

SEPTEMBER 28, 2018

# Oregon Healthy Aging Summit

OHSU CENTER FOR HEALTH & HEALING, PORTLAND, OR  
ROOM 3070



## SUMMIT GOAL

The goal of this Healthy Aging Summit is to develop a roadmap and accelerate action to promote the healthy aging of older adults in Oregon.

## MANY THANKS TO OUR SPONSORS!

Funding for this event was provided by OHSU Health Systems and Kaiser Permanente Center for Health Research. The content of the summit is the responsibility of the Summit Planning Committee and invited speakers, and is not representative of the official views of OHSU or KPNW.



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**Center for Health Research**

A special thank you to ProjectAccessNOW for co-sponsoring this summit.



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# HEALTHY AGING SUMMIT PARTICIPANT REPRESENTATION

Adagio Consulting  
Age Wise Institute  
Bloom Anew  
City of Portland  
Clackamas County  
EngAGE  
Familias en Acción  
Greater Oregon Behavioral Health  
Inc. (GOBHI)  
Hollywood Senior Center  
Impact Northwest  
Kaiser Permanente Northwest  
Legacy Health  
Meals on Wheels  
Metropolitan Family Service  
OCHIN  
OHSU Health System  
ORCATECH  
Oregon Department of Human  
Services  
Oregon Metro SAGE  
ProjectAccessNOW  
Providence Health & Services  
PSU, Institute on Aging  
We Can Do Better  
Wilson JFR Foundation  
YWCA

## WELCOME!

Dear 2018 Healthy Aging Summit Participants:

Welcome to the Healthy Aging Summit connecting health systems with community organizations to accelerate action to promote healthy aging of older adults in Oregon. We are excited to host a passionate group of community members ready to share their time and expertise to collaborate on how we can best meet the community's changing needs.

Oregon, like the rest of U.S., is growing older. By 2035, adults 65 and older are expected to outnumber children (1). Currently, Oregon ranks 19th in the U.S. in the ability to meet the healthcare needs of older adults (2). Unless action is taken, this gap in care is likely to increase. Much recent work has focused on the social determinant risk factors that contribute to care gaps. A root cause of increased healthcare needs among the 65+ population is social isolation or loneliness. These shifting community needs that contribute to overall health are larger than any one system or individual organization can tackle. We believe it takes a cross-sector, community-based response to promote healthy aging in Oregon.

This summit brings together representatives from health systems, community organizations, and the public to discuss healthy aging in Oregon. Our hope is that those attending this summit will agree to a shared vision to encourage current and future efforts to support healthy aging in Oregon through collaborative efforts in research and interventions.

1. National Population Projections, 2017. An Aging Nation: Projected Number of Children and Older Adults. <https://www.census.gov/content/dam/Census/library/visualizations/2018/comm/pop-projections-1.pdf>. Accessed August 1, 2018.
2. United Health Foundation. America's Health Rankings: Senior Report 2017, A call to action for individuals and their communities, 2017. [https://assets.americahealthrankings.org/app/uploads/ahr2017\\_seniorreport.pdf](https://assets.americahealthrankings.org/app/uploads/ahr2017_seniorreport.pdf). Accessed August 1, 2018.

8:00 – 8:30 a.m.

### Registration

Coffee & Breakfast

## Morning Sessions

8:30 – 9:00 a.m.

### Welcome Address

Lucy Savitz, KPNW  
Jeanne-Marie Guise, OHSU  
Elizabeth Eckstrom, OHSU

9:00 – 10:00 a.m.

### Health Systems Senior Leaders Panel

John Hunter, OHSU Health System  
Doug Koekkoek, Providence Health & Services  
Shirin Sukumar, Legacy Health System  
James Tan, Kaiser Foundation Health Plan and Hospitals of the Northwest  
15 minutes questions & discussion

10:00 – 10:15 a.m.

### Call to Action

Jeanne-Marie Guise, OHSU

10:15 – 10:45 a.m.

### Defining Healthy Aging

Tim Carpenter, EngAGE  
Alan DeLaTorre, PSU Institute on Aging  
10 minutes questions & discussion

10:45 – 11:30 a.m.

### Web-based Connectors: Connecting People with Programs

Nicole Friedman, KPNW  
15 minutes questions & discussion

11:30 a.m. – 12:30 p.m.

### Lunch

## Afternoon Sessions

12:30 – 1:15 p.m.

### Rapid Fire Panel | Panel presentations of current interventions. 5 minutes each.

Janet Holboke, Greater Oregon Behavioral Health Inc.  
Ruth Johanson & Angela Fox, Providence Health & Services  
Suzanne Washington, Meals on Wheels  
Amy Henderson, Age Wise Institute  
15 minutes questions & discussion

1:15 – 2:00 p.m.

### Rapid Fire Panel | Panel presentations of current interventions. 5 minutes each.

Adam Merecias, Familias en Acción  
Max Micozzi, SAGE Metro Oregon  
Jeff Cogan, Impact NW  
15 minutes questions & discussion

2:00 – 2:15 p.m.

### Break

2:15 – 3:45 p.m.

### Creating the Roadmap

Group collaboration.

3:45 – 4:00 p.m.

### Concluding Remarks

Lucy Savitz, KPNW  
Jeanne-Marie Guise, OHSU  
Elizabeth Eckstrom, OHSU

## SESSION DESCRIPTIONS

### Welcome Address

Elizabeth Eckstrom (OHSU), Jeanne-Marie Guise (OHSU), and Lucy Savitz (KPNW) provide background on the increasing need for collaborative work to address the community's health needs as the population grows older.

