



1. Welcome and Introductions

Present: Ricki Torsch, *MCHD*; Mike Dexter, *MyCare Health Center*; Chris Wilson, PT, *Oakland University*; Erica Willemsen, *MCHD*; Nicole Urban, *MCA*; Taylor Law, *MCA*; Nicole Frantz, *Beaumont*; Amanda Oparka, *MCPED*; Whitney Litzner, *MCHD*; Nicolette Cajokey, *MCCMH*; Gerard Santoro, *MCPED*; Ambrosia Jackson, *MCCMH*; Kirsten Henry, *MCHD*; Jill Yore, *Henry Ford Macomb Hospital*; Sandra Cobb, *American Autoimmune Related Diseases Association, Inc*; Maria Swiatkowski, *MCHD*; Emily Norton, *MCHD*

2. Review March Meeting Minutes

Meeting minutes were approved from the March 2019 meeting. No changes were made.

3. Results of Macomb County Physical Activity Survey of Older Adults

Emily Norton presented the results of the physical activity survey of older adults. The purpose of the survey was to better understand where and how older adults are being active, what barriers they are experiencing, and what they would like to learn more about. The survey was intended for adults 60 years of age and older and included 10 questions. The survey was distributed between June 2018 and February 2019. A total of 392 surveys were included for analysis. Survey results were discussed in depth during the presentation, which was printed and will be made available following the meeting via email.

Discussion following the presentation included ideas surrounding the possibility of implementing the survey through Macomb County Community Mental Health. It was also asked whether there was existing data that mapped where older adults live in Macomb County. The workgroup discussed census data and other possible resources that may track the density of the senior population, as well as the possibility of mapping where older adults live.

4. HOP-UP-PT Program Presentation

The workgroup heard from Christopher Wilson PT, DScPT, DPT, GCS, Assistant Professor in the Physical Therapy Program at Oakland University School of Health Sciences. Dr. Wilson presented on the Home-based Older Person Upstreaming Prevention Physical Therapy (HOP-UP-PT) program. The mission of the HOP-UP-PT Program is to provide early preventative interventions to senior citizens at risk of being homebound by facilitating partnerships between community centers and local healthcare systems via physical therapists. The presentation was printed and provided to participants and will also be made



available following the meeting via email. Additionally, a brochure about the program can be found with the meeting minutes.

Discussion following the presentation included a question and answer session.

Q: Upon completion, can participants return into the program again?

A: Our goal is that the participants would take a year off. It would be similar to visiting a dentist or getting a physical- we receive this preventive care but we don't get an annual checkup with a physical therapist like we would with a dentist or primary care physician.

Q: Is an evaluation credential that the participant be independent enough to transport themselves (in order to complete the program)?

A: Independent driving isn't a specific goal but getting them back into the community is. For those that may not be able to drive for other reasons, many seniors centers offer transportation and may work out services with family members. We also work to identify individuals who need services and link them to resources like home delivery or Meals on Wheels.

Q: Have you connected with the faith community nurses/nursing network?

A: This is probably one of our next steps. Especially for non-Christian faiths and identifying ways to address language barriers with certain populations, this could be a good opportunity.

5. Group Discussion

Group discussion following presentations included discussion on next steps for addressing older adults. Ideas discussed include having increased physical activity in senior assisted living facilities by partnering with students who need hours to come in and teach exercise and fitness classes. Other ideas included partnering with local rehabilitation facilities to build relationships.

To address interest in healthy eating, ideas discussed included working with congregate meal sites and Meals on Wheels to promote resources or future surveys. There was discussion about classes and resources that Gleaners and MSUE offer, such as Cooking Matters. The workgroup discussed classes that are held at grocery stores where an instructor teaches individuals what to purchase and how to shop for healthy foods. There was additional discussion about resources for healthy eating, such as lists for what to buy at stores and recipes for the entire week, as well as [Choose My Plate](#) and [USDA Cooking Resources](#). There was also discussion about the Culinary Medicine class at Spectrum Health in other parts of Michigan.



6. Partner Updates

- MyCare Health Center's 5th Annual Health Fair "Rooted in Communities"
Saturday, August 10, 2019
11 am-2pm
Flyer attached to meeting minutes or visit Mycarehealthcenter.org
- American Autoimmune Related Diseases Association, Inc. Metro Detroit Walkabout
Saturday, August 24, 2019
8 am-12 pm
Flyer attached to meeting minutes or visit Autoimmunewalk.org
- The Macomb County Planning and Economic Development's plan for Macomb County Parks and Natural Resources has been approved! The department is moving forward with branding and creating a one-stop-shop for parks and the natural environment. They would also like to introduce their newest team member, Amanda Oparka! Welcome!

7. Next Meeting – October 2019

