



Southeast Regional Eldercare Coalition

Quality Care • Care Coordination • Social Engagement

SOUTHEAST REGIONAL ELDERCARE COALITION

September 5, 2025, 8:30AM

Meeting Minutes

Zoom Link:

<https://us02web.zoom.us/j/89966612080?pwd=Y2s1MU16dzdjbFkraFF4ZFZjcXNPQT09>

Meeting ID: 899 6661 2080

Passcode: 471844

1. **Call to Order 8:31AM**
2. **Agenda Approval** – Wayne Steven Motioned for approval. Brian Holst seconded motion. Agenda approved.
3. **Minutes Approval** – Will be sent again to membership
4. **SREC Project Update** – Tonya Muldoon
 - a. Ketchikan Resource Fair September 12 at the Plaza Mall from 10am-4pm.
 - b. Call for Best Practice speakers for October / November Meetings. Please let Tonya Muldoon know if you would like to share, tmuldoon@jedc.org
 - c. Tonya Muldoon has asked the coalition members to review the Navi Tool website located at www.jedc.org/srec/. She would like to get feedback and is looking for some members to review the site for any needed changes, feedback, and suggestions for future content.



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5. **SREC Steering Committee Report** – Sharyl Yeisley

- a. Sub-Committee Workforce Development
- b. SREC Steering Committee and staff have a meeting scheduled in September with regional Direct Support Professional Executive Directors to discuss business vitality and workforce development. We will report outcomes of the meeting in October.

6. **Advocacy Sub-committee** - Wayne Stevens

Wayne Stevens is reviewing the current regulatory changes and rulemaking.

7. **Best Practice:**

Daniel Schramm, Injury Prevention Specialist and Carrie Eastaugh of the State of Alaska Department of Health, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion will be joining us to discuss fall prevention and the current strategies being supported by the State of Alaska to develop a new Fall Prevention Coalition.

Fall Prevention Coalition is being envisioned to meet bi-monthly with working group meetings on alternative months. The coalition is open and encouraging membership to be statewide.

Fall Prevention Survey:

<https://www.surveymonkey.com/r/Alaskafallpreventionsurvey>

If you are interested in engaging with the Fall Prevention Coalition please contact Daniel or Carie directly:



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Daniel Schramm | Injury Prevention Specialist

State of Alaska | Department of Health

Division of Public Health | Section of Chronic Disease Prevention & Health

Promotion Injury Prevention Unit | 3601 C St. Suite 722 | Anchorage, AK 99503|

Email: daniel.schramm@alaska.gov

|web: <http://dhss.alaska.gov/dph/Chronic/Pages/InjuryPrevention>

Carie Eastaugh, Registered Nurse

AmeriCorps Service Member | Injury Prevention and Surveillance Unit

State of Alaska | Division of Public Health

3601 C St. Suite 722, Anchorage AK 99503

(907) 334-0806 | carie.eastaugh@alaska.gov

8. Comments from members:

9. Adjournment

10. Next Meeting

October 3, 2025, at 8:30AM

11. Upcoming events

Free Online Training: Person-Centered, Trauma-Informed Essentials for Aging Services. At ADvancing States HCBS, we learned about the Jewish Federations of North America's Center on Aging, Trauma, and Holocaust Survivor Care's (Center) [online course on the person-centered, trauma-informed \(PCTI\) approach](#). Complete the course at your own pace for five free CEUs. "Given that most Americans will experience a traumatic event in their lifetime, it is essential for aging services professionals and volunteers to adopt



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a person-centered, trauma-informed (PCTI) approach. The PCTI approach is a holistic model of care that prioritizes health and well-being of individuals by accounting for the role of trauma across the life course, resisting retraumatization, and promoting the strength, agency, and dignity of people receiving care. This approach has emerged as the gold standard in aging services as it can improve the health and well-being of people receiving care, the quality and experience of service delivery, and organizational operations and staff experiences." (Thank you to the ACoA).

Community Events

Juneau Suicide Prevention Coalition Wall of Remembrance

September 5, 2025

Contribute a name of a loss loved one, a heart, and/or a message to their interactive wall of remembrance.