### Health Systems Leaders Panel

John Hunter (OHSU), Doug Koekkoek (Providence), Shirin Sukumar (Legacy), and James Tan (KPNW) discuss what their health systems are doing to address the problem of loneliness/social isolation among our Aging community in Oregon, and their commitment to collaboration with each other and community organizations for future efforts in promoting healthy aging. The session will conclude with 15 minutes for questions and discussion.

### Call to Action

Jeanne-Marie Guise discusses recent results from a rapid review report completed by the Scientific Resource Center for the Agency for Healthcare Research & Quality's Evidence-based Practice Centers Program entitled "Addressing Social Isolation to Improve the Health of Older Adults" and that action is needed to improve future healthy aging.

### Defining Healthy Aging

Tim Carpenter (EngAGE) and Alan DeLaTorre (PSU Institute on Aging) provide a contextual definition of healthy aging, and what communities and individuals can do to promote healthy aging. The session will conclude with 10 minutes for questions and discussion.

### Web-based Connectors: Connecting People with Programs

Nicole Friedman (KPNW) describes Kaiser Permanente's bold move in implementing an enterprise-wide shared social services resource locator. This tool will deepen KP's and other health systems learnings of social needs through a data set that has search and filter capability, continuously updated community resource data, closed loop referral and tracking, reporting and the ability to develop community networks. The session will conclude with 15 minutes for questions and discussion.

### Rapid Fire Panels

Representatives from local government agencies and community organizations give 5-minute talks on current projects promoting reduced social isolation and improved healthy aging in Oregon, with 15 minutes for questions and discussion halfway through, and again at the end of the presentations.

### Creating the Roadmap

Based on the top priorities and the variety of programs discussed, small groups identify key topics of research needed in Oregon, attainable action in our communities, and operational steps needed to reach these goals.

### Concluding Remarks

Jeanne-Marie Guise (OHSU), Lucy Savitz (KPNW), and Elizabeth Eckstrom (OHSU) provide concluding remarks summarizing themes of the Summit and next steps.

## SPEAKER BIOGRAPHIES | MODERATORS



**Elizabeth Eckstrom**  
**MD, MPH, MACP**

Elizabeth Eckstrom, MD, MPH, MACP, is Professor and Chief of Geriatrics in the Division of General Internal Medicine & Geriatrics at Oregon Health & Science University (OHSU). She leads the geriatrics practice within the OHSU Internal Medicine Clinic, championing geriatric best practices in the vibrant combined Division, and teaches students, residents and geriatric fellows. She is part of the OHSU Interprofessional Initiative, developing evaluation tools and leading interprofessional faculty development. Her research focuses on promoting a healthy lifestyle in older adults, with an emphasis on tai chi for falls prevention. She also conducts studies to enhance interprofessional teamwork in falls prevention and has developed and tested electronic health record tools to facilitate uptake of evidence-based practices. She co-directs OHSU's Healthy Aging Alliance.



**Jeanne-Marie Guise**  
**MD, MPH**

Jeanne-Marie Guise, MD, MPH, is Professor of Obstetrics & Gynecology, Emergency Medicine, Medical Informatics & Clinical Epidemiology at OHSU and the OHSU-PSU School of Public Health. She is Director of the Scientific Resource Center for the AHRQ Evidence-based Practice Centers program and Associate Director of the US Cochrane. Dedicated to training and mentoring, she runs several research training programs including one on Patient-Centered Outcomes Research and a new one in partnership with Dr. Lucy Savitz in patient-centered learning health systems. Improving healthcare quality and patient safety is a critical focus of her research, clinical care, and leadership. She has almost 20 years of continuous federally funded research in women and children's health ranging from community-based research and epidemiological studies to evidence reviews and technology.

Dr. Guise received her medical degree from the University of Washington and completed residency training in Obstetrics and Gynecology from the University of North Carolina at Chapel Hill. She attended the Robert Wood Johnson Core Curriculum and received a Master's degree in Public Health in Epidemiology from the University of North Carolina as a National Research Service Award Primary Care Research fellow.

## SPEAKER BIOGRAPHIES | MODERATORS



**Lucy Savitz**  
**PhD, MBA**

Lucy Savitz, PhD, MBA Dr. Lucy Savitz has led a wide-ranging career. She brings a unique mix of perspectives having served as Economist for the bipartisan Colorado Legislative Council, Financial Planner at UNC Health Care, faculty member at the University of North Carolina at Chapel Hill (UNC-CH), senior researcher/associate at two national research organizations, and most recently as an embedded researcher at Intermountain Healthcare and Kaiser Permanente (KP). Lucy is currently Vice President for Health Research in the KP Northwest Region where she directs the Centers for Health Research in both Oregon and Hawaii.

As a teacher and mentor, Lucy is Affiliate Professor in the Health Systems and Policy Programs at the OHSU-PSU School of Public Health, Professor in the Kaiser Permanente School of Medicine, and an Adjunct Associate Professor in the UNC-CH Department of Health Policy and Management. She is a founding member of the Academy Health Delivery System Science Fellowship (DSSF) Program, which she continues to actively support.

