

New Hampshire State Commission on Aging
Monday, September 18, 2023
NH Hospital Association, 125 Airport Road, Concord, NH

Present in person: Susan Ruka, Chair, Carol Stamatakis, Vice Chair, Roxie Severance, Clerk, Rep. James MacKay, Wendi Aultman, DHHS, Tracy McGraw, DOL, Richard Lavers, NHES, Susan Buxton, OLTCO, Shelley Winters, DOT, Tom Kaempfer, DMV/DOS, Chris Minery, DMV/DOS. Appointed by Governor: Polly Campion, Daniel Marcek, Susan Denopolous, Beth Quarm Todgham, Rep. Lucy McVitty Weber, Laurie Duff, Doug McNutt, Kristi St. Laurent, Beth Todgham,

Members Present via teleconference: Representative Charlie McMahon, Governor appointees Roberta Berner and Rev. Susan Nolan.

Guests: (In person) Joanne Ward, Frank Vignand of Golden View Health Care, Carissa Elphick of the Partnership for Public Health, Kris Hering of the Foundation for Health Communities, Terri Palmer the State Mobility Manager with DOT, (teleconference) David Ross, Margaret Franckhauser, Peter Burke, Jessica Eskeland, Marcia Garber, Cheryl O'Malley, Heather Carroll, Mike Padmore, Ashlee Chaine, Keven Keefe, Jennifer Rabalais, Marianne Jackson, Martha McLeod, Kim Murphy, Rebecca Bryant, Shawn Jones, Christian Seasholtz, NH Care Collaborative, Laura Davie.

Absent: Senator Bill Gannon, Representative James MacKay, Jack Ruderman (NHHFA), Sunny Mulligan Shea (NH AG), Suzanne Demers.

I. Welcome, Attendance, Approval of Minutes

Vice Chair Carol Stamatakis called the meeting to order, stating she was temporarily chairing the meeting as Sue Ruka, Chair, was stuck in traffic. The meeting began with three announcements. 1) Jack Ruderman is the new COA representative from New Hampshire Housing Finance Authority, 2) This is the first meeting with Roxie Severance serving as clerk, and 3) Karen Knowles is COA's newest part-time employee working as a Project Director. A quorum was identified and there was a brief overview of the agenda; Commission members and guests were welcomed to the meeting.

Rep. Lucy Weber made a motion to approve the June meeting minutes; Polly Campion seconded the motion. All present in-person voted in favor. Susan Nolan, Charlie McMahon, and Roberta Berner online voted to approve.

II. Vote on Panel to Recommend to Governor for new COA Members

There are several people on the Commission who have served the allowed two, two-year terms. They do not come off the Commission until replaced. Those people are: Roberta Berner, Susan Denopolous, Susan Nolan, Kristi St. Laurent, Carol Stamatakis, and Harry Viens who stepped away awhile back. A panel of individuals to recommend to the Governor for membership on the Commission was presented: David Ross, NHA Hillsborough County Nursing Home, Margaret Franckhauser, MS, MPH, RN, Community Health Institute, JSI, Carrissa Elphick, Partnership for Public Health, and civic leaders Joanne Ward, RD, LD, a retired nutritionist, and Beverly Bjorkund, a retired Library Media Specialist. An overview of the selection and recruiting processes was provided highlighting that an open call for nominations was made during the June Commission meeting followed by a recruiting and vetting process overseen by the

Commission's Operational Infrastructure Task Force. Candidate bios are attached at the bottom of the minutes. Discussion focused on the positive attributes of nominees and whether this panel addressed the Commission's knowledge and experience needs. It was noted that there is room for one more candidate and the desire by the Operational Infrastructure Task Force for that candidate to come with knowledge related to the housing challenges in NH.

Rep. Lucy Weber, made a motion to recommend the slate to the Governor for his consideration to appoint to the Commission on Aging as presented, Susan Buxton, seconded the motion. All present in-person voted in favor. Susan Nolan, Charlie McMahon, and Roberta Berner online voted to approve.

III. Long Term Care Summit – Discussion on Opportunities for COA & Feedback

Sue Ruka, Chair arrived at 10:17 am. Sue provided a brief overview of the Long Term Care Summit held in August. The Long-Term Care Summit had four sessions, 1) Unbundling and Implementing the System of Care in NH, 2) Long-Term Care Workforce Challenges and Practical Solutions; 3) Crafting a NH Multisector Plan for Aging, 4) Empowering Families & Supporting Family Caregivers. Commission members were asked to provide their thoughts on the Summit, giving particular attention to actions or policy direction the Commission should take as a result of the Summit.

