**Age-Friendly Louisville, Community Supports and Health Services Domain Group**

**November 5, 2019 MINUTES**

**Location: University of Louisville Trager Institute**

**The next AFL Community Support & Health Services will be:**

**Tuesday, December 3rd, 2019 2-4PM**

**University of Louisville Trager Center 204 E. Market, Suite A Louisville, KY 40202**

**On 11-5-19, the following were able to be present:**

Sarah Teeters†(Metro OADC), P. Yankeelov†\*(UofL Trager Institute), Kelly Nason (Age-Friendly Louisville- AmeriCorps VISTA member), Margie Miller (geriatric CM), Beth Ralston (Active Day), Sheila Carter (Heartsong Memory Care), Andrea Caldwell (Cardwell Community Resource Center), Danny Fortier, Humana)

\*Minute taker, †Domain Group Facilitators

1. Review of our year’s progress per each of the [Action Projects](https://www.agefriendlylou.com/community-support)
   1. **Action Project #1: Increase the capacity of community organizations to promote health resource information**
      1. **THE BROCHURES are here!!!** Plus the brochure can be downloaded from <https://www.agefriendlylou.com/community-resources>
         1. Best practices for distribution was considered given AARP graciously provided 1000 cardstock copies. More brainstorming may be necessary.
         2. All committee members took several for their organizations.
         3. If you want copies, please reach out to Pamela Yankeelov at [pam.yankeelov@louisville.edu](http://pam.yankeelov@louisville.edu).
         4. First mass distribution: our own Carol Fout-Zignani’s [Perspectives for Clergy Honoring Older Adults and Caregivers Conference](https://nortonhealthcare.com/about-us/community-outreach/faith-and-health-ministries) on November 7th offered by Norton Faith and Health Ministries
      2. **Need to further consider the 65+ for** [**LouieConnect**](https://www.louieconnect.com/) **app**
      3. **Kelly Nason** is Age-Friendly Louisville’s AmeriCorps VISTA member offered an update on the **First Responders literature review of research**
         1. Majority of studies are focused on exploring the current knowledge of first responders in relation to mental health conditions, conditions related to aging, veterans with PTSD, cognitive deficits and brain damage, hearing loss, etc
         2. Existing curriculum is designed to train first responders on vulnerable populations, spending anywhere from 3 hours across several classes up to 8 hours in training
         3. By December, Kelly will have a table highlighting the first responder research results
         4. By end of January, interviews will be completed with hopefully some authors of the studies located to gain in-depth knowledge of the existing curriculum content and structure
      4. **Exercise Programs: Need to consider the array of exercise programs offered and how to expand reach**
         1. Including but not limited to :
            1. Fall Prevention Programs
            2. Silver Sneakers
            3. Matter of Balance
            4. Water Therapy
            5. Elderserve may offer a personal coach over the phone
   2. **Action Project #2: Residents of Age-Friendly Louisville will have access to training to feel prepared to support their family and neighbors to “age in place”.**
      1. Sarah Teeters had a brief, initial conversation with AARP about the possibility of AARP allowing Age-Friendly Louisville to sponsor a Train the Trainer for the [Prepare to Care Curriculum](https://www.aarp.org/caregiving/prepare-to-care-planning-guide/)
      2. Sarah will reach out the Alzheimer’s Association, specifically Bari Lewis, Director of Community Outreach for a brief presentation during our December Meeting
      3. There were also discussions of the [Memory Cafés](https://www.asaging.org/web-seminars/power-social-connection-memory-cafes-and-tete-tete) offered by Alzheimer’s Association; for more information on the concept can click on Memory Café name
      4. Should also reach to Parkinson’s Support Center of Kentuckiana
   3. **Action Project #3: Healthcare providers and residents will have greater awareness of the risk taking opioid medications for pain and the value of alternative pain management strategies**
      1. Pam Yankeelov reported that this action plan was added after AARP reviewed our strategic plan
      2. Pam indicated that the Trager Institute had completed some work in this area that could be shared with AFL community including:
         1. A video was created by Trager Institute for the fulfillment of their HRSA federal grant available for sharing: <https://www.youtube.com/watch?v=zXVJk-yPHbw&feature=emb_title>
         2. Pam also shared the Project ECHO Opioid Use and Alternative Methods for Pain Management that Trager Institute will be starting soon. Project ECHO exist on every topic. They are offered all over the world. They are virtual tele-mentoring programs. Individuals representing different disciplines and healthcare sectors join online via a Zoom call. During the Project ECHO, an expert shares a 15 minute didactic on a particular topic specific to the focus on the Project ECHO, then there is a case presentation and an opportunity to discuss recommendations for the case. Project ECHO is a learning community where we are share and gain knowledge on a particular topic. Our Project ECHOs are typically from 12 to 1 pm and run for about 8 weeks.
         3. More information can be found at <https://www.tragerinstitute.org/project-echo>
            1. See attached for flyer
            2. Any organization that is interested in participating can reach out to Justin Magnuson at [justin.magnuson@louisville.edu](mailto:justin.magnuson@louisville.edu). Justin works with Pam on Project ECHO.
            3. Pam also shared the Trager Institute offers Project ECHOs on Care of Older Adults and a few other ones.