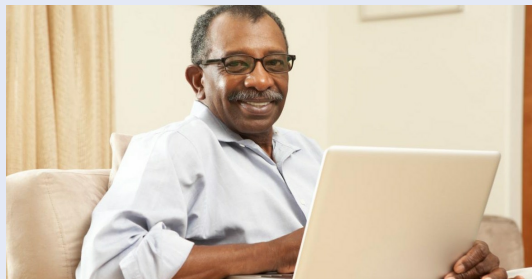


September 10, 2021

Age-Friendly Public Health Systems Learning and Action Network News



News:

In honor of Healthy Aging Month, the U.S. Department of Health and Human Services' Office of Disease Prevention and Health Promotion and Trust for America's Health hosted a virtual Healthy Aging Symposium on September 8th and 9th. National researchers, state and local health officials, and policymakers from across the United States shared their work and lessons learned during the COVID-19 pandemic. The symposium also focused on addressing the social determinants of health to reduce health disparities and improve long-term recovery and resilience. The sessions were recorded and can be viewed starting on Monday September 13th at [health.gov](https://www.health.gov).

Events and Opportunities:

Age-Friendly Public Health Systems Monthly Trainings

Collaboration between the public health and aging services network is crucial for addressing older adult health and well-being. TFAH's September AFPHS training will feature Carrie Molke, Director of the Bureau of Aging and Disability Resources in the Wisconsin Department of Health Services, who will share the importance of advocating and instigating age-friendly transformation in a public health or aging services organization.

This session will occur on **Thursday, September 16, 2021 at 3:00 pm ET**. Register [here](#).

You can also view a recording of our August training – [Preparing for Public Health Emergencies](#)

Health Equity Summit – *Wednesday & Thursday, September 15 – 16, 2021, 1:00 pm – 4:00 pm ET*. Hosted by the Alliance for Health Policy, this session, which is part of the 2021 Signature Series, will include a series of fireside chats, panel discussions, and lightning round conversations on the policies and practices that perpetuate existing inequities in our society. Tangible policy options to start advancing health equity will also be discussed. Register [here](#).

Advancing Social Connections for All – *Thursday, September 23, 2021, 4:00 pm – 5:00 pm ET*. Hosted by Grantmakers in Aging, this webinar will explore how philanthropic leaders can support the redesign of community-level systems in order to advance meaningful social connections. Register [here](#).

Special and Vulnerable Populations COVID-19 Forum– *September 24, 2021, 2:00 pm ET*. Hosted by the National Center for Equitable Care for Elders, this webinar series will address how COVID-19 has impacted health centers across the country and the special populations they serve. Future dates for this four-part series are November 19, 2021, January 28, 2022, and March 25, 2022. Register [here](#).

Social Isolation and Loneliness Among Caregivers during the COVID-19 Pandemic – *Wednesday, October 6, 2021, 12:00 pm - 1:00 pm ET*. Hosted by the National Institute on Disability, Independent Living, and Rehabilitation Research, this is the final installment of a four-part national webinar series on research related to social isolation and loneliness. This session will focus on social isolation and loneliness among caregivers during the COVID-19 pandemic. Register [here](#).

Amplifying All Voices in Aging – *Wednesdays, October 6, 13, 20 & 27, 2021, 3:00 pm ET*. This SCAN Foundation Virtual Forum is a four-week series that will explore the stories of real people aging and engaging with health care and long-term services and supports systems. Register [here](#).

Request for Proposals – TFAH’s Age-Friendly Public Health Initiative Evaluation

TFAH is pleased to provide an opportunity to evaluate our AFPHS project. The project start date is November 1, 2021 and the evaluation should be completed by March 31, 2023. For more information about this opportunity, you can access the RFP [here](#).

Funding Opportunity – Request for Technical Assistance: Infection Prevention and Control Assessment Training—Supporting Local Health Departments in Conducting TeleICARs at Long-term Care Facilities with APIC Consulting Services

The National Association of County and City Health Officials, with support from the Centers for Disease Control and Prevention Division of Health Quality and Promotion, has announced a new opportunity for local health departments (LHDs) to build infection prevention and control (IPC) capacity through partnership with Association for Professionals in Infection Control and Epidemiology Consulting Services. The goal of this is to enhance IPC capacity in LHDs so they can better respond to infection threats, such as COVID-19 and healthcare-associated infections, in long-term care facilities. LHDs will receive technical assistance from a locally-based board-certified Infection Preventionist. The deadline for submitting requests for technical assistance is Friday, October 1st. More information on this opportunity can be found [here](#).