Commission members felt there was a tremendous focus on the system of care and that monitoring the system of care would be important work for the Commission. Regarding the workforce presentation, most felt there were not a huge number of practical solutions; however, the data regarding generational differences was helpful.

Many commission members spoke to the foundational need of affordable housing for our workforce. Building homes is a long-term solution and is needed; however, alternatives like home sharing need to be explored further. One member raised an issue she saw in a recent New York Times article about conglomerates buying up housing stock turning them into rental properties. This is a trend we need to keep our eyes on for its occurrence in NH as it affects the workforce. Access to Childcare was named as another significant issue impacting workforce shortages. One member mentioned there are also behavioral shifts of workers that we should look at that are having a negative impact on healthcare. Hospitals and Long-term care workers are down 6% since the pandemic. We need to take a deeper dive to understand these behavioral shifts and trends. Contract staff and temporary staff contribute to a climate of real disparities in terms of who is committed to caring for others. It was mentioned that community health workers could be a solution to some of the issues mentioned and we need to think about non-conventional ways to deliver care. It was mentioned that the Caregiver session of the Long-Term Care Summit focused on national-based information and was too broad. The suggestion for next year was that real, practical, NH-based answers were needed. It was also noted that Sue Ruka facilitated the Multisector Plan on Aging session. Her facilitation at the end of the session gathered attendees' thoughts as to what they felt should be included in an MPA was appreciated. The generated list was shared and additional ideas were added.

IV. Multisector Plan for Aging (MPA) Learning Collaborative Kickoff

Executive Director Rebecca Sky provided a recap of the thinking behind the Commission's interest in getting behind the multisector plan on aging and what work has been done since the Commission last met. Rebecca described that a multisector plan on aging is a broader and more visionary plan, while the

State Plan on Aging is more defined. Currently, there are a dozen or so states across the country that with an eye on at shifting demographics are the development stages of creating an MPA, and four states that have begun implementing their MPA. This work is being driven by State leaders with the goal of engaging policy leaders and others in the vision to figure out what works for older adults and the entire population.

Multisector Plan for Aging

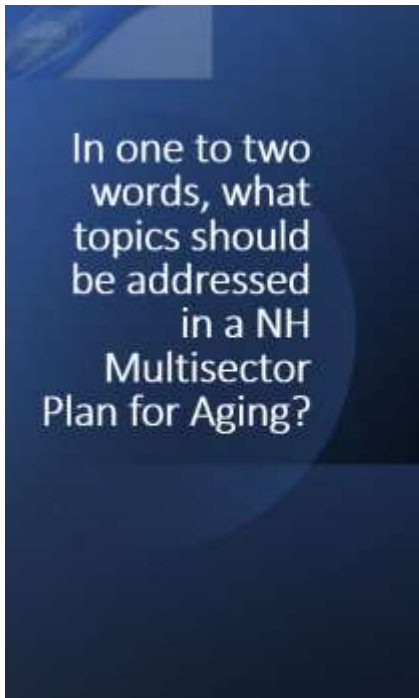
- Addresses a larger variety of issues that impact all of us as we age.
- “Bigger Picture” - is directional and aspirational and aims to be a plan for systems-change.
- Developed as a result of a Governor’s Executive Order and/or state level legislation - top policy maker backing for its need and implementation.

State Plans on Aging

- Tactical, focused on federal Older Americans Act services.
- Required to be submitted as a condition of receiving federal funds through the Older Americans Act.
- Federal government sets the template.
- 3-to-4-year plans

NH has made progress in engaging others in the vision. Progress thus far includes:

- Robin Lipson, The Deputy Secretary of the Executive Office of Elder Affairs in Massachusetts came to speak to the Commission in January 2023 about their 10-year multisector plan.
- In May 2023 the Commission applied on behalf of the State of NH, with a letter of support signed by Governor Sununu to join a national learning collaborative of states pursuing MPAs. The Learning Collaborative is hosted by the Center for health care Strategies with funds from the SCAN Foundation, West Health, and the May & Stanely Smith Charitable Trust. NH was accepted into the learning collaborative for this year, part of the second cohort to go through the program. It will be an opportunity for NH to learn from 10 other states at similar stages of planning. A small contingent (6 people) will participate in the learning collaborative sessions and will disseminate learning to others interested in facilitating the creation of an MPA here in NH. The small group consists of representation from COA and other organizations leading change across the state.
- In mid-August, those attending the Long-Term Care Summit (150+ people) heard Robin Lipson and Roger Albee from Vermont speak about their efforts to develop an MPA and what they feel they gained in the process.
- Also, in mid-August and late August, the learning collaborative had its kickoff webinar and NH had its first TA session with CHCS staff.
- In September, the first meeting of just the NH folks interested in developing an MPA met. Outcomes of the discussion:
 - COA will not own this process. The process will be owned by many.
 - The COA will offer leadership and support for the effort.
 - Group decided that a goal for early efforts is to get an Executive Order from the sitting Governor directing the creation of a NH MPA to maximize buy-in.
- Participants of the Long-Term Care Summit were asked what topics should be addressed in an NH Multisector Plan for Aging. The list was shared with Commission and additional ideas were added. The following was the compiled list. There was a suggestion that all these items be grouped together in three to six subject areas.