Lucy Savitz brings 30+ years of experience in healthcare delivery and health services research. She holds a BSBA in Finance and MBA from the University of Denver as well as a PhD in Health Policy and Administration from UNC-CH. Her Ph.D. minor was in medical geography and she has applied this knowledge base in over half a dozen projects to assess resource allocation and spatial variations in service delivery as well as neighborhood-level social determinant risk factors. Lucy led 4 projects specific to quality measurement for AHRQ; 11 mixed methods program evaluation projects; and more than two dozen applied projects in healthcare system settings across the rural-urban continuum. Dr. Savitz has been acknowledged as an Examiner for the 2001 and 2002 Malcolm Baldrige National Quality Program, administered by the

National Institute for Standards and Technology in the U.S. Department of Commerce and the American Society for Quality.

As a thought leader, she was an invited member of the Agency for Healthcare Research and Quality (AHRQ), National Academy of Medicine, and Academy Health committees that worked to establish competencies for learning health system researchers and more recently the future of health services research (HSR). In this latter capacity, she is a member of the Special Committee to Inform the Academy Health Policy Position on Federal HSR Structure. Lucy served on the AARP National Policy Council 2017-18. She is the Board Chair Elect (2019-2020) of the Health Care System Research Network (formerly HMO Research Network) and is a member of the KP National Research Council.

## SPEAKER BIOGRAPHIES | HEALTH SYSTEMS SENIOR LEADERS PANELISTS



**John G Hunter**  
**MD, FACS, FRCS Edin (honorary)**

Dr. John Hunter was born in Hanover, New Hampshire in 1955. He attended Harvard College, where he graduated with a degree in English Literature, and then attended medical school at the University of Pennsylvania. His surgical residency took place at the University of Utah, and he did fellowships in surgical endoscopy at the Massachusetts General Hospital and the University of Western Ontario. Following his fellowships, Dr. Hunter returned to Utah in 1988 to start the surgical endoscopy and minimally invasive surgery program at the University. In 1992, he relocated to Emory University in Atlanta, where he served as Chief of GI surgery and Vice Chair of Surgery (clinical). Nine years later, in 2001, Dr. Hunter traveled to Oregon Health & Science University to become the Mackenzie Chair of Surgery and Surgeon in Chief of the OHSU health system. He was the Interim Dean of the OHSU School of Medicine in 2016-17, the Chief Clinical Officer and Chair of the OHSU Practice Plan. He now serves as the Executive Vice President and Chief Executive Officer of the OHSU Health System.

He served the American Board of Surgery (ABS) for 13 years, chairing the ABS in 2016-17. He has been President of several international surgical societies including the SSAT and SAGES. Dr. Hunter is a member of the Executive Committee of the International Society of Surgery (ISS-SIC), and is the President Elect of the ISS-SIC. He has received several honorary memberships, including the European Association of Endoscopic Surgeons, the European Surgical Association, and the Royal College of Surgeons of Edinburgh. He was the Editor in Chief of the World Journal of Surgery from 2005 until the end of 2017.



**Doug Koekkoek**  
**MD**

Dr. Doug Koekkoek, Chief Executive for Providence Medical Group & Clinical Services in Oregon for Providence St. Joseph Health. Dr. Koekkoek has a combined role of Chief Executive of Providence Medical Group & Clinical Services for Providence St. Joseph Health in Oregon.

Dr. Koekkoek's undergraduate education was at the University of Oregon and he received his MD degree from the Oregon Health Sciences University. He completed his residency in Internal Medicine and was chief resident at Providence Portland Medical Center. Dr. Koekkoek has practiced in both the inpatient and outpatient settings. Dr. Koekkoek began his career as a primary care provider. He practiced traditional internal medicine and became a clinic medical director before pivoting to a career in the Hospital Medicine world. He was integral to developing the regional hospitalist program across all 8 Providence Hospitals in Oregon. Dr. Koekkoek has served as president of the Providence Milwaukie Hospital medical staff and chair of the Oregon regional medical executive committee. While CMO of the Oregon region, he was responsible for medical staff affairs and quality strategies across the healthcare continuum with a special emphasis on bringing together the various components of our integrated delivery system to maximize health care value in our communities. His current executive role provides oversight and guidance to regional nursing, pharmacy, home services, graduate medical education programs, and the Providence Medical Group. He is intimately involved with our Community Health Division and our evolving strategies in population health management.

Dr. Koekkoek is a previous GE Fellow in the Health Management Academy and is a Senior Fellow in the Society of Hospital Medicine. Dr. Koekkoek lives in Happy Valley with his wife. He has three adult boys. The family enjoys the typical outdoor Oregon activities including; skiing, hiking, camping, and biking.

## SPEAKER BIOGRAPHIES | HEALTH SYSTEMS SENIOR LEADERS PANELISTS



**Shirin Sukumar**  
**MD**

Dr. Shirin Sukumar is the Medical director of Geriatrics for Legacy Medical Group. She oversees Legacy Geriatric assessment clinics, Geriatric inpatient services, Nursing home and Geriatric psychiatry programs. She sees patients in the Geriatrics assessment clinic and on the Geriatrics inpatient service at Legacy Good Samaritan hospital. Dr. Sukumar served as a member of the Oregon Medical Board for six years and served as Chair from 2016-2017.



