

NH Alliance for Healthy Aging Quarterly Meeting

June 15, 2017; 9:00-12:00
NH Audubon McLane Center
84 Silk Farm Road
Concord, NH

Meeting Summary

What's Happening: AHA Updates

Presenters: Jennifer Rabalais and Alison Rataj (slides 3 – 9)

Jennifer Rabalais provided an update on communication including the creation of an elevator speech which will be available online and the development of a logo. Jennifer solicited feedback from AHA participants through a paper survey at the meeting. Jennifer also reviewed the feedback that AHA participants provided on the 5 conditions of collective impact from the activity at the Quarterly meeting in April, and discussed that this feedback will be incorporated into the AHA work plan.

Alison Rataj provided a reminder that an upcoming AHA participant engagement survey will be released this summer. Alison also discussed the progress of the workgroups including that all the workgroups are working on SMART goals and reviewing their long-term advocacy priorities. Alison also highlighted the Information is Coordinated workgroup and the work of the Zoning group. Anyone interested in workgroup progress should explore Box as way to connect and engage: <https://unh.box.com/s/euc2o9pu4zja2b5g4dfxs5agq0nan0pg>.

How AARP is Supporting and Engaging Older Works

Presenter: Todd Fahey, State Director, AARP NH (slide 10)

Todd Fahey began his presentation with a video about outdated cultural beliefs and how we need to reframe how we think and talk about aging. Watch the video here: <https://www.youtube.com/watch?v=IYdNjrUs4NM>

Todd framed his discussion by stating that people are not retiring at 65 due to lack of pensions, good health, or financially unable. Todd discussed that 80% of NH's economy is impacted by businesses and need to engage this sector by reframing the message to be about the value and worth of an older workforce. AARP is running this “disrupting aging” initiative to begin a culture shift, specifically, Todd talked about engaging the business community through this avenue. Todd also discussed that AARP NH is doing a lot of work with Southern NH Planning Commission on creating livable communities, citing that people feel a great degree of comfort in their communities and feel they can exert change on a local level rather than a national level.

An AHA participant asked about the Community Challenge Grants. Todd discussed that AARP has an opportunity available that is designed to have organizations elevate issues around community and livability. Find the opportunity here: <http://www.aarp.org/livable-communities/about/info-2017/aarp-community-challenge.html>

Another AHA participant asked about using the disrupt aging video. Todd discussed that AARP has put it on their social media sites (e.g., Facebook, Twitter, etc.) so AHA participants can share it and keep talking about it.

Community Announcements

- *Larry Flint. NH Senior Games.* Reminder that NH Senior Games registration is now open! Click here to find out more about events and registration: <http://nhmastersgames.org/>
- *Gretchen Grosky* announced an upcoming event; *Silver Linings: Senior Healthy Living Expo* presented by the Union Leader. The free expo will include information, demonstrations, panel presentations and discussions on a variety of topics related to aging. The event will be held on Saturday, September 30 from 10 am - 4 pm at Manchester Community College in Manchester.
- *Nathalie Ahyi, NH Health Equity Partnership.* Discussed the “We Are One Festival”, which brings together the Latino and African descent communities for the largest ethnic cultural festival in NH. For more information click here: <http://www.ujimacollective.mysite.com/>
- *Kelly Laflamme. Endowment for Health.* Reminder that Ashton Applewhite who wrote “This Chair Rocks, A Manifesto Against Ageism” will be presenting at the Monadnock Summer Lyceum on August 20th at 11:00 AM.
- *Kelly Laflamme* also informed the group of a research project being conducted by Dartmouth. The purpose of the study is to understand how to promote health, independence and dignity of older adults in our communities. The goal is to increase awareness of issues as people age. The process will include a technique called *photovoice* that employs digital photography, writing, group discussion, and a culminating community event.
- *Mark Frank. SCOA.* NH has over 119,000 veterans in state, of which 55,000 are over 65 years of age. Need to remember that each veteran may have an extended family member in need of assistance. As liaison of AARP to the Veterans program and chair of SCOA, Mark was invited to attend the Governor’s meeting to discuss what NH can do for veterans and their families.

NH HB219: Establishing a Demographic Study Committee

Presenter: Steve Norton HB 219 (slide 13)

Steve discussed that a significant amount of money is going to the counties to assess managed care, which could be a leverage point. Steve indicated that the population over 65 is going to double in the workforce, but often when discussing workforce anyone over the age 65 is left out. HB 219 began due to millennials leaving NH and the current workforce aging. The committee’s aim is to recommend administrative and legislative action regarding NH’s demographic future and the relationship between the future and public sector policies and operations. The committee will consist of 4 members from the House and 1 member from the Senate. The bill was passed. Read more about it here:

http://gencourt.state.nh.us/bill_status/billText.aspx?sy=2017&id=284&txtFormat=html

Strategic Group Updates (slide 14)

Advocacy Group.

