

## **Public Health Council of the Upper Valley**

Partner Meeting

March 15, 2024

See list of attendees at the end of the notes.

### **Welcome & Opening Remarks**

- Future meetings will generally have first 1 hour driven by an agenda/topic, and last hour as an open sharing time between partners.
- For the rest of 2024 meetings will be hybrid and held at Hypertherm (71 Heater Road, Lebanon)

### **PHC Partner Meeting Topic: Addressing Social isolation in the Upper Valley**

Introduced topic with airing of short video: [Join, or Die](#) (3 minutes)

Panelists:

#### **Karry Smardon, Alice Peck Day Memorial Hospital**

- APD providers are now screening patients for isolation, depression, anxiety, and SUD.
- They make referrals to mental health and social workers as needed. Their geriatric care social workers can do home visits.
- About 20% of those screened are positive.
- They are looking for more outreach capacity and resources.

#### **Kathleen Vasconcelos, Grafton County Senior Citizens Council**

- Their staff were concerned about client isolation even before the pandemic. They have several strategies to address the needs:
  1. For their elderly rural clients, and people who are homebound, they provide Meals on Wheels with a check-in, virtual programs, and ServiceLink home visits.
  2. Transportation to Senior Center Programs and other services.
  3. When people lose their partners and are grieving, they make 1:1 connection to find out about interests and facilitate connections.
  4. People who might not see themselves as Senior Center clients can be recruited as volunteers and they get the same benefits.

#### **Carmen Lachle, Special Needs Support Center**

- SNSC works with and for children and adults with disabilities. Underlying challenges with accessibility leads to corresponding isolation.
- In healthcare, for example, the needs of people with disabilities are often not addressed (e.g. catheter care).
- There are long-term concerns for adults with disabilities living with elderly parents and what this means for their ability to get around and their futures.
- One of SNSC's solutions is to offer hybrid programs. They have also launched an assessment of businesses and organizations that looks to increase accessibility (Enabled UV – see flyer with email).

#### **Amanda Jordan Smith, Volunteers in Action, MAHHC; the Intersectional Solidarity Movement; & LGBTQIA2S+ & Allies of Windsor, VT**

- Volunteers in Action (VIA) addresses isolation in several ways – by ensuring people have rides, providing Meals on Wheels and friendly visits, and volunteering opportunities.
  - One of the drawbacks of “aging in place” is the loneliness.

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- It's always important to consider the needs of people in our communities who do not fit into traditional clubs, where they may not feel safe or welcomed.
- If you truly want to include historically marginalized people in your gatherings/groups, be thoughtful about what messaging and signals you send and how welcoming you are.
- BIPOC folk in our community do not have a lot of places to connect.
- Online communities and hybrid events are important and fill gaps in opportunity.
- We need to fund alternatives and targeted ways for people to connect.

### Martha Tecca, CommunityCare of Lyme & SHARe

- In Lyme, CCL has found that among older people one thing they really miss is sharing meals with friends.
- Newcomers miss their own culture and familiar things. These folks are often “over-served and under-seen.”
- Many of us are over-worked and over-committed, but this does not mean we are well-connected. There is so much noise – numerous newsletters, listservs, etc. – that it is hard to find and make choices. We would do well to focus on supporting each other's events and don't always compete.

### Kristen Coats, Lebanon Opera House (LOH)

- LOH is one spoke in the wheel to human thriving along with all our social-profits. Examples include working with SNSC on social stories and meeting the needs of the neurodiverse; working with Altogether to be a Recovery Friendly Workplace, offering Narcan Training; and making connections to the LGBTQ+ community.
- Looking at how to serve older adults and people with no reliable transportation (e.g., time of day for events).
- They are building on-the-move/mobile performance capacity.
- To be listed as a LOH partner, go to their website for the [form](#) to sign up.

### Hanna Brooks, Dartmouth Health, Young Adult Strategies Coordinator

- Youth are hungering to connect with adults, who all see distracted by other issues (policy, budgets, etc.).
- She works with gender diverse groups at area high schools. Students have asked for help with mental health.
- There are disturbing trends in local data.
- We need to build more organizational collaboration and maintain spaces where people can thrive.
- Ask youth and then listen!

