



# Southeast Regional Eldercare Coalition

Quality Care • Care Coordination • Social Engagement

## SOUTHEAST REGIONAL ELDERCARE COALITION

**April 4, 2025, 8:30AM**

### **Meeting Minutes**

#### **Zoom Link:**

<https://us02web.zoom.us/j/89966612080?pwd=Y2s1MU16dzdjbFkraFF4ZFZjcXNPQT09>

**Meeting ID: 899 6661 2080**

**Passcode: 471844**

1. **Call to Order 8:33AM**
2. **Agenda Approval** – Wayne Stevens motioned for approval of the agenda. Margert Huabe seconded. Agenda approved.
3. **Minutes Approval** – Wayne Stevens motioned for approval of the minutes. Margert Huabe seconded. Minutes approved.
4. **SREC Project Update** – Tonya Muldoon
  - a. Sitka Resource Fair in partnership with Sitka Tribe of Alaska: Survey Feedback
    - i. About ninety-five elders participated in the event.
    - ii. 8% reported that they need in-home assistance.
    - iii. 8% reported that have in-home services.
    - iv. 50% reported that they learned something new from the resource fair.
    - v. 81% reported tat they would like to have annual events.

Thank you again to those SREC members who traveled to Sitka to participate. The elders were incredibly pleased to have services that are managed outside the community present to visit them in person.



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- b. Tlingit and Haida Elders Resource feedback
    - i. Tess Rouse participated in the event.
    - ii. Six elders sign up for our Coalition.
- 5. **SREC Steering Committee Report** – Sharyl Yeisley, Wayne Stevens provided feedback.
  - a. Sub-Committee Workforce Development
    - i. Not much to report currently.
    - ii. Noted that there will be more advocacy this coming fall.
- 6. **Advocacy Sub-committee** Wayne Stevens
  - a. Letters from SREC members, Wayne Stevens encourages everyone to send letters to their representatives about the concerns they have regarding eldercare services.
  - b. SREC letter by the co-chairs was prepared and sent to legislators to introduce the coalition.
  - c. The focus of the legislators currently has been education, PFD, and budget shortfalls.
  - d. Erin Walker-Tolles will be traveling to Washington DC to advocate for elders next week. She will be meeting with Alaska Senators.
- 7. **Best Practice:**
  - a. Jen Verny Database Curator and Call Center Manager United Way of Anchorage and Alaska presented on the 211 Program. Special thanks to Sue Brogan, Chief Operating Officer United Way, for her support.
  - b. 211 is a national program offering information referrals to services and support such as housing, personal care, food insecurity, Medicaid, Crisis Calls, Health Insurance, AARP Tax Preparation Clinics etc.
    - i. 211 Program, as of August 2007 has been 99% approved by the FCC in the United States and Canada as a universal



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- resource like 911 for emergencies. Community Resource Specialists can access a database of services utilizing a system that has been established using the same terms regardless of where the individual resides in the country.
- ii. Community Resource Specialists are not advocates who will assist with paperwork or calling to make referrals. If this support is needed, they can direct callers where to contact their community.
  - iii. Alaska 211 in 2024 had 26,000 connections with the community.
    - 1. Average call is 7-8 minutes long with 1-3 referrals provided.
  - c. Alaska 211 has Community Resource Specialists available to take calls Monday-Friday 8:30AM-5PM. They can be reached by:
    - i. Phone 211
    - ii. Phone 1-800-478-2221
    - iii. Email [211@ak.org](mailto:211@ak.org)
    - iv. Text is available 6AM-2PM Tuesday-Thursday, at 898-211, text your zip code to start the conversation.
    - v. Website: <https://alaska211.org/>
    - vi. When Community Resource Specialists are not immediately available there are 24-hour contacts listed for emergent needs
    - vii. Any messages will have a call back within 2 days.
    - viii. Services are available in 170+ languages.
  - d. **ALL SREC SERVICE PROVIDERS ARE STRONGLY ENCOURAGED TO LOOK THAT THE DATABASE.**
    - i. If your agency is not listed, please complete the online application.
    - ii. If your agency is listed and needs updates, the administrator of the agency can accomplish this. If the administrator who entered the information is unknown, contact 211 and they will assist with adjusting the information.



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- e. Annual Report will be available soon. They collect data on the calls and contacts as well as unmet need across the state. Data requests can be made by emailing the United Way of Anchorage with parameter requests. Data is often used for legislative action or updates. Data is separated by regions in Alaska.

### 8. Comments from members:

Tyler McNiel: A special thank you for Community Connections Executive Director, Bess Clark, who is retiring after 25 years of service as of April 5, 2025. They are welcoming Executive Director Tandra Thompson.

