

September 23, 2024 minutes
HEALTH AND WELLNESS COMMITTEE MEETING

Attendees:

Barbara Selter, Virginia Cain, Wayne Berman, Betsy Carrier, Joyce Dubow, Kathleen McGinnis, Rev Vikram, Linda Bergofsky, Marcia Weber, Tina Purser-Langley(staff)

Tina reported on a meeting she attended with the American Muslim Senior Society Working Group. She noted that not many people know about the mental health resources that are available. The community needs more case workers to help. She pointed to the need for one overall fact sheet that contain the variety of mental health resources that are available. Following Tina's remarks, there was a broader committee discussion on the overall need for such a fact sheet and its potential audience. The committee agree to move ahead with the stand-alone fact sheet on mental health. Tina agreed to pull together material. Rev, Virginia, and Barbara agreed to work on the project. Marsha Weber needs to also be involved. Barbara will coordinate a first meeting.

The next part of the meeting dealt with updates to the current H & W Fact Sheets. Updates to the Hearing Loss and Social Isolation fact sheets are most needed. Most agreed and after some discussion, Betsy volunteered to help with the updates. The Hearing Loss fact sheet is in most need of an update since the HEARS contract has ended. Tina agreed to provide materials for the updates. Joyce raised the question about how to donate used hearing aids. Linda offered suggestions that Joyce will be pursuing.

The third part of the meeting dealt with possible topics for the committee to work on over the fall. The list of possible new topics identified include:

- Solo Aging
- Downsizing – work with AIC to better define this topic from the H & W perspective
- Workforce Implications for healthier “aging on place”
- Fall prevention
- Preventive care promotion – health programs to promote wellness and reduce more serious illnesses
- Adult social day care versus adult medical day care
- Dementia care
- HCBS Lite
 - Innovative solutions for providing care services for populations with limited non-medical needs
 - Supporting the “gap population” and the people not financially and/or physically eligible for Medicaid waiver programs
- Other ideas

The committee discussed and debated each proposed topic thoroughly. In the end, the committee chose three topics to delve into and develop this fall. These are:

- Addressing work force challenges and identifying reasonable recommendations from the task force report that the committee could move forward.
- Promoting preventative care programs

- Adult social daycare versus adult medical day care

The committee would have to better focus these topics to find aspects that could be reasonably accomplished over the next year or so.

There being no other business, the meeting was adjourned at 11:10 am