

NH Alliance for Healthy Aging

Quarterly Meeting

December 13, 2018; 9:00-12:00

NH Audubon McLane Center

84 Silk Farm Road

Concord, NH

Meeting Summary

What's Happening: AHA update

Presenters: Ellen Koenig, Renee Pepin, Jennifer Rabalais, Kelly Laflamme, and Amy Moore (slides 3 - 4)

Ellen, AHA steering committee facilitator, discussed that the steering committee sets the direction and priorities of AHA. The steering committee has matured into a leadership team and is proud to introduce a chair, Renee Pepin. Renee discussed that she is very excited to be leading the steering committee and is looking forward to working in collaboration with AHA. Renee brings a wealth of experience and knowledge to this role. The steering committee accepted new members who have attended an AHA orientation and will begin their term in January of 2019.

Jennifer announced that the AHA 2018 participant survey, which measures AHA's progress and priorities, is still open. Paper copies are available. An email announcement will be sent out with the link. Jennifer shared a highlights and accomplishments document that outlines the work of AHA succinctly in two pages. UNH Center on Aging and Community Living in collaboration with AHA released a brief, *Developing A Foundation for Integrated Care Coordination*, which describes care coordination efforts in three major systems of care: medical, community social service, and informal support. The brief builds a foundation for dialogue to create an integrated-person centered model across these systems to enhance care for older people in the state. Find the brief [here](#).

Kelly Laflamme discussed that the AHA Diversity, Equity, and Inclusion (DEI) committee is exploring the challenges being faced by underrepresented groups in NH and working to infuse an equity lens across all the work that AHA engages in. As part of this work, AHA partnered with NH Listens to host Leadership Learning Exchange for Equity (L2E2) for leaders in the field of aging. L2E2 is an educational program designed for individuals who identify as white to discuss the unearned privileges white people have and the unconscious and implicit biases that play a role in systemic racism. Amy Moore discussed her personal experience going through the L2E2 process and some of her takeaways were: the sessions forced her to look in the mirror and examine the privileges that she has as a white person, she directly benefited from policies and legislation that discriminated against people of color, and education, awareness, and action are the keys to ending systemic racism.

Jennifer also discussed that AHA has a new explainer video which outlines the work of AHA. The video can be found [here](#).

AHA Advocacy Workgroup Update

Presenters: Dawn McKinney, NHLA and Dan Hobbs, NHLA (slide 5)

Dawn discussed that many bills are coming in for the 2019 legislative session and NHLA is focusing on the budget. There is a larger coalition for Medicaid increases that AHA will work collaboratively for rate increases. Dawn also discussed the need for state wide Governor's Commission on Aging and are taking two approaches to establish: 1. File a legislative bill or 2. Creation of an executive order. Dawn also talked about putting forth the protective orders for the elder exploitation bill next session. Dan discussed his work including hosting a session on December 4th at Gateways and future events in Berlin and Durham. Next meeting is Tuesday, January 22nd from 2:00 – 3:30 which will host Community Catalyst doing a training on advocacy for older people.

AHA Caregiving and AHA Workforce Strategic Priority Area Updates

Presenters: Christina Shepard, DHHS, and Deb Desrosiers, Visiting Angels (slide 6 - 8)

Jennifer discussed the overall strategic priority areas that AHA is focusing on and introduced Christina Shepard, who manages oversees BEAS Caregiver grant program and sits on the AHA Caregiving workgroup. The Caregiving workgroup focuses on enhancing services and supports for informal, family caregivers through three strategic intentions: 1. Increasing caregiver friendly workplaces; 2. Acting as a convener on caregiving issues; and 3. Increasing caregiver self-identification and awareness of resources. Deb Desrosiers, is the director and owner of Visiting Angels, and sits on the AHA Workforce workgroup. The Workforce group seeks to improve the availability of quality healthcare and social service workforces through two strategies: 1. Education and awareness of direct care worker shortage to the public, policymakers, legislators, and community members using the PBS segment *Call to Care NH*; and 2. Improve the number of direct care workers to meet the demand.

