for each Age-Band.

NEXT MEETING

The Senior group agreed to **meet the second Wednesday of each month @ 1pm from now until August 2021**. Our next meeting is Wednesday, June 9th @ 1pm.

APRIL MEETING NOTES

See excerpts below from April meeting notes for additional info on possible content for various frameworks discussed in the May meeting.

Group noted top issues outlined in the CHA data, such as transportation, need to be added to the draft framework.

Action: Miranda encouraged everyone [go to this link](#) to give input to JTA's long range plan.

Action: LF/JN to add Transportation to Strategic Framework. Miranda noted an activity might be to create a survey for elders that can help define the transportation needs of the Senior Age-band (is it medical, access to the gym, physical therapy or grocery shopping/Farmer's market, etc.)

- Laura Cepoi noted O3A is doing a survey to see how elder needs have evolved. They are asking specific questions that address social isolation, including questions around weight loss that would support descent into malnutrition which leads to falling, etc. - which EMS ends up responding to. Elders across the nation have gone from indicating 20% feel socially isolated, to over 40% - which articulates how isolation has been exacerbated by the pandemic. Isolation in turn impacts symptoms of dementia and Alzheimer's disease. Economically, 50% of all Medicare recipients live on less than \$25k a year. Hence concerns about housing costs, and the ability of Elders to maintain the housing they have, are critical. The situation is exacerbated because our shelters aren't accommodating County Elders needs. Classic social justice issues are key in this age-band. Laura shared a link to [O3A's 2020-2023 Area Plan](#)
- **Action:** Laura invited the group to **take (distribute) O3A's survey for Aging Key Informant survey** – which closes at the end of May. Laura will give an overview when the survey results are tabulated. (Laura **to send last year's** survey results to John/Lori.)
- **Action:** Laura would like to see a strategy to support development of a Dementia- or Age-friendly Jefferson County. Work with her to develop that framework for review by this group?
- Laura noted this new cohort of homeless over 60 has more females – and females are more at risk for physical/sexual abuse whether in shelters or homeless encampments. Laura is seeking state funding to address accessible restrooms etc in the shelters. Dunia noted Habitat has programs specific to South County that focused on seniors, esp. women. Heidi Eisenhour noted Jefferson County's 5-year Affordable Housing Plan does not address much for Elders.