

ATTENDEES

Jim Novelli, DBH, Heidi Eisenhour, County Commissioner, Sheriff Joe Nole, Dunia Faulx, JHC, Miranda Nash, Jefferson Transit, Laura Cepoi, DSHS/O3A Chief Troy Surber, PTPD, Nancy McGonagle, SHIBA, Lori Fleming/John Nowak, CHIP

Not Present: Jim Novelli, DBH, M. Winters, Avamere, Pete Brummel, EJFR, Anna McEnery, JCPH, Heather Freund, Dove House,.

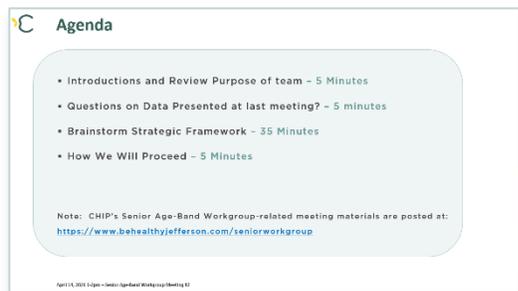


Links: Meeting [Video](#), [Slides](#), Notes. Please note that meeting materials for all the 2021 CHIP age-band groups can be accessed from the [Behealthyjefferson.com](https://www.behealthyjefferson.com) >> [CHIP 2021 Update page](#), and the Senior-related materials can be directly connected to at 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.

Also check out [SAMHSA's 4th Annual Older Adult Mental Health Awareness Day Symposium will take place May 6, 2021](#).

NOTES, PRIORITIES, AND NEXT STEPS

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



Data Review

[John Nowak reviewed](#) relevant data from JeffCo's 2019 Community Health Assessment (CHA).

Strategic Framework

[The group reviewed](#) a [draft of the Strategic Framework](#) using input gathered at our last meeting.

Laura Cepoi suggested the group visit the [Elder Economic Index for more accurate housing data](#).

- 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.)

- Nancy McGonagle suggested this group could help create awareness and protection for seniors on various scams regarding COVID, etc. – and is willing to work with this group in that direction. Dunia noted posters in the various clinics might be more effective than anything in the gathering spaces (like the Cafeteria) that aren't in use during the pandemic.
- Dunia Faulx noted [JHC's 2019 Regional Convening](#) focused on the challenge of social isolation in older adults living in rural communities has relevant [Outcomes for Jefferson County from this Convening](#) this group could factor into the Strategic Framework:
 - Increase knowledge among those working in rural communities by sharing approaches to complex care for older adults;
 - Catalyze ideas for new and adapted solutions to better serve rural communities; and
 - Build networks among those who participate.

Action: Review the [materials Dunia linked us to from the Regional Convening](#) and then, develop evidence-based strategies to update the Strategic Framework with that address social isolation for Jefferson County Elders.

- 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.
Action: Joe will advocate for this at the Affordable Housing Taskforce.

- **Action:** Dunia would like to see examples and understand what composes Age Friendly Communities - after becoming aware that Clallam has done really cool things in this vein. Could Jefferson team up with them on any of those services? JHC has explored and is interested especially in the Age Friendly Health Systems component. Add a Strategy around this in the drafted Framework.
- Dunia wondered who is missing from this group – whether time or financial contribution. John, I was required to invite a certain proportion of community members to the regional convening. I think I shared with you the invitation list if you want to see it again, those community members represented all aspects of the elderly population.
Action: LF/JN to brainstorm who else needs to be at this table. Dunia can send a relevant invitation list that has reps from all aspects of the elderly population that she will share.
- **Action:** John suggested the group consider a strategy/activity to supports keeping Elders moving and active (maybe within the strategy to address social isolation). Heidi suggested the strategy include finding active ambassadors that weave a network of peer inspiration for the target population.

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, May 12th @ 1pm.

HISTORICAL MATERIAL

- **Goal 1: Access to Services**

Transportation, dementia care, housing, mental health services would be the focus of the strategies underneath that goal) Examples of some objectives could be to :

- create a resource map and make it available to seniors...or,
- pursue a grant to improve dementia services in Jefferson County...or,
- align with current community affordable housing to ensure they have seniors included in their planning process and action plan, etc.

- **Goal 2: Aging Well**

Keeping seniors active, protection against senior fraud and abuse; mobility, medications, SHIBA could be the focus of strategies under that goal.