- *Short Term Legislative Session Update, Presenter: Dawn McKinney*

Dawn provided a recap of the advocacy mini agenda for the 2017 legislative season which included two major priorities:

- Uniform Power of Attorney Act. This act seeks to reduce exploitation of elders and was passed. This was a huge effort over a long period.
- Rate increase for Home and Community Based Service (HCBS) Providers. This would include a 5% rate increase for HCBS providers (Choices for Independence services and non-Medicaid services under Title 2 and 20) who have not had an increase in the last 5 years. Advocacy group was successful in pushing a 5% increase forward for providers who have not had an increase in the last 10 years.
- Step II Managed Care. Step II Managed Care, has been delayed, in the meantime, there will be a long-term care study conducted by counties that will help inform this process.
- Question: what do bumps in the road look like regarding bills? There may be a legislator who wants to put his or her own touch on a piece of legislation last minute, or possible revenue estimates, who can you get to offer an amendment, percentage allocations, etc.

- *Long-term Advocacy Planning, Presenter: Ellen Koenig*

Ellen discussed that the advocacy group is thinking about both the today with the short-term legislative session and the long-term advocacy goals over the next 5 years. Ellen discussed that her role is to facilitate the planning process for determining AHA's long-term public policy priorities. She talked with other NH initiatives about their priority planning process. Ellen plans to engage the AHA workgroups, AHA participants, and other organizations across NH to discuss advocacy priorities. Ellen has developed a work plan and will come back to the September AHA Quarterly meeting with a menu of policy priority options.

Caregiving (slide 14)

Presenter: Kelly Laflamme

Kelly discussed that the AHA Caregiving workgroup is focused on two specific priorities.

1. The caregiving workgroup seeks to support family caregivers by helping them self-identify as caregivers and created a tool "do you care?". Families are the backbone of the long-term care system and many caregivers do not see what they do as "caregiving". The AHA Caregiving group created this tool to reach out to caregivers, asking AHA participants to share. For an online copy of this tool click here: http://chhs.unh.edu/sites/chhs.unh.edu/files/departments/center_on_aging_and_community_living/aha_caregiving_flyer_final.pdf
2. The caregiving group is also focused on creating caregiving business friendly case models. Kelly spoke about caregiving causing strain on employees and employers. The caregiving group is reaching out to NH businesses to help implement a toolkit based on AARP's work (ReAct) which can be built upon locally. There was discussion around how best to engage and interact with employers to help create family friendly workplaces.

Networking Activity (slide 16)

Opportunity to talk and discuss your work with those in the room. It is the opportunity to learn more about the work of others.

Bright Spots

Osher for Lifelong Learning Institute (OLLI) (slides 17 – 35)

Presenter: Jane Fletcher

Jane discussed that OLLI is a membership organization dedicated to offering intellectually and socially stimulating programs, trips and social events for interested individuals age 50+. Jane discussed her path to OLLI and how she came to love her work. She discussed that Bernard Osher amassed a fortune and saw older adults engaged in classes at a university and wanted adult learning to be his legacy. OLLI's exist around the U.S. and are operated and governed by member volunteers. Granite State hosts OLLI and has 4 learning sites, Jane provided the structure of OLLI and some overall statistics. The catalogue is available online here:

<http://olli.granite.edu/>

NH Oral Health Coalition (slides 36 – 49)

Presenter: Judy Nicholson

Judy discussed the NH Oral Health Coalition which is a diverse group of organizations, individuals, and groups that are interested in access to quality oral health care to NH citizens. The Oral Health Coalition is funded by HNH Foundation, Northeast Delta Dental, Endowment for Health, and DenteQuest foundation.

Judy discussed a baseline survey conducted by the NH Oral Health Coalition, which sought to inventory where the community based oral health services are. Judy walked through the results of the baseline survey including notable points:

- CMS has no minimum requirement for oral health care coverage.
- NH Medicaid only provides emergency care (treatment of pain/infection, extractions, antibiotics, opioid medication, no prevention).
- NH Medicare doesn't have any oral health benefit.
- Reviewed the hygienist centric and dentist centric models
- Discussed the pathways to oral health access including the community based oral health and dental program, private dental offices and/or ER.
- Reviewed services in Senior Centers and nursing homes

For more information visit the NH Oral Health Coalition website: <http://nhoralhealth.org/>

For the Baseline Survey Report click here: [http://nhoralhealth.org/blog/wp-content/uploads/2017/03/NH Oral Health Baseline Survey I FINAL April-1-2017.pdf](http://nhoralhealth.org/blog/wp-content/uploads/2017/03/NH_Oral_Health_Baseline_Survey_I_FINAL_April-1-2017.pdf)

AHA Book Club – Next Pick

“Being Mortal” by Atul Gawande.

Find out more about the book here: <http://atulgawande.com/book/being-mortal/>