I. 1:30 - 1:35. Approval of minutes – 9-21-2018
1:35 – 1:45. Introductions and updates – 1:30 to 2:45
IEA Ambassadors
  • Dr. Cindy Homer-Baron
    o chomerbaron@gmail.com
  • Dr. Nancy McKeown
    o nancy.mckeown@optum.com
  • Mr. Dan Roberts
    o robertsdan@charter.net
  • Ms. Gail Stokes
    o gstokes@stripedrock.org

UPIC intern for marking and PR – Lauren Rudolphi

Advisory Board members present:
  • Mr. Sam Wiley, Jr., Vice President of Programs
    o Alzheimer’s Association, S.C. Chapter
    o swiley@alz.org
  • Mr. Tim Womack, Aging Services Program Director
    o Appalachian Council of Governments
    o twomack@scacog.org
  • Hiem Pham, MD
    o Alzheimer’s Memory Center
    o 704-364-4000
  • Ms. Jeanne Ward, Chief Operations Executive
    o Prisma Health, Western Region
    o Jeanne.ward@prismahealth.org
  • Mr. Hunter Kome, Chief Operations Executive
    o Prisma Health Oconee Medical Campus
    o Hunter.kome@prismahealth.org
II. 1:45 – 1:50. IEA Website updates – spotlight stories – Kaileigh Byrne

III. 1:50 – 2:30. IEA Updates
   1. Oconee Medical Campus – 5th floor outpatient tower
      - MOU signed, renovations to begin soon
      - Balance clinic, cognition/aging lab, architecture studio, nursing space
      - Ribbon cutting – February 19, 2020, 4:45 to 5:45
      - Case for Support, need for fundraising
      - New Endowed Chair in Cognition and Aging
Hunter Kome - Prisma Health Chief Operations Executive, provided an update about the 5th floor IEA space. Currently, the lease for the 5th floor space is in legal review process. Renovation is fully funded – need to get a few legal things signed before construction can move forward. Prisma Health strongly supports interdisciplinary approach to engaged aging

Cheryl and Kaleigh Byrne are serving on the search committee for a new Endowed Chair in Cognition and Aging who will work closely with Prisma Health clinicians in the new lab in the 5th floor IEA space. This Chair will add to Kaleigh’s research in how cognition and decision-making changes as we age. Search for the Endowed Chair is underway and the search committee is comprised of CU and Prisma Health representatives with Eric Muth as an advisory member.

2. **Brain Health Club** - Central Community Center
   - Ribbon cutting – October 19, 2018

   The Brain Health Club is serving about 7-8 people with early to mid-stage dementia. New brochures were distributed to meeting attendees. Caitlin is mentoring a nursing student who is offering music therapy and Dr. Brent Hawkins in PRTM is mentoring students who are conducting assessments of participant strengths and developing tailored leisure activities.

   - Funding for first two years from Department on Aging, Alzheimer’s Resources Coordination Center. Need new funding starting 7-1-2020. Application to Clemson Rotary Club

3. **Fall prevention program with OMH**
   - Served 67 participants in Matter of Balance at Senior Solutions in Seneca. Some participants in MOB and yoga.

   Recently received repeat funding from Pete and Sally Smith Family Foundation to continue program at balance clinic in new IEA space at OMH. Two manuscripts about the project have been submitted for publication with several conference presentations.

   - Applied for Administration for Community Living grant in collaboration with Prisma Health Fall Reduction Task Force.

   Cheryl explained how the ACL submission was a collaboration with the Prisma Health Fall Reduction Task Force including Suzanne Swedberg, an IEA Advisory Board member. It was not funded, but it might be possible to resubmit.

4. **Built environment supports for joint replacement patients and family caregivers** –
   - **In 9-2018** - IEA team, Joseph, Madathil, O’Harra and Dye, met with federal legislators and NIA and NSF program officers about funding their project CU@HOME. In 2019 – team received internal funding to elicit feedback from OMC clinicians and patients about a potential tool to assess home environment and adapt in order to reduce risk of falls after joint replacement surgery. Focus groups underway.

