



Age-Friendly Kansas

Advisory Committee

Meeting #1

Aug. 15, 2024

1:00 pm -2:15 pm

MEETING NOTES

Meeting Materials:

- Agenda
- Slide deck
- Draft Domains and Strategy Themes from AFK advisory committee application (see below)

Helpful Resources with Links:

- [Age-Friendly Public Health System Overview \(Two-Pager\)](#)
- [Age-Friendly Public Health System and Ecosystem in Michigan](#)
- [How the 10 Essential Public Health Services Align with the AFPHS 6Cs Framework for Supporting Healthy Aging](#)
- [Link to Age-Friendly Recognition Program](#)
- [Age-Friendly Public Health Systems YouTube Channel](#)

Agenda:

1:00 pm – Welcome – KHI Presentation and Committee Overview

1:10 pm – Group Introductions and Vision Statements

1:50 pm – Breakout Session

2:10 pm – Looking Ahead: Upcoming Meetings and Committee Structure

2:15 pm – Adjourn

Action Items

- **The AFK advisory committee** is urged to nominate content experts to present on age-friendly work and programs in Kansas.
- **The AFK advisory committee** can submit resources that can help guide the group as we develop strategies.
- **The AFK steering committee** will work to identify data sources to assist with prioritizing strategies to work on first.
 - **The AFK advisory committee** can assist with identifying specific goals for the committee and identify metrics to evaluate impact.



Meeting Attendees

Below are those that attended the meeting. Title and organization were gathered from survey responses where members self-identified. If this information is not correct, please email euridge@khi.org for correction.

Age-Friendly Kansas Advisory Committee Members:

- **Adrienne Byrne**, Health Director, Sedgwick County Health Department;
- **Alice Stoker**, Director, Pioneer Ridge Health and Rehab;
- **Andrea Bozarth**, Associate State Director for Outreach and Advocacy, AARP;
- **Dan Duling**, Retired;
- **Dagmar Birgit Jung Lemke**, Program Manager, KDHE;
- **Erin Steele**, Owner/Nursing Supervisor, Heritage Home, LLC;
- **Jackie Halbin**, Director of Community Life & Wellness, Lakeview Village;
- **Jackie Patterson**, Director, Osage County Health Department;
- **James Stowe**, President and CEO, Center for Practical Bioethics;
- **Jamie Gideon**, Kansas Director of Public Policy, Alzheimer's Association;
- **Jared Holroyd**, Executive Director, Kansas Pharmacists Association;
- **Jean Wilms**, Individual;
- **Jessie Piper**, Assistant Professor, Washburn University;
- **Julie Miller**, Clinical Adjunct Instructor, MATC;
- **Julie Sergeant**, Deputy Bureau Director, Kansas Department of Health and Environment;
- **Karen Wilson**, Executive Director, Northeast Kansas Area Agency on Aging;
- **Kelly G. Loeb**, Community Engagement Coordinator, KU Alzheimer's Disease Research Center;
- **Leslie Kraich**, Rural Community Health Worker Project Specialist, Morton County Community Coalition;
- **Kari Baesel**, 50 Plus Department Manager, Johnson County Park & Recreation District;
- **Linda Johnson**, Board Member, Leavenworth;
- **Lona Kelly**, Director, Harvey County Dept. on Aging;
- **Lorna Jarrett**, Owner, Pneuma Pilates and Wellness;
- **Mary Calhoun**, Legislator, Kansas Silver-Haired Legislators;
- **Michelle Coats**, Director of Mobility Management, North Central Kansas Coordinated Transit District;
- **Nicki Rogers**, Wichita State University;
- **Desima Dawdy**, Owner/Pilates Practitioner/Corrective Exercise Specialist, Pilates Performance & Rehab;
- **Stephanie Sherode**, Financial Navigation Program Manager, Masonic Cancer Alliance;
- **Sue Schuster**, LMSW, Retired - prior KDADS/LTC ombudsman program;
- **Tim Wholf**, Director, Johnson County Department of Aging and Human Services;
- **Timothy Swenson**, Sr. Care Transition Coordinator, St. Croix Hospice;
- **Tina M. Robinson**, MDT Coordinator, Office of Attorney General Kris W. Kobach;



- **Tori Gleason**, Clinical Analyst, LMH Health;
- **Travis Rickford**, Executive Director, LiveWell Northwest Kansas;
- **Tyra Quintin**, ADRD Program Manager, KDHE.

