

**Municipal Data Across Sectors in Health (M-DASH)  
Eastport**

**Task Force Meeting -- December 15, 10a.m.-12p.m.** (By Zoom)

Attending: Tessa Ftorek, Eleanor Norton, Lynn Rutledge, Mark Green, Wesley Farley, Annaleis Hafford, Dyan Walsh, Barry Curtis, Traci Claroni, Marianne Moore, Ellen Angel, Al May, Joan Lowden, Debbie Pottle, John Ferland, Ellen Krajewski, Anne Stanley, Jeanne Peacock, Howard Johnson, Cammi Deschene, Thomas Hoskins, Jess Maurer, Effie Rorke, Anne Schroth

**Meeting Notes**

- I. Welcome & Brief Overview
- II. Partner Introductions
  - a. John Ferland: President, ORPC; partnering with city on smart microgrid; Interested in how energy efficiency and new way of delivering energy can help people live more comfortably.
  - b. Mark Green: Executive Director, Downeast Community Partners, serving Washington and Hancock Counties.
  - c. Wes Farley: Retired from Kentucky, transitioning to Eastport to live.
  - d. Cammi Deschene: Director, Eastport Memorial Nursing Home; lived in Eastport whole life.
  - e. Lynn Rutledge: Priest, Christ Episcopal Church; President of food pantry and emergency heating program.
  - f. Annalies Hafford: Olver Associates, working with City of Eastport on engineering activities, including wastewater treatment; personally concerned about topic of aging because have seen struggles mom and dad.
  - g. Dyan Walsh: Executive Director, Eastern Area Agency on Aging, serving Washington, Hancock, Piscataquis, Penobscot counties, lots of programs for older people.
  - h. Sheriff Barry Curtis: Washington County Sheriff for 6 years; take strong interest in anything going on in Washington County.
  - i. Marianne Moore: State Senator District 6, including all of Washington County; member of Aging Caucus in Legislature; volunteer for Meals on Wheels.
  - j. Ellen Angel: 20-year resident of Eastport; architect in Bangor; President of Board of Eastern Area Agency on Aging.
  - k. Joan Lowden: moved to Eastport in 2018 after 35 years in California; database analyst; Eastport Parks and Rec Committee (focused on developing rec facilities for older adults, including pickleball).

- l. Ellen Krajewski: CEO, Eastport Health Care, FQHC with primary location in Eastport (also Machias, Calais).
- m. Tessa Ftorek: Born and raised Eastporter; mostly retired educator; Vice President of Board of Eastport Memorial Nursing Home; volunteer in community.
- n. Eleanor Norton: Originally from Eastport, came home at retirement.; volunteer at New To You Thrift Shop.
- o. Debbie Pottle: RN Care Coordinator, Eastport Health Care; Diabetes Prevention, focus on social determinants of health.
- p. Anne Stanley: 7<sup>th</sup> year in Eastport; retired Episcopal priest from other side of state; do some preaching; play in orchestra; on board of Edge (formerly downtown) Committee; food delivery and meal prep, meal delivery for people who can't get out.
- q. Eastport Treasurer: Trace Caroni: treasurer in Eastport for a dozen years.
- r. Al May: Maine CDC, Public Health Liaison for Downeast District (Hancock and Washington Co.); Healthy Aging Committee, Summit on Palliative Care; Cancer Committee (statistics are high in Wash. Co.); Alzheimer's and Dementia Committee.
- s. Jeanne Peacock, Eastport City Council
- t. Howard Johnson, Eastport Public Works Manager

### III. Background and Explanation of M-DASH Project

- a. Demographic shifts
  - i. We are living longer but systems that have always worked for us haven't adapted, e.g. the way we deliver care; transportation systems, the way we build houses.
  - ii. We all want to age in our homes or communities of choice, but we have not built the systems that support this view of aging. WHY?
    - 1. Collectively, we see aging as bad. Aging is about decline; bodies breaking down.
    - 2. We are experiencing aging at individual level: *I can't get the care I need. I can't get transportation. I am only one struggling to pay bills. I'm only one caring for parent with dementia.*
  - iii. We need to shift to the collective: Collective effort to fix systems based on data.
- b. How to address the challenges
  - i. Muskie School report (2017): <https://digitalcommons.usm.maine.edu/aging/108/>
    - 1. We need Integrated systems of formal and informal care, low-cost, high-value, at all levels – Volunteers, community-based organizations, healthcare
  - ii. Needed strategy to bring in municipal leaders into conversation:
    - 1. January 2020: MCOA piloted Dashboard Project with South Portland.
    - 2. Secured funding to bring South Portland to next phase and pilot process with 3 more: Eastport, Gray, Hallowell (geographically diverse; different challenges and opportunities; different sizes).

