

Quadrant Minutes, February 7, 2007

Optimizing Physical and Mental Health and Well-Being

Strategy 12.4:

Recognize and address the diversity in our community in planning and providing health, mental health, and palliative care services and in promoting wellness and self-care to be accessible and affordable.

Villas At Alterra, 30th and Iris, Boulder
9-10:30 am

Attended:

Mary Jo Osterman
Alan Snyder
Bruce Eller
Helen Balis
Susan Golden
Ronda Racicot

Claudine Low
Julie Redenbaugh-Aird
Peg Arnold
Kim Mooney
Teresa De Anni
Sarah Jane Snyder

1. Introductions – everyone gave a brief introduction. Welcome Bruce and Claudine.
2. Where We Are Now:
 - Roles and Responsibilities: Teresa clarified
Chair – set agenda, run meeting, produce quadrant report, member of CLC Executive Committee and spoke person at all CLC meetings. Mary Jo is Chair. Alan is not co-chair, he is backup Chair.
Recorder – take meeting minutes and send out to all and web master after meeting. Sarah Jane is recorder. Teresa is backup.
Staff Liaison - Teresa
 - Sarah Jane reported that she found a senior friendly program developed by the Alberta (Canada) Council on Aging. However, there is a pricey licensing fee (\$15,000) to have access to their material. We do not plan to pursue a license. However, some of their information is available on the web and may prove to be useful. <http://www.acaging.ca/sfc.htm>
 - Mary Jo presented her summary of Where We Are Now. She talked with Adrienne via email to clarify our progress in line with the process flow that Adrienne presented at our January 10 meeting. Attached with these minutes is Mary Jo's 2 page summary.

Our Focus now is to work on Step 2. *What will success look like when we accomplish strategy 12.4?*

3. Exercise – each person was asked to draw their vision of “SUCCESS” and then put into words. Success in Boulder County for Strategy 12.4 means:
- Service providers have a network/clearinghouse for resources and services. (Claudine)
 - Holism, flow, unity, giving/receiving, connection – “a Village”. (Peg)
 - Gradually changing attitudes so that all people are treated with respect, dignity and ???????????? (Alan)
 - Progressive larger spheres of understanding and kindness in our community toward elders brought about by sophisticated, compassionate education about their needs, gifts, challenges and strengths. Meeting individual companies, agencies and groups in ongoing personal conversations and trainings. (Kim)
 - Individuals, organizations, business and public services know what Elder Friendly means and how these organizations, business, and public services rate. (Rhonda)
 - Older adults are empowered and service providers are responsive and proactive. (Teresa)
 - Opening Eyes, Doors, and Hearts and Ears of the community to the mental, physical, medical and spiritual health. (Susan)
 - Putting a process in place to continuously assess and to point out diversity concerns and successes in physical and mental health. Moving more and more toward wholeness and integration of services. (Mary Jo)
 - All of these services are easily available to an individual, all are coordinated, and are supportive and encouraging. (Sarah Jane)
 - Ability to smile at what is good and true; frown at what is bad and wrong; and know what to do about both. (Bruce)
 - Connectiveness with others to share strengths with one another. (Julie)
 - Our community promotes and holds the support, education and diversity to create a healthy and elder friendly model for Seniors. This model includes spiritual health, physical health, mental health, palliative care, wellness and self care. (Helen)

4. Agreed on Goals:

- **Year End Goal:**
 - Develop Public Awareness of Senior Friendly and the upcoming assessment
 - Develop an Assessment Tool
 - Identify area(s) to assess (use directories that are already available to choose areas)
 - How is the assessment to be done – identify and train assessors
- **Subsequent Goals:**
 - Conduct assessment
 - Produce Survey Results
 - Develop Directory of Senior Friendly services
 - Develop sensitivity trainings for senior friendliness

5. Assessment Tool: Mary Jo and Teresa compiled all of our inputs to date for the Assessment Tool Criteria. Attached with these minutes is Draft 1 of the criteria. We did not discuss the specifics of criteria at this meeting.

TO DO:

1. Homework for all: provide updates to the Assessment Tool Criteria to Mary Jo as soon as possible. Email to Mary Jo at OstermanMJ@aol.com.

2. Next Meetings:
 - February 14 – all CLC Meeting
East Boulder Community Center (5660 Sioux Drive, Boulder) from 9:30-11:30
 - March 14 Wednesday – our quadrant meeting, 9:00 to 10:30, place TBD
Agenda focus: decide on what areas/providers we are going to assess.
 - April 11 Wednesday – our quadrant meeting, 9:00 to 10:30, place TBD
 - May 2 Wednesday – our quadrant meeting, 9:00 to 10:30, place TBD
 - May 9 Wednesday – all CLC meeting

3. Reminder: remember to watch the Boulder County Aging Services web site for information on all CLC activities and results. <http://www.allagewell.com>

Minutes prepared by Sarah Jane Snyder
sj_snyder@msn.com
February 13, 2007