# 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
    - The Trans Mental Health Task Force which is recently created
    - 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

i. The group would like to continue the collaborations with various stakeholder groups. A continued effort to not silo information and combine forces and pooling resources with the various wellness groups within other divisions. This will help promote the electronic resources and goals of the AADCC through social media including a Wellness@NIH Facebook group. Providing consistent and engaging content on the stakeholder page of this group can help get the AADCC word out. Accessibility to the AADCC website through a minimal amount of clicks on the Wellness@NIH page is important. With the returning to the physical workspace taking place soon. It will be a great time push the resources that are available including using the message board tv's around the clinical center. Additional feedback or information for the wellbeing ambassadors can be added to the Teams site.

### B. ORS Website- Debbie & Melissa

i. No new updates. Debbie thought it would be a good idea that once the site is complete. That it would be a good idea to meet with the executive officers and to demonstrate the website and the ease of finding resources.

## C. AADCC Branding and Communications- Mark

i. No new updates other than the slide deck that was created and added to the AADCC Microsoft Teams site that can be used by anyone who wants to discuss the AADCC. Melissa and Martina will attempt to move the Research Work Group and Communication sections so that all the information can be consolidated into one place.

## D. Adult Care Support List Serv- Martina, Jill, Dan

- i. The group has been doing well with posts but will add the direct link to the AADCC site to help push people to the website. Also use the spreadsheet of different topics you want to use. Dan suggested highlighting an employee that has been at NIH 10-30 years to add engagement and variety to the posts. Asking each person, a standard set of questions and receive feedback. Some questions that can be asked are below. This could also help provide resources for others. Melissa said that this should be a project group and have Dan lead the task to develop to see how feasible it would be. Martina will follow up with Dan regarding.
  - a. What has it been like to work at NIH for this length of time?
  - b. Why do you continue to work at NIH?
  - c. What are the benefits of working at NIH?
  - d. What have been things that have helped you while at NIH?

#### E. Communications Calendar- Ryan & Sonia

i. No new updates. Dana suggested trying to put as many of the events on the site as they can. Chris can also post events and activities to the Wellness@NIH website calendar.

## F. Health Screenings Calendar- Dawn & Virgilio

i. Vaccinations for 50 and above from the CDC site but Dawn had an issue with the health screenings listed and the lack of mental health screenings such as cognitive function. Primary care does not screen for dementia. Dawn is searching for other resources. She included this <a href="link">link</a> and noted there are no cognitive function screenings listed. Virgilio did create a vaccinations spreadsheet that will be added to the team site for everyone to review. Trying to create a graphic that could be placed on a magnet or easier viewed item would be helpful. Tammie Edwards could be helpful in this area.

- 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
      - o 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 <a href="here">here</a>.
- 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