



Orange County Department on Aging

Project EngAGE Senior Resource Team Outcome Report December 2018

*Current activities are highlighted in **bold***

Senior Resource Team	Mission	Team Outcomes
<p>Community Visiting Team/SALT</p> <p><u>Meetings</u> 1st Tuesdays 3:30 – 4:45 pm, Hillsborough Pentecostal Holiness Church, Fellowship Building, 113 West Hill Ave. South, Hillsborough</p>	<p><i>Mission: To improve the quality of life of isolated Orange County seniors by nurturing the development of resources adequate to mitigate the extreme risks of isolation</i></p>	<ul style="list-style-type: none"> • The team, in partnership with SALT (Seniors and Law Enforcement Together, Orange County Sheriff’s Office), provides weekly visits, resource sharing, and problem solving to over 265 home-bound and isolated older adults in Orange County. • Team actively maintains visiting routes throughout Orange County, assists with recruitment of both clients and volunteers, and mentors new non-Project EngAGE volunteers that join their team. • Team meets once per month with DoA social worker to identify issues and problem solve cases.
<p>Senior Falls Prevention & Health Promotion Team</p> <p><u>Meetings</u> 2nd Fridays at Seymour, Ashe Room, 12 – 1:30 pm</p>	<p><i>Mission: To keep seniors standing and mobile through planning and implementing primary falls prevention interventions for older adults</i></p>	<ul style="list-style-type: none"> • Held September 2015 Falls outreach event at Hillsborough Walmart, together with EMS and area PT, screening 25 people, and connecting several with Department on Aging resources. • Team worked with Master of Public Health student to complete a needs assessment, as well as short & long-term Program Plan. • SRT member now trained as certified Tai Chi for falls prevention instructor • Held Fall 2016 (October – November, December Graduation) six-session “Eno Haven Strong & Independent Academy” primary falls prevention program at Eno Haven independent senior housing facility (program will be evaluated for replication in other communities) • Held three-part “Family & Community Night” series at Signature Health Care: September 26, October 24, and November 28, 6:30 – 7:30 pm. • Held second primary falls prevention program, 5-part series, “Efland-Cheeks Strong & Independent Academy” at Efland-Cheeks Community Center (April – May 2018) • Planning possible third primary falls prevention program at Cedar Grove Community Center for Spring 2019