For more information: www.namijuneau.org/JSPC

Turning Pages Book Club

Juneau Suicide Prevention Coalition

Saturday September 6th and 27th

Douglas Public Library Meeting Room 2-3:30PM

Snacks provided.

JSPC will provide all participants with a free copy of Matt Haig's novel *The Midnight Library*. Discussion at book club on September 6th will focus on easing into the topic of suicide and the discussion on September 27th will focus on the themes of depression through the novel.

AARP Alaska: Webinar Cooking Series in September

Cooking for Brain Health Parts 1&2 September 2nd and 4th

Cooking for Bone Health Parts 3&4 September 9th and 11th



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Join AARP Alaska's four-part webinar series to learn everyday kitchen tips that support brain & bone health. Enhance your wellbeing with simple, nutritious cooking habits. Register now: <http://spr.ly/6180fgBOI>

ACoA Kinship Family Support Webinar with Haa Yatx'u Saani and Volunteers of America Alaska September 5

In honor of Grandparents Day September 7th, ACoA is hosting a free educational webinar on Kinship Family Support in Alaska with [Haa Yatx'u Saani](#) and [Volunteers of America Alaska](#) on Friday, Sept. 5th at 12pm. Kinship Family Support provides free legal support for grandparents raising grandchildren. All are welcome.

Zoom link to join at noon on September 5:

<https://us02web.zoom.us/j/81324705401>

Questions or need help accessing ... 907-230-0871 or email us at doh.acoa.info@alaska.gov.

[Facebook post to share here.](#)

American Society on Aging Free Upcoming Webinars

[Strategies for Improving Quality of Life for Individuals Living with Dementia](#) Sponsored by Right at Home.

Sept. 10 | 9am AKDT

[Pressure Points for Dementia Caregiving: Behavior, Driving, and Firearms](#) Sponsored by Right at Home.

Sept. 17 | 9am AKDT

[The Cost of Care: Funding Options for Long-Term Care Needs](#) Sponsored by Home Instead.

Oct. 1 | 9am AKDT

Southeast Regional Eldercare Coalition Ketchikan Elder Resource Fair

September 12, 2025

10AM-4PM

Plaza Mall Ketchikan, Alaska



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Community Healing Gathering, In honor of Suicide Prevention & Awareness Month

Saturday September 13th 11AM-1:00PM

Guest Speakers, Community potluck, Fire Dish Ceremony, Woosh.ji.een Dance Group and Healing Canoe Journeys.

Contact: (907) 463-4251 jessica@namijuneau.org

Celebrating Alaska's Centenarians on National Centenarian Day September 22

Alaska Commission on Aging (ACoA), Alaska Long-Term Care Ombudsman Office and Alaska Pioneer Homes are working on a special project to celebrate Alaska's Centenarians on National Centenarian Day, September 22, 2025. If you know a Centenarian (age 100 years or older) in your community who should be celebrated, reach out to the ACoA at: doh.acoa.info@alaska.gov or call 907-230-0871. [Facebook post to share here.](#)

Medicare Open Enrollment

Begins October 15th and ends December 7th! [Alaska's Medicare Information Office](#) is available to help. [View this PSA](#) from Medicare.gov.

Weekly Events

- **Juneau Senior Center**
Mondays 11AM Senior Sing Along with Jackie
Tuesdays 11:45AM Music with Tom Locher
Wednesdays 11:00AM Senior Chair Yoga
- **Art for Self-Care**
Tuesdays
5:30-7PM
418 Harris St #315 Juneau



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These are groups designed to promote self-care using a variety of art activities. For adults to help relieve anxiety, depression and stress especially during the winter months. Please RSVP: Shawn Hatt Cohen (907)321-5414 txt

- **Beginning and Advanced ESL Classes**

Tuesdays

5:30-7:30PM

Mendenhall Valley Public Library

3025 Diamond Park Loop Juneau, Alaska 99801

Beginning ESL offered from 5:30PM-6:30PM and Advanced ELS Classes are offered from 6:30-7:30PM. Free. Check out the Learning Connection website at <https://tlcalaska.org/english-language-learning-citizenship/> or call (907) 586-5718 for more information.