KHI Staff: Emma Uridge, Kari Bruffett, Wen-Chieh Lin

LOOKING AHEAD: UPCOMING MEETINGS AND COMMITTEE STRUCTURE

Next Meeting: Sept. 19, 2024 – Transportation Infrastructure and Coordination

Presenters: Vanessa Spartan, Chief of Transportation Safety, Kansas Department of Transportation (KDOT); Matt Messina, Chief of Multimodal Transportation, KDOT; **National speaker still being determined**

GROUP INTRODUCTION AND VISION STATEMENTS

The group was introduced and provided their background and vision for the group. In summary, the committee hopes to bring together multi-sector organizations and stakeholders to combine resources, research, data and expertise, creating an integrated plan that moves from awareness to impactful action, transforming collective insights into tangible improvements for systems-level change and to improve the lives and health of older Kansans across the lifespan.

Members hope to inspire collaborative and coordinated efforts that drive meaningful change, encourage engagement across generations, and build a more effective age-friendly system for Kansas.

Member Vision Statements

- **Adrienne Byrne, Health Director, Sedgwick County Health Dept.:** I hope to learn quite a bit. I have experience taking care of, or being part of my family's life, as my parents were aging when they were alive in Pennsylvania, a different state. And then, you know, being able to identify those issues that we can hopefully have some collaboration and work together to improve this in Kansas.
- **Alice Stoker, Business Office Manager, Pioneer Ridge Health and Rehab:** My vision for the group is, first of all, that we just learn from each other and our different sectors in the area of public health, and just utilize our resources to better improve and advocate for the people that we serve.
- **Andrea Bozarth, Associate State Director for Outreach and Advocacy, AARP:**Bring all of the organizations and all of the people who are working on age-friendly issues and health issues together. Combine all of our resources, our research, and all the information that we all hold, and somehow build the perfect plan to address what's going to happen. Whether we do anything about it or not, it is coming.
- **Dan Duling, Retired:** Move from awareness to impact. I hope we can bring this community closer together for our aging population.
- **Dagmar Birgit Jung Lemke, Program Manager, KDHE:** We are seeing the needs in the southwest part of Kansas, where there's very few resources. We have community health

workers out here, and they do help the elderly stay in their homes, but we definitely need more, especially when it comes to transportation, because we do not have specialty medicine out here. Caregiver support is really needed.

- **Jackie Halbin, Director of Community Life & Wellness, Lakeview Village:** Utilize all the resources to improve the overall well-being of people, for everyone everywhere in the state that needs it, and to think about wellness in more dimensions than just the medical side, including socially, emotionally, and physically.
- **Jackie Patterson, Director, Osage County Health Department:** I have been interested in aging in Kansas for a long time, especially in rural older people who seem to be a demographic that gets overlooked. I want to represent some of the smaller communities and the rural aging population and farmers.
- **James Stowe, President and CEO, Center for Practical Bioethics:** Believes radical system transformation and alignment will be absolutely necessary to allow older people to thrive where they wish to.
- **Jamie Gideon, Kansas Director of Public Policy, Alzheimer's Association:** My vision is that the good work we do and the things we accomplish here will help motivate other groups, organizations, and people across the state to get more involved with aging and age-friendly initiatives in Kansas.
- **Jared Holroyd, Executive Director, Kansas Pharmacists Association:** Figure out a way to help bring community pharmacists into that mix so that we can help serve older individuals wherever they are.
- **Jean Wilms, Individual:** Make sure that people have the information and resources they need when they need it, with a focus on coordinating existing programs and making them accessible to individuals.
- **Jessie Piper, Assistant Professor, Washburn University:** Have age-friendly work that takes a lifespan approach, incorporating all generations to support both current and future older adults.
- **Julie Miller, Clinical Adjunct Instructor, MATC:** Collaborate as a group to operationalize ideas and take actions that will help older adults.
- **Julie Sergeant, Deputy Bureau Director, Kansas Department of Health and Environment:** Identify gaps and see where those are, and then be able to coordinate across our different sectors that we represent, leveraging our resources.
- **Karen Wilson, Executive Director, Northeast Kansas Area Agency on Aging:** Be inclusive and accessible for rural America, addressing the challenges of long distances and limited access to services in rural areas.
- **Kelly G. Loeb, Community Engagement Coordinator, KU Alzheimer's Disease Research Center:** Include conversations about brain health in age-friendly initiatives, recognizing that brain health is important for people of all ages.
- **Leslie Kraich, Rural Community Health Worker Project Specialist, Morton County Community Coalition:** Advocate for and improve services in rural communities, focusing on transportation issues, lack of essential services, and addressing food insecurities and mental health challenges (e.g., suicide in older adults).

