

**Aging and Adult Dependent Care Committee  
(AADCC)**

**June 21<sup>st</sup>, 2022**

**WebEx**

**2:00 PM to 4:00 PM**

**Attendees:**

Quandra Blackeney	Cooper McLendon	Melissa Porter
Louie Brennan	Chris Gaines	Mark Rubert
Debbie Henken	Martina Lavrisha	Leon Reynolds
Connie Wozny	Jenny Jones	Dede Rutberg
Maggie Fletcher	Michon Bunch	Trinidad Morales
Erica Conover	Tammie Edwards	Shilpa Amin
Jill Bartholomew	Kathleen Crowley	Tonya Lee
Susan Borst	Maggie Fletcher	

**I. Welcome and Introductions (welcome Michon Bunch & Shilpa Amin)**

A. Michon Bunch is replacing Sonia Marble from NIAID who retired in April. Shilpa Amin is a physician and geriatrician working for the Office of Research on Woman's Health.

**II. Special Guest: Erica Conover & Kathleen Crowley, LifeWork Strategies**

A. Erica Conover and Kathleen Crowley joined to give updates on elder coaches and upcoming webinars. As a reminder, LifeWork Strategies works under the Child and Family programs as part of their contract providing resource and referral services including life balancing. Here is a [link](#) to their slide presentation with all their resource and referral services. Services that do not have unlimited phone support. You can receive a 25% discount after your first 30 minute consultation if you continue with the same provider. The NIH Resource & Referral Program access line phone number is 1-800-777-1720. The NIH Employee Assistance Program (EAP) number is 301-496-3164. Erica finds the webinars are a great help in getting the word out on their services. Erica and Kathleen will get together and discuss some topics or areas where people may use the referral and resource service and the group can promote through their listserv. They will the suggestions to Martina and Melissa. They will also reach out regarding the resource and referral example slide and recreating and using.

The next seminar will be about Elder Care on August 18.

**III. Chris: NIH Wellness updates**

A. For American Heart Month. There were three major activities in partnership with NHLBI, R&W Fitness, and Euresst Dining Services. These events were held on the NHLBI Facebook group page and NIH Videocast. The trend upward shows that employees are becoming more engaged around selfcare and mindfulness concepts. The canine anxiety webinar was the largest webinar to date for the Wellness program with 1300 registrants and 960 live views.

- i. February 4<sup>th</sup> Wear Red Day Fitness Event
  - a. Videocast live and archived views 86
  - b. Facebook group 453 views

- ii. February 11<sup>th</sup> Teaching Kitchen Sponsored by Eurest Dining Services
- iii. Videocast live and archived views 109
  - a. FaceBook group 355 views
- iv. February 25<sup>th</sup> NHLBI Self Care Events
  - a. Will be videocast and live on Facebook

**IV. ORS Strategic Plan: Tammie**

- A. Leadership and those working on the strategic plan are with what the group has come up with. This five-year plan will focus on developing partnerships as well as becoming a model of excellence across the government. The goals for the plan are listed below. Each goal has objective leads and there are five DATS staff members appointed as objective leads. Chris Gaines is serving on objective 3.5 which promotes the importance of health and wellness by supporting employee participation and programs that facilitate access to all available resources. Which is very applicable to the group. Milestones leads will be appointed to help the implementation process.
- i. Partnership
  - ii. Service Evolution
  - iii. Organization

**V. Social Media – Chris, Tammie, Melissa, Martina**

<https://www.nih.gov/news-events/social-media-outreach>

- A. Melissa spoke to Tonya Lee about using the ORS twitter feed. Specifically using a day during the week that the tweets can be related to the AADCC. These messages will also go to Facebook and the listserv. The goal is to create content for these messages. It will be great to use the LifeWork strategies information or seminars that are upcoming. Melissa will create a social media posts folder on the Teams site to place ideas or other information. Let Melissa know if you would like to be a part of the group to create this content and ideas. The link above has a listing of all institute's social media. They can also be contacted to cross post. Chris also shared the Wellness@NIH Facebook group. It covers all things Health and Wellness including stakeholder groups such as the Health and Wellness Council and Child Care Board. You must use your NIH email to have gain access to the group. There is also an NIH Calendar of Events <https://calendar.nih.gov/>. Martina is trying to see if the group can be linked on HR benefits website.

**VI. AADCC 2022 Goals – Martina & Melissa**

- A. Martina discussed the goals for 2022. They are taken from the ORS five-year strategic plan. There is not much to update from last meeting other than working with other the stakeholder groups. R&W, Transmental Health Task Force, and Office of the Director of Resilience, and WellBeing campaign. They will be added to the diagram.

**VII. AADCC Project Listing – status and updates**

**A. Stakeholder Engagement & Benchmarking- Chris**

- i. There was a meeting a couple of weeks ago. The groups are discussing on what is best to partner with and share. The groups would like to focus on social media moving forward as well.

**B. ORS Website- Debbie & Melissa**

- i. No new updates.

**C. AADCC Branding and Communications- Mark**

- i. There is a new version on the team site. It is under general/files/AADCC Branding and Communications. Martina cleaned up the version and it was updated May 3. Removing the “Next Meeting” portion and making it a link to the website.

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

- i. Thanks to everyone for their input. When you do post. Please add a link to the AADCC website. Dan will pursue interviewing NIH staff that have been here 10-20 years when she returns from vacation. Martina will update the calendar on what week each person has.

**E. Communications Calendar- Ryan**

- i. Working on calendars to cross promote and refer items to the website. Anyone can add events to the NIH Calendar. Tonya Lee and Chris have had discussion about Health and Wellness observance months. The group can find some events that focus on things the AADCC can share. There is also the Wellness@NIH website that has a calendar of events.

**F. Health Screenings Calendar- Dawn**

- i. A list has been added to the AADCC website that was created from CDC recommendations. It would be cheaper to create a QR code that links to our website. It was decided by the group to create a QR code to the AADCC site. It will be announced via a listserv. Chris will get the QR code note and post to the site. Melissa will create a tweet for it.

**G. Webinars/Speaker Management- Melissa**

- i. The April webinar went well and is listed on our website. On May 25<sup>th</sup> Dan was able to get the group as co-sponsor for a seminar on Oral Health Disparities in the Aging Population. We were able to promote the resource and referral service at the end of the seminar. LifeWork Strategies will be doing one on August 18 and the title is TBD.

**H. Newsletter- Melissa & Martina**

- i. There will be a contribution in the fall. September is National Yoga Month, National Preparedness Month, and Healthy Aging Month. There is also False Prevention Awareness Week from September 20-24. The group will develop something that includes all relevant observances.

**I. FEVS Data- Debbie & Dede**

- i. The 2021 FEVS was a sample. The survey did have sections on COVID including elder/adult care and time off. Age ranges are also on the survey. A formal request must be made through Trinidad’s office to see survey results. Mark will place the request.

**J. IC Environmental Scan-Chris**

- i. The benchmark and best practices survey have been disseminated to the executive officers. The results should be coming in soon and ready by next meeting.

**VIII. Open Discussion**

- A. Deb and Melissa would like to get user feedback from LifeWork Strategies regarding user’s experience. Chris will meet with Susan regarding their survey results from users after meeting with them. Some in the group have not had the best experiences. There has been data on the different types of use in the past. Susan Borst and Rusty Mason are the COR on the contract. Tammie will speak with them about this.
- B. Current mission and proposed mission statement review will be discussed at next meeting.
- C. Membership will be discussed in the fall.

**IX. Next Steps**

**X. Announcements and Adjournment**

**The next meeting will be 9/20/2022**

**DRAFT**