- **Senior Balance Class**

Activities vary each week including tea & chat, trivia, arts etc.

Wednesdays at 2PM

Alaska Native Brotherhood Founder's Hall

Sitka, Alaska

Info Brave Heart Volunteers (907)747-4600

Tai Chi

Mondays 7-8:00AM

Mountain View Manor

Petersburg, Alaska

- **Family Game Night**

Tuesdays and Fridays 6:30-8:30PM

Parks and Rec Community Center, Activities Room

Petersburg, Alaska

Monthly Events



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- **Sitka Coffee Time**

Thursday, September 4, 2025

Thursday, October 30th, 2025

Thursday December 18th, 2025

Wednesday February 4, 2026

Wednesday March 11, 2026

Wednesday, April 8, 2026

Thursday May 14, 2026

11AM-1:30PM

Harrigan Centennial Hall

Sitka, Alaska

Contact: Sitka Tribe of Alaska (907) 747-3207

- **Coffee, Tea and Chat for Patients and Family**

Bartlett Regional Hospital Cafeteria Juneau

Tuesday 10-11:00AM

Event info: www.bartletthospital.org

Contact: Rhonda Ward 907-796-8918

- **Chair Yoga at the Library**

Tuesdays 10:30-11:30AM

Ketchikan Public Library

398 Copper Rd Ketchikan, Alaska 99901

- **Sacred Harp Sing**

Beginners and listeners' welcome

Every Second and Fourth Sundays on the month

3:00PM

Pioneer Home Chapel

Sitka, Alaska

Contact: Sara at (907)747-2915

- **Sharing Coalition Meeting**



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The group focus is community health and engagement through strong partnerships between organizations and individuals.

Everyone is welcome.

Date varies, monthly

12-1:00PM

Dorothy Ingle Conference room Petersburg Medical Center
Petersburg, Alaska

Support Groups (Juneau)

- **Riverview Senior Living**, in Juneau is offering free Support for Memory Care, RSVP Zoom meeting, See flyer for more details: [Riverview Memory Matter Support Group flyer](#)
Every 2nd Tuesday of the month
- **Widow's and Widower's Garden Support Group (WE ARE ALL LIVING IN THE GARDEN OF LIFE)**
June 2, 2025, 2-4PM
Riverview Senior Living
3041 Clinton Dr
Juneau, Alaska 99801
First Monday each month 2-4PM
More information contact Diane Kyser at (907) 723-1917
- **Virtual Low Vision Support Group**
Every 3rd Tuesday of the month
Juneau Senior Center
Call Laura at Southeast Alaska Independent Living (SAIL) for more info: 586-4920.
- **Cancer Connection Support Group**
Every 3rd Tuesday of the month
First Floor Conference Room
8711 Teal St Juneau, Alaska 99801



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Contact: www.cancerconnectionak.org
(907)796-2273, or email: admin@cancerconnectionak.org

- **Traumatic & Acquired Brain Injury Group**
Third Wednesday of every month at 12PM
8711 Teal St Juneau, Alaska 99801
<https://www.sailinc.org/brain-injury-supports/>
Kimberly Sumner: ksumner@sailinc.org
or 888-487-0961
- **Caregiver Support Group**
Every 1st Friday of the month
Ketchikan Saxman Senior Center
2401 Eagle Ave
Saxman, Alaska
Information: (907) 225-8080
- **NAMI Juneau Peer-Led Dialectical Behavior Therapy (DBT) Skills Workshop**
First Wednesday of the month
5:30-6:30PM
8711 Teal St. Main Floor Conference Room
Information: www.namijuneau.org/support-groups
- **Juneau Suicide Prevention Coalition Survivors Support Group**
Fourth Saturday each month 3-5:00PM
Teal Street Center, Conference Room
8711 Teals St Juneau
Contact: (907) 463-4251
www.juneausuicideprevention@gmail.com