

From: UNITE—Uniting Nursing Homes in Tribal Excellence  
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Subject: Collaborating Times – January 12, 2018  
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To: molv@me.com



January 12, 2018

We hope that you find the information and resources in UNITE's monthly newsletter helpful. If you have any submissions or suggestions for next month's edition, please contact Debbie Dyjak at [ddyjak@toltc.org](mailto:ddyjak@toltc.org).

## New toolkit highlights Medicaid LTSS

By Lee H. Olitzky, [AmericanIndianElderBlog.com](http://AmericanIndianElderBlog.com)

As the population depending on Medicaid long-term services and supports (LTSS) grows, the experiences of several states offer lessons that providers and others can use to identify opportunities to collaborate with state Medicaid agencies on future LTSS reform efforts.

According to the new Center for Health Care Strategies toolkit, [Strengthening Medicaid Long-Term Services and Supports in an Evolving Policy Environment: A Toolkit for States](#), states are using several strategies to promote greater access to home- and community-based services (HCBS), invest in programs and services that help nursing facility residents obtain care in other settings (such as assisted living communities), and expand access to HCBS for "pre-Medicaid" individuals to prevent or delay admission to nursing facilities.

Several common strategies exist among successful state reform efforts, including:

- Build and sustain beneficiary engagement and buy-in, because beneficiaries are the most important allies and the heart of any LTSS program
- Invest in administrative capacity—both people and data
- Invest in federal partnerships, particularly with the Centers for Medicare &

#### Medicaid Services

- Cultivate executive and legislative leadership
- Think long term—Create and drive a vision that transcends administration and policy priorities

“Low-income adults who need and use LTSS are among the most high-need, high-cost and fast-growing populations covered by Medicaid,” according to the report. “The need for states to develop strategies ensuring that individuals with LTSS needs receive high-quality, cost-effective care in the settings of their choice will continue to grow.”

### LTSS webinar: Better balance for elders

Join CMS for the webinar, “Little Traverse Bay Bands of Odawa Indians, Tai Ji Quan: Moving for Better Balance Elders Program,” on Wednesday, Jan. 24.

The program is tailored to teach elders balance, self-awareness, and better control of body movements for daily activity. The Moving for Better Balance Elders program helps elders rebuild and retrain their bodies to move at varying speeds, improve range of motion, and stabilize their base of support to prevent falls.

**Date:**

Wednesday, Jan. 24, 2018

**Time:**

9 a.m. Hawaii

10 a.m. Alaska

11 a.m. Pacific

12 p.m. Mountain

1 p.m. Central

2 p.m. Eastern

[Register](#)

### NPR: Native Americans experience discrimination in health care system

A [National Public Radio \(NPR\) poll](#) recently found that 23% of Native Americans said they experience discrimination when seeing the doctor or visiting a clinic.

The poll found that Native Americans living in areas where they are the majority reported discrimination at greater rates than in areas where Native Americans are a minority. In addition, poll respondents [experienced difficulty accessing health care](#) in the private sector, outside the Indian Health Service.

## Advances in Aging research lecture—Dialysis in older adults

The University of Arizona recently hosted a lecture on the challenges and practical considerations for dialysis in older adults. The lecture included information on identifying the different options available for older adults with Stage 5 chronic kidney disease and the challenges kidney dialysis causes for older adults.

[Watch a recording of the lecture.](#)

## Funding opportunity: Tribal practices for wellness in Indian Country

**Application deadline:** Feb. 20, 5 p.m.

The Centers for Disease Control and Prevention is accepting applications for grants to support tribal practices to reduce risk factors for chronic disease among American Indians and Alaska Natives by building resiliency and connections to community, family, and culture.

Eligibility is limited to federally recognized tribes, American Indian or Alaska Native tribally designated organizations, and urban Indian organizations that have current Title V Indian Health Care Improvement Act contracts with the Indian Health Service.

