

**Health Planning Council Long Term Care Committee
Long Term Care Council for NY Connects
Friday, August 7, 2020 12:00 - 1:15 pm (Virtual)
Minutes**

Attending: Diane Bradac (Cornell), Edna Brown, Karen Brown (Ithaca College), Caryn Bullis (COFA), Trish Chevallard (COFA), Beverly Chin (HSC Staff), Virginia Goines (Conifer LLC, Ellis Hollow), Beth Harrington (Slaterfille Fire, IFC, SPCS), Cheryl Jewell (Love Living at Home), Barbara Ganzel (Ithaca College Gerontology), Jo Miller (ICircle), Lisa Monroe (COFA), Marilee Murphy (Cancer Resources Center), Mary-Ann Reeter (community), Teri Reinemann (FLIC), Lisa Richards (Ithaca College), Lucia Sacco (Lifelong), Lenore Schwager (community), Serena Stern (consultant), Deb Traunstein (VNS)

Topic	Discussion	Action Needed
Welcome & Agenda Changes	Lisa Richards, Committee Chair, called the meeting to order at 12:00 noon. Committee maintenance questions will be added to the agenda.	
Minutes of May 1, 2020	Approved as written. (Beth Harrington/Jo Miller)	
Committee Housekeeping	Bev asked committee members about preferences for receiving extra materials (attachments or posting) and whether committee minutes should be posted on the website. Having committee or work group minutes may be useful for anyone who is interested in understanding the work of the Long Term Care Committee.	Investigate posting minutes to the website for the LTC
Tompkins County Age Friendly Center for Excellence Initiative	Teri Reinemann presented on the Age Friendly Center for Excellence Initiative. Her presentation is posted under Health Planning Council Presentations on www.hsctc.org . She summarized the focus areas that include: expanding the definition of age friendly, focus on racial equity, documentation of best practices, surveying of benches and bus stops near senior residences, and the <i>Engaged Cornell Impact Grant</i> .	
Next Chapter Subcommittee Report	Lisa reported that a subset of the work group met July 23 for a presentation by consultant, Serena Stern, who presented an assessment of the Next Chapter webpages. She reviewed its resource content, layout, and potential tweaks that could improve customer navigation and engagement. Outreach to the libraries resulted in two responses (Groton and Newfield) who were interested in the resource.	
Advance Care Planning Subcommittee Report	Bev reported for Anna Rosenblatt who had a meeting conflict. The last meeting on July 2 featured Stephanie Vonderlin from Bangs Ambulance who provided the perspective of a first responder and how the MOLST/ DNR guided their actions. The next meeting is scheduled for September 3.	

<p>Falls Prevention Subcommittee Report</p>	<p>The subcommittee met in June to review 2019 EMS data for responding to falls. Since the group had to cancel its previously planned fall prevention screening events, members discussed what activities could be pursued in the remainder of 2020. Ideas discussed ranged from outreach to promote awareness of COFA’s guide of fall prevention resources in Tompkins County to a general messaging about well-being. The group will meet again to select one activity for outreach/ promotion.</p>	
<p>Legislative Updates/ Upcoming Meetings</p>	<p>Bev Chin suggested including a legislative update section at Long Term Care Committee meetings where anyone could share information on a bill that has been introduced, is under review or has passed either the House or Senate, or has been approved. For this meeting, she shared that an executive order was recently signed to permanently expand the use of telehealth beyond the pandemic. CMS will issue a proposed fee schedule.</p> <p>Upcoming meetings of interest include: 1) State Senior Action Council call in (8-10) to join the hearings about NYS’s COVID infection and mortality rate; 2) “What You Should Know About Covid – Where Are We Today?” with Douglas MacQueen, M.D. (8-11); 3) Traumatic Brain Injury Caregiver Support Group (monthly on the second Tuesday) with Jessica Morley.</p>	
<p>Presentation by Barbara Ganzel, PhD</p> <p><i>“Stress First Aid Tool Kit for Long Term Care Staff – During the COVID-19 Pandemic Response”</i></p>	<p>The presentation power point can be found at hsctc.org under HPC Presentations. The Stress First Aid Kit can be downloaded here</p> <p>Barbara introduced the stress first aid tool kit for frontline long term care staff. Due to the extra precautions needed around COVID-19, essential residential facility employees are facing even more workplace stress than normal. The model, originally developed for the U.S. Navy and Marine Corps, promotes self-care and peer support. Dr. Ganzel adapted the toolkit for long term care staff from a version created by the Center for Posttraumatic Stress. The goal of the SFA tool kit is to address stress injuries as early as possible to improve the prognosis for recovery and a state of well-being.</p> <p>She reviewed the spectrum of reactions, categorized by colored zones, that people experience when confronted by stress. Individuals can be taught to recognize the different stages in themselves or their coworkers. High stress situations are likely to move an individual into the “orange” zone, which may result in feeling out of control or impair one’s ability to work. Seven actions (check, coordinate, cover, calm, connect, competence, confidence) are used to respond to stressors. Dr. Ganzel reviewed each of the actions and</p>	

	<p>described how they could apply to different scenarios. The need for providing or seeking support is critical in this model.</p> <p>A robust set of additional resources (websites, webinars, literature, and apps) was shared. Under an innovation grant from Care Compass Network, Ithaca College Gerontology staff will train behavioral health specialists who will provide support to individual skilled nursing facilities. In a change from the original proposal which included a train-the-trainer model, each facility will have a stress first aid champion who coordinates and distributes materials. The stress first aid model should be a core component for supporting skilled nursing facility staff as they implement the Center for Medicaid and Medicare Services requirement for a trauma informed care approach to patient care.</p> <p>Ideally, stress first aid can be incorporated as part of Human Resources policy or onboarding procedures. Discussion ensued about the needs for changes in workplace culture, informal arrangements by volunteers to support SNF staff, differences between this model and psychological first aid and mental health first aid.</p>	
Adjournment	With no further items for discussion, Lisa Richards adjourned the meeting at 1:15 pm. The next meeting will be November 6.	