**James H.T. Tan**  
**MD, MPH, MBA**

James H.T. Tan, MD, MPH, MBA is Vice President, Value & Resource Stewardship of Northwest Permanente, PC. After medical school at Loma Linda University, he matriculated at Florida Hospital Orlando in Family Medicine Residency. During that time, he completed his Master of Public Health under a fellowship from Kellogg Foundation. He practiced medicine in a variety of settings and systems ranging from solo practice to small primary care group and large multispecialty group. He also has served in a number of physician leadership roles outside Kaiser Permanente system. These include Medical Director of a hospital, CEO of medical group and Medical Director of health plans that specialize in Medicaid and Medicare. In addition, he has served in leadership positions of hospital medical staff and Skilled Nursing Facilities. James has substantial experience in NCQA related matters as he has served as a surveyor for over 20 years.

Since joining Northwest Permanente in 2010, James has maintained an active primary care clinical practice. In addition, he has served in a number of administrative roles. These had included Primary Care Operations, Financial Health, Complex Care Management and Palliative Care and Hospice. He also oversees all matters related to Medicare and Medicaid. Recently, The Permanente Federation appointed him to be National Medical Director for Medicaid.

## PANELIST BIOGRAPHIES

### Tim Carpenter

#### EngAGE

Tim Carpenter is CEO/Founder of EngAGE and Host/Producer of the EXPERIENCE TALKS radio show. EngAGE changes lives by transforming affordable senior and multigenerational housing communities into vibrant centers of learning, wellness and creativity. EngAGE provides life-enhancing arts, wellness, lifelong learning, community building and intergenerational programs and events to thousands of seniors and hundreds of families living in California, Oregon and Minnesota. Tim is an Ashoka Fellow, a James Irvine Foundation Leadership Award recipient, a Stanton Fellow, and was named one of Next Avenue's 2016 Influencers in Aging.

### Jeff Cogan

#### Impact NW

Jeff Cogan has been a lawyer, a pretzel salesman and a politician all before becoming a nonprofit executive. His passion includes fixing difficult problems. He began work at Impact NW in January 2015.

### Alan DeLaTorre

#### PSU Institute on Aging

Alan DeLaTorre is a Research Associate at Portland State University's Institute on Aging where he coordinates the Age-Friendly Portland and Multnomah County initiative and PSU's Senior Adult Learning Center. Alan also serves as the chair of the Age-friendly Design committee for the Association for Gerontology in Higher Education and as the treasurer for the Oregon Gerontological Association. He is passionate about utilizing research to inform and advance community planning and livability.

### Angela Fox

#### Providence Health & Services

Angela Fox is the Business Reporting Analytics Director for Senior Health in Providence Oregon. Angela leads Senior Health's analytics strategy and provides a data reporting and analytics infrastructure to support clinical teams serving older adults throughout Oregon. Through carefully designed success measures, Angela builds a compelling story with data to inspire action, initiate change and focus care teams. Her expertise in visual analytics enables Providence leaders to quickly

understand complex financial and statistical concepts and use her data driven visualizations as catalysts for change.

### Nicole Friedman

#### Kaiser Permanente

As the regional administrator for continuum, complex, and community care at Kaiser Permanente northwest, Nicole Friedman is responsible for execution and oversight of programs that address complex medical and social needs to improve health outcomes and reduce cost of care for vulnerable populations. Nicole also has National accountability as the operational lead for social needs. In this role, Nicole is accountable for an enterprise shared strategy across Kaiser Permanente to address social and non-medical needs, which includes the implementation of a social service resource locator. Nicole serves on the steering committee for Social Needs Network for Evaluation and Translation (SONNET).

### Amy Henderson

#### The Geezer Gallery

Amy Henderson is the founder and Executive Director of The Geezer Gallery, a non-profit organization showcasing master artists 60 years and older and providing professional arts and therapeutic art programs primarily for low-income seniors. She is the Lead Gerontologist for the newly launched Age Wise Institute (2016) at the National College of Natural Medicine. The Age Wise Institute seeks to promote healthy aging through community-based programs, education and research.

As Executive Director for The Geezer Gallery, Amy has co-created, developed and implemented numerous therapeutic arts programs and published two innovative arts curriculums, Capturing Time and Vibrant Elders. These programs are being used in research trials funded by Oregon Health and Sciences University to document the efficacy for seniors both with and without cognitive impairment as it pertains to socialization, cognition, depression, anxiety, depression and self-mastery. Ms. Henderson is a Co-Principal Investigator for both these research trials.

## PANELIST BIOGRAPHIES

### Janet Holboke

#### **Greater Oregon Behavioral Health, Inc. (GOBHI)**

Janet Holboke, LCSW, has worked with older adults and their families in long term care, home and community mental health settings for over 25 years. Janet currently works for Greater Oregon Behavioral Health, Inc. (GOBHI) as an Older Adult Behavioral Health Specialist serving Clatsop, Columbia and Tillamook counties.

### Ruth Johanson

#### **Providence Health & Services**

Ruth Johanson is a seasoned business executive who is known for her ability to partner with CEO's, executives, leaders and teams to identify, develop and implement new models of health care. She has over 25 years of progressively responsible leadership roles at Providence Health & Services Oregon including experience in: sales & marketing, operations, information services, program management and project / portfolio management. For the past three years Ruth has been Executive Director of the Providence Senior Health program established in 2015. In this role she has created the overall vision and strategic direction for the program and developed strategies to advance pioneering ways to care for seniors at Providence, and in the community. Her collaborative and inclusive approach to the leading this work has resulted in Providence rapidly advancing solutions for seniors including Elder at Home, an inventive, interdisciplinary model of in home care for high risk Providence Health Plan Medicare Advantage members. In 2017, the Senior Health program was invited by the Institute for Healthcare Improvement (IHI) and the John A. Hartford Association to participate as one of five healthcare systems to design, develop and lead interventions to improve health care for older adults as part of the Age Friendly Health System national initiative.