- Planning for the Future
- Housing
- Promoting models of Shared Housing
- Universal Design in Housing
- Adaptable Environments
- Transportation
- Workforce
- Dementia Friendly Communities
- Funding Innovation
- Intergenerational Living
- Recreational Therapy
- Oral Health
- Caregiver Supports
- Financing Alternatives for LTC (other than property tax!)
- Advance Directives
- Supporting People to Plan for Future Needs
- Access to Healthy Foods
- Person Centered Planning
- Accessible information on Services
- Dissemination of Information
- Aging in All Policy
- Addressing Ageism
- Leveraging the Wisdom and Assets of Older Adults

- Building Social Connection
- Using Tech
- Impact of Climate Change on Older Adults
- Emergency Preparedness

COA 9/18/23 Additions:

- Rights and social justice for people as they age
- strengthening the long-term care system
- Developing a diversity of choice of places to get info, transportation, live, as we age.
- Living with substance use disorders
- behavioral health services
- diversity and inclusion, LBGTO, needs of the deaf population
- Socialization
- cognitive decline
- access to broadband
- workforce (older adult participation as well as workers needed to care for older adults)

Commission members in attendance were in support of the Operational Infrastructure Task Force reorganizing existing COA task forces to manage COA capacity to support a NH MPA development process. Commission members who want to be part of developing a NH MPA plan should let Rebecca know of their interest.

V. Building the COA Annual Report

Rebecca Sky said that the final draft of the Annual Report will need the Commissioner’s approval at the October meeting. The report is due to the Governor on November 1st per state statute requirement and is a communication tool members of the Commission use for other external audiences. Feedback is being sought on the report. The Commission’s work has been significant this year and the Annual Report is an opportunity for us to educate the legislative body. A very early draft, really the background material that will be used to make of the report was sent out prior to the meeting so members could review it.

Commissioner’s Comments: One suggestion was that the report needed to be shorter, others felt the approach last year with a lengthy report accompanied by the 10-page summary with recommendations was good in that the details were there for those that wanted it, but a shorter, more digestible version was a nice option for others. Recommendations need to be in the forefront was also a comment. Many felt the need to trumpet our work while being concise and keeping with our mission. Partnerships and innovations should be reinforced, our Aging Matters newsletter is great. Dividing the workforce into two areas (older adults in the workforce and the need for workers to care for older adults is important as well as highlighting the availability of older adults as workers needs to be broadened. Adding more data on older adults in the workforce will help others understand more fully. Data on job sharing might be useful as well. Recommendations to grow the workforce should be at the top of the list. It was suggested that today’s MPA discussion be added to the report. Transportation issues need to be addressed. Recommending grants for funding car repairs has been successful in Coos, Sullivan, and

Carroll County. It is non-income based and the car needs to be registered and inspected. NH needs financing car payments like the State of Maine has. Housing is in every section; it was suggested to reorganize concepts. NHEP program that helps low-income residents with auto costs.

Key recommendations for the legislature? It was said that certain underlying issues (housing, childcare, and transportation) drive current workforce and other challenges. It is good for the report to bring this out. There was agreement that it's hard to recommend just one or two things. Accountability for DHHS to implement the State Plan on Aging was mentioned as a priority, including a dialogue about how to support and monitor progress. More discussion is needed on how the Commission will help monitor the support to make sure there is progress. One suggestion is to have a separate committee to focus on that. Rebecca mentioned that the emerging issues work group had recently discussed this. This could be a short-term targeted focus.

Rebecca thanked everyone for their great feedback and welcomed further comments.

VII. Public Input

Chris Harrington commented that when the report is read, she really wants to understand what the Commission is doing and who the stakeholders are working with. She felt being very specific is important. It was stated that the intangibles of the Commission have been invaluable and useful, stating the work of the Commission is incredibly important.

VIII. Adjournment

The meeting was adjourned at noon. The next meeting is October 16, 2023.