### Discussion of Isolation Topic

- Several people asked about whether folks are tracking the intersectionality of things like LGBTQIA+ and disability or disability and isolation.
- Rudy Fedrizzi shared that UNH has eliminated single rooms for freshmen when they realized that singles were a negative predictor of school success. He also mentioned the HomeShare movement as a way to address isolation for older adults living alone.
  - Vermont HomeShare at Thompson Senior Center
  - Link <https://vershare.org/wellness/> or ask for Shari: (802) 457-3277

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- Dan Wargo shares that TLC Recovery Program offers a multiple of free events throughout the year for those in recovery in the Claremont area and they are planning on hosting events in Lebanon very soon. The opposite of isolation is connection and giving people the chance to be a part of a community and to learn that recovery can be fun has literally saved lives. Connection is so important, not just with people with SUD, but for all of us!
- Judi Caprio shares that Headrest continually works at getting individuals involved through our treatment programs and public education on suicide prevention.
- Pru Pease identified the isolation of caregivers, who might be working full-time jobs and then going home to care for loved ones.
- Gregory Wilson shared that Vershire is putting Community and Mental Health into their Town Plan. He asks about how we can integrate data collection and planning at that level.
- Barbara Farnsworth shared that the new Community Health Needs Assessment will include questions about isolation in their discussion groups.
- Kristen Barnum reports that Community Nurses reported over 2000 times in 2023 their encounters with a client reduced social isolation for the client of family member. More details at [https://www.communitynurseconnection.org/uploads/5/6/7/9/56796497/2023\\_annual\\_redcap.pdf](https://www.communitynurseconnection.org/uploads/5/6/7/9/56796497/2023_annual_redcap.pdf)

### Partner Sharing & Introductions

March 30, 9:00 am to 3:00 pm

APD Sponsors Educational Conference about Human Trafficking in New Hampshire

Mascoma Valley Regional High School

For more details and to register (required):

<https://www.alicepeckday.org/apd-sponsors-educational-conference-about-human-trafficking-in-nh>

June 19 (Wednesday), 5:00 to 7:30 pm

Town of Hartford's 9th Annual Block Party - celebrating ways to connect, be healthy and have fun!

Lyman Point Park

If you work for/are involved in a local organization, nonprofit, social service agency, club - please register today!! Link to register your organization: <https://forms.gle/dr3LiLLwA3fWGwkq6>

Free Monthly Events

Improv for Caregivers

Offered by Lake Sunapee Region VNA & New London Barn Playhouse

[For more Information](#)

### Upper Valley Community Health Need Assessment

Every three years, Dartmouth Health members and partners conduct a Community Health Needs Assessment - a 10 minute survey - where we ask community members what the health needs are in their communities. The results of this survey help inform where DHMC Community Benefits resources are invested into our community.

**Your participation in this survey makes a real difference. Help inform future funding decisions by taking the survey today:** <https://survey.jsi.com/s3/Dartmouth-Health-CHNA24> [survey.jsi.com]

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### Next Meeting:

Friday, May 17, 2024, 9:00 to 11:00 am

Location: 71 Heater Rd, Lebanon at Hypertherm

Or Join with Teams on your computer, mobile app or room device:

[Click here to join the meeting](#)

Meeting ID: 230 801 632 164

Passcode: i5WSju

## PHC Partner Meeting, March 15, 2024

### Attendees:

Barnum	Kristin	Community Nurse Connection
Baskin	Cara	GUVIST
Bergeron	Stephanie	WCBH
Boutwell	Mark	Senior Solutions
Brooks	Hanna	DHMC
Butts	Megan	UVLSRPC
Caprio	Judith	Headrest
Chambers	Lauren	DHMC
Chiocchio	Stacey	Hypertherm/HOPE Foundation
Coats	Kristen	Lebanon Opera House
Cooper	Regina-Ann	VDH
Desilets	Rebecca	City of Lebanon
Ely	Alice	Public Health Council of the Upper Valley
Esdon	Jim	Injury Prevention Center, Dartmouth Health
Farnsworth	Barbara	DHMC
Fedrizzi	Rudy	VDH/WRJ
Harding	Laurie	Community Nurse Connection
Hayes	Tracey	Public Health Council of the Upper Valley
Kreis	Nancy	Dartmouth Health
Lachle	Carmen	Special Needs Support Center
LaRoche	Kendra	Special Needs Support Center
Martin	Lauren	New Futures
Mason	Peter	Headrest
Mayfield	Brett	PHC Board
Newbern	Jeanne	LSRVNA
O'Donnell	Beth	Alice Peck Day Memorial Hospital
Smardon	Karry	Alice Peck Day Memorial Hospital
Smith	Amanda	MAHHC, ViA
Smith	Andrea	DHMC
St. Ivany	Amanda	Lebanon Community Nurse
Storey	Ruth	CHaD Family Advocacy Board
Sullivan	Cherry	Upper Valley Haven

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Tecca	Martha	CommunityCare of Lyme
Vasconcelos	Kathleen	GCSCC
Wargo	Dan	TLC Recovery Center
Williams	Kym	Consultant
Zanleoni	Emily	Hartford Community Coalition