Recipients will address these strategies:

- Connect cultural teachings to health and wellness
- Support seasonal cultural practices for health and wellness
- Promote social and cultural activities for community wellness
- Build collaborations that strengthen wellbeing
- Support intergenerational learning for wellbeing and resilience
- Promote traditional healthy foods
- Promote traditional and contemporary physical activities

[Learn more.](#)

## Training opportunity: Positive outcomes for Alaska Native elders

Frontline workers in contact with Native elders in urban and rural areas are encouraged to attend this 2-day training. Frontline workers include community health

**Date:**  
February 5–6, 2018

**Time:**

aides, village public safety officers, ombudsmen, Adult Protective Services officers, caregivers, family members, and anyone involved in the well-being of Native elders.

Jacqueline S. Gray, director of the National Indigenous Elder Justice Initiative at the University of North Dakota, will lead the training. It will cover recognizing signs of abuse, legal issues, honoring elders, financial abuse, social services, health care, and caregiving.

A limited number of scholarships are available for travel costs for participants from rural villages. Those who would like to be considered for a scholarship need to apply by Jan. 19.

9 a.m.–5 p.m.

**Location:**

BP Energy Center,  
Anchorage, AK

[Register](#)

## Banner Alzheimer's Institute presentations

Banner Alzheimer's Institute has provided UNITE a number of PowerPoint presentations from its October conference in Houston, TX, which was part of UNITE's annual meeting.

- [Normal Aging vs. Alzheimer's disease and the Impact on Research \(PDF, 1.5 MB\)](#)
- [How to Get Diagnosis and Treatment \(PDF, 416 KB\)](#)
- [Simple Communications Tips to Manage Behavior Changes \(PDF, 937 KB\)](#)
- [Understanding Stages & Progression of Alzheimer's Disease \(PDF, 467 KB\)](#)

## Useful links: federal partners' Native programs

- [Administration for Native Americans](#)
- [Department of Energy Office of Indian Energy Policy and Programs](#)
- [Department of Justice, Office of Justice Programs American Indian and Alaska Native Affairs](#)
- [Environmental Protection Agency Green Building Tools for Tribes](#)
- [Environmental Protection Agency Region 9 Tribal Program](#)
- [Federal Communications Commission Office of Native Affairs & Policy](#)
- [Federal Emergency Management Agency – Disaster Preparedness & Recovery Public Assistance: Local, State, Tribal and Private Non-profit](#)
- [Federal Emergency Management Agency — Tribal Curriculum](#)

- [Federal Emergency Management Agency — Tribal Mitigation Planning Resources](#)
- [Indian Health Service](#)
- [Indian Health Service Environmental Health Support Center \(training opportunities\)](#)
- [Social Security Administration American Indians and Alaska Natives page](#)
- [U.S. Department of Treasury Office of the Comptroller of Currency Native American Banking Resource Directory](#)
- [U.S. Department of Veterans Affairs — Native American Direct Loan Program](#)
- [U.S. Department of Veterans Affairs Office of Tribal Government Relations](#)

## UNITE monthly call

Please join us on the third Thursday of each month for our UNITE call. This month, speaker Dr. Jordan Lewis, C.P.G., M.S.W., Ph.D., will discuss cultural humility. Dr. Lewis is the director of the National Resource Center for Alaska Native Elders and associate professor of medical education at the WWAMI School of Medical Education at the University of Alaska Anchorage.

Cultural humility is a process of self-reflection and discovery that builds honest and trustworthy relationships. Cultural humility helps health care providers

recognize potential differences in the meaning of health and wellness among their patients and begin to understand challenges to accessing quality health care. Dr. Lewis (Aleut, Native Village of Naknek) will briefly discuss cultural humility and some strategies to apply in your work with nursing home residents, families, staff, and others critical to the work and care you provide.

[UNITE Steering Committee minutes, Dec. 11, 2017](#)

[UNITE monthly call minutes, Dec. 21, 2017](#)

### Call-in Number:

1-877-267-1577

### Meeting Number:

990 582 458

### Next call: January 18, 2018

2 p.m. Eastern

1 p.m. Central

12 p.m. Mountain

11 a.m. Pacific

10 a.m. Alaska

For more information about UNITE—including recordings of previous conference calls and webinars, information about tribal nursing homes, and nursing home best practices reports—visit the [UNITE page](#) on the CMS Long-Term Services and Supports Technical Assistance Center.

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