

Oklahoma Healthy Brain Initiative (OHBI)

October 19, 2021

Meeting Notes

Welcome/Sara Paape

Sara opened meeting by welcoming all members. Today's meeting members will be working on "Smart Goals".

Sara received a lot of positive feedback on the last OHBI meeting in regards to the amount of resources available.

Workgroup Updates/Workgroup Chairs

Morgan - The Policy Development Workgroup have changed their time for October 26th to 1:00pm-2:00pm. Group is working on a Community Needs Assessment through the Data and Surveillance Workgroup.

Discussion and research has started and are hoping to give more information after the November meeting so Members can help to get information out to the communities.

Madelyn Maxwell – The Public Education Workgroup sent out a calendar invite. The group will not be meeting in person any longer. They will meet virtually. Workgroup sessions will be held at the same time. Madelyn will be sending out an updated calendar invite.

Goal Creation/Sara Paape

SMART Goals – **S**pecific **M**easurable **A**chievable **R**ealistic **T**ime-Bound

Specific

- Concrete, detailed and well defined so that you know where you are going and what to expect.
- Who
- What
- Use verbs that document action.

Measurable

- Numbers and quantities provide means of measurement and comparison.
- Show success or impact over time. How much change is expected?
- Target

Achievable

- Feasible and easy to put into action.
- Consider available resources, knowledge and time.

Realistic

- Accurately address the scope of the problem and programmatic steps that can be implemented with a specific time frame.
- Considers constraints such as resources, personnel, cost, and time frame.

Time-Bound

- A time frame helps to set boundaries around the objective.
- When

Morgan gave examples:

- **Who** will do, **what** resulting in **measure** by **when**?
- By **when**, **who** will do **what** resulting in **measure**.
- By **when**, **measure** – **includes who and what**.
- **Measure** – **includes who and what** by **when**.

Morgan - commented that whatever we put in the State Plan be smart. Ensure that the State Plan is something that the coalition can do, that there are the resources, make it measurable.

Maybe Workgroups work together and share information that the other group may need or want. Be thinking how we as a coalition can make our State Plan successful.

Have smart goals and objectives and utilize that roadmap series to get started.

Sara – encouraged the Workgroups to work together and think about how they can align. Sara gave examples.

Morgan – offered to create anything the Workgroups would need to implement these though Smartsheet's. Members need to start keeping track of where they are looking at in goals and objectives to ensure progress is being made to help get the State Plan draft completed by September 2022 and the final plan completed by January of 2023.

*****See Zoom video for the entire presentation*****

Program Update/Morgan Fitzgerald

- MOUs - 2 MOU's are in the process of being completed. One with the Oklahoma Dementia Care Network. Second is with the Alzheimer's Association they are going to help train health educators at the health department.
- Education Campaigns – Education Campaigns will be taking place this grant year. Volunteers contact Jacob Guinan @ jbguinan@alz.org

2 Education Campaigns this year are:

- 1) Healthy Heart, Healthy Brain. Pawnee County area will be the pilot area for this campaign.
- 2) Healthy Aging, Healthy Brain.

Logos for these 2 campaigns are in the process of being made.

Additional Campaign is - Early Diagnose and Protection Campaign – Covers general information and risk reduction. Communications is working on Flyers, rack cards, social media and fact sheets. Morgan will share these with the Coalition once Communications has finished them and provided them to the Coalition.

Group Share/OHBI Members

Morgan - If anyone would like to review the work plan for this grant year, let Morgan know and she will share that with anyone interested.

Morgan will be working with Madalyn and the Injury Prevention Group.

Nadine - Vaccine access grant for connecting individuals that aren't comfortable for whatever reason, (homebound people or people with transportation issues etc.) for help getting the COVID 19 Vaccine.

Dr. O - The Independent Transportation Network will also provide transportation for individuals who need transporting for the COVID 19 vaccine free of charge.

Rebecca Treece

Oct 26, 2021 CE Credit Opportunity's/Contact Morgan for more details

Oct 27, 2021 12:00pm to 1:00pm at the Southwest Library. It is open to the public and will occur monthly. The 1st series is titled The Sandwich Generation and will cover resources and information for people who are caring for their aging parents and trying to raise their own families as well. Contact Morgan if more information is needed. This seminar is free and will be serving a free lunch as well. RSVP is needed. Please contact Rebecca if you have any information about your organizations that you would like to have included in this seminar.

Upcoming Workgroups Meetings:

- Public Education Workgroup: October 26, 2021 @ 9-10:30 am
- Workforce Development Workgroup: October 26, 2021 @ 1-2 pm
- Policy Development Workgroup: October 26, 2021 @ 2:30-3:30 pm

Upcoming Events:

- Oklahoma City Alzheimer's Walk Oct 23, 2021 @ Scissortail Park
- Kansas Education Conference on Dementia Mini Virtual Conf. Nov 5, 2021 9:00am-12:00am
- Jewish Community Alzheimer's Walk Starting @ the Memory Garden @ Will Rogers Gardens 10/21/2021 @ 8:00am
- 2021 Oklahoma Family Caregiver Conference Nov 10, 2021 10:00 AM/Webinar
- All Gems Can Shine 2021 PAC Conference Nov 15 & 16, 2021 Virtual Event
- From Ageism to Age Inclusion Dec 6-10, 2021
- Oklahoma Caregiver Coalition Meeting on Oct 21, 2021 @ 10am
- VA Resource Fair on Nov 30, 2021 1:00pm – 2:30pm being done virtually. If anyone would like to share resources from their group please email Christy. (Email will be in meeting recaps).
- Minority Women's Health Forum Oct 23, 2021 12:00pm to 2:00pm

Next Meeting: OHBI Coalition: January 18, 2022 @ 1-3 pm

MEETING ADJOURNED