

NH Alliance for Healthy Aging Quarterly Meeting

December 12, 2019; 9:00-12:00

NH Audubon McLane Center
84 Silk Farm Road
Concord, NH

Meeting Summary

What's Happening: General AHA Update and Field Update

Presenters: Jennifer Rabalais, UNH CACL, Kelly Laflamme, Endowment for Health, and Kimberly Blakemore, Tufts Health Plan Foundation (slides 3 – 16)

Jennifer discussed that John Beilenson created reframed presidential candidate questions to be used as a resource for individuals who are attending events or having conversations with candidates to understand his or her position on aging issues. Jennifer discussed the AHA Annual survey which was originally sent out in October and is still open for responses. The feedback from the survey is reviewed by both Program Team and the AHA Steering Committee and improvements are made based on individual's experience in AHA. The survey will be closed in early January. Jennifer updated individuals about a funding award from the Endowment for Health. Talmira Hill, Principal of T.L. Hill Group, will be conducting work to establish a plan to ensure that diversity, equity, and inclusion is included in all the work that AHA does.

Kelly Laflamme discussed that the Endowment for Health has been consulting with John Beilenson to develop a PowerPoint slide deck to deliver a well framed conversation on aging. The presentation is designed to lay the groundwork for policy and program supports. The slide deck should not be manipulated but can be inserted into other presentations. Kelly and Jennifer will be providing a webinar on February 6th on how to utilize the slide deck, but at this point the deck cannot be shared electronically. Kelly then modeled the presentation. Kelly also announced that there is an opportunity to train 20 additional reframing aging facilitators in NH. The process will include an application due January 15, with the training being on March 5th and 6th.

Kimberly Blakemore discussed that Tufts Health Plan Foundation recently awarded ten Momentum Fund grants in NH. The Momentum Fund is a mini-grants program designed to build on local region's energy, experiences, and insights to create cities and towns that are great places to grow up and grow old. There was a wide variety of programs awarded. For more information click here:

<https://www.tuftshealthplanfoundation.org/focus-areas.php?page=focus-areas/momentum-fund>

AHA Advocacy Strategic Priority Update

Presenters: Dawn McKinney, NHLA and Martha McLeod, New Futures (slide 17)

Dawn discussed that a 2019 legislative wrap-up is available and will be on the website soon. There was also a group effort across AHA to write an op-ed piece about advising on the next appointed DHHS Commissioner, read it here: <https://www.concordmonitor.com/Healthy-aging-30998280>. Currently the AHA Advocacy group is working to prioritize 2020 bills and will have a better sense in January of specific bills to target. Martha announced that an advocacy training will be held on Monday, December 16th from 2:00 – 4:00 at New Futures. The training will focus on advocacy skill building and demystifying advocacy myths. Dawn also reminded the group that the State Commission on Aging meets the third

Monday of the month from 10:00 – 12:00, the Commission’s current focus is on hiring an Executive Director. The AHA Advocacy group meets on the third Monday of the month from 2:00 – 3:30. AHA Advocacy is now on Facebook and Twitter (@NHAHA Advocacy).

Bright Spot: 2020 Census

Presenter: Richard Perrin, Partnership Specialist, U.S. Census (slides 18 - 40)

Richard discussed that the U.S. Census Bureau is the largest statistical agency in the U.S. and conducts over 130 surveys across a range of time spans. The Census does not collect money from participants and is federally funded. Every 10 years, the Census seeks to count every person once. This is important because the census is what determines the number of seats each state has in the U.S. House of Representatives which is linked to amount of federal funding available. Census is private and safe; individual results are never reported. There are four ways to respond to the census including: online, phone, paper, or personal visit. The Census has also been translated into 12 different languages. While there is not a citizenship or race question, there is a heritage question. Also, the Census Bureau is looking to hire 13,000 people to partake in the decennial census including data cleaning, coding, inputting, and interviewing. The Census is also creating Complete Count Committees, which are groups of people in communities starting conversations about getting the word out about the census.