- **Kari Baesel, 50 Plus Department Manager, Johnson County Park & Recreation District:** Explore how recreation professionals can contribute to health and wellness by integrating older adult programming into community centers and programs throughout Kansas.
- **Linda Johnson, Board Member, Leavenworth:** Advocate for foster homes for older adults as an alternative to large institutional settings and support the integration of elder care with child daycare programs for mutual benefit.
- **Lona Kelly, Director, Harvey County Dept. on Aging:** Promote age-friendly practices starting early in life, encompassing housing, transportation, employment, and health systems to prepare for longer lifespans and maintain engagement and well-being.
- **Lorna Jarrett, Owner, Pneuma Pilates and Wellness:** Address social determinants of health by identifying gaps and providing solutions, ensuring continuous movement and wellness for aging individuals, and promoting age-friendly communities overall.
- **Mary Calhoun, Legislator, Kansas Silver-Haired Legislators:** Determine and secure resources needed for seniors over 60, ensuring they have access to necessary resources.
- **Michelle Coats, Director of Mobility Management, North Central Kansas Coordinated Transit District:** Coordinate efforts to allow Kansans to age in place by developing the action plan and representing the needs and perspectives of all the mobility managers and public transportation providers across the state.
- **Nicki Rogers, Wichita State University:** Identify some working groups so that we can get going and get some outcomes; Awareness to impact; Radical system transformation.
- **Desima Dawdy, Owner/Pilates Practitioner/Corrective Exercise Specialist, Pilates Performance & Rehab:** Thinking outside the box, bring a different perspective on what works really well for a multi-generational community and living and aging well.
- **Stephanie Sherode, Financial Navigation Program Manager, Masonic Cancer Alliance:** Address health literacy in this population; Help people navigate the system, including resources and insurance.
- **Sue Schuster, LMSW, Retired - prior KDADS/LTC ombudsman program:** Find a way to teach people how to listen to our elders; adapt our systems to support where elders are and what they're doing; education needs to start really young in life; transportation needs to be affordable, available, reliable, dependable. Transportation is a huge issue in getting a lot of our other services provided.
- **Tim Wholf, Director, Johnson County Department of Aging and Human Services:** Educate and then execute and then collaborate with each other to make sure people have access to resources.
- **Timothy Swenson, Sr. Care Transition Coordinator, St. Croix Hospice:** Support community-based resources and address resource gaps, especially for mental health.
- **Tina M. Robinson, MDT Coordinator, Office of Attorney General Kris W. Kobach:** Echo what both Tims said about big goals.

- **Tori Gleason, Clinical Analyst, LMH Health:** I see the downstream impact of clinical outcomes with this population and health related social needs. And I'm excited for transformational, systems-level change.
- **Travis Rickford, Executive Director, LiveWell Northwest Kansas:** Connect services and resources to address social isolation.