### Adam Merecias

#### **Familias en Acción**

Adam Merecias works as a Community Health Worker for Familias en Acción. He graduated in 2009 from Portland State University with a BS in Community Health Education. Adam is a certified Leader for a number of classes such as Diabetes Self-Management Class, Chronic Disease Management, Walk With Ease, Seed to Supper and Un Abrazo.

Adam is a certified community assister and a certified community health worker who currently helps Latino Families apply for medical coverage. Adam's current role is to help Latino families understand how to use the health system and to address any social barrier that families are facing. When Adam is not at work, he enjoys spending time with his wonderful wife and adorable four-year old daughter.

### Max Micozzi

#### **Oregon Metro SAGE**

Max Micozzi worked with senior housing serving elders from the Cambodian, Vietnamese, African American and Latino communities in the Bay area. Max studied Community Development at Portland State University and has volunteered and worked with Portland's Elders in Action; the Portland Commission on Aging; Providence Health and Services Elder Place, a Program for All-Inclusive Care for the Elderly (PACE); and Senior Housing and Retirement Enterprises (SHARE). Max chaired Portland's Gay & Grey Expo as a volunteer and worked to secure the SAGE Metro Portland affiliation established in 2013. Today Max is the Program Coordinator for SAGE Metro Portland overseeing program development, volunteer management and outreach for the growing community of LGBT older adults.

### Suzanne Washington

#### **Meals on Wheels**

Suzanne Washington has served as the Chief Executive Officer for Meals on Wheels People since 2014. Prior to joining the senior nutrition organization, she worked for more than 25 years at Impact NW where her responsibilities included directing overall agency operations as well as establishing and managing strategic relationships to leverage long-term opportunities and support. Suzanne has been a volunteer Representative Payee for people with disabilities since 2007. She was appointed by the Governor to sit on the Board of Directors for the State of Oregon Patient Safety Commission and has served since 2015. She is also a member of the Oregon Hunger Task Force board since 2016, and a member of the Meals on Wheels America Board of Directors since 2018.

## PROGRAM PLANNING COMMITTEE

### **Lucy A. Savitz, PhD, MBA**

Vice President, Research  
Director, Center for Health Research, Oregon | Hawaii  
Kaiser Permanente  
Center for Health Research

### **Jeanne-Marie Guise, MD, MPH**

Co-PI/Director, NW Center of Excellence & K12 in Patient Centered Learning Health Systems Science  
Director, Scientific Resource Center for the AHRQ Evidence-based Practice Centers Program  
Professor, Departments of Obstetrics & Gynecology, Emergency Medicine, Public Health & Medical Informatics  
Oregon Health & Science University

### **Elizabeth Eckstrom, MD, MPH, MACP**

Professor & Chief, Geriatrics  
Division of General Internal Medicine & Geriatrics  
Oregon Health & Science University

### **Amanda Hendrix, MA**

Project Assistant  
Scientific Resource Center for the AHRQ Evidence-based Practice Centers Program  
Portland VA Research Foundation

We would like to thank Linda Nilsen and Janet Hamilton with ProjectAccess NOW as well as Daniel Bouchat and Tabria Harrod with OHSU for their contributions to the planning and organization of this summit.

## ORGANIZATIONS, AGENCIES, AND HEALTH SYSTEMS REPRESENTED



### **Age Wise Institute**

**AGEWISEINSTITUTE.COM**

Age Wise Institute seeks to change the paradigm of aging, by promoting dynamism at every age and sharing wisdom across generations.

Age Wise develops this mission through: Education, Research and Community Programming.

NUNM is looking to partner with evidenced-based community programs, if you are interested in partnering up please contact Amy Henderson, MA, our Lead Gerontologist at: [ahenderson@nunm.edu](mailto:ahenderson@nunm.edu)



### **Clackamas County Social Service**

**WWW.CLACKAMAS.US/SOCIALSERVICES/SENIOR.HTML**

For over 30 years Clackamas County Social Services has supported the work of volunteers in our community. Volunteer programs extend the reach of the agency's programming, and also provide community involvement opportunities for older adults. Clackamas County Behavioral Health has also launched a loneliness line that was created with the express purpose of decreasing loneliness and isolation among the older adult population.



### **Area Agencies on Aging**

**WWW.OREGON.GOV/DHS/SENIORS-DISABILITIES/SPPD/PAGES/INDEX.ASPX**

The statewide network of Area Agencies on Aging provides home-delivered meals which provide a critical connection to homebound older adults, providing both a healthy meal but also a regular in-person brief contact from the volunteer or staff delivering the meals.



### **EngAGE**

**ENGAGEDAGING.ORG/NORTHWEST**

EngAGE helps to change the mind, body and spirit of residents in affordable multigenerational and senior housing by transforming their communities into vibrant centers of teaching and learning, artistic exploration and engagement. EngAGE programs are taught by college-level teaching artists and other professionals on a semester basis. The EngAGE mission is to empower people-intellectually, creatively, and emotionally – to do what they do best for the rest of their lives, ultimately gaining mastery, life enrichment, and engagement.