Diversity, Equity, and Inclusion Introduction

Presenter: Talmira Hill, Hill Consulting Group, (slides 42 – 74)

Talmira discussed that she is working with AHA Diversity, Equity and Inclusion (DEI) committee to understand the landscape of AHA. The project goal of this work is to ensure that DEI becomes a central part in the work of AHA. The goal of the presentation today is to provide an overview of the work that will be unfolding and provide some foundational knowledge and common understanding of DEI. Talmira also engaged the group in an exercise, she explained that the DEI Committee developed ground rules to create safe spaces. The group reviewed the rules and elaborated on their related meanings and experiences. Talmira discussed that the vision of AHA has equity at the center (of the wheel) and because of this requires us to pay attention to DEI. The structure of AHA has priority areas of work and cross-cutting committees (including DEI committee). The DEI committee has an existing workplan that will continue to be managed, including priorities such as addressing LGBT issues through screenings of *Gen Silent* and creating opportunities for organizations to become more LGBT aging friendly. Talmira also discussed the DEI project overview and the timeline.

Talmira then discussed the key concepts. She began by discussing that diversity is a framework that cuts across multiple levels such as the individual (i.e., identity) level, secondary (i.e., group) level, organizational level, and cultural level. Diversity includes an array of concepts. Talmira then discussed equity, which is the idea that everyone has equal access to opportunities and adjustments are made so that everyone can have a similar experience and equal access to resources. Talmira also discussed inclusion, which is that all people have the right to be respected and appreciated as valuable members of their communities. Talmira showed a video by Verna Myers called “Diversity is being invited to the party: inclusion is being asked to dance”. *Click here for the video:*

<https://www.youtube.com/watch?v=9gS2VPukB3M&t=328s>. Talmira provided quick overviews of the DEI work to date, three theoretical frameworks for conducting DEI work, and next steps.

AHA Strategic Priority Workgroup Update: Caregiving

Presenter: Jennifer Rabalais, UNH CACL (slides 76 – 78)

Jennifer discussed the overall strategic priority areas that AHA is focusing on, and one of them includes caregiving. The caregiving workgroup seeks to enhance services and supports for informal, family

caregivers and includes three strategies: 1) Increase caregiver friendly workplaces; 2) Increase caregiver self-identification and awareness of resources; and 3) Act as a convener on caregiving issues. Recently, the caregiving workgroup have been focused on strategy 3, and helped to organize and plan a Forum on the Future. This event series is hosted by NH College and University Council and is comprised of business, education, and public policy leaders, who are committed to ensuring a workforce of highly educated and well-trained citizens to sustain NH's economic prosperity. On December 6, the AHA Caregiving group partnered with AARP NH to organize a program on caregivers in the workplace. Bob Stephen, VP of Caregiving and Health Programs at AARP provided a national level overview of caregivers in the workplace including data and statistics on caregivers in the workplace, creating an inviting culture for caregivers, and simple ways to implement policies and supportive practices on caregiving in the workplace. A panel including Fred Kocher, Connie Roy-Czyzowski, and Pat McDermott, then discussed the uniqueness of NH and provided guidance on how best to support caregivers as a small business owner, and generally opportunities in the Granite State for continuing conversations about supporting caregivers in the workplace.

Community Announcements

- *Kimberly Blakemore, Tufts Health Plan Foundation.* Currently Tufts Health Plan Foundation has 2 grant programs (Systems and best Practices program and Collaboration and Community Engagement program) that are open with 1 – 3 years of funding, letter of intent is due 1/24/20. For more information click [here](#).
- *Larry Flint, NH Senior Games.* There is an upcoming activity for NH Senior Games around exercising for 90 days/90 different activities/90 minutes a day. For more information click [here](#).
- *Martha Tecca, Community Care of Lyme.* A reminder that the Tri-State Learning Collaborative (TSLCA) on Aging has resources and tools available in developing an age-friendly community. TSLCA also has webinars across aging topics and best practices across the three states. TSLCA is also hosting a Project ECHO on Dementia currently. For more information about TSLCA click [here](#).
- *Sylvia von Aulock, Southern NH Planning Commission.* SNHPC is hoping to host a forum on housing soon.
- *Meghan Brady, St. Joseph's Community Services.* Meghan shared that St. Joseph's Community Services has started the process of looking into LGBT aging within their community.
- *Kelly Laflamme, Endowment for Health.* The Endowment has funded a project with Dr. Kristen Porter to screen the documentary Gen Silent and will be creating a pre/post-survey that measures attitudinal change. The screenings will be hosted in February, March, and April and if interested in attending or hosting contact Kelly.

NH Alliance for Healthy Aging 2018 - 2019 Meeting Schedule:

Wednesday, March 11, 2020

Thursday, June 11, 2020

Wednesday, September 9, 2020