



DATE: July 24, 2023

TO: Dr. Alfred C. Johnson, Deputy Director for Management, Office of the Director

FROM: Melissa Porter and Martina Lavrisha, Co-Chairs, Aging and Adult-Dependent Care Committee

SUBJECT: 2022 Aging and Adult-Dependent Care Committee Summary Letter

Dear Dr. Johnson:

On behalf of the NIH Aging and Adult-Dependent Care Committee (AADCC), we want to thank you and the Office of Research Services (ORS) for your ongoing support of the significant work of the committee. This is especially important given the continued impact of the COVID-19 pandemic on the NIH workforce.

The committee made significant research contributions and promoted services and supports for NIH employees, trainees, and contractors faced with adult-dependent care responsibilities. This is a summary of the AADCC's accomplishments and goals in lieu of a 2022 Annual Report due to the pandemic's impact on the committee and its members.

In 2022, the committee continued to look at ways to support the NIH population with challenging caregiving responsibilities as well as concerns pertaining to aging. The lack of awareness of the many programs and services available to NIH staff continues to be the greatest challenge the committee faces. We identified goals with a focus on partnerships with various committees, stakeholders and departments, service evolution with the addition of Elder Coach services and webinar offerings, and organizational streamlining by using Microsoft Teams for communication and program management.

Accordingly, the AADCC focused on increasing awareness of available resources for NIH federal employees, trainees, and contractors.

- We worked closely with ORS, Division of Amenities and Transportation Services (DATS), to promote existing services and programs through virtual outreach events such as the NIH Work and Family Month, webinars, and NIH-wide emails on aging and adult-dependent care topics.
- The committee used a variety of media to promote elder services to the diverse NIH employee population. We used the OD Twitter account to promote the Elder Coach services and the Resource & Referral Services.
- A virtual tree of resources that will quickly connect employees to available NIH resources, i.e., leave bank, EAP, etc. was uploaded to the AADCC website during the year.

- Flyers promoting the Resource & Referral Services were posted in the Clinical Center Housekeeping and Materials Management Departments for employees who do not have NIH emails/easy access to computers.
- Articles were submitted to the quarterly Wellness Newsletter and weekly postings were placed on the Adult Care Support ListServ.

The AADCC values the synergies and benefits of partnerships for cross-promotion of activities and services. We meet quarterly with key stakeholders including NIH Well Being Ambassadors and the NIH Health and Wellness Council (HWC). Our goal is to increase collaboration and establish relationships among key stakeholders. Examples of this effort include:

- Partnered with the NIH Office of Human Resources to have the AADCC listed on the OHR Family Resources page.
- Brainstormed with NIH Child Care Board on membership drive experiences and ways to publicize resources.
- Presented AADCC resources at NIH Wellness Webinars.
- Amplified communication through partnerships with the Health and Wellness Council and ORS social media feeds.
- Co-sponsored webinars with NIA, NIH AANHPI-HSIG, and other groups.

Four virtual committee meetings were held in 2022. For the meetings, we coordinated with our partners to educate and inform committee members and other partners who were invited to participate, including the NIH Well Being Ambassadors and the NIH Health and Wellness Council. Presentations were as follows:

- Heart healthy fitness demonstration with Shannon Oussoren.
- LifeWork Strategies presentation on Elder Coach and Webinars by Erica Conover and Kathleen Crowley.
- Child Care Board on membership drive experiences by Jackie Dozier Franco.
- Mindfulness by Sandy Scarbrough.

Highlights of committee initiatives include:

- Coordinated and conducted an NIH-wide webinar in April titled “Transitions: Preparing for Adulthood Life,” presented by Janet Furman and Mary Anne Kane-Breschi from the Maryland Developmental Disabilities Administration. The webinar was exceptional in providing attendees with proactive tools to assist young adults with disabilities transition out of the school setting.
- Co-sponsored a talk on Oral Health Disparities among the Aging Population with Dr. Bei Wu and the AAPI in May.
- Provided support services information at the end of the NIH-wide talk “Caregiving: Caring for Yourself while Caring for Others,” presented by Sandy Scarbrough and Elizabeth Necka, PhD in August.
- Coordinated a lunch and learn webinar on “Elder Care: How to Plan for the Unexpected, the Unknown, and the Uncertain,” given by Susy Murphy, Geriatric Care Manager in August.

- Provided articles for the Wellness @NIH Quarterly Wellness News –February and September 2022 –on the Aging and Adult-Dependent Care Committee, introducing the new co-chairs, heart health tips and links to social media as well as a review of fall observances highlighting healthy aging month.
- In October, co-sponsored a talk with ORS during the last week of NIH’s Work and Family Month, themed “Taking Care of Your Own Well Being.”
- The 2022 AADCC members were nominated and received the 2022 NIA Director’s Award.
- Coordinated and tracked weekly postings to the 400-member NIH Adult Care Support Listserv.

The AADCC has made important contributions that support the NIH workforce. The committee hopes to continue to have a positive, meaningful impact and welcomes interaction with NIH leadership to better understand priorities as we transition into a return to the workplace.

We welcome your recommendations about whom to contact and how to elevate aging and adult-dependent care services among other NIH partners and the community at large. We also welcome your attendance at any meeting of the AADCC to engage in a discussion on how this committee can assist with pertinent aging and caregiving issues.

We have been honored to have served as co-chairs for this year.

Sincerely,

Martina Lavrisha, Co-Chair, AADCC

Melissa Porter, Co-Chair, AADCC

Cc:

Ms. Colleen McGowan, MHA, FACHE, Director, ORS

Mr. Timothy Tosten, MPA, Associate Director, PES, ORS

Ms. Tammie Edwards, Director, DATS