

## Physical, Mental Health, and Wellness Workgroup Minutes

January 3, 2011 minutes

Members in attendance: Vicki Rodgers, Rena Kuberski, Tricia Muller, Susan Franklin, Lynn Weis, Pam Allen, Beth Heimbichner, Colleen Shemesh, Glenn Most, and Katherine Loughrey-Stemp.

Introductions were made and Tricia Muller from Total Long Term Care was welcomed into the workgroup.

Announcements were made including:

The Aging Well Leadership meeting will be Weds., January 19<sup>th</sup> from 2-3:30 at the DA's office, 500 Jefferson County Parkway, in the training room. Laura Mathews from Boulder who heads up the Aging Project in Boulder will be attending to share ideas, challenges etc that they have encountered.

Our first year group report is now in the final stages and will soon be available along with reports from the other workgroups.

The Aging Well summit 2011 will be held June 28<sup>th</sup> at Waterstone Church. Presenters representing physical, mental health and wellness are needed. After some group discussion and suggestions being made, it was decided that our workgroup will continue to discuss this at the February meeting.

A new co-chair is needed for this workgroup as Beth will be retiring in March. This position has very few requirements and would primarily involve:

- Developing the agenda with Vicki

- Typing up the minutes

- Assisting in keeping the group focused on time lines

- Assisting in facilitating quarterly workgroup meetings

- Attending quarterly leadership and co-chair meetings with the other work groups

Since this is a co-chair position, work is divided to avoid very much of a time commitment.

Updates were provided by the sub groups. Please see the October minutes for focus of each goal and the members for each.

Goal 1. Beth shared that Dave Myers, CEO of MCPN, reported that MCPN has received a large grant to build a new facility. MCPN is currently negotiating on land at 29<sup>th</sup> and Wadsworth, and plan to build a 40 thousand square foot facility which will include senior services. Dave is hoping to soon begin meeting with community organizations including our workgroup to “build the vision.”

Goal 2.1. Rena reported the Healthy Behaviors group has been discussing the possibility of providing short inservices per zip codes. They plan to start with low-income groups initially perhaps meeting at meal sites, housing complexes, recreation centers, etc. They received a list of agencies from Senior Reach. They plan to start on a small scale in March and are considering ways to entice seniors to attend such as “Do you want to maintain your mobility?”

Vicki suggested the group may want to coordinate with Senior Reach since they also provide presentations at various sites.

Goal 2.2. Lynn reported their group is planning to assemble a one page resource of current community senior activities available. They would then disseminate this information in various venues such as at expos, to physical therapists, etc. Brendan will be getting in touch with Texas A&M to learn how they accomplished something of a similar nature.

Colleen offered the suggestion of perhaps using senior ambassadors to help with this project.

Goal 2.3. Vicki reported Senior Reach is moving along swimmingly. They are working on funding. The numbers of people being outreached and screenings being done are great.

Goal 2.4. Glenn reported they have been discussing the best groups to target and currently are thinking of Nurse practitioners and Physician Assistants. They recognize how difficult it is to talk with physicians directly thus practice managers will probably provide the best access. Knowing that people listen to and trust what their doctors say, it is important to identify what doctors will respond to. There is some thought that mobile apps are a means doctors are likely to use.

Glenn contacted the practice managers of Exempla’s provider network. He discovered they would like brochures and are very willing to have presenters come in.

Vicki has placed a call to the Clear Creek medical Society and is waiting to hear back from them for their feedback. Vicki is wondering if Network of Care has considered using apps.

Colleen is in the process of writing a description of hospice and palliative care to share with physicians.

The meeting was adjourned. The next quarterly meeting will be Monday April 4<sup>th</sup> at the Collier Center. Small work committees will continue to meet the 1<sup>st</sup> Monday of each month at the Collier Center and as needed.