<p>End of Life Choices Team</p> <p>Meetings 4th Tuesdays at Seymour, Birch Room, 10 – 11:30 am</p>	<p>Mission: <i>To enable Orange County seniors to make choices that maximize their quality of life in their final years, and how their lives end</i></p>	<ul style="list-style-type: none"> • The team has worked to increase end-of-life planning behavior for seniors and advocating to maximize end-of-life choices, including an End of Life Choices speaking series and Death with Dignity Legislative action & outreach • Completed three-part summer 2015 series (book discussion, fireside chat, and Legal Aid advance directives seminar), and October 2015 Five Wishes Booklet Seminar. • Held March 2016 Death With Dignity Panel Discussion around what it means to die with dignity, and the possibility of legalizing Physician Assisted Suicide in NC • Hosted Spring 2016 “Spiritual Conversations at the End of Life” seminar with The Rev. Stuart Harrell, BCC, Associate Director, Clinical Pastoral Education, The Department of Pastoral Care, UNC Hospitals Hillsborough Campus • Held September 2016 event: Spiritual Conversations: Forgiveness (Passmore – September 15, 4 – 6 pm; Seymour – September 8, 4 – 6 pm) • Held Encore screening of Death with Dignity event (November 10, 4:30 – 6:30 pm, Seymour) • Held, and now analyzing “Are you Planning to Die? A Community Conversation: Share Your Thoughts and Experiences on Death & Dying” (November 17, 4:30 – 6:30 pm, Seymour) • Held “An Evening with Physician and Author, Dr. Haider Warraich,” author of Modern Death – How Medicine Changed the End of Life (April 20, 6 – 8 pm, Friday Center, Chapel Hill) • One SRT member has formed “Dying Right NC” a 501 (c)(3) non-profit organization, dedicated to expanding death with dignity options in NC • Held two-part series on essential end of life documents: October 10, 4-6 pm, and follow-up notary workshop on October 25, 4- 6 pm. • Held “Let’s Discuss: How to Talk About Death & Dying with our Loved Ones and Doctors” panel in June 2018 • Held “Let’s Continue the Conversation: End-of-Life Care Conversation Groups” in September 2018 • Planning two Spring 2019 events: (1) Voluntary Stopping of Eating and Drinking (VSED) panel, and
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		(2) second round of “Let’s Continue the Conversation: End-of-Life Care Conversation Groups”
<p>Senior Rural Hunger Team (OCRA)</p> <p>To get involved, please contact Senior Leader, Norma White, n.b.white@embarq mail.com</p>	<p>Mission: <i>To safeguard the health and well-being of Orange County seniors through ensuring their access to quality and adequate nutrition</i></p>	<ul style="list-style-type: none"> • Incorporated OCRA (Orange County Rural Alliance), 501(c)(3) meals delivery organization and delivering weekly meal to over 100 Orange County residents north of Hillsborough.
<p>Senior Transportation & Mobility Team</p> <p>Group currently serving in the MAP Transportation work group; please contact Lisa Berley, Dept on Aging Transportation Specialist, lberley@orangecountync.gov</p>	<p>Mission: <i>To enhance the overall well-being of Orange County seniors through meaningful education and advocacy around driving alternatives</i></p>	<ul style="list-style-type: none"> • The team works closely with Department on Aging Transportation Specialist, Lisa Berley, to advocate for better availability and accessibility of transportation for older adults. • Acts in advisory role to DoA Transportation Specialist, and rides buses regularly to collect observations and experiences. • Team served, and continues to serve, on Master Aging Plan (MAP) Transportation Work Group.
<p>Neighborhood Connections Team</p> <p>Meetings 3rd Tuesdays at Seymour Birch Room, 12 – 1:30 pm</p>	<p>Mission: <i>To foster, within a neighborhood and within Orange County, a vibrant and engaging quality of life for seniors living in community by building trusted and reciprocal relationships through social engagement, education, practical support and assistance</i></p>	<ul style="list-style-type: none"> • Supports community members to start “Aging in Community” neighborhood groups • Held a December 2015 presentation by Bolton Anthony on “Reimagining your Neighborhood to Create Community” at the Chapel Hill Public Library, and “Person Environment Fit: Making Your Home Environment Support Your Successful Aging” seminar at CH Pubic Library, January 2016 • Engaging Issues Series: PE leader, Yvonne Mendenhall, has developed focus speaker series on issues relating to aging well in community, and open to the public • Hosted “A Community Conversation with Emergency Services” on May 23, 2017, 12 – 1:30 pm, Seymour Center • Held two Fall Neighborhood Connections



