



Southeast Regional Eldercare Coalition

Quality Care • Care Coordination • Social Engagement

SOUTHEAST REGIONAL ELDERCARE COALITION

January 9, 2026, at 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 8:32AM**
2. **Agenda Approval** – Sharyl Yeisley motioned for approval of the agenda. Diane Kyster seconded. Approved.
3. **Minutes Approval** – Tabled
4. **SREC Project Update** – Tonya Muldoon
 - a. Construction Survey
 - i. Survey will be going out next week
 - b. Innovation Summit Opportunities – Dr. Charla Brown
 - i. February 25-26, 2026, in Juneau, Alaska
 - ii. Theme: Forces at Work Alaska’s Push Pull Paradox
 - iii. 10-15 Short Presentation, opportunity to discuss an innovative program, project, or topic. Aging-in-Place track has room for several shorts.
 - iv. 2 Deep Dive – 90 minutes secessions on Aging-in-Place topics, likely a Dementia related experience and Universal Design/Assistive Technology
 - v. Vendors – We have space available for vendors interested in sharing aging-in-place information.



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- vi. Training- Pre-training on Wednesday morning.
 1. Understanding Medicaid Eligibility, open to suggestions or speakers interested in providing training.
 - vii. Pitch Contest: if you have an innovative idea and would like to pitch your idea. Prize is \$10,000 for your idea.
5. **SREC Steering Committee Report** – Sharyl Yeisley
- a. SREC Steering Committee meet for their annual meeting.
 - i. No changes in officers
 - ii. Reviewed Coalition documents: Org. Chart, Charter, membership
 - iii. Discussed extension for the funding
 1. Need for startup funding
 2. Alaska Rural Health Transformation Program: see below
 - iv. Alaska Rural Health Transition Program SREC Discussion Friday January 23, 2026, at 10AM-11AM.
TEAMS: [Join the meeting now](#)
Meeting ID: 220 593 455 187 91
Passcode: Gk2G4SL2
 - v. Starting to establish working groups as follows:
 - b. Starting to establish sub-committees as follows:
 - i. **Senior Empowerment and Advocacy** – Wayne Stevens Sub-Committee Chair
Goal: Support policy, regulation, law, and procedural changes in the Alaska system to improve direct care services for seniors. **Third Wednesday of the month at 9am. Next meeting January 21, 2026**



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Join Zoom Meeting

<https://us02web.zoom.us/j/85018791334>

Meeting ID: 850 1879 1334

- ii. **Senior Access and Outreach Committee** Erin Walker-Tolles, John Smith III Subcommittee Co-Chairs
Goal: Increase the number of elders receiving services.
Fourth Wednesday of the month at 9am. Next meeting is January 28 at 9am.
[Join the meeting now](#)
Meeting ID: 282 714 215 098 46
Passcode: 2yz3PY6G

- iii. **Direct Care Talent and Training Subcommittee:**
Sharyl Yeisly, Brian Holst Subcommittee Co-Chairs
Goal: Workforce Development, increasing the number of direct-care staffing in the region. **Second Wednesday of the month at 9am. Next meeting February 11, 2026.**
[Join the meeting now](#)
Meeting ID: 238 259 257 373 05
Passcode: zg3ot2ZG

- iv. **Safe Homes and Accessibility Subcommittee:** Joan O'Keefe, Subcommittee Chair
Goal: Support and resources for Aging-in-Place, Environment Modification Services in Se Alaska for Medicaid Wavier and the general community.



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**First Wednesday of the Month at 9am. Next meeting
February 4, 2026.**

[Join the meeting now](#)

Meeting ID: 215 796 840 623 78

Passcode: Qq3Qh6Bc

6. **Best Practice:** Jennifer Twito, Director of Workforce Training Bartlett Regional Hospital, Did not attend.
7. **Comments from members:**
General Relief waiting list is less than 3 weeks for ALH placement.
8. **Adjournment: 9:30AM**
9. **Next Meeting:** Scheduled February 6, 2026, at 8:30AM
10. **Upcoming events:**
 - a. **Community Resource Connect Meeting**
January 14, 2026
11AM-1PM
Mendenhall Public Library Juneau, Alaska

Agenda for this month's meeting:

- **11:00–12:00 PM:** Alaska Legal Services: Power of Attorney & Advanced Directives
- **12:00–12:20 PM:** Southeast Senior Services
- **12:20–12:40 PM:** To be announced
- **12:40–1:00 PM:** T&H Elder Services

