



## GOVERNOR'S ADVISORY COUNCIL ON AGING

**AGING IN COMMUNITY COMMITTEE (AICC)  
MEETING MINUTES  
September 9, 2016  
10:15 a.m. – 11:45 a.m.**

**Arizona State Capitol  
Executive Tower Building  
Third Floor Conference Room  
1700 West Washington Street  
Phoenix, Arizona 85007**

**PENDING APPROVAL**

**Council Members, Liaisons and Participants Present**

Doyle Meredith (AICC Chairman), Becky Brimhall-Lepire, George Evanoff, Patsy Gillis, Deborah Hankerd, Diane Joens, Lisa O'Neill, Melinda Preston, Trudy Schuett, Steve Wagner, C.T. Wright, Christine Bryson-Lazo, Michele Michaels, Babak Nayeri, Elaine Poker-Yount, Karen Richards, Kathy Rood, Shawn Trobia, Johanna Uriri-Glover, and Hannele Waissi

**Council Staff Present**

Lizette Cordero, Cathy De Lisa

**Guests Present**

Deborah Miller, Governor's Office of Youth, Faith and Family  
Jan Dougherty, Family and Community Services, Banner Alzheimer's Institute

**Welcome & introductions, review & approval of 7.8.2016 Draft Minutes**

Committee Chairman Doyle Meredith called the meeting to order at 10:15 a.m. with a welcome and introductions. Following a request for review of the draft minutes of July 8, 2016, *a motion was made by Deborah Hankerd to approve the draft minutes; the motion was seconded by Becky Brimhall-Lepire. The motion passed unanimously.*

**Arizona RX Drug Misuse & Abuse Initiative – Awareness Action Outcomes**

Executive Director Cathy De Lisa introduced Deborah Miller, Special Project Manager at the Governor's Office of Youth, Faith and Family who Co-Chairs the Arizona Prescription Drug Core Group of the Arizona Substance Abuse Partnership with Sheila Sjolander of the Arizona Department of Health Services. Ms. Miller provided a detailed overview of the prescription drug misuse and abuse initiative; the goal is to reduce prescription drug overdose deaths in Arizona by 18% by 2018. Data shared indicates adults over age 55 are a part of the growing drug overdose mortality rates involving pharmaceutical opiates. Ms. Miller outlined strategies being implemented at the state and community

level. Implementation includes prescription drug drop box installations, promotion of proper storage and disposal, general risk messaging public outreach and education, outreach to hospitals, emergency departments, prescribers and pharmacists regarding best practice guidelines and the Arizona Controlled Substance Prescription Monitoring Program (CSPMP) and Rx diversion crimes training for local law enforcement. Older adults are encouraged to ask questions of their physician and pharmacist and become their own medication manager, make wise choices to take their medication exactly as prescribed and avoid dangerous interactions, and track, store and dispose of medication out of the reach of children.

A copy of Ms. Miller's presentation is available for review through the Governor's Advisory Council on Aging office.

### **Dementia Friendly Tempe**

Jan Dougherty, Director of Family and Community Services at the Banner Alzheimer's Institute, provided an overview of the work being done to establish Tempe as a dementia friendly community. According to Ms. Dougherty, communities worldwide are seeking dementia friendly status because:

- Numbers of people affected by Alzheimer's disease or related dementia is growing,
- Most people, including those with dementia, want to live at home in communities,
- Family and friends provide the bulk of care and support,
- People with dementia and their care partner(s) are prone to social isolation due to the demands of the condition, and
- Society is ill prepared to understand and support people with dementia and their care partners.

The objective of the Dementia Friendly America Initiative is to foster dementia friendly communities across the U.S. and the desired outcome is community and system capacity that enhances quality of life and positive outcomes for people living with dementia and their care partners. After convening community leaders and members into action teams, assessing current strengths and gaps then analyzing community needs and determining issues, stakeholders are now establishing implementation plans for goals. Actions include:

- Dementia Friends awareness and education program,
- Business, clinical, government, law enforcement, youth, first responder and faith trainings,
- New caregiver supports, respite and trainings, and
- New meaningful engagement opportunities for persons living with dementia.

A copy of Ms. Dougherty's presentation is available for review through the Governor's Advisory Council on Aging office.

### **Updates on 2016 Objectives**

Vice Chair Lisa O'Neill reported the Alzheimer's Subcommittee had now met both objectives; the GACA Chairwoman had agreed to regularly attend meetings and participate in one of the Dementia Friendly Tempe action teams. GACA Chair Becky Brimhall-Lepire reported next steps related to the Virtual Dementia Tour and Dementia Friendly Tempe would be discussed at the Annual Planning meeting in November.

GACA Executive Director Cathy De Lisa reported that Christine Bryson-Lazo had drafted a southern Arizona transportation fact sheet for the Transportation Subcommittee using information collected from the Pima Council on Aging website and from GACA member Deborah Hankerd. The group was asked

for ideas on sources of information and how best to avoid overlap with the northern and southern pieces when creating the eastern and western fact sheets.

### **Final input ahead of GACA Annual Planning**

AICC members shared the following with GACA:

- Need for broader dissemination of information; all older Arizonans don't have access to technology and online resources like Az Links or provider websites.
- Media needs to be educated on aging issues then enlisted to help dissemination information.
- Arizona needs a powerful voice for older adults and presence in legislature.

### **Report out & discussion - AICC-related research, conferences, workshops, seminars, training opportunities, best practices, etc.**

Hannele Waissi reported November is National Family Caregiver Month and FSL is holding a free event for family caregivers on November 4, 2016 from 8:00 a.m. to 5:00 p.m. at the FSL Caregiver House, 1201 East Thomas Road in Phoenix. A copy of the flyer distributed by Ms. Waissi is available for review through the Governor's Advisory Council on Aging office.

Mark Clark reported the City of Tucson is becoming an Age-Friendly community, a designation from AARP. The designation is part of the work of the ELDER Alliance. Pima Council on Aging is a beta site of the National Council on Aging/NCOA Aging Mastery Program and is offering a variety of 10-week classes.

Karen Richards reported the Arizona Falls Prevention Coalition has partners throughout Arizona recognizing National Falls Prevention Awareness Day on September 22, and Dr. Babak Nayeri reported some of the falls prevention partners include the VA, chapters in southern and northern Arizona and the Pima County chapter.

GACA Chair Becky Brimhall-Lepire thanked Doyle Meredith for his leadership of the Aging in Community Committee in 2016.

Shawn Trobia reported she has been conducting northern Arizona outreach for AARP and will be working in Prescott in the future. Ms. Trobia stated she was grateful for the opportunity to engage in the committees and the work done by the Governor's Advisory Council on Aging.

Cathy De Lisa offered to provide resources displayed during the meeting to the group.

### **Adjourn**

AICC Chairman Doyle Meredith adjourned the meeting at 11:45 a.m.

**NEXT MEETING:** The next meeting of the Aging in Community Committee of the Governor's Advisory Council on Aging is planned for January 2017; date, time and location to be announced by public meeting notice posted at the GACA website <http://govtrans.az.gov/gaca/>. These meetings are open to the public.