- c. M-DASH Eastport Project
  - i. Currently have funding for year 2 and likely year 3.
  - ii. Over next year (hopefully 3):
    - 1. Start by building data dashboard for Eastport
      - a. MCOA begins with publicly available data; then flesh out with additional data from Task Force participants.
      - b. Dashboard will need to live somewhere as municipal resource and be available for people to use it.
    - 2. Based on Data Dashboard, the Task Force will identify the most pressing issues and, through action planning process, will choose the first issue to focus on.
    - 3. Hoping to be able to implement initiatives, bring resources to Eastport, and measure them over time.
  - iii. MCOA offers technical assistance and will lead the process but what happens will be up to the Eastport Task Force.
- d. Relevant trends
  - i. Maine is oldest state by median age and the most rural state.
  - ii. Lowest working age population.
  - iii. More than a third of older Mainers live on Social Security alone (means you start doing without things; ration meds, reduce heat, don't fix homes when need to)
  - iv. There is significant need in Maine for home repair.
  - v. Many variables: whether have resources or not; whether help available or not: Whether a person can find what s/he needs in the community depends on whether s/he can stay in the community.

#### IV. Review of draft dashboard elements

- a. See PowerPoint presentation and PDF of Data Dashboard attached.

#### V. Discussion

- a. Important omission from data -- seasonal population. They wouldn't be in census but seems important to try to track it down. Many will permanently transition to Eastport in retirement.
  - i. Thomas: trying to compile that data based on real estate transactions., etc. 55% to 60% are people who are transition into full time. Population doubles in summer.
- b. How easy it would be to help solve "SNAP Gap"
  - i. Resources: health center, pantry, Washington Co. Food and Fuel Alliance, Ecumenical Panel.
  - ii. Challenges: pride, shame get in the way; transportation to resources
  - iii. Data Needs: Need to dive deeper re: utilization of local programs.
- c. Transportation
  - i. Sheriff Curtis: Data on driving abilities.
    - 1. Getting lost and disoriented
    - 2. Accidents
  - ii. Al May: Washington County has highest rates of older people with driver licenses. Highest in state on motor vehicle accidents and fatalities.
  - iii. The city owns a car that is available to seniors – can we get usage data?

- d. Follow-up Data
  - i. Effie/Anne will follow up with each of you who might have additional data.
  - ii. What is available now and what we don't have that we might be able to collect.
  - iii. Dyan: EAAA sent localized data to Eastport in November.
  - iv. Ellen: Eastport Health Care has strong data backbone: will see what data elements we can give you about seniors (social determinants of health in electronic health record; patient satisfaction).
  - v. Thomas: Recording who comes to city hall and why (weekly and monthly); also might have some non-identifiable statistics re: General Assistance.
    - 1. There are 3 subsidized housing projects in Eastport – can we get waitlist data?
    - 2. City treasurer: could we get data about any elderly people having trouble paying water/sewer bills?
  - vi. Jeanne & Ellen: Eastport has been age-friendly community morphed into Senior Circle group that worked on Eastport healthcare: those minutes have a lot of good ideas.
  - vii. Passamaquoddy Tribe contiguous to us does great job with elder care and taking care of older adults. That is a resource for us.
  - viii. John Ferland: Efficiency Maine Trust might have data?
  - ix. Al May: Economic and Community Development Data

VI. Next Steps

- a. Task Force Meetings will be every other month.
- b. Anne and Effie will work with partners to help gather data in between meetings with follow up at the next meeting with the whole group.
- c. Next Meeting: **February 2, 2021, 10a.m.-12noon**