### 9. Adjournment 9:30AM

### 10. Next Meeting

Scheduled May 2, 2025, at 8:30AM

### 11. Upcoming events

- **Riverview Senior Living** is offering free Support for Memory Care, RSVP Zoom meeting, See flyer for more details: [Riverview Memory Matter Support Group flyer](#)
- **Widow's and Widower's Garden Support Group (WE ARE ALL LIVING IN THE GARDEN OF LIFE)**  
Riverview Senior Living  
3041 Clinton Dr  
Juneau Alaska 99801  
First Monday each month 2-4PM  
More information contact Diane Kyser at (907) 723-1917  
Next Meeting April 7, 2025, 2PM-4PM
- **Alaska Community Health Fair**  
Location: 3254 Hospital Drive Juneau, Alaska 99801  
Saturday April 12, 2025 8AM-1PM  
Registration <https://akhealthfair.org>



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Or call (907) 278-0234 or (907) 723-5100

Also available via Facebook at AK Health Fair, Inc.

- **Family Resilience Fair**

Location: Nolan Center Wrangell, Alaska

May 3, 2025, 11AM-2pm

Information: [brave.wrangell@gmail.com](mailto:brave.wrangell@gmail.com)

(907) 204-0530

- **April 2025 T&H Elder Activities calendar** will be attached to minutes.
- **Alaska Training Cooperative Spring Courses** will be attached to minutes.

# April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 EXERCISE Downtown Pool 10-12	3	4 Social Hour 10-12	5
6	7 BINGOCIZE GAJAA HIT 10AM	8 Dance Practice Gajaa Hit 11am-12pm	9 EXERCISE FIELDHOUSE 1030-1130	10 GOODIE BAG	11	12
13	14	15	16 Tribal Assembly Day One	17 Tribal Assembly Day Two	18 Tribal Assembly Day Three	19
20	21 BINGOCIZE GAJAA HIT 10AM	22	23 EXERCISE Valley Pool 10-12	24 LUNCHEON 11AM-1PM	25 Social Hour 10-12	26
27	28 BINGOCIZE GAJAA HIT 10AM	29 Dance Practice Gajaa Hit 11am-12pm	30 EXERCISE FIELDHOUSE 1030-1130			

TALKING CIRLCE THURSDAY'S 5-630PM

**Ann Stepelin**

Elders Coordinator

astepelin@lingitandhaida.gov

907-463-7131

**Roberta Dundas**

Elders Program Specialist

rdundas@lingitandhaida.gov

907-463-7387

**Crystal Shaquanie**

Family Caseworker

cshaquanie@lingitandhaida.gov

907-463-7778

**ELDERS 55+**

**WELCOME**



**BRAVE WRANGELL PRESENTS**

*The 7th Annual*

# **FAMILY Resilience FAIR**

**LEARN HOW YOUR COMMUNITY CAN  
HELP YOUR FAMILY!**

**PRIZES - GAMES -  
RESOURCES**

**SATURDAY, MAY 3**

**11AM-2PM | NOLAN CENTER**



**Questions?**

**Contact [BRAVE.Wrangell@gmail.com](mailto:BRAVE.Wrangell@gmail.com) or 907-204-0530**





## TRAINING SCHEDULE FOR THE ALASKA TRAINING COOPERATIVE

Aging and Dementia Long-Term Care

**April 2025 - May 2025**

### Alaska Core Competency Training

The Alaska Core Competencies are a set of essential skills for Direct Support Professionals who deliver services to persons with mental health and substance use conditions, intellectual and physical disabilities, and older adults who need long-term services and support. These competencies are delivered over several days in a distance delivered format. Please check our website for registration.

**Delivery Method:** Online via Zoom

**Contact:** Riki Chapman, 907-264-6257, [racook@alaska.edu](mailto:racook@alaska.edu)

**Cost:** \$10/each for the six online sessions, \$60 to complete the entire training series.

- **May 20<sup>th</sup> 9am – 1pm** AKCC #1 Working with Others
- **May 21<sup>st</sup> 9am – 1pm** AKCC #2 Assessing Strengths and Needs
- **May 22<sup>nd</sup> 9am – 1pm** AKCC #3 Planning Services, #5 Linking to Resources, #6 Advocacy
- **May 27<sup>th</sup> 9am – 1pm** AKCC #4 Providing Services
- **May 28<sup>th</sup> 9am – 1pm** AKCC #7 Individualizing Services, #8 Documentation
- **May 29<sup>th</sup> 9am – 1pm** AKCC #9 Behaving Professionally & Ethically, #10 Developing Professionally

### Basic Concepts of Care Coordination

This class, designed for new care coordinators not yet certified, is a requirement prior to taking *Care Coordination Core Units* offered by Senior and Disability Services.

Topics covered include: Ethics, How to Serve Someone with a Disability, Advocacy, Planning Services, and Skills of Interaction.