BREAKOUT SESSION – DRAFT AFK DOMAINS AND STRATEGY THEMES SORTED BY DOMAIN

Members reviewed high-level themes and domains from the AFK advisory committee application. This initial prioritization will assist with planning advisory meetings. Members emphasized the need to include new potential strategies (in blue and starred) that fall under the existing domains.

Domains

Public Health Initiatives

1. Improve Infrastructure and Social Services for Aging Population
2. Strengthen Public Health and Aging Partnerships
3. Fund Fall Prevention and Fitness Programs
4. Ensure Consistent Funding for Local Health Departments
5. Advance Health Equity through Partnership
6. [Ensure Resources for Senior Nutrition/CHAMPSS Program*](#)

Transportation and Housing

7. Develop Comprehensive and Coordinated Public Transportation System Across Kansas
8. Increase Healthcare Availability and Transportation in Rural Communities
9. Introduce Senior-Friendly Public Transportation Options
10. Expand Access to Affordable Housing and Transportation
11. Expand High-Quality Housing for Low-Income Individuals
12. Improve Age-Friendly and Community-Minded Infrastructure
13. [Increase Housing Options*](#)
14. [Multigenerational Housing/Continuing Care Retirement Communities \(CCRC\)*](#)

Healthcare Access and Services

15. Enhance Access to Preventive and Emergency Care
16. Increase Availability of Health Services
17. Provide more affordable healthcare and medication
18. Expand Opportunities for Fall Prevention and Chronic Disease Management
19. Increase Access to Healthcare and Long-Term Care
20. Support Senior Health Insurance Counseling for Kansas (SHICK) Program and Medicaid Expansion

21. [Continuity of Care: Care transitions can integrate social services, care navigation, and utilize community navigators for continuity of care in the community of choice. The group can work to mitigate agency disconnect.*](#)
22. [Support Care Coordination*](#)
23. [Small Memory Care Residences in Rural Communities*](#)

Community and Neighborhood Development

24. Create Neighborhood Partnerships
25. Maintain Walking Trails with Adequate Lighting
26. Strengthen Community Relationships Among Seniors
27. [Community Collaboration for Knowledge Sharing Across Sectors*](#)

Systems and Collaboration

28. Restructure Systems for Aging Kansans
29. Reframe Ageist Assumptions and Promote Multi-Sector Collaboration
30. Develop Effective Statewide Success Measurements
31. Provide Increased Financial Support to Area Agencies on Aging
32. Promote Age-Friendly Practices to Policy Leaders
33. Increase State Funding for Rural Infrastructure and Services
34. [Communication: Effective communication across all domains to connect with and meet the needs of diverse populations. Focus on how we communicate about services, emphasizing prevention. Ensure clear connections within systems \(e.g., healthcare, education\). Tailor communication to reach individuals with disabilities and mental health needs, providing appropriate resources. Align funding with data that demonstrates impact.*](#)
35. [Social Isolation: Social isolation is cross-cutting across multiple domains, and the plan can acknowledge or account for that.*](#)
36. [Intergenerational Aging: Intergenerational aging is cross-cutting for a lifespan approach.*](#)

Workforce Development

37. Train Workforce to Support Aging in Place
38. Recruit Healthcare Workers from a Young Age
39. Include Ground-Level Healthcare Experience in Workforce Development
40. Educate Employers on Age-Friendly Financial Planning
41. [Caregiver Respite*](#)

Education and Training

42. Embed Aging Education in Curricula Across Disciplines
43. Promote Positive Aging Education
44. Educate Older Adults and Caregivers on Resources
45. Educate on Regular Healthcare Visits and Transportation



46. Gather Feedback from Older Adults
47. Develop Policies to Promote Health Literacy
48. [Education on Social Determinants of Health*](#)
49. [Digital Literacy*](#)
50. [Financial Literacy/Access to Elder Care Legal Counsel*](#)
51. [Estate Planning/Guardianship Planning*](#)
52. [Preventing Financial Scams and Abuse*](#)

Health and Wellness

53. Provide Mental Health Interventions for Aging Issues
54. Promote Healthy Lifestyles
55. Increase Access to Mental Health Services
56. Increase Resources for Aging Health and Wellness Services