



**M-DASH South Portland Meeting**  
**Tuesday, February 16, 2021 ~ 10a.m.-12p.m.**

**Zoom Meeting Notes**

**Attending:** Jason Adour, Sue Henderson, Dwayne Hopkins, Lisa Joyce, Gabe Martinez, Jess Maurer, Josh Reny, Effie Rorke, Barb Skelton, Anne Schroth, Ann Tucker, Sandy Warren.

<b>Agenda</b>	<b>Discussion</b>	<b>Action</b>
Update on Data	<p><u>National Community Survey</u> (Josh and Sue)</p> <ul style="list-style-type: none"> <li>i. Standardized survey but each community has opportunity to do some add-ons               <ul style="list-style-type: none"> <li>a. Very successful – lots responded – broad demographics</li> </ul> </li> <li>ii. Good report overall – will post a link to council meeting where it was shared.</li> <li>iii. 700 responses (AF survey got 1000 back); all age groups.               <ul style="list-style-type: none"> <li>a. At the city we have the ability to break it down: e.g. mobility; sidewalks; age groups</li> <li>b. Could be useful to us?</li> </ul> </li> <li>iv. We can explore how to break down different segments but if it creates smaller sample, might not be statistically significant.</li> </ul> <p><u>Update on M-DASH final data dashboard and specific topic dashboards</u> (Effie)</p> <ul style="list-style-type: none"> <li>i. Updates               <ul style="list-style-type: none"> <li>a. Full South Portland Data Dashboard</li> <li>b. Falls Dashboard</li> </ul> </li> <li>ii. From Patricia’s               <ul style="list-style-type: none"> <li>a. Housing Dashboard</li> <li>b. Food Security Dashboard</li> </ul> </li> </ul> <p><u>Where should this data live?</u></p> <ul style="list-style-type: none"> <li>i. Josh: on the city website</li> <li>ii. With age-friendly page most likely</li> <li>iii. Links can be shared with partners and put on website</li> <li>iv. City has e-newsletter, as well.</li> </ul>	

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Work Group Reports & Discussion	<p><u>Intervention Work Group</u></p> <ul style="list-style-type: none"> <li>i. What happens when someone falls, depends on what happens to them               <ul style="list-style-type: none"> <li>a. Transported</li> <li>b. Not transported</li> <li>c. No call – so screened at annual wellness</li> </ul> </li>   <li>ii. Lowest hanging fruit – get into home and do an assessment               <ul style="list-style-type: none"> <li>a. South Portland Housing Authority meeting re: housing assessment and home repair                   <ul style="list-style-type: none"> <li>i. SPHA willing to be front line referral to do in-home assessment</li> <li>ii. Refer to Habitat or Opportunity Alliance if SPHA can't do the work</li> <li>iii. Next conversation with all (Habitat; OA; SPHA)</li> </ul> </li> <li>b. EMS/Fire Chief                   <ul style="list-style-type: none"> <li>i. How to create referral process within EMS for people who are not transported</li> <li>ii. Next step to talk to EMS coordinator to figure out if he can look for falls and figure out if a follow up call could be done to connect to services.</li> </ul> </li> </ul> </li>   <li>iii. Other Steps for Intervention               <ul style="list-style-type: none"> <li>a. More conversations with providers to figure out what happens when falls are identified.</li> <li>b. Need to map out work flows</li> </ul> </li>   <li>iv. Discussion               <ul style="list-style-type: none"> <li>a. When someone has a fall could EMS give them a schedule for community center?                   <ul style="list-style-type: none"> <li>i. If recurring thing – would that solve some of the siloing?</li> <li>ii. Leaving handouts is not the most effective in terms of people seeking help.                       <ul style="list-style-type: none"> <li>1. But...could EMS coordinator connect people to the community center?</li> <li>2. If not EMS Coordinator, then who?</li> </ul> </li> </ul> </li> <li>b. Could Age-Friendly South Portland take on this role as volunteers?                   <ul style="list-style-type: none"> <li>i. If we could get around HIPAA issues.</li> </ul> </li> </ul> </li> </ul> <p><u>Prevention Work Group</u></p> <ul style="list-style-type: none"> <li>i. Home maintenance is a big issue               <ul style="list-style-type: none"> <li>a. Changing lightbulbs and other smaller jobs, as well as bigger.</li> </ul> </li> <li>ii. Communication &amp; Messaging</li> </ul>	

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	<ul style="list-style-type: none"> <li>a. Interesting data: The power of strength/weakness is related to falls. The power of depression: 3.8x more powerful than weakness. <a href="https://pubmed.ncbi.nlm.nih.gov/20085954/">https://pubmed.ncbi.nlm.nih.gov/20085954/</a> <ul style="list-style-type: none"> <li>i. Need to think about other programs not relevant to falls specifically.</li> <li>ii. Dartmouth Hitchcock study of MoW recipients and behavioral health – also shows lasting and successful model.</li> </ul> </li> </ul>	
<p>Common issues across both intervention and prevention</p>	<p><u>How do we make falls prevention sexy? Convince people to live their best lives?</u></p> <ul style="list-style-type: none"> <li>i. Don't believe it would do any good.</li> <li>ii. Cost; transportation; etc.</li> <li>iii. People who don't think it is for them</li> <li>iv. Underappreciation among healthcare for what programs can do</li> </ul> <p><u>What do people do in SP? How can we get the word out?</u></p> <ul style="list-style-type: none"> <li>i. No shortage of outside spaces <ul style="list-style-type: none"> <li>a. Mill Creek Park – summer concerts; etc.</li> <li>b. Wainwright Athletic complex</li> <li>c. Community Center on West End.</li> </ul> </li> </ul> <p><u>Action Ideas</u></p> <ul style="list-style-type: none"> <li>i. Something outdoors: people seeing others engaging in something fun can make a connection.</li> <li>ii. Lots of programming through physical activities builds a sense of community.</li> <li>iii. Community challenge – like having SP be #1 community of strongest group of older people...</li> <li>iv. Emotional and psychological healing will need to happen because of COVID <ul style="list-style-type: none"> <li>a. How long will it take?</li> <li>b. When will people be ready to go out?</li> <li>c. What about: South Portland Age-Friendly helps people get ready for going out again?</li> <li>d. Maybe Tai Chi for health (outside) is a good way for healing? (With a chair nearby to be safe)</li> </ul> </li> <li>v. Could use multi-level communication; lots of neighborhood FB groups</li> <li>vi. Jason's All About Balance: Willing to take that outside, as well. Use a chair; all-abilities; we have waivers that could be signed and a couple staff members who could do it, too.</li> </ul>	
<p>Next Steps</p>	<ul style="list-style-type: none"> <li>i. Next meeting is scheduled for April 20 but several conflicts; will send a Doodle to re-schedule.</li> <li>ii. Going forward: each work group continues, with reporting back and discussion in this meeting.</li> </ul>	