Resources:

COVID-19

Resources to Help Increase Vaccine Confidence

The National Association of County and City Health Officials has recently developed “[Increasing Vaccine Confidence: A Resource Guide for Local Health Departments](#),” a guide that includes tools and resources that LHDs can utilize to address vaccine confidence at the local level and among various populations. The resources in the Guide include toolkits, videos, fact sheets, and model practices that were developed by federal, national, and local organizations.

Funding to Support Community Health Workers

To support COVID-19 prevention and control, the Centers for Disease Control and Prevention (CDC) awarded more than \$116 million in year one of a three-year, \$348 million program, to organizations for community health worker (CHW) services. In addition, the agency awarded more than \$6 million of a four-year \$32 million program for training, technical assistance, and evaluation. See the [awardees both of these funding opportunities](#).

Additional Resources

Re-evaluating Thrifty Food Plan Provides Increased Access to Nutrition

There are more than 42 million people that rely on the Supplemental Nutrition Assistance Program (SNAP). The United States Department of Agriculture recently re-evaluated the [Thrifty Food Plan](#), used to set SNAP benefits. After this evaluation, the purchasing power of the plan increased by 21% for the first time since it was introduced in 1975. On October 1, the SNAP maximum benefit amounts will increase as a result.

Preparing for Disasters during National Preparedness Month

September is National Preparedness Month. To help people prepare for disasters and emergencies, the National Association of County and City Health Officials developed a [blog post with recommendations and links to plan for emergencies](#). The post includes resources from the Federal Emergency Management Agency and shareable social media graphics.

Brain Health and Exercise in Older Adults

In addition to the benefits on the body, [consistent exercise also has demonstrated benefits on the brain](#). A comprehensive review of ten studies encompassing over 23,000 adults published in Mayo Clinic Proceedings suggests that people who exercise are less likely to develop Alzheimer's disease compared than those who are mostly sedentary. Research published in Neuroimage suggests that the hormone irisin, which is produced by muscles during exercise. This hormone supports the function of neurons hippocampus, which is considered the mind's "memory command center."

The Impact of Ageism on the Community

Older consumers have a major social and economic impact on our society [Ageism impacts every sector](#), including employment, health, housing, safety, abuse, neglect, and fraud. The presence of this type of discrimination underscores the lack of respect given to older adults. The Global Coalition on Aging held the first forum on Longevity and the Silver Economy in Helsinki, Finland in July of 2019 to discuss these issues and resolved to commit to: 1) major disruption around aging issues; 2) inspired leadership for positive aging; 3) better understanding of the varied needs of older adults; 4) vigorous innovation and productive collaboration across all sectors; 5) creation of effective multi-generational teams; 6) more catalysts for action.

Engaging an Elder Corps

In 1989, Ken Dychtwald introduced the concept of an Elder Corps in his book Age Wave: an Elder Corps. Results from a study conducted by Age Wage note that 89% of retirees shared that they would like to use their talents and knowledge to benefit their community and society. [This article in Next Avenue](#) highlights how a volunteer-based corps of older adults could give older adults purpose after they leave the workforce. An Elder Corps would provide older adults with the opportunity to use their experience and talent.

A Possible Dementia Care Crisis

As the number of dementia patients is expected to increase in Pennsylvania, there are [several concerns about meeting needs of these older adults](#). Many of the long-term care facilities in the state have a limited number of dedicated dementia units and trained staff. Family members are having issues paying for long-term care because they make too much money to qualify for Medicaid but not enough to pay for care out of pocket.

Optimizing Longevity

[In a recent NextAvenue article](#), Sergey Young comments that in order to live longer one should follow a "longevity-optimized lifestyle." Based on information included in Young's book "The Science and Technology of Growing Young", the following 10 activities are important for promoting longevity: regular health checks, quitting bad habits, avoiding dangerous substances and accidents, eating early, smart eating, consider taking nutritional supplements, exercise, good sleep, mindfulness, and having a youthful attitude.



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