

**Aging and Adult Dependent Care Committee
(AADCC)
February 22, 2022
WebEx
2:00 PM to 4:00 PM**

Attendees:

Quandra Blackeney	Rusty Mason	Sonia Marable
Louie Brennan	Cooper McLendon	Melissa Porter
Debbie Henken	Chris Gaines	Mark Rubert
Dawn Lea	Martina Lavrisha	Leon Reynolds
Connie Wozny	Jenny Jones	Dede Rutberg
Shannon Oussoren	Udana Torian	Trinidad Morales
Maggie Fletcher		Jill Bartholomew

I. Welcome and Introductions

A. Melissa opened the meeting by thanking everyone for their participation and the group introduced themselves.

- II. A. Special Guest Shannon Oussoren is a lead trainer on staff for the National Institutes of Health and supports fitness and wellness initiatives across the NIH. She led the group on a Heart Healthy Fitness Demo using your chair. The American Association of Orthopedic Surgeons talks about the importance of flexibility in ligaments and connective tissues. They become less elastic and restrict mobility as we age. Stretching helps reduce the chance of injury, increase range of motion, and minimize pain.**

III. A. NIH Wellness Updates – Chris

Chris has partnered with National Heart Lung and Blood group supporting American Hearth Month in the virtual environment with two of the three events for the month completed. With the addition of social media, the views have greatly increased. Chris will also be teaming up with Eurest Dining Services for National Nutrition Month in March.

- i. February 4th Wear Red Day Fitness Event**
 - a. Videocast live and archived – 86 views**
 - b. Facebook group – 453 views**
- ii. February 11th Teaching Kitchen Sponsored by Eurest Dining Services**
 - a. Videocast live and archived – 109 views**
 - b. Facebook group – 355 views**
- iii. February 25th NHLBI Self Care Events**
 - a. Will be a videocast and live on Facebook, but no numbers currently.**

Chris also shared the analytics from the Wellness@NIH webpage. There were 710 unique views from each day from 2/9-2/13 after the launch of the Wellness News which was positively impacted by the fact the information was shared via various listservs and a global email. This also increases the traffic to the AADCC page via either the DATS or the Wellness@NIH page. This information can also help in deciding the best plans going forward to help push traffic to the AADCC page.

B. Life Work Strategy Updates – Chris and Melissa

The contract was recently awarded and as part of their webinar series the AADCC has been provided with two opportunities to do webinars. They will take place in April and July. There will also be an elder coach provided for the adult dependent care population. The AADCC will be developing a global announcement to let everyone know there will be an elder care coach which will drive more traffic to the website. There has always been an elder coach, but it had a different title before. Martina thought it would be best to put the elder coach and webinar announcements together.

IV. AADCC 2022 Goals – Martina & Melissa

A. Martina and Melissa used the circle pattern that ORS is using for its Strategic Plan and placed the AADCC Strategic Goals in the same format. The three goals being Partnership, Service Evolution, and AADCC Organization. There is some overlap between the three goals.

i. Partnership

- a. AADCC is already part of the HR Work life toolkit but also looking into being included in the footnotes section where programs are listed.**
- b. The group discussed other partnerships that could be of benefit.**
 - o R&W even though they are not and NIH entity**
 - o The Trans Mental Health Task Force which is recently created**
 - o OD Resilience and Wellbeing Campaign**

ii. Service Evolution

- a. Updates are given in the project listing section.**

iii. AADCC Organization

- a. Conversion from committee to board. There has been discussion to change the AADCC from a committee to a board. This committee was formed out of the Child Care Board, and Melissa thinks that switching could elevate the aging adult care to that of childcare or other boards. Although research will need to be done to determine the feasibility and process of this and if there is a difference between the two. Chris doesn't believe there is a major difference in the ability but in who they report to. The Child Care Board reports to the Director of NIH while the other stakeholder groups report to the Deputy Director for Management. Chris does see these groups functioning together regardless of who they report to since NIH is significantly addressing work life issues and the importance of on wellbeing. Chris believes the ability to get things done as a group will increase the exposure. It is a long process since the charter and other items would need to be revised.**
- b. Martina would like to use Microsoft Teams for committee feedback and information to make it easier if everyone felt comfortable. There is free training for those that are still learning the system and possibly use the next meeting to have training.**

V. AADCC Project Listing – status and updates

A. Stakeholder Engagement & Benchmarking- Udana & Chris

- G. Webinars/Speaker Management- Melissa &Virgilio**
 - i. Upcoming webinars as part of the Lifework Strategies group.**
 - a. April 21**
 - **Helpful Resources and Building Independence with Special Needs Adults.**
 - b. August 18**
 - **Eldercare and Nursing home assistance.**
 - ii. Martina thought it would be helpful for the April webinar to partner with the parenting listserv would be beneficial to get information out that the webinar could help with those putting kids from college into trade school or the job market.**
 - H. Newsletter- Melissa & Martina**
 - i. Currently out and there is an article from the AADCC using Heart Health Month to give information about the committee can be found [here](#).**
 - I. FEVS Data- Debbie & Dede**
 - i. The group has met a couple of times and recruited a group to help organize exactly the questions and answers to have. The data request included 5-10 years' worth of information. This data can reflect just NIH or HHS as a whole. The average age of the NIH population is 49-50 years and has not changed much over the years. It is more of a matter of the questions and data the group wants to pull. This could help create an article at the end of the year and use the information to help.**
 - J. IC Environmental Scan – Chris**
 - i. The Health and Wellness Council survey for benchmarking the IC Wellness programs has been approved by DATS. The survey will then be placed into SurveyMonkey for distribution. It will have a two-tiered approach that involves the executive offices and wellbeing ambassadors. There will be further discussion at the upcoming Health and Wellness Council meeting.**
 - K. Recourses to Help You Thrive at NIH**
 - i. The “Recourses to Help You Thrive at NIH” tree will be uploaded to the website.**
- VI. Social Media – Chris, Melissa, Martina**
<https://www.nih.gov/news-events/social-media-outreach>
 - i. Will be discussed further at the next meeting.**
- VII. Announcements and Adjournment**
A. Recourses to Help You Thrive at NIH

The next meeting will be 6/21/2022