

Members present: [Julie Hartmann, Diane Curtis, Stephanie Baker, Rita Morrow, Pam Yankeelov, Debbie Tuggle, Sandra McGuire, Sara Olivencia, Erin Cummane, Erin Gillespie, Justin Magnuson, Marvita Starks, Suzanne Bittenbender, Sameera Jackson, Paul Troy, LaTonje Shelton]

April 9th, 2024, 2 - 3:30 | AARP Kentucky, 10401 Linn Station Rd #121, Louisville, KY 40223, USA

Notetaker: [Stephanie Baker, sbaker@hhlou.org]

Item	Discussion
1.	<p>Welcome/Introduction</p> <p>Rita spoke about the process for developing goals and objectives, and the sign-in sheet was passed around.</p>
2.	<p>Speaker Presentation</p> <p>Presentation by Alzheimer's Association GKSI Chapter Director of Programs Erin Gillespie: Community Impact and Awareness Talk on Alzheimer's. Topics included 10 Warning Signs of Alzheimer's, community impact, risk factors, and local support resources.</p> <p>Notes from Speaker Presentation at the Age-Friendly Erin provided an informative overview of dementia types, gave a definition of Alzheimer's, emphasizing that Alzheimer's accounts 60 to 80% of all cases. Highlighted there is currently no cure for Alzheimer's, necessitating around-the-clock care for affected individuals once the disease gets severe. Noted disparities in Alzheimer's prevalence among women, Black, and Hispanic populations, underlining the need for targeted support.</p> <p>Challenges and Solutions: Discussed the cognitive decline associated with dementia, stressing the pressing need for increased neurologists and gerontologists, citing a 400% increase necessary to address Kentucky's aging population. Mentioned ways to keep the brain engaged and improve and keep brain health: Learn new things, do puzzles, stay active, eat well, sleep well, control BP and manage Diabetes, refrain from smoking, and to protect one's head. Introduced TrialMatch.com as a platform for individuals to explore clinical trial opportunities, including those available locally in Kentucky. Listed the impact of Alzheimer's on families. Identified three treatment centers in Kentucky (Sanders-Brown Center, Norton, UK Lexington), emphasizing the importance of early-stage detection for effective drug intervention, such as the LEQEMBI drug exclusively for Alzheimer's.</p> <p>Support Resources: 24/7 Alzheimer's Association Helpline: 800-273-3900 ALZ.com for resources and education Highlighted various events and support groups aimed at empowering both affected individuals and caregivers</p>

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	<p>Notable events include the Alzheimer’s Disease Steam Party, ongoing for a decade, and initiatives like “The Longest Day - Walk to End Alzheimer’s”. Detailed social engagement groups tailored to different caregiver needs, including support for spouses/partners and a newly formed West End Caregiver Group.</p> <p>Announced the Memory Cafe at the Speed Art Museum occurring every second Saturday at 1:30 PM, offering a supportive environment for individuals affected by memory-related challenges.</p> <p>Presentation and other resources from the Alzheimer’s Association GKS: 2024-Facts and Figures Statesheets Kentucky Alzheimer’s Facts and Figures Infographic Lou General ALZ Awareness Champion Presentation 2023</p>
<p>3. Review Agenda & Goals of Meeting:</p> <p>Goal #1 → Developing objectives, actions, partners, deadline, metrics for the following goal</p> <ul style="list-style-type: none"> ● Create Inclusive and supportive community focusing on intergenerational connections with two general topics: Education and engagement 	<p>Focus on intergenerational opportunities:</p> <p>The group discussed organizing with existing resources for all ages and for the SI workgroup to support existing programs and meet them with their initial objectives.</p> <p>Ideas:</p> <ul style="list-style-type: none"> ● How can we present resources to children in regards to Alzheimer’s? ● Technology: Classes on how to use tablets or remote controls were discussed → Having youth teach the elders. → Make connections with teachers for online programming and look at multiple technology platforms. → Have young students teach elders how to utilize technology to communicate with others like Skype or VR. ● Keeping the brain active There were → Sun Valley Community Center classes taught by seniors were mentioned.

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	<p>Group would like a common place to post intergenerational activities:</p> <p>Need a one stop shop where all of the information goes. Approaching LouToday about activities or LouisvilleFamilyFun.net could be an option. They give a list of all intergenerational activities; may be a good resource or partner.</p> <p>Co-Facilitators encouraged the group to start thinking about metrics on how we are going to see if there is progress whether by counting participants in the programs or by how many groups we have partnered with.</p> <p>Look at Transportation due it being a huge barrier. The group was also told not to start working on partnerships until the action plan have been finalized.</p> <p>Objectives for goal #1 were set:</p> <p>Objective 1: Education</p> <ul style="list-style-type: none"> ● Utilize and reach out to existing programs ● Plug in with resources with the Alzheimer’s Association ● Address technology. <p>Objective 2: Engagement</p> <ul style="list-style-type: none"> ● Connecting with others through technology ● Intergenerational activities/ sport ● Dare to Care ● Art classes
5.	<p>Agenda Item 2 Discussion</p> <p>Social Isolation Summit on April 16 was mentioned</p>
6.	<p>Next Workgroup Meeting</p> <p>Work on Celebration goal #2 - Create a more Inclusive and supportive community by celebrating and honoring Community Diversity and Service</p>

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Item	Discussion
	Will be held at usual location, Edison Center, May 14th, 2024 Edison Center at Louisville Metro Resilience and Community Services, 1st Floor Conference Room

Next Meeting – May 14th, 2024

Meetings are always the 3rd Tuesday of each month, 2 - 3:30 pm

Edison Center at Louisville Metro Resilience and Community Services
1st Floor Conference Room, 701 W Ormsby Ave, Louisville, 40203.