		<p>information events at the Chapel Hill Public Library, and the Orange County Public Library</p> <ul style="list-style-type: none"> • Completed and actively distributing “How to Age in Place with Neighborhood Connections Guide.”
<p>Faith Outreach Team</p> <p><u>Meetings</u> 1st Mondays at Passmore, Art Studio II, 10 – 11:30 am (may not meet every month)</p> <p><u>Quarterly Faith Breakfast Meetings</u> Upcoming: March 19, 9 – 11 am at UNC Hillsborough Hospital</p>	<p>Mission: <i>To serve as an outreach channel and resource for Project EngAGE SRTs, as well as the Department on Aging, to distribute information, education, and opportunities to the faith-based community</i></p>	<ul style="list-style-type: none"> • Held two November 2015 Faith & Senior Hunger Symposiums & authored accompanying Senior Hunger how-to-resource-guide around supporting nutritional needs of aging at two local congregations • Prepared and widely distributed “Newsletter” offering to hold number of evidence-based and Project EngAGE based programs on-site, as well as programs from the other SRTs, OC Cares, and Healthy IDEAS. • Held a third Faith & Aging Symposium around Caregiver Support awareness, education and resources (October 13, 2016, 3 – 6 pm, Passmore Center) • Team worked closely with Duke Divinity graduate, to identify liaisons in each FBO, and to promote outreach with Orange County faith-based organizations. • Held and continue to hold Quarterly Faith Outreach Breakfasts at UNC Hillsborough Hospital (July 2017 - Present)
<p>Caregiver Support Team</p> <p><u>Meetings</u> 3rd Thursdays at Seymour, Conference Room, 10 – 11:30</p>	<p>Mission: <i>To provide caregivers with essential education and resources, as well as being advocates within the larger community.</i></p>	<ul style="list-style-type: none"> • Team serves in an advisory role to OC Cares Team • This new team is studying different aspects of available caregiving support and resources, and has been trained, as businesses are, through the Dementia Friendly Business Initiative • Held a third Faith & Aging Symposium around Caregiver Support awareness, education and resources (October 13, 2016, 3 – 6 pm, Passmore Center) • Team sponsored small focus group with caregivers to survey their challenges and needs.
<p>Mental Health & Wellness</p> <p><u>Meetings</u> 4th Thursdays at Seymour, Birch, 12:30 – 2 pm</p>	<p>Mission: <i>To support the mental health of seniors and their families through training and other initiatives provided for Project EngAGE SRTs, volunteers, and the community to increase their understanding of</i></p>	<ul style="list-style-type: none"> • Team is receiving various mental health trainings and learning about available resources and gaps • Team completed all-day Mental Health First Aid training • Team drafting Mental Health & Aging Resource Guide • Team planning Mental Health & Aging Panel Discussion for May 2019



	<i>the symptoms and treatments of mental illness while helping to alleviate the associated stigmas.</i>	
<p>Long-Term Care</p> <p><u>Meetings</u> 2nd Thursdays at Seymour, Birch, 1 – 2:30 pm (or at Signature Healthcare)</p>	<p>Mission: forthcoming</p>	<ul style="list-style-type: none"> • Team partnered with Signature HealthCare nursing home, in Chapel Hill, and Chapel Hill High School, to create twice-weekly volunteer visiting program (October – present)
<p>Intergenerational Aging</p> <p><u>Meetings</u> 1st Wednesdays at Seymour, Dogwood, 10 – 11:30 am</p>	<p>Mission: <i>To build and support a vibrant intergenerational community in Orange County by creating and promoting enduring and mutually beneficial intergenerational opportunities around programming, volunteerism, employment, social engagement, and living spaces.</i></p>	<ul style="list-style-type: none"> • Team developed and implemented an intergenerational pen-pal program, with over 40 older adult volunteers, and 55, 5th grade Cedar Ridge Elementary School students; pen pal program was conducted in partnership with the D.A.R.E program, and will hold a graduation in January 2019
<p>Aging Policy & Advocacy</p> <p><u>Meetings</u> 3rd Fridays at Seymour, 11:30 am – 1 pm</p>	<p>Mission: <i>To be a well-informed community around policies impacting Orange County older adults, as well as to build influential relationships with decision makers, initiate and facilitate calls to action, and lend support to local, state wide, and national aging-related issues.</i></p>	<ul style="list-style-type: none"> • Team is working to learn the local and federal policy landscape over Summer 2018 • Team is planning to work with Spread the Vote, a non-partisan group focused on helping people obtain IDs to vote
<p>LGBTQ & Aging</p> <p><u>Meetings</u> 2nd Fridays at Seymour, 1 – 2:30 pm</p>	<p>Mission: <i>To support Orange County LGBTQ older adults and their families by creating a welcoming and inclusive environment, advocating</i></p>	<ul style="list-style-type: none"> • Posted Pride flags at both senior centers • Team met with Durham LGBTQ Center to explore potential partnership; planning meeting with SAGE Raleigh • Planning first LGBTQ social event at the Seymour Center for Spring 2019



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	<i>for equality, and providing instrumental resources.</i>	
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