## Familias en Acción

### Familias en Acción

[WWW.FAMILIASENACCION.ORG](http://WWW.FAMILIASENACCION.ORG)

Familias en Acción works to promote empowerment and holistic family well-being for Latinos through compassionate community engagement, education, research, and advocacy for social change. Partnering a Health System with an established Community Based Organization can bridge the healthcare disparity gap by building a more inclusive patient care team in order to offer culturally specific care by using Community Health Workers and Health Navigators.



### Greater Oregon Behavioral Health, Inc.

[WWW.GOBHI.ORG/PROGRAMS/OABHI](http://WWW.GOBHI.ORG/PROGRAMS/OABHI)

Greater Oregon Behavioral Health, Inc. (GOBHI) is dedicated to the health care needs of rural Oregonians with the triple aim of better care, better health, and lower costs. GOBHI promotes wellness and believes in the power of preventative and local care. Not only does it produce better outcomes, but it's also cost effective, returning the savings to communities through their local clinics.



### Hollywood Senior Center

[HOLLYWOODSENIORCENTER.ORG](http://HOLLYWOODSENIORCENTER.ORG)

At the Hollywood Senior Center we strive to promote the health, independence and well-being for adults 55 and older. Senior Centers are one of the most accessible, friendly and affordable places that offer programs and services for a diverse group of older adults. We provide services and activities for all older adults across a full spectrum of interests and needs. The services promote engagement, socialization and overall well-being.

Providing activities, programs and services for seniors of all incomes and lifestyles throughout North and Northeast Portland.



### Immigrant & Refugee Community Organization

[IRCO.ORG/WHAT-WE-DO/SENIORS](http://IRCO.ORG/WHAT-WE-DO/SENIORS)

The Immigrant & Refugee Community Organization Senior Programs assist immigrant, refugee, and mainstream elders by providing direct services, as well as connecting elders to essential community resources they need to live independent, healthy lives. We work to help ease the transition to life in the U.S. through case management and naturalization classes, and to create a sense of community through weekly congregant meals and our growing network of community gardens.



## Impact NW

[IMPACTNW.ORG/PROGRAMS/SENIORS](https://IMPACTNW.ORG/PROGRAMS/SENIORS)

Impact NW's programs take a holistic view of healthy aging, addressing each client's physical, mental and emotional well-being. We are committed to helping our region's most vulnerable seniors access resources that enable them to remain in their homes successfully, while still being able to participate in the community in which they live. We provide advocacy and case management to seniors aged 60 and older.

Impact NW's Seniors program gives clients the tools and support they need to be healthy, happy, and active, and to live at home safely.

## Jessie F. Richardson

[JFRFOUNDATION.ORG](https://JFRFOUNDATION.ORG)



At our core, the Jessie F. Richardson Foundation works to improve conditions for vulnerable older adults in developing areas and the communities in which they live. Our mission best describes how we do this: The Jessie F. Richardson Foundation empowers communities, in resource constrained areas, to provide multi-generational support for underserved older adults.



## Kaiser Permanente

[THRIVE.KAISERPERMANENTE.ORG/CARE-NEAR-OREGON-WASHINGTON/OVERVIEW](https://THRIVE.KAISERPERMANENTE.ORG/CARE-NEAR-OREGON-WASHINGTON/OVERVIEW)

Kaiser Permanente exists to provide high-quality, affordable health care services and to improve the health of our members and the communities we serve. We are trusted partners in total health, collaborating with people to help them thrive and creating communities that are among the healthiest in the nation.



## Legacy Health

[WWW.LEGACYHEALTH.ORG](https://WWW.LEGACYHEALTH.ORG)

Legacy Health, a nonprofit, locally owned organization based in Portland, Oregon, and serving Oregon, Southwest Washington and the Mid-Willamette Valley, is well-known for its hospitals, the only health system covering areas from Portland, Vancouver and south to Salem with multiple hospitals and a specialized children's hospital.



### **Metropolitan Family Service**

**[WWW.METFAMILY.ORG/WHAT-WE-DO/OLDER-ADULT-SUPPORT](http://WWW.METFAMILY.ORG/WHAT-WE-DO/OLDER-ADULT-SUPPORT)**

Metropolitan Family Service helps people move beyond the limitations of poverty, inequity and social isolation. MFS delivers proven programs to help people succeed at home, in school and in the community. We are here to support parents and students. We are here to help our older neighbors. We are here to connect working families with vital resources. We are here to energize volunteers and inspire future generations.

Our experienced and dedicated staff partner with volunteers, community members and a dedicated Board of Directors in order to make today's communities work.



### **Meals on Wheels People**

**[WWW.MOWP.ORG](http://WWW.MOWP.ORG)**

Meals on Wheels People serves nutritious meals at 30 dining centers in Multnomah, Washington and Clark counties and Meals on Wheels service to homebound seniors. Meals on Wheels People uses about 450 volunteers daily to provide around 5,000 meals and social contact every day to seniors through meal delivery and congregate dining.



### **The Oregon Center for Aging & Technology (ORCATECH)**

**[WWW.OHSU.EDU/ORCATECH](http://WWW.OHSU.EDU/ORCATECH)**

The Oregon Center for Aging & Technology (ORCATECH) is transforming clinical research by developing and implementing technologies that unobtrusively collect data, allowing people to live longer and more safely at home.



