

SOUTHEAST REGIONAL ELDERCARE COALITION

Date September 1, 2023, 8:30-9:30 Alaska Time

Zoom Link:

<https://us02web.zoom.us/j/81253109929?pwd=SWs3UWVVRMjJoWHh3NU13QThPTFFCdz09>

ATTACHMENTS: August Meeting Minutes,

SC Members: Erin Walker-Tollis (CCS), Sharyl Yeisley, Deb Craig (JCOA), Linda Kruger (AARP and JCOA), Glenn Mitchell (AKDOLWD), Joan O'Keefe (SAIL), Brian Holst (JEDC)

Coalition Members: JEDC, Tyler McNeil, Mary McEwen, Cameron Young, Kirsten Testoni-Kroix, Melissa Showers, Marianne Mills, Emily Kane, Jeannie Monk, Margaret – SAIL, (907) 723-9826, T&H Wellness court, Dave Ringle, Margaret Haube, Michelle Henriques, Stephanie Johnson, Stacy Kimbrough, Helen Howard,

AGENDA

Opening comments and welcome: Co-Chair Erin Walker-Tollis

ITEM 1: SREC Project Director Report Tonya Muldoon, SREC Project Director will provide an update on the SREC Project

Research continues to be conducted on wage supplementation.

Survey has been sent to the Senior Centers. Will be preparing a survey for the coalition. It will be sent by survey monkey (email).

Have coordinated with SAIL regarding the rental of the Teal Street Center space. Will work to establish the new office.

Have some interest in the open positions. The three positions are posted at <https://www.jedc.org/jobs/>. Please spread the word.

Website has updates <https://www.jedc.org/eldercare/>

ITEM 2: Best Practices Presentation

Mary McEwen, AHEC (Area Health Education Centers) Coordinator for SERRC (Southeast Regional Resource Center) presented with Cameron Young, Student Education Specialist on the PATH Academy Program, pre-apprenticeship. The training is 10 days Monday to Friday. The First PATH Academy planned in Juneau will be October 9-20. The training will be held in Juneau from 9AM to 5PM with no classes on the weekends. Registration is currently through email to Mary McEwen marym@serrc.org or Cameron Young cameron@serrc.org. The training includes five national certifications including Mental Health First Aid, Mandt Training, Basic Life Support, Bloodborne Pathogens, First Aide, and will also include information on HIPAA, medical terminology, and job readiness skills. The training is for interested students 16 years and older, for no cost. There are 12 open seats for the upcoming training.

The PATH Academy is funded through the Good Jobs grant distributed by the APCA. There is a plan to have the PATH Academy available four times in the coming year.



SREC Board
Presentation.pdf

Slides are attached

ITEM 3: SREC Member Highlight

See Best Practice Presentation

ITEM 4: Event Reports - an invitation to Coalition members to comment on events of interest to the full Coalition.

Catholic Community Service Senior Center Juneau

Bingoize – Senior bingo and exercise group

Tuesdays and Thursdays

10:15AM-11:15AM

Other events are being scheduled and the ceramics room has reopened.

St. Vincent De Paul Navigators

Have walk in times available 9am-1PM Monday – Friday

For assistance with housing

Tlingit and Haida has navigators for tribal citizens

Contacts Stephanie Knudson (907) 463-7941

Jeni Brown (907) 463-7396

ITEM 5: Upcoming Events - an invitation to Coalition members to inform the group of upcoming events.

Tlingit and Haida Central Council Juneau Rural Partner Action Day

Elizabeth Peratrovich Hall

September 11, 2023, 10:00AM to 3:00PM



rural Action Partner
Day.pdf

See attached

VA Caregiver and Family Resource Fair

September 12, 2023

10:00AM – 2PM

Virtual event

(907) 375-2606 call to register



9.12.23 3rd Annual
Resource Fair Flyer (

See attached

Juneau Walks

September 13-15, 2023, three events:

Glow in the Dark Dance Walk

September 13, 2023

5:00PM-6:30PM

Twin Lakes Park

Walking Leader Training

September 14, 2023

10:00AM – 2:00PM

Mendenhall Mall

Walk Audit

September 15, 2023

1:00PM – 3:00PM

Riverview Senior Living

AARP Alaska and 8 80 Cities

Creating Parks and Public Spaces for People of All Ages

September 16, 2023, 10:30AM to 3:30PM



AARP 8 80 cities
walk.pdf

See attached

St. Vincent De Paul Walk for the Poor

September 23, 2023

Run: 9:00AM

Walk: 10:00AM

St. Vincent De Paul Thrift Store parking lot



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See attached

College Career Fair

October 6, 2023

Thunder Mountain High School

Disability and Aging Summit

Virtual or in-person at the Special Olympics Alaska Jim Balamaci Training Center, Anchorage

October 11-12, 2023



D&A Summit
Anchorage.pdf

See attached.

