

Capital Area Network of Elder and Disability Services
Meeting Notes
Tuesday, November 9, 2010 8:30 am to 10:00 am
Cohen Community Center Maxwell Room
22 Town Farm Road, Hallowell

Present: Jane Harper, MGH Prevention Center; Aubrey Michaud, KV United Way; Brooke Jansen, Spectrum Generations; Carol Smith, St Marks Home for Women; Karen Tucker, HCCA; Pat Korte, CESEP- National Able network; Vicki Foster, Spectrum Generations; Kit Monroe-Myers, ARCH Beta Housing; Lee Morrow, Cotton Mill Apartments.

8:30 Introductions: Getting to Know Who is in the Room

This is a facilitated networking time, where participants are invited to share news and information about their services and request information of the group.

9:15 Speaker: Jane Harper, MGH Prevention Center

The Kennebec County Drug Overdose Prevention Program provides community outreach education about addiction, drug overdose prevention, and medication safety. We offer outreach education for people engaging in high risk substance use, staff members of agencies serving high risk groups, and health care providers. In addition we have resources for parents, family members, affected others, employers, and people in recovery. One of the topics of interest for this group is medication safety.

Jayne is Central Maine's Drug Overdose Prevention Educator – Charged with three things

- #1 Reduce drug overdoses- overall and particularly death from overdose
 - o Seniors make up 13% of the total US population, yet take 40% of all prescription medicines and 35% of all over-the-counter medications. Metabolize medicine more slowly, so are inherent risks from overdosing.
 - o Data from the Northern New England Poison Center : 16 calls a year from the 60+ yr old group for poisoning related to misuse and abuse of drugs (Kennebec County).
 - o Data from MaineGeneral Emergency for FY09-10: 25% (29 of 114) were overdose/poisoning of people age 60 yr+
 - o Data from MaineGeneral In-patient for FY09-10: 53% (93 of 174) were overdose/poisoning of people age 60 yr+
 - o Resources Packet contains: Medication Safety Materials
 - “Don’t Flush!” sheet of best ways to dispose of unused medicines
 - Kennebec County Sheriff’s Office: accepts medicines during business hours & sends deputies to homes for pick-up
 - Community Medication Collection Events take place during the year
 - ME Center on Aging Mail-Back Program with postage-paid envelopes
 - “Take As Directed” 9-minute educational video on You Tube and DVD
 - Take medicines as directed and don’t mix with alcohol
 - Don’t share medicines – on purpose or by mistake (stolen from you)
 - Don’t flush medicines
- #2 How to recognize and respond to an overdose
 - o Resources Packet contains: “Prevent Overdose!” sheet
 - Put them in recovery position
 - Call 911
 - If you know CPR use it
- #3 Know what treatment and resources are available
 - o Resources Packet contains: Substance Abuse Services listings
 - Pamphlets are available – updated every 6 months
 - Booklets (more detailed) for organizations- housing agencies, etc

- Summary Sheet for those on the phone
 - Family education support group for affected others of someone's opioid addiction
 - Current monthly meetings in Waterville at the Eskelund Center/ME Children's Home at 93 Silver Street
 - Tue, 12/7 between 12:30-1:30pm
 - Wed, 1/5 between 12:30-1:30pm
 - Tue, 2/1 between 12:30-1:30pm
 - Starting monthly meetings at the Unitarian Universalist Church at 69 Winthrop St, Augusta
 - Tue, 1/18 between 12:00-1:00pm
 - Tue, 2/15 between 12:00-1:00pm
 - All Recovery Support Group weekly at Green St. Church in Augusta. This is NOT a 12 step program.
 - Weekly on Thursdays between 12:00-1:00pm
- Survey from Women's Addiction Services Council to learn from Maine women the roadblocks to substance abuse treatment and recovery. These questions have never been asked before and hopefully the results will lead to addiction grant funds to support treatment and recovery for women in Maine. We seek to learn from women who are not currently in treatment. Data can be collected in the computer via Survey Monkey or on a paper survey. It is anonymous. If a woman completes a paper copy, please give her an envelope that seals so she can know her data is secure. There is not funding for postage – if you have completed surveys, please contact Jayne for pick-up. (621-3740 or jayne.harper@mainegeneral.org)

9:35 Presentation: Karen Tucker, Healthy Communities of the Capital Area

Keep ME Well.org is a free, on-line health risk assessment that takes no more than 10 minutes. It provides information on what you can do to enhance your health, and directs you to resources to support your efforts. See a live demonstration of this new tool and how it can be used to provide your clients with a guide for having a healthier life.

- Karen accessed www.keepmewell.org and the group took the assessment together, creating a profile of an individual with several health issues.
- Upon completion of the profile, the group reviewed the report and saw the resources suggested for the profiles issues. They noted the report was
 - Keyed to the profiles location
 - Suggested several options of where to go for support in quitting smoking, getting more exercise, tending to arthritis and heart disease.
 - Results are available to be printed or sent to an e-mail address
 - The on-line assessment does not ask for any identification and can be taken multiple times and the person makes changes in their lives
 - The resources suggested are pulled from the 211 Maine list of resources, are local, comprehensive and extensive.
- Applications of the assessment are numerous. Some the group suggested were
 - With residents at housing for the elderly
 - As a tool to start a conversation with health care professionals
 - As a Worksite Wellness tool for employees
 - A screening tool at a health center

9:50 Sharing of upcoming activities and issues of interest

- Friday, November 12th from 1-3 pm at the Civic center - WISE is having an informational event. There will be information about services to the elderly. Pat will send an e-mail. Medicaid, other programs.

10:00 Wrap up and evaluations Meeting Closed at 9:50

Next Meeting: January 11, 2010

Adjorn:

Vicki Foster closed the meeting at 10:00 a.m.

Minutes submitted by: Karen Tucker, HCCA 11/12/2010

Please send corrections, comments to ktucker@mcd.org