

SOUTHEAST REGIONAL ELDERCARE COALITION

MONTHLY MEETING Agenda

Date: October 6, 2023 from 8:30-9:30 Alaska Time

Zoom Link: <https://us02web.zoom.us/j/81253109929?pwd=SWs3UWVRMjJoWHh3NU13QThPTFFCdz09>

ATTACHMENTS:

SC Members: **Deborah Craig, Linda Kruger, Glenn Mitchell, Sharyl Yeisley, Joan O'Keefe, Erin Walker-Tolles, Brian Holst,**

Coalition Members:

AGENDA

Opening comments and welcome: SREC Co-Chairs

ITEM 1: SREC Project Director Report - Tonya Muldoon (absent)

ITEM 2: Best Practices Presentation - Emily Palmer, Juneau Pioneer Home.

Discussion will include the JPH focus on training all staff on the Teepa Snow **Positive Approach to Care** model. Teepa is an occupational therapist and a nationally recognized dementia expert whose 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/>

ITEM 3: SREC Member Highlight - Dave Ringle with St. Vincent de Paul

ITEM 4: Event Reports – Please share your event outcomes.

ITEM 5: Upcoming Events

**** October 6, 2023**, College Career Fair, Thunder Mountain High School

**** October 11-12, 2023**, Disability and Aging Summit, Virtual or in-person at the Special Olympics Alaska Jim Balamaci Training Center, Anchorage

**** November 3, 2023** SREC Best Practices Amy Foote, Area Manager, ANTHC and Member Highlight Jeorghette Wales, Community Relations Director, Riverview Senior Living

**** December 1, 2023** SREC Best Practices Bernice Metcalf, CCS Ketchikan, and Member Highlight Home Care & Hospice (invited) or Foundation for End of Life

**** FALL AND WINTER (Sep – Jan) AARP Brain Health Series:**

Links to all 5 videos: <https://www.youtube.com/playlist?list=PLAsez5OFib-Rf0s2qiQnJeVBdteAt3H-7>

Links to specific lectures:

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

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.

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

Email deborahc11@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

NEXT FULL COALITION MEETING: November 3, 2023 First Friday 8:30-9:30 via Zoom