**Delivery Method:** Online via Zoom

**Contact:** Riki Chapman, 907-264-6257, [racook@alaska.edu](mailto:racook@alaska.edu)

**Cost:** \$35

- **March 25<sup>th</sup> 9am-2pm**
- **April 15<sup>th</sup> 9am-2pm**

### Dementia Care Skills 3-Part Series – April 21<sup>st</sup> - 23<sup>rd</sup> 4pm-6pm @ CHD

This is a 3-part Dementia skill training series designed to be delivered on site in Assisted Living Homes. This training is provided by Riki Chapman based on Teepa Snow's method Positive Approach to Care<sup>®</sup>.

- **Part #1** Introduces participants to dementia; how it affects the brain, sensory system, especially eyesight, and participants will discuss normal vs not normal aging traits.
- **Part #2** Participants will learn positive physical interaction skills and practice using those skills with each other during the session. Participants will also learn how to navigate challenging behaviors.
- **Part #3** Participants will role play common caregiving situations and utilize their physical skills, including ways to 'activate' their care partner. Participants will also learn Teepa's 5 Apologies for caregiving mistakes.

**Delivery Method:** In-Person @ CHD building 2702 Gambell Street, Anchorage

**Contact:** Riki Chapman, 907-264-6257, [racook@alaska.edu](mailto:racook@alaska.edu) **Cost:** \$60 per person (6hrs total)





THE ALASKA  
TRAINING  
COOPERATIVE



UAA Center for  
Human Development  
UNIVERSITY of ALASKA ANCHORAGE

Trust  
Alaska Mental Health  
Trust Authority

### **The Hearing Distressing Voices (HDV) workshop – March 20<sup>th</sup> 8am-12pm & 1pm-5pm**

The Hearing Distressing Voices (HDV) workshop is a groundbreaking and empathy-building experience that helps participants understand the challenges and strengths of people who experience psychosis. The workshop is a 4-hour experiential training that provides a simulated experience of what it may be like to hear voices that are distressing. Participants use MP3 players and ear buds to simulate hearing distressing voices while participating in scenarios and environments in which to navigate. A group discussion of the experience follows along with helpful information from voice hearers regarding coping and support.

**Delivery Method:** In-Person @ CHD building 2702 Gambell Street, Anchorage

**Contact:** Jill Ramsey, 907-264-6228, [jdramsey2@alaska.edu](mailto:jdramsey2@alaska.edu)

## **Upcoming Special Events and Save the Dates!**

### **Annual Full Lives Conference for Direct Service Professionals & Care Coordinators** **April 10<sup>th</sup> & 11<sup>th</sup> 2025**

The Alaska Training Cooperative in collaboration with the State of Alaska Senior & Disabilities Services, UAA Center for Human Development, and the Alaska Mental Health Trust Authority is please to present the 2024 Full Lives Conference. Full Lives draws a wide range of attendees that provide services in developmental disabilities, behavioral health, traumatic brain injuries, substance-related disorders, and senior services. Attendees include case managers, direct support professionals, care coordinators, community advocates, supervisors, administrators, self-advocates, caregivers, and families receiving services.

The Full Lives Conference encourages interaction, problem-solving, and sharing among all participants. This atmosphere contributes to a dynamic conference that encourages ongoing networking and collaboration.

- **Questions about the Conference:** Lisa Cauble @ [llcauble@alaska.edu](mailto:llcauble@alaska.edu) or (907) 264-6276

### **Disability and Aging Summit - Fall 2025**

The Alaska Disability and Aging Coalition proudly host the annual Disability and Aging Summit. The goal of the Disability and Aging Summit is to further discuss the national and state trends regarding the aging population to include individuals with intellectual and developmental disabilities and how it relates to Alaska. The summit is held online and in person at the **Special Olympics Alaska Jim Balamaci Training Center** in Anchorage.

**Contact:** Emily Vandergon [Emily2@specialolympicsalaska.org](mailto:Emily2@specialolympicsalaska.org)

### **Frontline Leadership Institute**

The Frontline Leadership Institute is an intensive leadership program designed to build skills and competency for current and future supervisors of Frontline staff. The training is to help newly promoted supervisors in the following service areas: mental illness, developmental disabilities, chronic substance abuse, traumatic brain injury, and Alzheimer's Disease and other age-related dementia.

**Registration by application only. Delivery Method:** Online via Zoom

**Contact:** Liz Gerken-Miller [egerken@alaska.edu](mailto:egerken@alaska.edu)



## Online / Web-Delivered Trainings - Anytime Trainings Available Online

For assistance with Anytime Trainings contact: Liz Gerken-Miller, [egerken@alaska.edu](mailto:egerken@alaska.edu)

### **Assistance with Self-Administration of Medication (ASAM)**

This training meets the Senior and Disability Services Home and Community Based waiver regulations for staff training on Assistance with Self Administration of Medication. It complies with state regulation 7 AAC 130.227 and 7 AAC 125.090 (d)(3).

