

# ICRN Monthly Meeting Agenda and Minutes – September 25, 2019

**Location:** Phone Conference    **Time:** 1 to 2 pm

**Attendees:** Raj, Chrishun, Phyllis, Tessa, Darby, Elaine, Crystal, Susan, Mary, Michelle, Jennifer, Helen, Tarisha

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## Agenda Item

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### WELCOME

### ATTENDANCE

### AGENDA

#### ❖ DEMENTIA FRIENDLY ILLINOIS

##### **Discussion: – Darby’s Report (Recap of Dementia Friendly Ill. Sub Committee Phone Meeting 9/18)**

- 9 people were on the Dementia Friendly Ill. Sub Committee meeting held on 9/18.
- Michelle Newman talked about how they are making an effort to bring together the UChicago, UIC and Rush University/Northwestern/SIU GWEPs for a meeting.
- Barbara Sittler talked about the Dementia Event in Evanston that will be held in November. Raj will be the keynote speaker for the event. (\*\*See the ICRN website for the full post and online registration information).
- A representative from the UChicago Share Network was on the call, shared that they were working on the second iteration of the Dementia Champion program, and are setting up caregiver support groups in compliance with application requirements to become Dementia Friendly Hyde Park.
- Glencoe having a Dementia Friendly training on November 4. Emily from the Glencoe gave an update on the Mayor’s Caucus that she attended. She was also on a podcast for Dementia Friendly Glencoe. Darby has the link and will forward to Chrishun to post on the ICRN website.
- Darby gave a recap of her presentation for the Illinois Department on Aging (IDOA) Conference in Peoria. They did a session with the City of Chicago regarding their new ACL grant and the work that they are doing in Dementia Friendly/Capable Chicago.
- Tessa announced that UChicago Memory Center is applying for an exploratory grant to become an Alzheimer’s Disease Center through the NIA. Tessa will update as plans develop.
- Susan met with the Westmont community and they are planning their kick-off event for October 9. Susan will continue to work with them as they organize activities for the rest of the year.
- Helen announced that Oak Park is coming onboard to become a Dementia Friendly community. River Forest is assisting them with their launch.
- Raj talked about how recognized communities are starting with reach out to other communities to help with their efforts. Highland Park Police Department has expressed some interest. Raj would like the ICRN to encourage more communities to participate in

the Dementia Friendly Sub-Committee meeting that Darby leads. Susan also said that she has received an inquiry from Palos Park.

- Darby gave an update on the quarterly Age Friendly Chicago meeting held on 9/23. There are 21 senior centers throughout the City of Chicago and each one has initiated a "village model." The city has identified volunteer leaders in each senior center and each leader has identified volunteers within the village to become an organization that focuses on isolated living education/intervention. Which is part of the ACL grant that was received by the City of Chicago. There will be a summit in January 2020 bringing all the villages together to share resources and best practices.
- Raj & Michelle gave an update on the meeting with the GWEPs held on Monday, 9/23. The GWEPs shared ideas and strategies that they found successful. There was also an agreement for the GWEPs & ADRDs to have an annual summit to share ideas and best practices. Tarisha is going to reach out to each group to get date and location ideas. More info will follow.
- Susan discussed the DF toolkit for communities – she is sending out email blasts and they have developed some PDFs as a resource that they can use to help share about Dementia Friends/communities ideas and training opportunities. There will be a more formalized schedule for training Dementia Champions. The first training will be held on Oct 4. Another training will be held in November (date TBA).
- A discussion was led by Raj on the most effective ways that we can spread DF to other communities to build and grow our reach. Elaine discussed how she uses various strategies in her CATCH-On activities to reach out and educate new communities who express interest.
- Tessa's report on the Dementia Cruise: The event, which was held on Tuesday, 9/24, was sold out with 100 people attending. Lovely weather and a complete success. Handmade quilts were donated for each dementia patient. Some of the feedback that they received was that they want less education and more recreation. Raj raised the question on whether the boat trip and/or similar events should be more frequent. Tessa replied that they are definitely open to doing multiple boat rides and luncheons throughout the year - with the help of more sponsors.

#### Following is a recap and some testimonials shared from the event:

Hi all, I'll include this here (and for the minutes if relevant). We had a successful boat ride on the Chicago River yesterday (dementia friendly cruise). Over 100 attendees for this 2<sup>nd</sup> annual event, with refreshments, music, art-making, and donated handmade quilts for each one to take home. Will have a post-event write up with photos. Here are some testimonials (just a few from our many):

"I just had to stop and tell you what a great day this was for me today. I did not realize it as the day was progressing, but by this evening I realized what it was like to be "free" again. The weight was lifted and that "old" feeling felt great. I don't know how long it will last, but it was wonderful. I don't know how many hours it will last for, but it was great - and something for me to work at getting back. Thank you for your love and support. The folks on that boat ride were wonderful!"

