




**Agenda for Community Supports & Health Services Domain of Age-Friendly
Louisville**

February 2nd, 2021, **3 - 4 pm**

Facilitators: Sarah Teeters, Pam Yankeelov, & Kelly Nason

LOCATION:Zoom

Item		Discussion	Action to accomplish	Person Responsible
1.	Welcome/Introduction			
	<ul style="list-style-type: none"> Update Names & Emails by signing in VIA CHAT Introductions 	<ul style="list-style-type: none"> Five Participants: Sarah, Kelly, Avery, Kim, Sameera Holiday updates Photo Release 		Everyone :)
2.	Housekeeping			
	<ul style="list-style-type: none"> Today's Minute Recorder will be: Avery Meeting photographers will be: Kelly, Pam or Sarah? Minutes can also be found at agefriendlylou.com Future meeting reminders will come from AmeriCorps VISTA member, Avery Crews Photo and social consent: https://louisvillekent.az1.qualtrics.com/jfe/form/SV_7QlpNUZQVbrqEiV 	<p align="center">Photo/social media release</p> 	<p>Take Minutes Take Pics</p>	<p>Avery Avery</p>

3.	Review Agenda & Goals of Meeting			
	<ul style="list-style-type: none"> - Objectives of this meeting <ul style="list-style-type: none"> i. Overview of December meeting; No meeting in November due to election - See minutes <ul style="list-style-type: none"> ii. Quick review of strategic plan <ul style="list-style-type: none"> 1. Clearinghouse, 1st responders and residents to be prepared on job and to care at home, health promotion resources and opioid resources iii. 1st responder and community residents prepare to care overview/update <ul style="list-style-type: none"> 1. Current status 2. Edits for this resource 3. Informal review by 1st responders including police 4. FR Factsheets were spread out for edits within the workgroup 5. Kelly will be sending reminders for these 6. Hopefully to get subgroups set up from EMS, Fire, and Police iv. Pam will discuss where CS&HS is in terms of Action Projects and where we are in relation to their completion <ul style="list-style-type: none"> 1. Website edits and an information hub on AFL Website 2. Getting groups involved and defining resources specific to each domain workgroup 3. AARP Strategic Plan Report for AARP going forward (Due in Sept for each workgroup) 	<ul style="list-style-type: none"> • Discussed photo/media release form for the AFL website and social media platforms • Fact Sheets: Sent out to anyone who said they might want to review them. <ul style="list-style-type: none"> ○ These will be sent out via email for group review • Discussion of health and fitness programs within the community and how we can work to meet this aspect of the action plan <ul style="list-style-type: none"> ○ Kim and Teran (add Danny as well) discussed wellness components at their organizations and discussed what they offer at their companies ○ Idea: Compile the wellness aspect of the insurance companies in town: IE: gym membership, 	<p>Avery/ALL</p> <p>Kelly will send these out via email: Edits done by everyone for the FR Factsheets</p> <p>Avery has been compiling a resource on these videos/presentations to meet the need for this part of the strategic plan</p> <p>Avery will send out the strategic report and the draft of the alt pain document</p> <p>Pam will send out the table to compile the fitness information from the health care companies</p> <p>Draft will be sent out soon</p>	<p>Action Item: March is our launch date goal</p> <p>Maybe focus on Fire and EMS first because they are the most receptive</p> <p>Reach out to contacts within the community about possible trainings and possibility of these trainings being centered at Trager as a hub to offer voluntary trainings to these organizations for free</p> <p>Resource Avery</p>

	<p>4. AARP Prepare to Care and how we are working to expand this in the community</p> <p>v. Avery has been working on an alternative pain management resource based off a video created by Trager and by these presentations from Trager's Project ECHO on Opioid Risk Management and Integrative Pain Management Strategies</p> <ol style="list-style-type: none"> 1. https://www.youtube.com/watch?v=zXVJk-yPHbw&feature=emb_title 2. Avery will give an update of what she has accomplished so far with this resource <ol style="list-style-type: none"> a. Draft Shared and sent to advisors for revision 	<p>fitness courses, food packages, healthcare, etc.</p> <ul style="list-style-type: none"> ○ See if the YMCA has gone online and what is involved with their virtual hub: what gyms are doing this? Silver Sneakers Programs and what are they doing for senior citizens. Trager fitness is also online. ○ Create a spreadsheet to send out to the insurance reps in each of our domain workgroups??? What does this entail??? <ul style="list-style-type: none"> ● Continue to push AARPs "Prepare to Care": how can we work to expand this further than what we have done in the past? How would we quantify our influence on expanding this program: Sarah is reaching out to Tihisha regarding this information for the progress report 		
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		<ul style="list-style-type: none">● Alternative Pain Management Resource:<ul style="list-style-type: none">○ Compiling notes, videos, and resources sent by Mona and Pam in order to determine what is of most need for each category and what will be the most helpful to meet the goals of the action plan○ Mini articles from professionals to complement insurance/companies newsletters over a series of months that reinforce alt pain methods to patients over time<ul style="list-style-type: none">■ Triad, Humana,■ Send out forms, minutes, and action plans■ Pam will send out the table		
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4.	Any announcement from our members?			
		<ul style="list-style-type: none"> • My Health Matters • AARP: Prepare to Care • Welcare • Medicaid Open Enrollment Meetings and Eligibility: AARP 		
5.	Next Workgroup Meeting location?	Zoom, March 2nd @ 3pm		

Next Community Supports & Health Services (CS&HS) Meeting: March 2nd, 2021, 3 to 4 pm
NOTE: CS&HS Meetings are always the 1st Tuesday of each month, 3-4 p.m.