   *Dr. Joseph presented updates about this project later in the agenda.*
5. **Health Coaches for Hypertension Control (HCHC)** –
   - Designated by Nat’l Council on Aging as Evidence-Based Program, 2018.
   - Asked by NCOA to present at national meeting, 6-2019

6. **CU Extension grant from Greenville Health Authority.**

* Michele Parisi provided updates about this collaboration between Prisma, Extension, and Clemson professors. Extension developed diabetes self-management support program. Health coaches are offering this program along with the Diabetes Prevention Program developed by the CDC and Health Coaches for Hypertension Control. Currently the health coaches are delivering the diabetes prevention program in Greenville County. Cheryl added that CU Extension is not fully funded by the state and must seek external funding for their programs.

7. **Subaward with USC** – Carolina Center for Alzheimer’s Disease and Minority Research. Dr. Nicole Davis and Caitlin Torrence pilot project.

* This project is identifying racial and rural/urban disparities in rates of Alzheimer’s Disease and related dementias across the state.

8. **Subaward – Prisma Health Center for Success in Aging Memory Health program.**
   Has supported doctoral students from Public Health Sciences and Family and Neighborhood Life to collect and manage data from AD family caregivers. Funding from Duke Endowment.

**IV. 2:30 – 3:00. Presentations**

1. **Caitlin Torrence.** PhD candidate Applied Health Research and Evaluation program in DPHS, “Caring for the Alzheimer’s Caregiver”

   Torrence is a PhD candidate at Clemson University. Her primary research areas are Alzheimer’s disease and caregiving. She is currently conducting research on emergency department and inpatient healthcare access, utilization, and cost among persons with Alzheimer’s disease in the hopes of better understanding how the healthcare system can meet the needs of this growing population. Torrence also served as a founding member of Clemson University’s Institute for Engaged Aging Brain Health Club. The Brain Health Club combines student volunteers who serve under the guidance of Torrence and a Montessori approach to provide activities for persons with Alzheimer’s disease. Torrence has also provided educational programming to support caregivers. She is certified to provide Resources for Enhancing the Alzheimer’s Caregiver Health “REACH” and Powerful Tools for Caregivers (PTC) training. In addition to earning her doctorate, Torrence also works as a research associate for Clemson’s Office on Research and Organizational Development. She leads research development and implementation on
multiple Department of Health and Human Services (DHHS) contracts including designing a survey for caregivers of participants on the Medicaid Community Choices Wavier.

**While working with Prisma Health Center for Success in Aging, Caitlin was funded by an Administration for Community Living (ACL) grant to explore how to support Alzheimer’s family caregivers using the evidence-based program, REACH. Caitlin developed and tested a small group format of REACH in the ACL project in order to be more cost effective and to provide the social support needed by family caregivers. Currently, data indicates that the small group format of REACH has positive outcomes and outperforms the traditional REACH in several aspects. In Caitlin’s work with DHHS, she developed a survey which includes questions about dementia caregiver demographics, type of care provided (clinical and non-clinical), skills and abilities, values and preferences, self-efficacy for caregiving, social support, health and well-being, and supportive services. Caitlin’s anticipated outcomes are to understand the role of caregivers in South Carolina and to identify specific areas of need for caregivers. Caitlin’s doctoral research is investigating the healthcare needs of those with dementia. She is focused on whether people with Alzheimer’s are receiving the right care, at the right time, at the right place. Her dissertation also raises the question of why there is such a high health care cost for people with Alzheimer’s. In order to address this question, she is looking at data to observe health care cost before and after someone is diagnosed with Alzheimer’s.**

*Kathleen Valentine described to the group a program she worked with in Florida called Mind Set. This is an evidence based program for people newly diagnosed with cognitive impairment and their care partner. Currently, there is a Creative Inquiry class focused on establishing a similar program here. The purpose of Mind Set is:*  
- Bring cognitive impairment out of the shadows.  
- Understand more about the brain, what you can do for generalized health, tools to use for memory aid, provide an opportunity for partners to talk with other partners, and for those newly diagnosed to talk with others who are newly diagnosed.  
*Mind Set has proven to improve quality of life and well-being for caregivers. Kathleen is planning to implement Mind Set at the IEA Brain Health Club in Central starting in Spring 2020.*

2. **Dr. Anjali Joseph**, School of Architecture, Director, Center for Health Facilities Design and Testing, Spartanburg Regional Healthcare System Endowed Chair in Architecture + Health

“CU@ HOME; Understanding the feasibility of using a technology-based intervention to assess the home and community environment to prevent falls in the home and support aging in place.”