"Today is one of the best days ever for our Girl's Day Outing. All hosts were outstanding. Such a beautiful day to create memories with mother. She just got out of the hospital Monday. I am truly grateful for this Blessing."

"I loved the boat tour... This helps us not feel alone and hopeless."

"Today was a wonderful day to ride a fantastic glass-topped boat and see the beautiful architecture buildings, parks, people etc. enjoying the river. The refreshments were great. The staff were very outgoing and helpful to us. We felt very appreciated and welcomed. We also made a new friend. Please do this again next year."

"The day was fantastic! Very well organized, staff friendly and helpful. Thanks to all sponsors for their support of a wonderful event."

"Loved, loved, loved the cruise! Best two hours I've spent in a while."

"Thank you for a wonderful day! A great way to meet new people in the area with similar experiences."

"This has been a beautiful, wonderful, and happy experience...The entire staff was friendly and so helpful. What a wonderful opportunity for us – we the people who rarely "get out" or go someplace so exciting that under normal circumstances we would never see. We loved every minute of it. Again MANY thanks for making this possible!"

## ❖ DEMENTIA FRIENDS ILLINOIS - Susan

### Discussion:

Current numbers:

- Dementia Friends – 3,054
- Dementia Champions - 56

### Discussion: Susan

- Dementia Friend & Champion Training: Susan announced that there would be a Dementia Champions training webinar on Friday, October 4. So far, six people have confirmed. There will be another training held in November, date TBA.
- The group also discussed ways to share our successes and strategies with other champions. Tessa of UChicago is a Dementia Champion and shared some of her creative strategies in Hyde Park to do outreach – the biggest being to try to incorporate your Dementia Friendly activities into your workday and day-to-day activities so that you do not make extra work for yourself.
- Mary shared that one of her strategies is that she make Dementia Friends at meetings that she attends.
- She is looking for creative ways to enhance the trainings to assist Champions in their outreach efforts – encouraging them to share their successes with other Champions and to go beyond their workplace and into the communities with dementia awareness activities. Susan also stated that another DF goal is to recruit more Champions who work outside of the healthcare network because the goal is to reach out to people who may not know a lot about dementia.
- Raj: a group from the G8 Summit on Dementia sent out a survey to DF all communities asking them to share what communities are doing around dementia friendly initiatives. Dementia Friendly Illinois is in the process of completing the survey, which is due on 9/30.

Action: Susan will forward a flyer to Chrishun to post Dementia Champions event details on the ICRN website.

## ❖ CATCH-ON

- No updates on train the trainer (Mary)
- UIC group put together a phone APP for dementia friendly resources. We will ask them to share a write-up to post on the ICRN website.
- Tessa spoke with Jason from SHARE and they are getting involved in “The Un-lonely Project” which will focus on forming a local group to address to the public health concern of social isolation and loneliness. Website: [www.artinhealing.org](http://www.artinhealing.org).

## ❖ **DEMENTIA CAPABLE EFFORTS (IDOA)**

### **Discussion:**

- Greg was not on the call because he was conducting a Savvy Caregiver Train-the-Trainer session. 20 new trainers attended.
- Phyllis reported that they had just completed a pilot of the Dementia Care Specialist Program for aging network staff working with people stricken with dementia in a non-clinical setting. They developed the training as a combination of a webinar and in-person training. She was able to present the training at the IDOA Conference in Peoria. They will announce a state-wide roll-out of the trainings schedule at the end of October. They are hoping to hold an in-person session in Chicago and perhaps downstate by the end of the year.

**Action:** Phyllis will send more information about the trainings to Chrishun to post on the ICRN website.

## ❖ **ALZHEIMER'S DISEASE ADVISORY COMMITTEE UPDATE**

### **Discussion:**

- A meeting will be held on October 28, at Northwestern Hospital. They will continue to work with the writing team to update the State Plan.
- The main focus will be to form review a draft of the State strategic plan.
- There are three recipients for the Alzheimer's Disease Research Fund Grant.

## ❖ **Other News/Updates:**

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- Hover cursor in lower right corner and click on the pop-up "subscribe"
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**Next Meeting Wednesday, October 23rd**