

GOVERNOR'S COMMISSION ON SENIOR SERVICES

Wednesday • March 25, 2009 • 3:00 P.M. – 4:50 P.M.

Comfort Suites (Oregon Conf Room) • 630 Hawthorne Street SE Salem, Oregon 97301

HEALTH AND WELLNESS COMMITTEE

MEMBERS PRESENT:

Peggie Beck
Patty Brost

Chuck Frazier
Lucy Morgan

Millie Salt

MEMBERS EXCUSED:

Kathleen Schonau

John Helm

Chris Flammang

GUESTS:

Yvonne Michael
Jennifer Mead
Megan Hornby

Claudia Grimm
Rebecca Curtis
Martha Simpson

Barbara Nelson

STAFF PRESENT:

Dawn Rustrum, Coordinator
Kelsi Eisele, Administrative Staff

AGENDA ITEMS:

Call to Order

- Introductions
- Review and Approval of Agenda
- Review and Approval of Minutes
- Announcements

Public Comment

Evidence Based Wellness Programs

Mental Health Update

Agenda Items For The Next Meeting

Adjourn

CALL TO ORDER

Peggie Beck called the meeting to order at 3:10 p.m.

Introductions

Commission members, staff, and guests introduced themselves.

Review and Approval of Agenda

Members reviewed and approved the agenda.

Motion: Lucy Morgan moved to approve the agenda. Millie Salt seconded the motion.

Vote: 5-0-0-3

Yeas: Beck, Brost, Frazier, Morgan, Salt

Nays: 0

Abstentions: 0

Excused: Flammang, Helm, Schonau

Motion carried.

Review and Approval of Minutes

Members reviewed and approved the minutes.

Motion: Patty Brost moved to approve the minutes. Lucy Morgan seconded the motion.

Vote: 5-0-0-3

Yeas: Beck, Brost, Frazier, Morgan, Salt

Nays: 0

Abstentions: 0

Excused: Flammang, Helm, Schonau

Motion carried.

Announcements

- None.

PUBLIC COMMENT

None.

EVIDENCE BASED WELLNESS PROGRAMS

Yvonne Michael, Oregon Health Science University (OHSU), and Jennifer Mead, with the Department of Human Services, distributed and reported on Healthy Aging in Oregon Counties. Yvonne and Jennifer discussed:

- Why Focus on Healthy Aging
- Chronic Conditions
- Related Injuries from Falling
- Economic Impact
- Health Status
- Health Behaviors
- Preventive Clinical Services
- The Need for More than One Strategy
- Community Strategies
- Evidence-Based Programs in Oregon
- Living Well with Chronic Conditions
- Arthritis Foundation Exercise and Aquatics Programs
- Tai Chi: Moving for Better Balance
- Enhance Fitness
- SAIL (Stay Active & Involved for Life)
- Strong Women
- Better Bones & Balance
- Healthy Aging in Oregon Counties Report
- Conclusions

Jennifer asked the committee for input regarding ways the information presented could be distributed in local communities around the state. Jennifer announced that the Older American month will be held May 6th at the Capitol.

MENTAL HEALTH UPDATE

Megan Hornby, SPD, provided an update on the work of the Mental Health Planning and Management Advisory Committee. Megan stressed the importance of advocating for senior mental health issues and shared that family advocates have been very engaged and active. Megan asked the committee to think about their goals and priorities and the type of role they would like to have in advocating for senior mental health. Megan also suggested that the committee invite her back to a future meeting to talk about dementia care.

Claudia touched on the activities of the Mental Health Planning and Management Advisory Committee and shared that she will provide a full update to the committee during their next meeting.

Rebecca Curtis stressed that advocates have a strong voice and suggested GCSS send a representative to the next advisory committee meeting on April 2nd. Rebecca also suggested the committee consider resending the letter of support for DHS POPs they distributed a few months back.

Action Item: Claudia Grimm will send Dawn Rustrum information on the Advisory committee meetings and then Dawn will forward the information to the full commission.

AGENDA ITEMS FOR THE NEXT MEETING

Peggie Beck touched on the following agenda items for the next committee meeting:

- Claudia Grimm on Mental Health
- What is the committee's role as it relates to senior mental health issues

Lucy Morgan, Patty Brost, Millie Salt and Peggy Beck all reported on wellness information received by mail.

MEETING ADJOURNED: 5:00 p.m.