AARP Brain Health Series: Link to the Playlist- has all 5 videos:

<https://www.youtube.com/playlist?list=PLAsez5OFib-Rf0s2qiQnJeVBdteAt3H-7>

Links to specific lectures:

10/13: https://www.youtube.com/live/aTyPwrCywvc?si=xrxsVlItcnLN6_H7

10/27: <https://www.youtube.com/live/YNJPF2VMX0?si=w9pQpHp1xo3TLtn>

11/17: <https://www.youtube.com/live/6-rvPChvXfM?si=P22wXxd8jyiGfPNN>

12/15: <https://www.youtube.com/live/cvFZsm1dShI?si=VAlyw20jCrmSSvSC>

1/12: https://www.youtube.com/live/ktHSmBNwEIQ?si=1A_CMQ8OrFPFpbR3

Evening at Egan Library: <https://uas.alaska.edu/eganlecture/index.html>

Rosellen M. Rosich, Ph.D., MA., CDP, CADDCT, Professor Emerita, Psychology UAA
The Vicissitudes of Aging & Brain Health: What Parents May Never Have Told You!

Date: Friday, October 13, 2023

Time: 7:00 p.m.

Aging is a biological, psychological, and sociological process and is a universal truth that everyone must contend with. As a process it is made up of gains and losses as we grow and develop across the lifespan. The brain, being the seat of thought, reasoning, problem solving, emotional regulation, sensory motor operation, and other important biological functions, plays a major role in developmental advances as well decline. Research in this area has come a long way over the years in uncovering modifiable lifestyle behaviors one may utilize in keeping a healthy brain and how to contend with situations where brain changes may be non-modifiable. This presentation covers a brief overview of typical brain functioning, pathology, newer research on how to keep the brain healthy, and ends with a discussion of how views of the lifespan may impact beliefs regarding brain pathology and approaches to caregiving of individuals with dementia.

ITEM 6: SREC October Best Practices Presentation:

Emily Palmer, Juneau Pioneer Home, I would love to talk about Teepa Snow and her Positive Approach to Care model. Teepa is an occupational therapist and a nationally recognized dementia expert. Teepa's care strategies and techniques look at what is known about brain function and changes that happen with various types of dementia. She then helps integrate this information into techniques to use when assisting those living with dementia. You can learn more about Teepa

here: <https://teepasnow.com/> The Juneau Pioneers Home has been focusing on training all staff with Teepa's Positive Approach to Care techniques and is seeing benefits for both the elders and staff when these techniques are used.

For the member's highlight Dave Ringle with St. Vincent de Paul will expand on what he shared last month by providing additional information on St. Vincent de Paul programs and facilities.

SREC November Best Practices Presentation in the works and open to change: Amy Foote with NANA Management Services (www.nmsusa.com) will talk to us about incorporating traditional foods into congregate meals.

The members' highlight will be presented by Jeorghette Wales, Community Relations Director at Riverview Senior Living.

SREC December Best Practices Presentation in the works and open to change: Bernice Metcalf, CCS Ketchikan, will share details of their successful community senior picnic and other Ketchikan activities.

The members' highlight (tentative) will focus on the new Home Health and Hospice program at Bartlett Hospital.

Remember to send any suggestions for 2024 Best Practices and Member Highlights to me at lindalaska2003@gmail.com

Email deborahlc11@gmail.com Deborah Craig to include upcoming events for your organization on our outreach.

Email lindalaska2003@gmail.com Linda Kruger to submit Best Practices concepts for upcoming full Coalition meetings. 907-957-0335

Email tmuldoon@jedc.org Tonya Muldoon to be added or removed to the Coalition list of participants.

NEXT FULL COALITION MEETING: October 6, 2023, Friday 8:30-9:30AM via Zoom