*Anjali leads the CU@HOME project which includes IEA Faculty Associates Cheryl Dye, Susan O’Hara and Kapil Madathil. The project is examining the feasibility of using technology to assess the home and community of older adults who are having joint replacement surgery. Her goal is to develop a technology based intervention that will help people assess the safety of their home and community before surgery so that adaptations might be made in order to enhance safety post-surgery. Dr. Anjali Josef is hoping to develop an app that can do a scan of the patient’s home before they have joint replacement surgery and is doing focus groups to see if her idea is feasible. In order to assess whether or not patients would want to use this app, she is employing the following methods:*  
- Observation literature review heuristic app evaluation  
- Conceptual prototype development
- Systematic literature review
- Semi structured interviews
- Clinicians focus groups
- Follow up focus groups

V. Updates/ Opportunities for Collaboration

**Elysee Newman** is exploring research questions such as: how does cognition change during the aging process and how can the environment change to augment or aid these changes? She shared that special configurations have a strong social overlay. It impacts our caregiving and how people modify the environment with cognition decline over time. She emphasized that space can be used to either used to augment or hinder care.

**Kapil Madathil** is interested in obtaining access to a MRI to support research. Michelle Parisi is interested in how Extension can be a partner to those at the meeting as she is always looking for partnerships and for funding to extend the activities of Extension agents.

**Ye Luo** is available for help with projects that include designing surveys. Her research interest includes the environment of neighborhoods and how they affect older adults.

**Eric Muth** is supporting the search for the new Endowed Chair in Cognition and Aging who will also serve as an associate director for the IEA. Hiip Pham is interested in an older person’s will to live and the question of: what can we do collectively to help people suffering with Alzheimer’s? He is also interested in how society can make healthcare affordable.

**Kathleen Valentine** wants to be certain that she represents nursing faculty that are interested in aging and wants to assist in engaging nursing faculty with others. Sam Wiley announced the Alzheimer’s Association conference November 15th in Columbia at the Metropolitan Center. The conference’s emphasis is on engaging the public. One of the goals of the conference is for the public to learn about clinical trials that could be beneficial to them.

**Suzanne Swedberg** is the Prisma Health Home help physical therapist and supervisor. She has advised the IEA/Prisma Health fall prevention program and also the CU@HOME project. She is interested in referring patients to evidence based programs. Tim Womack recommended that people take advantage of the Family Caregiver Support program which is part of all Area Agencies on Aging. The AAAs have $1 million allocated this year to caregivers who need respite. This money is distributed not on the basis of income, but on need. The AAAs hire companies in order to assist caregivers. The AAAs also have funding for evidence based programs (EBPs), mostly in senior centers focused on physical activity. Cheryl added that some centers are also now offering Health Coaches for Hypertension Control led by Extension Agents. Tim said he is also interested in EBPs in dementia caregiving. Cheryl added that clinicians should consider the Family Caregiver Support program as part of their care team and recommend patients to their services.

**Barbara Jardno** is the retired Director of the Family Caregiver Program at the Appalachian AAA. She would now like to volunteer to offer evidence based programs.
Gail Stokes is the Editor of All About Seniors Magazine. The magazine allows for the sharing of information and has the ability to direct people to resources in South Carolina.

Darryl Broome is the retired Director of the Lt. Governor’s Office on Aging (currently Department on Aging). He is passionate about getting information that help seniors into centers and homes.

Hunter Kome and Jeanne Ward prioritize partnership and collaboration to advance the health of the community served by Prisma Health.

Ben Grandy listens to the voice of alumna in his work with CU Developmental. He encourages gifts to support IEA Research.

Dr. Scott Sasser is excited about the opportunity of Prisma Health clinicians and Oconee county residents to engage with the IEA.

Dan Roberts has participated in memory and cognition studies. He supports the exploration of possible funding from United Health.

Cheryl encouraged everyone to attend the ribbon cutting ceremony on February 19th from 4:45 to 5:45 for the new IEA research space on the 5th floor of the outpatient tower at Oconee Memorial Hospital.

Meeting was adjourned at 3:40.