NH Healthy Aging Data Report

Presenter: Beth Dugan, UMass Boston (slides 10 – 33)

Beth began by discussing how data can lead to knowledge which can lead to strong and informed action. The NH Healthy Aging Data report is slated to come out in February of 2019, examples of MA/RI data reports can be found [here](#). The data report includes tools that have many indicators on healthy aging at local, community levels. Beth provided a sample community profile that people could review and walked through the various indicators. Beth also explained that the “B” and “W” when looking at a community profile indicate a statistical process for whether a community is “better” or “worse” than the state average. Data is acquired from Centers for Medicare and Medicaid, Census: American Community Survey, and the Behavioral Risk Factor Surveillance System. The group discussed some indicators that they were surprised by for example the behavioral health of individuals living in Concord is much worse than the state average. By using this information people can use the data report to tell a story and make the case for needs in that community. Beth also provided some concrete ways that the data report has been used in Rhode Island and Massachusetts. The group provided some feedback about using the report.

Update on Reframing Aging in NH, Moving from FrameWorks to Ground Works

Presenter: Kelly Laflamme, Endowment for Health (slides 35 - 40)

Kelly discussed that the Endowment for Health funded research at the national level to understand perceptions around attitudes on aging. The research also focused on identifying the knowledge gaps between individuals who work in the aging sphere and the public. Research indicated that by changing the way we think about issues on aging can change how we talk about aging and ultimately how we act and the decisions that we make. Kelly discussed the process of instituting reframing aging including the foundational level of training in NH, beginning with the Frame Lab and Peer Facilitator training to

develop an implementation plan to broadly train more people by identifying champions, reading out to key audiences that already meet, and reframing organizational messages and communications. This will produce an increased use of reframing tools, increased understanding of how language shapes perception of aging, and reduce use of negative narratives and stereotypes. The outcomes will be improved attitudes and beliefs about policies and solutions for healthy aging and policies and practices that support healthy aging are enacted.

Community Announcements

- *Karen Ager, Communicators Director, Endowment for Health.* Karen provided an update on Silver Linings Series, a solutions journalism style of writing focused on aging issues in NH. The Endowment will no longer be supporting this series, but the Union Leader will include solutions journalism as a practice throughout the paper and is a great springboard for more robust communications to come.
- *Larry Flint, Granite State Senior Games.* Granite State 90 Day Winter Challenge is to walk a mile a day, register or find out more [here](#)
- *Christina Shepard, DHHS.* Recently, NH DHHS received a grant through Center for Healthcare strategies for technical assistance in helping caregivers. The grant will be focused on creating a state plan on caregivers and improving respite care through policy changes.
- *Ken Berlin, State Committee on Aging.* The state plan on aging listening sessions have wrapped up but survey is still open. Take the survey [here](#).
- *Robin LeBlanc, Plan NH.* Plan NH has a grant program, NH Municipal Technical Assistance Grant Program (MTAG) which seeks to providing funding to NH communities who want to expand options for places to live and need to change their zoning regulations in order to do so. For more info click [here](#). Grant announcement will be coming out soon.
- *Marc Boyd, AARP NH.* AARP NH has a newly created speakers bureau that can present on a range of topics from fighting fraud to safe driving. AARP NH will also be involved in Be the Difference Vote Campaign.
- *Martha Tecca, Community Care of Lyme.* Dartmouth Hitchcock is having two summits around the community needs assessment of the hospital. For more information or to register click [here](#).
- *Kelly Laflamme, Endowment for Health.* Save the date for the Endowment's annual meeting on Monday, March 18th.
- *Lisa Burk-McCoy, Council of the Arts.* The Council of the Arts has the Arts in Health Project grant cycle coming up with deadline of May. Grants will be funded to organizations that serve communities to bring art programs to people through various methods. For more info click [here](#).

NH Alliance for Healthy Aging 2018 - 2019 Meeting Schedule:

Wednesday, March 13, 2019

Thursday, June 13, 2019

Wednesday, September 11, 2019

Thursday, December 12, 2019