- b. **Alaska Falls Prevention Coalition**



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Tuesday, Jan 13, 2026, from 10AM to 11:30AM

We are looking forward to hearing from Kara Thrasher-Livingston, from the Alaska Division of Senior and Disabilities Services, about different funding options available for home modifications. Below, you will find the meeting information and the agenda, which can also be found at [this Box link](#). Please join us next week using the Zoom link below:

<https://agnewbeck.zoom.us/j/89756498237?pwd=qcu8D0Z5DcVBrnDO4983Hv3KhV9oOx.1>

Meeting ID: 897 5649 8237

Passcode: 683448

c. The Governor's Council on Disabilities and Special Education shares the following information from the Division of Senior and Disability Services:

The IDD-ISW Telehealth Service is now live - offering FREE behavioral health telehealth services for individuals on the IDD or ISW waivers. This platform was created to make it easier for individuals on either the IDD or ISW waiver to get the care they deserve, no matter where they live. By sharing this resource with individuals and families, you can help them connect to licensed providers 24/7 for ongoing support, crisis intervention, and counseling.

What is available on this free platform?

- i. 24/7/365 Telehealth access: connect with licensed professionals anytime, anywhere - day or night
- ii. Crisis intervention and continuity of care: immediate specialized support during behavioral or mental health



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crisis. Access to aftercare and follow up appointments as necessary

- iii. Longterm support: regular check-ins, counselling, and coordinated connections after a crisis to promote stability and recovery

Individuals on the IDD or ISW waiver (or guardians if applicable), can [register and make an account by clicking here](#).

If you would like more information, you can [watch the Ring MD presentation on the Training Team's YouTube channel by clicking here](#).

d. **Medicare January–March Enrollment Window Is Open (ACoA)**

January 1 – March 31 is Medicare’s General Enrollment Period. This window is for people who:

- Are 65 or older, and
- Did not sign up for Medicare Part B when first eligible, and
- Do not qualify for a Special Enrollment Period

Important to know:

- Late enrollment penalties may apply
- Coverage does not start right away
- Waiting beyond March 31 means waiting another full year

This is different from Medicare Open Enrollment (October to December) and different from [Special Enrollment Periods](#) for people who delayed Part B due to employer coverage. If you or someone you help may have missed signing up for Part B, now is the time to act. [Learn more](#).

For Medicare help, contact the [Alaska Medicare Information Office](#).

11. **Community Events:**

- a. **Join new Fresh Start wellness program that starts in January**



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Meet goals with the support of Alaska health coaches online

January 6, 2026 — Are you ready to make meaningful changes to feel better, have more energy and prevent type 2 diabetes? The Alaska Department of Health is supporting an online program that matches adults with Alaska-based coaches to meet those health goals.

Alaska's [Fresh Start campaign](#) connects adults with a variety of programs for better health. Fresh Start is sharing a new opportunity that begins the last week of January. This 13-week program will match adults with trained health coaches studying in eligible Alaska university degree programs, such as dietetics and health education.

Eligible adults living anywhere in the state can join this wellness coaching program at no cost to them. This program will be offered online. Up to 150 participants will work with a coach based in Alaska to improve what they eat and drink, move more, lose weight or stay at a healthy weight, sleep better and reduce stress. They will join a group with other Alaskans working toward the same health goals.

If you're ready to join, visit <https://alaska360.org/lose-weight> and read more. Click the blue "Get Started" button on that webpage to bring up an online application form. You will be contacted to determine if the program is a good match for your health goals.

This online program is being promoted with many other options through Alaska's [Fresh Start campaign](#). For the past three years, Fresh Start has connected thousands of Alaska adults to programs to prevent and manage chronic diseases. Many of these programs are free or low-cost. Fresh Start programs are



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offered in-person, online or over the phone. These programs help Alaskans meet many health goals:

- Prevent or [manage diabetes](#)
- [Lower blood pressure](#)
- [Stop smoking, vaping, or chewing tobacco](#)

Visit <https://alaska360.org/lose-weight> to join this new online wellness program that matches you with health coaches in Alaska.

b. **Mental Health First Aid for Older Adults**

January 21

8:30 a.m. to 5 p.m.