## **Oregon Health & Science University**

**WWW.OHSU.EDU**

OHSU's singular purpose of improving health and well-being starts in Oregon and has global impact. We are the only academic health center in the state, but we're also nationally distinguished as a research university dedicated solely to advancing health sciences. This allows us to focus on discoveries to prevent and cure disease, on education that prepares physicians, dentists, nurses and other health professionals for the evolving health care environment, and on patient care that incorporates the latest advances. Based in Portland, we have more than 16,000 employees, operate the top-ranked adult and children's hospitals in Oregon, and secure competitive research funding of more than \$400 million. As a public organization, we also provide services for the most vulnerable Oregonians and outreach to improve health in communities across the state.



## **Portland State University's Institute on Aging**

**WWW.PDX.EDU/IOA**

Portland State University's Institute on Aging is a multidisciplinary research and educational organization. Institute faculty, staff, and students are dedicated to enhancing understanding of aging and facilitating opportunities for elders, families, and communities to thrive.



## **Providence Health & Services**

**WWW.PROVIDENCE.ORG**

Providence Health & Services in Oregon is a not-for-profit network of hospitals, health plans, physicians, clinics, home health services, and affiliated health services. We strive to give those we serve exceptional, compassionate health care that provides peace of mind. At Providence, it's not just health care, it's how we care.



## **Project Access NOW**

**WWW.PROJECTACCESSNOW.ORG**

The mission of Project Access NOW is to improve the health and well-being of our communities by ensuring access to care, services and resources for those most in need. Health care in Oregon is improving, but gaps persist. Thousands of people in our state still don't have the coverage or access to care they need. These people either don't qualify for insurance under the Affordable Care Act or they qualify but still can't afford the out-of-pocket expenses necessary to access care.

We partner with care providers, hospitals, clinics, and other community-based organizations to address the health care system's limitations. Our solutions work to connect the most vulnerable in our community to the care and services they need, helping them get healthy and stay that way.



## **SAGE Metro Portland**

**WWW.FRIENDLYHOUSEINC.ORG/PROGRAMS/SAFETY-NET-SERVICES/GAY-AND-GREY**

SAGE Metro Portland works to enhance the lives of older gay, lesbian, bisexual and transgender (LGBT) community members through education, advocacy, outreach and resource development.

For over a decade Friendly House has provided a range of services for LGBT older adults with a mission to enhance the lives of LGBT community members through education, advocacy, outreach, resource development and case management. On a national level, SAGE has pioneered programs and services for the aging LGBT community, provided technical assistance and training to expand opportunities, and advocated for public policy changes that address the needs of LGBT older adults.



## **We Can Do Better**

**WWW.WECANDOBETTER.ORG**

We Can Do Better works to create opportunities for nonpartisan civic education and engagement, bringing people together who share the values of better health care and health for all.

Our work focuses on taking complex information and making it understandable to the public, so that weighing in on these important issues does not feel so daunting. It's why we hold workshops and our annual conference. We believe that people want to engage effectively, but sometimes need a translator along the way.

## **YWCA's Senior Services Program**

**WWW.YWCAPDX.ORG**

The YWCA's Senior Services Program offers a wide range of information and support to seniors, with an emphasis on low-income seniors over the age of 60 years. Our aim is to empower seniors to maintain healthy and independent lives in the safety and comfort of their own homes.

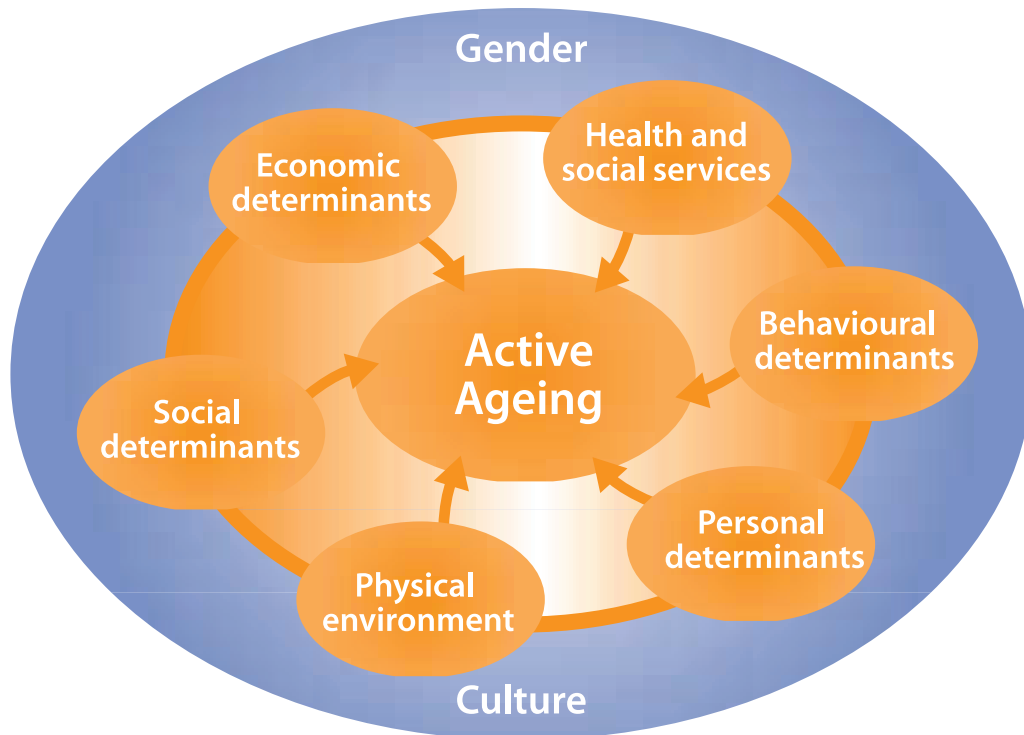
Our services cater to the needs of seniors and their caregivers, and include: care management, information and referral, respite and support for caregivers, activities and support groups, insurance counseling, transportation, and legal assistance.