**TIME:** 4hrs **DELIVERY METHOD:** Anytime/On-Demand/On-line **PRICE:** \$20

### **Fall Prevention for Direct Service Providers**

Falls are a common and serious health threat to individuals with disabilities including adults 65 and older. Every year more than 1 in 4 older adults falls, but more than half of those who fall don't tell their healthcare provider leading to high healthcare costs and hospitalization. This training and the resources shared will help direct service providers self-assess the environment of the assisted living home (ALH) or client's environment to put fall prevention strategies into practice.

**TIME:** 2hr **DELIVERY METHOD:** Anytime/On-Demand/On-line **PRICE:** \$20

### **Introduction to Disabilities**

Provides a foundation of understanding disabilities, an Alaskan history of serving people with disabilities, a broad base examination of routine supports, and a review of disabilities often supported in the workplace.

**TIME:** 4hrs **DELIVERY METHOD:** Anytime/On-Demand/On-line **PRICE:** \$40

### **Ethics and Boundaries for the Direct Service Provider**

Designed for the residential direct service provider, this training addresses professional ethical behavior relative to conflicts of interest, personal and client property, solving ethical dilemmas, and recognizing issues of ethics and boundaries in the workplace.

**TIME:** 4hrs **DELIVERY METHOD:** Anytime/On-Demand/On-line **PRICE:** \$40

### **Make it Count - Documenting Medicaid Services**

Gain knowledge about Medicaid Waiver Home and Community Based Services, and Long-Term Services and Supports. Learn to improve documentation as you:

1. Recognize 3 authorities over the Alaska Home and Community Based Waiver
2. Identify 3 common errors in service notes
3. Recognize an example of a compliant service note
4. State 2 ways correct documentation is important for Alaskans we serve

**TIME:** 2hrs **DELIVERY METHOD:** Anytime/On-Demand/On-line **PRICE:** \$0.00 *This is a PUBLIC offering, offered at no cost as it is sponsored by CHD/AKTC & AK MH Trust Authority.*

### **Mandatory Reporting - Protecting Those We Support**

Explore the legal requirements and ethics of mandatory reporting. This training consists of videos/YouTube presentations which will assist viewers to understand Alaska's reporting requirements, gain insight on keeping vulnerable individuals safe and the importance of reporting. Vulnerable individuals include both children, adults and older adults.

**TIME:** 1hr **DELIVERY METHOD:** Anytime/On-Demand/On-line **PRICE:** \$0.00 *This is a PUBLIC offering, offered at no cost as it is sponsored by CHD/AKTC & AK MH Trust Authority.*



### **Supported Decision Making**

This course is provided through the State of Alaska Governor's Council on Disabilities and Special Education (GCDS). Anne Applegate, formerly with the GCDS highlights key components in the design of Alaska's supported decision-making legislation. Supported Decision Making Agreements (SDMA) are written agreements which provide individuals the help and support they request to make choices about their lives. SDMAs can be used in conjunction with Guardianship and Conservatorship.

**TIME:** 2hrs **DELIVERY METHOD:** Anytime/On-Demand/On-line **PRICE:** \$0.00 *This is a PUBLIC offering, offered at no cost as it is sponsored by CHD/AKTC & AK MH Trust Authority.*

### **What is a Medicaid Waiver? Understanding the Medicaid Waiver Process**

Gain a basic understanding of Medicaid Waiver Services in Alaska.

This course will help learners to:

1. Associate Medicaid with eligibility
2. Name 2 kinds of Waiver levels of care
3. Name 2 Waiver Services

**TIME:** 2hrs **DELIVERY METHOD:** Anytime/On-Demand/On-line **PRICE:** \$0.00 *This is a PUBLIC offering, offered at no cost as it is sponsored by CHD/AKTC & AK MH Trust Authority.*

### **Mental Health Basics**

Designed for direct care workers providing services to people with mental illness diagnoses, this two-hour course provides an overview of major mental health diagnoses (Axis I), symptoms, and associated pharmacology.

Learning objectives:

1. Understand the various types of Mental Illness and treatments throughout history.
2. Discuss Stigma and the impacts on Mental Illness
3. Gain knowledge of key medications used in Mental Illness treatments
4. Understand how knowledge of mental illness can help you be a better observer and partner

**TIME:** 2hrs **DELIVERY METHOD:** Anytime/On-Demand/On-line **PRICE:** \$0.00 *This is a PUBLIC offering, offered at no cost as it is sponsored by CHD/AKTC & AK MH Trust Authority.*

## **Are you New to registering for CHD training?**

Please use this guide to create an account with UAA so you can register for CHD training:

[UAA CHD Training Registration](#)