In-Person Training in Juneau

Alaska Commission on Aging

350 Main Street - Room 115

Juneau Alaska 99801

Enrollment:

<https://continuingstudies.alaska.edu/PublicStudentSignUp.aspx>

c. **Intergenerational Connection Club – Sitka, Alaska SAIL**

A new program focused on building cross-generational friendships through guided activities and crafts. Our first meeting will be on Sunday, January 18th at 1:00 p.m.

d. **Alaska News**

[Alaska set to receive \\$272M to overhaul its rural health care system](#)

e. **Rural Health Information Hub Updates (ACoA)**



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[CMS Announces Establishment of the Office of Rural Health Transformation:](#) The Centers for Medicare & Medicaid Services announced the establishment of the Office of Rural Health Transformation (RHT). The office will oversee the RHT Program, an initiative to strengthen rural health systems and expand access to care nationwide.

[A PHI Workforce Innovation is Reimagining Care for Older Adults:](#) Describes a Wisconsin program that supports self-directed home care services that allows older adults to age in place. The program includes a Care Integration Senior Aide (CISA) which works to support clients with daily activities and monitors various social determinants of health that put clients at risk of poor health outcomes. Notes that rural residents may need extra support. Discusses the role of philanthropy in developing and expanding the program.

[Rural Health Transformation 50 State Spotlights:](#) Summarizes the goals and key themes of each state's Rural Health Transformation Program application. Highlights select initiatives, expected impact of the program, and related state policy actions.

[Rural Health Transformation Program: Summary of State RHTP Applications:](#) Provides an overview of the publicly available state applications for the Rural Health Transformation Program. Identifies national themes from across state applications.

[Medicare Care Management Opportunities - What's New in 2026?](#) Recording of December 17, 2025, webinar on care



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management practices in Rural Health Clinics, associated Medicare care management codes, and changes over time in billing requirements and implementation. Part of the [Rural Health Clinic Technical Assistance Series](#).

Additional links: [2026 Care Management Codes and Reimbursement](#), [Presentation Slides](#)

[Merit-Based Incentive Payment System \(MIPS\): 2026 Reporting MIPS Quality Measures through Medicare Part B Claims Quick Start Guide for Small Practices](#): Provides details on how small practices can report quality measures through Medicare Part B claims measures. Highlights change to these measures in 2026, score redistribution policies for small practices, and information for clinicians at Critical Access Hospitals.

f. **Justice in Aging Resources (ACoA)**

[Supplemental Security Income \(SSI\): In-Kind Support Rules Fact Sheet](#): The fact sheet explains how Supplemental Security Income (SSI) beneficiaries' benefits can be reduced under "in-kind support and maintenance" rules when someone else provides shelter or other support, details what does and doesn't count as in-kind support, and highlights recent rule changes that exclude food and expand exclusions to help older adults and people with disabilities receive full SSI benefits or qualify for SSI.

g. [Mitigating the Harms of Medicaid Work Requirements for Older Adults: Tools for State Advocates](#): The resource provides a template letter and accompanying recommendations and



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resources for state advocates to urge implementation of Medicaid work requirements in ways that minimize coverage loss for older adults, people with disabilities, and caregivers by ensuring automatic and proper exemptions, reducing administrative burden, improving outreach and due process, and protecting continuous access to care as new community engagement requirements take effect under H.R. 1.

12. Weekly Events

- **Sitka Coffee Time**

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

- **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

These are groups designed to promote self-care using a variety of art activities. For adults to help relieve anxiety, depression and



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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://tcalaska.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

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



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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**
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



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- **Widow's and Widower's Garden Support Group (WE ARE ALL LIVING IN THE GARDEN OF LIFE)**
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
Wildflower Court (Juneau)
Call Linda Newman at Southeast Alaska Independent Living (SAIL)
for more info: Email: lnewman@sailinc.org.
- **Deaf Support Group**
Mets in Juneau in various locations. Contact Pam Guy for details.
Email psmguy2@gmail.com or text 907-314-0732 for more information.
- **Cancer Connection Support Group**
Every 3rd Tuesday of the month
First Floor Conference Room
8711 Teal St Juneau, Alaska 99801
Contact: www.cancerconnectionak.org
(907)796-2273, or email: admin@cancerconnectionak.org
- **NAMU 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
- **Caregiver Support Group**



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Every 1st Friday of the month
Ketchikan Saxman Senior Center
2401 Eagle Ave
Saxman, Alaska
Information: (907) 225-8080

- **Low Vision Support Group**

First Monday's 1:00-2:30PM at the Plaza Mall, Ketchikan. Contact
Brenda Loughman for more information. Email:
loughmanb@kpunet.net