The Senior Services team also act as advocates for their clients by facilitating their access to services provided by the YWCA's partner agencies. These services include personal care, housekeeping, adult day care, and other services.

Eliminating Racism. Empowering Women. Promoting peace, justice, freedom and dignity for all.

## DEFINING HEALTHY AGING

Source: *Active Ageing: A Policy Framework*, WHO 2002 ([http://www.who.int/ageing/publications/active\\_ageing/en/](http://www.who.int/ageing/publications/active_ageing/en/))





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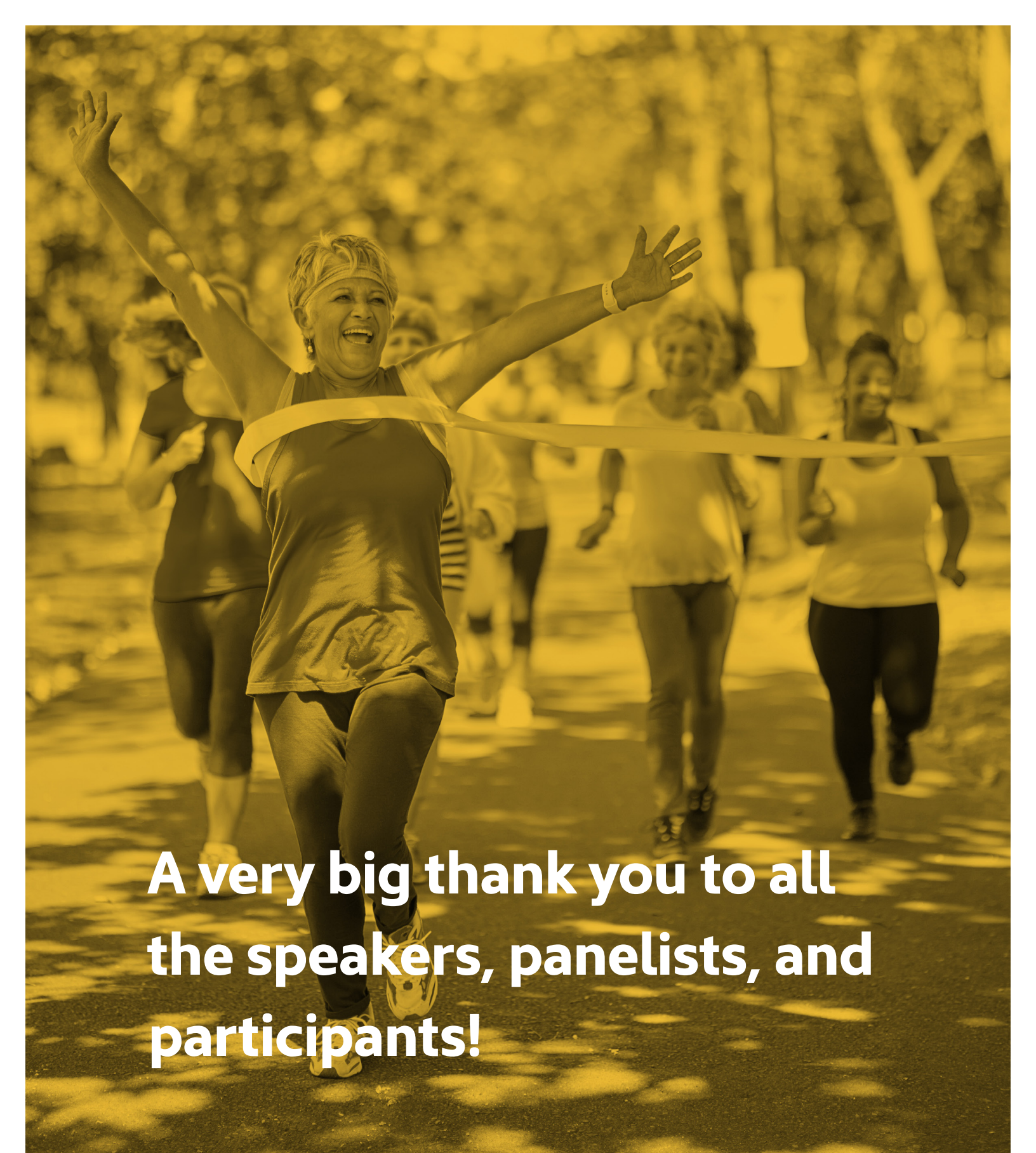
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## NOTES

[illegible]

[illegible]

A woman with short blonde hair, wearing a dark tank top and leggings, is running towards the camera with her arms raised in a celebratory gesture. She is crossing a white finish line tape. In the background, several other runners are visible, though they are out of focus. The scene is set outdoors on a paved path with trees in the background. The entire image has a warm, yellowish-gold color cast.

**A very big thank you to all  
the speakers, panelists, and  
participants!**

**OREGON HEALTHY AGING SUMMIT**