

Vermont Action Plan for Aging Well Advisory Committee Meeting Minutes

Date: Monday, June 26, 2023
Time: 9:00AM – 12:00PM
Location: In-person Waterbury State Office Complex

Members Present (alphabetical): Mark Boutwell, Lynne Cardozo, Kim Fitzgerald, Eric Fritz, Elaine Haytko, Deanna Jones, Helen Labun, Ross MacDonald, Dan Noyes, Symphorien Sikyala, Gregory Smith.

Planning Team/Steering Committee Present: Angela Smith-Dieng, Kerstin Hanson, Mary Hayden, Jason Pelopida, Kelly Stoddard-Poor, Megan Tierney-Ward, Rhonda Williams.

Guests Present: Andy Barker, Eric Covey, Troy Hickman, Peter Johnke, Phillip Kolling, Bill Patton

Presenters Present: David Neumeister, Windham County Senior Collaborative

MINUTES:

Topic	Notes	Action
Welcome, Introductions and Announcements	<p>Many thanks to all for the work you have done on this plan. Individual introductions & sharing of what each of us wants to see from this Plan. Samples:</p> <ul style="list-style-type: none"> - Elevate aging in VT - Equity for all people, in housing, transportation, and more - Elder justice and how it works for everyone; universal design benefits all Vermonters - Would like to see a sense of optimism - To see a bigger and better commitment to older Vermonters living at home and in community settings as they age - To bring to attention the “young old phase” which will equip healthy aging - Increase in accessibility and universal design will contribute to falls prevention 	
Milestones Recap:	<p>Review of what has already been done:</p> <ul style="list-style-type: none"> • Started in 2021 when this advisory group was formed • Needs Assessment: 2800 responses to survey online & on paper, 90 attended 6 listening sessions across the state. • 2 years of meetings with 19 different presenters on many topics • 4 focus groups conducted with targeted populations • gaining understanding of what older Vermonters want, need and what their expectations are for aging well. 	

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	Now: 7 subcommittees worked over 3 months resulting in 30 pages of objectives & strategies. We come together to refine it in order to draft the Plan.	
Presentation:	<p>David Neumeister from the Windham County Senior Collaborative on what is happening at the local level with a group of 12 collaborators.</p> <p>Mission: to figure out what issues are ahead and how they interact, and how complex they get. Collaborating with Age Strong VT with 2 members on advisory committee.</p> <ul style="list-style-type: none"> ○ Starting from an ideal future state – 2035 – monitor projects with metrics ○ Advocate, educate, support other agencies in achieving a healthier Vermont for senior citizens. ○ www.windhamaging.com 	<i>Send any follow-up questions to Angela.</i>
Subcommittee Workgroup Facilitator Presentations	<p>Coordinated and Efficient Services – Megan Optimal Health and Wellness – Rhonda Financial Security – Mary Housing, Transportation, and Community Design – Kelly Family Caregiver Support – Jason Social Connection and Engagement – Angela Self-Determination/Safety & Protection – Angela for Ruby</p> <p>Note: Overarching themes for all groups are noted at the beginning of the document <i>Draft Recommended Objectives and Strategies for Age Strong VT</i></p>	
Small Group Activity	<p>7 Stations – 10 minutes each</p> <ul style="list-style-type: none"> ● Note first page bullets with questions – do the Objectives & Strategies meet these? ● Place Dots to note those you feel are most important ● Use sticky notes for comments ● Make note of what is missing <p><i>No minutes taken during this break-out session.</i></p>	<i>Send any additional comments/input to Kerstin.</i>

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<p>Full Group Review</p>	<p>Started with our vision for the Plan for Age Strong VT; could feel the energy in the room – very engaging.</p> <p>Comments:</p> <ul style="list-style-type: none"> • Much expertise in the room; somewhat overwhelming & complex • Need to address and reduce social isolation • Age Positivity reaps healthier and longer life expectancy • Need financial support & data • Fascinated by the data and its use for this plan • Concern this will not be supported and will be shelved • Use an icon “ingredient marketing” so Age Strong VT could be an ingredient to promote a variety of issues so folks can use that as a contributing factor for multiple areas • Create a landing “home” for the information gathered in this process to share • A number of things are already happening in other places; how to get things already in progress to be supported and boosted to grow? • Impressed by the coordinated and efficient component and its importance <p>Anything missing?</p> <ul style="list-style-type: none"> • Be sure to add End of Life as a component; need to normalize it • Quality of life for individuals, friends & family is improved by addressing end of life issues • Pay attention to all of the people in these systems doing the work; what kind of support systems are needed to ensure we have the human capital to do this? • Need a workforce coordinator to bring this all together • (post-meeting) Can we create a High School – Older Adult Learning Partnership to collect and circulate classes that include all ages or HS and Older Vermonters; woodworking, welding, foreign languages, literature, etc. 	<p><i>Send any additional comments/input to Kerstin.</i></p>
<p>Wrap Up</p>	<p>The Steering Committee and state team will work on a final draft of the Plan to review at the next meeting, August 28, 2023. This will include work done today with intro, etc. Goal: launch the plan for public comment in the fall Summit Launch: for leadership in Montpelier November 15th, 9-11 am – Save the Date! Then final refinements and launch of the Plan early 2024.</p>	<p><i>Email any Steering Committee members with additional feedback.</i></p>

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Meeting Schedule	<p>Next Meeting: Monday, August 28, 2023, 10:00AM – 12:00PM likely hybrid in Waterbury and on Microsoft Teams.</p> <p>Reminder, you can find minutes/materials from meetings here: Vermont Action Plan for Aging Well Advisory Committee Disabilities, Aging and Independent Living</p>	
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Attachments:

Draft Recommended Objectives and Strategies for Age Strong VT (used in the meeting)

Questions/edits re: these minutes, please contact Kerstin.hanson@vermont.gov.